

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST



Bowling

Come and join our bowling league! 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, Chateauguay



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! If the weather is bad, the group will meet at the Sportsplex.

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

For registration

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

Location: Agora or Sportplex



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

Location: 259 Blvd D'Anjou, Community Space



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



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



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



Exercise Class

Join us for an exercise class to do light toning. The exercise will be done using videos in our community space. We have limited spaces of 10.

Thursday, March 13th & 27th from 1:00-2:30pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



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, March 18th, 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, March 18th, from 1:00 to 2:30 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Art with Ilana **Glass painting**

Join Ilana as she shows you different techniques that you can paint on glass. We will have glass pieces available, but you are more than welcome to bring a vase if you'd like to decorate it for your home.

Friday, March 21st 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, March 21st, from 4:00 to 6:00 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Black History Presentation

Please join us for an event highlighting the history and contribution of African Americans, civil rights and a question and discussion period.

Tuesday, March 25th, from 10:00 to 11:30 am

For registration

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

Location: 259 Blvd D'Anjou, Community Space



MWCN Job Fair

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

Location: 400 Rang St-Antoine,

Saint-Chrystostome, QC J0S 1R0

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

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



Water Coloring Painting

Join Heather as she teaches a water color painting class. The class is **\$20 a person**. All material is provided.

Wednesday, March 26th, 10:00 am to 12:00pm

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

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](#)

