

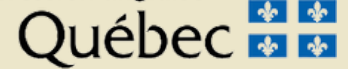


PROGRAM OF ACTIVITIES

DECEMBER 2024

HUNTINGDON

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



FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON

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



Indoor Pickleball

Pickleball is one of the fastest growing activities for seniors, come try it out, and you may discover why everyone is talking about it! Equipment supplied

Location: HAEC 24 Rue York Huntingdon

Every Monday from 1:00 to 3:30 pm

For registration: 450-264-3596 or nora@mwcn.ca



Walk and Talk

Fresh air, exercise, and laughter while exploring the history of Huntingdon.

Location: Meet at Prince Arthur park

Every Tuesday from 1:00 to 2:00 pm

For registration: 450-264-3596 or nora@mwcn.ca



Busy Brain Group

Join our group as we exercise our brains with activities such as sudoku, crafts, crossword puzzles just to name a few. Space is limited.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Tuesday from 1:00 to 3:00 pm

For registration: 450-264-3596 or nora@mwcn.ca



Conversation Cafe

Do you like to meet new people, join our coffee group as they share stories, local history, and laughter.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Wednesday from 10:00 to 11:45 am

For registration: 450-264-3596 or nora@mwcn.ca



Craft and create

Join our group of crafters, as each person works on their own project, bring our own or see what we have in the Center, Knitters are welcome.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Wednesday from 1:30 to 3:30 pm

For registration: 450-264-3596 or nadya@mwcnc.ca



Indoor Pickleball

Pickleball is one of the fastest growing activities for seniors, come and try it out, and you may discover why everyone is talking about it! Equipment supplied

Location: CVR, 1597 rte 138A Ormstown

Every Wednesday from 7:00 to 9:00 pm

For registration: 450-264-3596 or nora@mwcnc.ca



Pickleball for beginners and fun

Pickleball is one of the fastest growing activities for seniors, come and try it out, and you may discover why everyone is talking about it! Equipment supplied

Location: Heritage School, 21 King St. Huntingdon

Every Wednesday from 6:00 to 8:00 pm

For registration: 450-264-3596 or nora@mwcnc.ca



Technology help

Need help with your phone, tablet or laptop? This is the time for you to come and ask your questions!

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Tuesday and Wednesday - By appointment

For registration: 450-264-3596 or nadya@mwcnc.ca



Food Drive for LaBouffe

Once again this year we are gladly taking donations for La Bouffe. The last day to drop off will be Thursday the 5th. See list at the center for most requested items.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

*Thursday December 5th,
from 9:00 am to 3:00 pm*

For registration: 450-264-3596 or nadya@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



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

