

Head Office:
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FEBRUARY 2025



Community Room
 259 Boulevard D'Anjou
 Telephone: 450-692-0098
 Email: info@mwcnc.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 9:15-10:45am: Bowling League 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	4 10:00-11:30am: Coffee & Conversation 1:00-2:30pm: Bingo	5 9:00-10:00 Yoga 9:30-11:00am: Wacky Walkers 1:00-3:00pm: Drop-in & Crop 4:30-6:30pm: French Conversation 4:30-5:30 Yoga	6 10:00-11:30am: Cross-stitching with Donnelda	7 10:00-12:00pm: Knitting Group	8
9	10 9:15-10:45am: Bowling League 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	11 Office Closed- Staff training	12 9:00-10:00 Yoga 9:30-11:00am: Wacky Walkers 10:00-12:30pm: Lunch and Learn: 1:00-3:00pm: Drop-in & Crop 4:30-6:30pm: French Convers. 4:30-5:30 Yoga	13 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	14 10:00-12:00pm: Knitting Group 	15
16	17 9:15-10:45am: Bowling League 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	18 12:30-3:30pm: Card Making with Kathy	19 9:00-10:00 Yoga 9:30-11:00am: Wacky Walkers 1:00-3:00pm: Drop-in & Crop 4:30-6:30pm: French Conversation 4:30-5:30 Yoga	20 Office Closed- Retreat	21 10:00-12:00pm: Knitting Group 12:30-2:30pm: Art with Ilana 4:00-6:00pm: Tek Talk with Jacob	22
23	24 9:15-10:45am: Bowling League 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	25 12:30-3:30pm: Intro to Card Making with Donnelda & Kathy	26 9:00-10:00 Yoga 9:30-11:00am: Wacky Walkers 1:00-3:00pm: Drop-in & Crop 4:30-6:30pm: French Conversation 4:30-5:30 Yoga	27 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	28 10:00-12:00pm: Knitting Group	