



FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST

Our offices will be closed from Thursday, December 19th to Friday, January 3rd, 2025. Offices reopening on Monday, January 6th, 2025



Bowling

Come and join our bowling league! It is for 25 weeks. The cost is \$12 per week, with \$3 shoe rental, if needed.

Every Monday from 9:15 to 10:45am

For registration

tonya@mwcn.ca or call: 450-691-1444

Location: 133 Boulevard Maple, Chateauguy



Happy Laps Walking Group

For the month of January & February we are going to do Happy Laps at the Sportsplex in Chateauguy! It is \$2 to walk each week.

Every Monday, from 9:30 to 11:00am

For registration

tonya@mwcn.ca or call: 450-691-1444

Location: 195 Bd Brisebois



Colouring Cafe

A nice and relaxing activity with great conversation!

Every Monday, from 11:30 to 1:00 pm

For registration

tonya@mwcn.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Grief Group

Come share with us the past, present, and future realities that you are going through. Everyone is welcome to join our discussion group.

Every Monday from 1:00 to 3:00pm

For registration

joanne@mwcn.ca or call 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Wacky Walkers

Enjoy strolling through the streets of Chateauguay with a group of friendly members of MWCN! Weather permitting.

Every Wednesday, from 9:30 to 11:00 am

For registration

tonya@mwcn.ca or call: 450-691-1444

Location: Agora



Drop-in & Crop

Kathy will be at our community space if you need any help or have any questions for your ongoing projects! Just drop in and say hi!

Every Wednesday, from 1:00 to 3:00 pm

For registration

tonya@mwcn.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



French Conversation

Join us for a french conversation group! This is a chance to come and speak and practice!

**Every Wednesday starting January 15th,
from 4:30 to 6:30 pm**

For registration

patricia@mwcn.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Cross stitching with Donnelda

Join us to learn the basics of cross-stitching.

Every Thursday, from 10:00 to 11:30 am

For registration

tonya@mwcn.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Knitting Group

If you are interested in knitting or learning how to knit, this is the group for you! Please reserve your spot in advance.

Every Friday, from 10:00 to 12:00 pm

For registration

tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Card Making with Kathy

Join Kathy as she introduces the pyramid arrow card. Space for 8

Tuesday, January 21st, from 12:30 to 3:30 pm

For registration

tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Healthy Sleep, Healthy Brain Conference

Presented by the Table des aînés du grand Châteauguay. Free event with apple crisp! Do you have difficulty sleeping? Come learn more about sleep! This conference will talk about sleep and how sleep changes as we age and will be followed by a presentation of our research project aimed at improving sleep to protect brain health.

Monday, January 27th, from 1:30 to 3:30pm

For registration

patricia@mwcnc.ca or call: 450-691-1444

Location: Manoir D'Youville, 498 boul. D'Youville



Coffee & Conversation

Join us for our Coffee & conversation group! Come on down to meet new people and share your travels, your history & have some laughs.

Tuesday, January 28th

from 10:00 to 11:30 am

For registration

tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Bingo

Join us for bingo! We will be playing for Cash prizes. \$5.00 a person. Reservation is required!

Tuesday, January 28th

from 1:00-2:30pm

For registration

tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Employability Support

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

By appointment

For registration: email joanne@mwcnc.ca

ON ZOOM



Thinking about your mental health?

SHARP - Community resources for English-speaking seniors. Presentation by Tony Aflonso, Outreach Coordinator, AMI Quebec

The goal of this presentation is to bring forward some resources that exist within Montreal and online to allow for you to be able to better maintain and manage your mental health to focus on the important aspects of life.

Wednesday, January 15, from 10:00 to 11:30 am.

For registration: [Click HERE](#)



Water Colours with Sarah Murphy

In this 6-week workshop, you will learn the basics of watercolor techniques, from blending and layering to creating beautiful washes and textures. Sarah Murphy, a local artist will guide you step by step, helping you explore your creativity and develop your painting skills. All you need is a paintbrush, canvas and 3 primary colours of watercolour paint. Free activity, designed for all skill levels!

Mondays January 20th & 27th

from 10:00 to 11:30 am.

For registration:

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