

FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



Indoor Pickleball

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: Ormstown Recreation Centre 87 Roy

Every Monday from 9:00 am to 12:00 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

Every Tuesday from 1:30 to 2:30pm

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



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Location: Ormstown Recreation Centre, 87 Roy

Every Wednesday from 9:00 am to 12:00 pm

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



Conversation Cafe

Enjoy a cup of coffee with friends old and new, with lively discussion.

*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



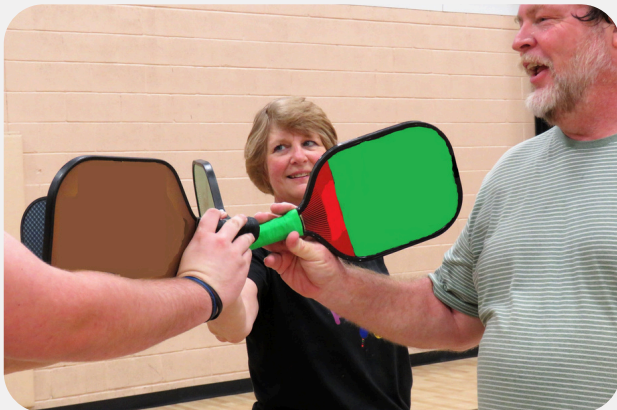
Creative Cafe

Join our group of crafters, as each person works on their own project, special guest Marie will be sharing her knitting skills with those interested to learn and share.

*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



Indoor pickleball

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

Location: CVR 1597 rte 138A Ormstown

Every Wednesday from 7:00 to 9:00 pm

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 6:30 to 8:30 pm

For registration: 450-264-3596 or nora@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



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



Puzzle Exchange

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

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



Spice of Life *Valentines Chocolate workshop*

Join us in Ormstown at the Legion for a special Valentines day chocolate workshop. Each person will get the chance to do 1 big mold and either 1 small mold, marshmallow stick or chocolate pretzels. Cost \$15

Location: Ormstown Legion 33 Prince-Albert

Thursday February 13th From 10:00 am to 12:00 pm

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



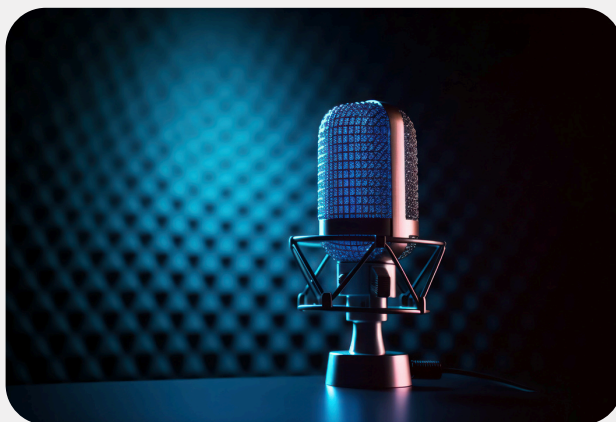
Estate Planning *Presentation with Paul Berry*

Would you like to understand the what and why of estate planning? This presentation will go over the estate planning process, key ideas, and various tools of estate planning

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

Tuesday February 18th, From 10:00 to 11:30 am

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



Learn about Podcasts

Have you ever wanted to learn what a podcast is? Join Justine as she shares her love of Podcasts. Coffee and Muffins served.

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

Monday February 24th, From 10:00 to 11:30 am

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



The spice of life

MWCN and the Ormstown Legion welcome you to come share some time playing cribbage, crafts, coffee and conversation.

Location: Ormstown Legion, 33 Prince-Albert

**Thursday February 27th
from 10:00 am to 12:00 pm**

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



Employability Support

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

By appointment

For registration: email joanne@mwcnc.ca

ON ZOOM



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, watercolour paper and 3 primary colours of watercolour paint. Free activity, designed for all skill levels!

***Mondays February 3, 10, 17, 24
from 10:00 to 11:30 am.***

For registration:

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



Women's Heart Health Presentation

Presented by Canadian Womens Heart Health Alliance, this presentation will go over heart health for women and emphasizing the importance of awareness, prevention and lifestyle changes.

Wednesday February 5th, from 10:00 to 11:00 am.

For registration:

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



Understanding Chronic Pain *with Pain Canada*

This session covers chronic pain, its impacts, risk factors, effective management strategies, Pain Canada, the National Action Plan, and available support resources in Canada.

Wednesday February 12th, from 12:30 to 2:00 pm

For registration:

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



SHARP February 2025 session

Post-caregiving grief: resources for supporting caregivers along their journey

Wednesday February 19th, from 10:00 to 11:30 am.

For registration: [Click HERE](#)