

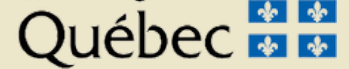


# PROGRAM OF ACTIVITIES

JANUARY 2025

## HUNTINGDON

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



FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON

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



### 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](mailto: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 2:30 pm*

*For registration: 450-264-3596 or [nora@mwcnc.ca](mailto: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](mailto:nora@mwcnc.ca)*



### 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 Wednesday from 9:00 am to 12:00 pm*

*For registration: 450-264-3596 or [nora@mwcnc.ca](mailto: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 for seniors, come and try it out, and you may discover why everyone is talking about it! Equipment supplied

*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 6:00 to 8:00 pm*

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



### Technology help

Need help with your phone? Tablet? 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*

## PROGRAM OF ACTIVITIES - HUNTINGDON



### 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](mailto:nadya@mwcnc.ca)*



### Puzzle Exchange

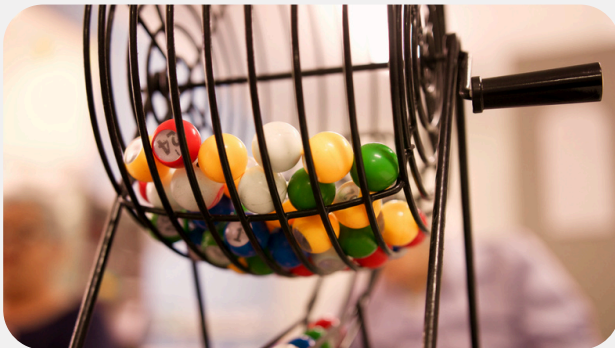
Do you enjoy puzzles? We have a great selection of puzzles for you to borrow, or exchange.

*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](mailto:nora@mwcnc.ca)*



### Spice of Life Bingo

Join us in Ormstown at the Legion for a special session of Bingo, followed by cribbage.

*Location: Ormstown Legion 33 Prince-Albert  
Thursday January 16th, from 10:00 am to 12:00 pm*

*For information: 450-264-3596 or [nora@mwcnc.ca](mailto:nora@mwcnc.ca)*



### The spice of life

*"Winter sowing your native plant garden"  
Presentation*

Many native plant seeds need to spend the winter outdoors in order to grow in the spring. Come learn about native sowing and plant your seeds to take home. Lunch is \$6.00 and must be reserved in advance.

*Location: Ormstown Legion 33 Prince-Albert  
Thursday January 30th  
from 10:00 am to 1:00 pm*

*For information: 450-264-3596 or [nora@mwcnc.ca](mailto:nora@mwcnc.ca)*



## Employability Support

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

*By appointment*

For registration: email [joanne@mwcn.ca](mailto:joanne@mwcn.ca)

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## 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@mwcn.ca](mailto:bryanna@mwcn.ca)