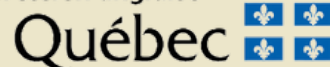




PROGRAM OF ACTIVITIES
MARCH 2025
HEMMINGFORD

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

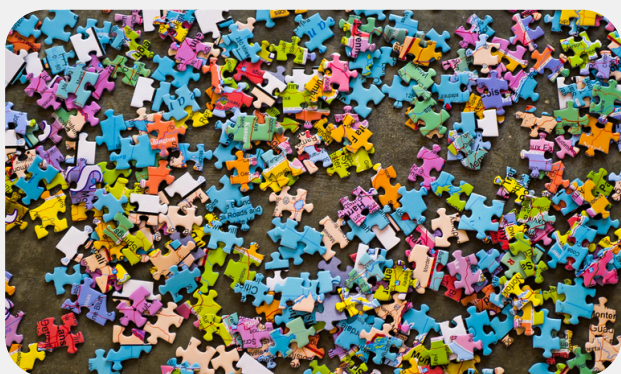


FOR THE ENGLISH-SPEAKING COMMUNITY OF HEMMINGFORD

Location: 476 Frontière, Hemmingford J0L1H0

REGISTRATION IS REQUIRED

call: 514-249-5539 or email: tina@mwcn.ca



Puzzles and Exchange

If you like puzzles, why not drop by our office to either work on one that is on-going in the office, or just exchange one.

(Take a puzzle, leave a puzzle)

Monday to Thursday

From 9:00 am to 3:00 pm



Walking with Johanne

Start the day with a nice walk and enjoy nature on our walking trail!

Every Tuesday at 1:30 pm

**The walkers will meet in the parking lot of the
Hemmingford Recreation Centre**



Senior craft morning

Craft morning for adults, coffee and material is included

Tuesday March 11 and 25

From 10:00 am till noon



Tech Café for seniors

Bring your electronic devices and your questions ! **Coffee included!**

Wednesday, March 12

From 10:00 to 11:00 am



Crafts with Carolyn for kids 5 to 12

Kid's afterschool crafts with teacher Carolyn Kyle

Monday, March 17

From 3:00 to 4:15 pm



MWCN Job Fair

Join us in St-Chrysostome for the 2nd annual job fair

Location: 400 Rang St-Antoine,

Saint-Chrysostome, QC J0S 1R0

Tuesdays March 25th - from 1:00 to 7:00 pm

For more information, please click [HERE](#)



Art and coffee

Artists bring your art, let's create together

Thursday, March 27

From 10:00 to 11:30 am



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



Navigating rent increases, lease renewals, and repossession: insights for tenants with **Richard Goldman, EDUCALOI**

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

Want to better understand rent increases, lease renewals, and repossessions? Learn what to do if your rent increases, how to handle lease renewal negotiations, and what rights older adults have when facing a potential repossession. Whether you're looking for practical advice or peace of mind, this session will provide the tools and information you need to navigate these challenges with confidence.

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

For registration: [Click HERE](#)

