

FOR THE ENGLISH-SPEAKING COMMUNITY OF VAUDREUIL-SOULANGES



Bridge Club

If you are an avid Bridge player, please feel free to join our group or contact our office for more information.

Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8

Every Monday - from 1:30 to 3:30 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



Mexican Train Dominoes

Please join us for our weekly games of Mexican Train Dominoes. (Space is limited)

Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8

Tuesdays February 4, 18, 25 - from 1:00 to 3:00 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



Art Table Tuesdays

Whether you're knitting, painting, scrapbooking, or any other artistic endeavor, join our weekly art table to connect with others, and share tips and inspiration. Bring your project, enjoy the company, and let your creativity flow!

Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8

Tuesdays February 4, 18, 25 - from 10:00 to 11:30 am

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



Canasta

Please join us for our weekly game of Canasta. Everyone is welcome!

Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8

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

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca

Activities in person - Pincourt



Cribbage

Please join us for our drop-in game of Cribbage, everyone is welcome!

Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8

Every Wednesday - from 1:00 to 3:00 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Under the Sea Dinner and Dance *** For Members only ***

In collaboration with The Second Mile Club

Join us for an unforgettable Under the Sea dinner and dance. Enjoy a night filled with music from our live DJ, a delicious dinner, an ocean-themed photo booth, and lots of dancing. Get your ticket before they are gone!

Location: Omni-Centre, 375 Bd Cardinal Léger, Pincourt,

Thursday February 13 - from 6:00 to 10:00 pm

For registration:

Call (514) 425-0399 or email lorie@mwcnc.ca



Employability Support

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

By appointment

For registration: email joanne@mwcnc.ca



ON ZOOM



ON ZOOM



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, watercolour paper and 3 primary colours of watercolour paint. Free activity, designed for all skill levels!

Mondays February 3, 10, 17, 24
from 10:00 to 11:30 am.

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Women's Heart Health Presentation

Presented by Canadian Womens Heart Health Alliance, this presentation will go over heart health for women and emphasizing the importance of awareness, prevention and lifestyle changes.

Wednesday February 5th, from 10:00 to 11:00 am.

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Understanding Chronic Pain *with Pain Canada*

This session covers chronic pain, its impacts, risk factors, effective management strategies, Pain Canada, the National Action Plan, and available support resources in Canada.

Wednesday February 12th, from 12:30 to 2:00 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



SHARP February 2025 session

Post-caregiving grief: resources for supporting caregivers along their journey

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

For registration: [Click HERE](#)