

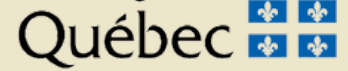


PROGRAM OF ACTIVITIES

OCTOBER 2024

HUNTINGDON

With financial support of
Secrétariat aux relations
avec les Québécois
d'expression anglaise



FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



French Conversation

Do you know the benefits to your brain health of learning a new language? Join us on Mondays to exercise your brain with French conversation.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Monday from 10:00 to 11:30 am

For registration: 450-264-3596 or nora@mwcnc.ca



Pickleball for beginners and intermediates

Pickleball is one of the fastest growing activities for seniors, come try it out, and you may discover why everyone is talking about it! Equipment supplied

Location: HAECC 24 Rue York Huntingdon

Every Monday from 1:00 to 3:30 pm

For registration: 450-264-3596 or nora@mwcnc.ca



Walk and Talk

Fresh air, exercise, and laughter while exploring the history of Huntingdon.

Location: Meet at Prince Arthur park at 10:00 am

Every Tuesday from 10:00 to 11:00 am

For registration: 450-264-3596 or nora@mwcnc.ca



Busy Brain Group

Join our group as we exercise our brains with activities such as sudoku, crafts, crossword puzzles just to name a few. Space is limited.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Tuesday from 1:00 to 3:00 pm

For registration: 450-264-3596 or nora@mwcnc.ca



Craft and create

Join us with your children or grandchildren or come alone for an intergenerational activity where we come together and share our creativity in crafts. Materials provided or bring your own.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Wednesday from 1:30 to 3:30 pm

For registration: 450-264-3596 or nadya@mwcnc.ca



Conversation Cafe

Do you like to meet new people, join our coffee group as they share stories, local history, and laughter.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Wednesday from 10:00 to 11:45 am

For registration: 450-264-3596 or nora@mwcnc.ca



Pickleball for beginners and fun

Pickleball is one of the fastest growing activities for seniors, come and try it out, and you may discover why everyone is talking about it! Equipment supplied

*Location: Heritage School, 21 King St. Huntingdon
Every Wednesday from 6:00 to 8:00 pm*

For registration: 450-264-3596 or nora@mwcnc.ca



The spice of life

"Spice of Life" continues, MWCN and the Ormstown Legion welcome you to come share some time playing card games, explore new board games, music and more.

*Location: 33 Rue Prince-Albert Ormstown
Every Thursday
from 10:00 am to 12:00 pm*

Drop in. For more information contact nadya@mwcnc.ca or call 450-264-3596



Pickleball for intermediate players

Join our group of pickleball players with intermediates pickleball skills.

Location: HAEC 24 Rue York Huntingdon
Every Thursday from 1:00 to 3:30 pm

For registration: 450-264-3596 or nora@mwcnc.ca



BINGO

Come and play bingo with us. It is a great activity to promote socialization, laughter, and concentration.

Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201

Every Thursday from 1:30 to 3:30 pm

For registration: 450-264-3596 or nadya@mwcnc.ca



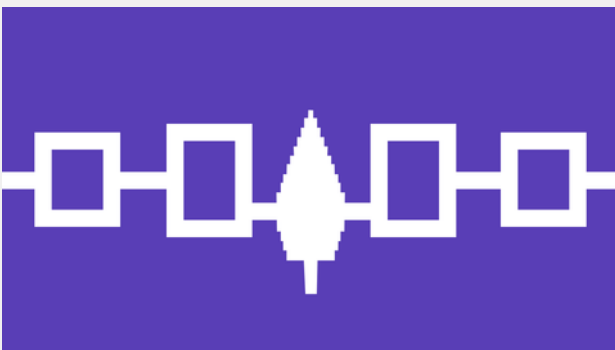
Technology help

Need help with your phone, tablet or laptop? This is the time for you to come and ask your questions!

Location: Huntingdon Wellness Center 72
Dalhousie, Suite 201

Tuesday and Wednesday - By appointment

For registration: 450-264-3596 or nadya@mwcnc.ca



Lunch & learn with Keith Leclaire

Lunch & learn with Keith Leclaire MHS, CFNHM
Indigenous Health & Policy Consultant
Lunch: Soup, bun and dessert \$6
Registration required by: October 9th

Location: Huntingdon Wellness Center 72
Dalhousie, Suite 201

Thursday October 17th
from 10:00 am to 1:00 pm

For registration: 450-264-3596 or nadya@mwcnc.ca



Partnership Table Meeting

Join us for our partnership table meeting where a CISSMO representative will present an information session titled "welcome to your new living environment". Martin will share tips and tools on how to transition from home to a CHSLD.

Location: Location: Huntingdon Wellness Center 72 Dalhousie, Suite 201

Tuesday October 29th, from 10:00am to 12:00pm

For registration: 450-264-3596 or nadya@mwcnc.ca



Puzzle Exchange

Do you enjoy puzzles? We have a great selection of puzzles for you to borrow, or exchange.

Location: Location: Huntingdon Wellness Center 72 Dalhousie, Suite 201

Monday-Thursday

From 9:00 am to 4:00 pm

For information: 450-264-3596 or nora@mwcnc.ca



Employability Support

Job seekers looking for guidance and support in their job search process.

Location: Huntingdon Wellness Center 72 Dalhousie, Suite 201

By appointment

For registration: joanne@mwcnc.ca



ON ZOOM



Bone Health 101

Please join us for an online presentation on Zoom by Osteoporosis Canada about the basics of maintaining good bone health.

Wednesday October 9th
from 10:00 to 11:30 am.

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



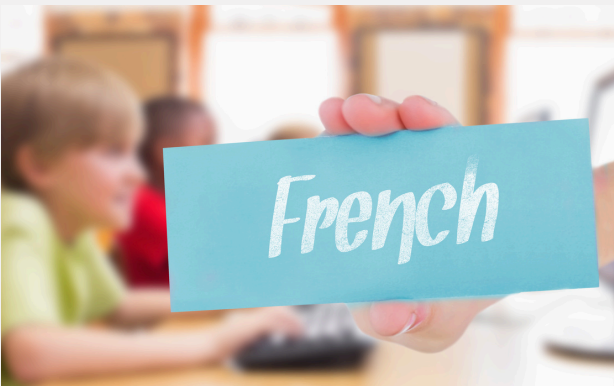
Accessing Health & Social Services

SHARP Presentation

Adapting your home to safely age in place with Talya Abran-Bromley, Occupational Therapist

Wednesday October 16th
from 10:00 to 11:30 am.

For registration: [Click HERE](#)



French Class- Intermediate

Are you able to hold a conversation in French but need more practice? This is the class for you! Join Line as she will offer an online French course. Cost is \$20 for materials.

Every Tuesday starting Tuesday, October 15th
from 7:00 to 8:30 pm.

For registration:

Call: 450-691-1444 or email: patricia@mwcnc.ca