

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST

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



### Bowling

Come and join our bowling league! It is for 25 weeks. 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**



### Happy Laps Walking Group

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

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

**For registration**

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

**Location: Track at Ville-Marie**



### Colouring Cafe

A nice and relaxing activity with great conversation!

**Monday, December 2nd 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 except for December 2nd  
from 1:00 to 3:00pm**

**For registration**

**joanne@mwcn.ca or call 450-691-1444**

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



### 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 December 4th,  
from 1:00 to 3:00 pm**

**For registration**

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

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

---



### Cross stitching with Donnela

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**

---



### Anxiety & Depression - Part 2

MWCN is pleased to offer this second session on Anxiety and Depression.

**Dr. Gordon Johnston**, founder and owner of Side-By-Side Counselling, has a Masters in Education from McGill and Psychology in Counselling with over 30 years of experience. He is a Certified Life, Business and Spiritual Coach.

**Monday, December 2nd, from 1:30 to 3:30 pm**

**For registration:**

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

**Location: The Legion, 39 Rue Gilmour, Châteauguay,**



### 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, December 3rd  
from 10:00 to 11:30 am**

**For registration**

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

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

---



### Christmas Luncheon

Come and join us for our Christmas Party Luncheon.

**\$30 includes turkey dinner from BLVD!**

**Wednesday Dec 4th, from 10:00 to 11:30 am**

**For registration**

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

**Location: The Legion, 39 Rue Gilmour, Châteauguay,**

---



### Wacky Walkers

Enjoy strolling through the streets of Chateauguay with a group of friendly members of MWCN! Weather permitting.

**Wednesday, December 11th & 18th**

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

**For registration**

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

**Location: Agora**

---



### Card Making with Kathy

This month we will be celebrating the holidays with Inking and stamping using the blackout technique and Bokeh. Space for 8

**Tuesday, December 17th, from 12:30 to 3:30 pm**

**For registration**

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

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



### Christmas Cookie Exchange

Join us as we have a get together for a Christmas Cookie Exchange. We will be listening to christmas music, chatting and having tea & coffee.

**Wednesday, December 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**



### Healthy Sleep, Healthy Brain Conference

Presented by the Table des aînés du grand Chateauguay. Free event with apple crisp! Do you have difficulty sleeping? Come learn more about sleep! This conference will talk about sleep and how sleep changes as we age and will be followed by a presentation of our research project aimed at improving sleep to protect brain health.

**Monday, January 27th, from 1:30 to 3:30pm**

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

**Location: Manoir D'Youville, 498 boul. D'Youville**



### Employability Support

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

**By appointment**

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

## ON ZOOM



### French Class- Intermediate

Are you able to hold a conversation in French but need more practice? This is the class for you! Join Line as she will offer an online French course.

Cost is \$20 for materials.

**Every Tuesday  
from 7:00 to 8:30 pm.**

**For registration:**

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