




## PROGRAM OF ACTIVITIES

APRIL 2025

CHÂTEAUGUAY

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

Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST



### Happy Laps

Do you want to get some exercise and have a good chat with some friends? Join us for our Happy Laps group!

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

**For registration**

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

**Location: Track at Rue Ville Marie**



### Colouring Cafe

A nice and relaxing activity with great conversation!

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

**For registration**

**tonya@mwcnc.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@mwcnc.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!

**Every Wednesday - from 9:30 to 11:00 am**

**For registration**

**tonya@mwcnc.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 Except for April 16th & 30th  
from 1:00 to 3:00 pm, For registration  
tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**

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### French Conversation

Do you need practice speaking french? Join us for our french conversation group! All levels are welcome!

**Every Wednesday, from 4:30 to 6:30 pm  
For registration:  
patricia@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**

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### 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@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**

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### 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**





### Beginner Class for Card Making

Join Kathy and Donnelda as they introduce you to Card Making. Once you take this class, you'll be inspired to continue to our more advanced card making classes. We only have room for 8 participants.

**Tuesday, April 1st, from 12:30 to 3:30pm**

**For registration**

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

**Location: 259 Blvd D'Anjou, Community Space**



### Card Making class with Donnelda & Kathy

Join Kathy & Donnelda as you make a card using the Gelli plate to create inked backgrounds. We only have room for 8 participants.

**Tuesday, April 8th, from 12:30 to 3:30pm**

**For registration**

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

**Location: 259 Blvd D'Anjou, Community Space**



### Exercise Class

Join us for an exercise class to do light toning. The exercises will be done using videos in our community space. We only have room for 10 participants.

**Thursday, April 10th & 24th, from 1:00 to 2:30pm**

**For registration**

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

**Location: 259 Blvd D'Anjou, Community Space**



### Lunch & Learn Julie Misere CHSLD Transitioning

Understanding the transition to long-term care: key steps, available resources, and what to expect. Join us for an informative session on navigating this important process. **15\$ lunch included, reservation is required!**

**Wednesday, April 16th, from 10:30am to 12:30pm**

**For registration**

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

**Location: 259 Blvd D'Anjou, Community Space**



## Special Coffee & Conversation

Join us for our Special Coffee & Conversation where we invite you to share your "Untold stories" about your life and experiences in and around Chateauguay!

**Tuesday, April 22nd, from 10:00 to 11:30 am**

**For registration**

**francoise@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**

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## Bingo

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

**Tuesday, April 22nd, from 1:00 to 2:30 pm**

**For registration**

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

**Location: 259 Blvd D'Anjou, Community Space**

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## Art with Ilana **Metal Tape Art**

Join us for something completely different - a workshop where you will be using metal tape and a large variety of found objects to create an embossed metal work. This art project will have you glue shapes and textures on a board and then cover it in metal tape for a raised textured effect. The results are stunning!

All the necessary art supplies and instructions will be included along with some examples.

**Friday, April 25th, from 12:30-2:30pm,**

**For registration**

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

**Location: 259 Blvd D'Anjou, Community Space**





### Tek Talk with Jacob

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

**Friday, April 25th, from 4:00 to 6:00 pm**

**For registration**

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

**Location: 259 Blvd D'Anjou, Community Space**



### Lunch & Learn

**Nancy from Solution Capillaire Sélect**

Ladies... worried about hair loss, scalp issues, skin issues? Come join us for a lunch & learn with Nancy from Solutions Capillaire Select. 15\$ lunch included, reservation is required!

**Wednesday, April 30th, from 10:30am to 12:30pm**

**For registration**

**patricia@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**

**255 Boulevard D'Anju, Suite 203**

**For registration: joanne@mwcnc.ca**

## ON ZOOM



### Ensuring Safety and Independence as You Age With Home Care Support

**Services for Healthy Aging in the Right Place (SHARP) by CHSSN**

This session will explore how home care services can help individuals age in place and promote independence, addressing common stigma and questions about qualification.

**Wednesday April 16, from 10:00 to 11:30 am.**

**For registration: Click [HERE](#)**