



## PROGRAM OF ACTIVITIES

OCTOBER 2026

CHÂTEAUGUAY

With financial support of

Secrétariat aux relations  
avec les Québécois  
d'expression anglaise

Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST



### Happy Laps

Start your week off strong and join us for some laps all while chatting with friends!

***Mondays from 9:00 to 10:30 am***

***For registration***

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

***Location: Track at Rue Ville Marie***



### Bowling League

Are you interested in joining MWCN's bowling league? This is a fun league with no pressure to be the best! We play to have fun! It is **\$14.00 a week plus \$3.00** for shoes if needed -

***This is a league of 30 weeks!***

***Every Monday from 9:15 -10:45 am***

***For registration***

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

***Location: Quillorama 2, 133 Maple***



### Colouring Cafe

A nice and relaxing activity with great conversation!

***Mondays from 11:00 to 12:30 pm***

***For registration***

***tonya@mwcnc.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.

***Mondays from 1:00 to 3:00 pm***

***For registration***

***tonya@mwcnc.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!

***Every Wednesday - from 9:00 to 10:30 am***

***For registration***

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

***Location: Agora***



### 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 October 21<sup>st</sup> - 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

Join us for a french conversation group! This is a chance to come and speak and practice!

***Every Wednesday from 4:30 - 6:30pm***

***For registration***

***ryan@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 exercises will be done using videos in our community space. We only have room for 10 participants.

**Every Thursday**

**From 1:00 to 2:30pm, 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 am to 12:00 pm**

**For registration**

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

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



### Sokasweat with Jess

Join Jess this October for a fun and energetic dance fitness class! Get moving, enjoy great music, and have fun while getting in a workout. 10\$ a class

**Monday, October 5th, 19th From 5:30 pm - 6:30pm**

**For registration**

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

**Location: OLPH Church Hall, 284 Molson**



### Farkle

If you want to have some fun and some laughs join us to play farkle! Registration is required.

**Tuesday, October 6th , From 10:00 am - 12:00pm**

**For registration**

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

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



### Tek Help with Chloe

Join Chloe for tek help! Bring your laptop, ipad, phones and ask your questions.

**Tuesday, October 6<sup>th</sup> & 27<sup>th</sup>, From 1:30- 3:00 pm**

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

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

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### Connected Canadians: The importance of connection in relation to mental health

Learn about four important legal tools that can support caregivers, including powers of attorney, protection mandates, assistance measures, and temporary representation. This introductory workshop will help you understand when each tool may be useful and how to make informed decisions.

**Tuesday, October 13<sup>th</sup> From 10:00-11:30 am**  
**For registration**  
**tonya@mwcnc.ca or call: 450-691-1444**

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

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### Bingo

Join Chloe for bingo! \$5.00 to play and we play 8 games! Come and have some fun!

**Tuesday, October 13<sup>th</sup> From 1:30-3:00pm**

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

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



## Card Class with Kathy & Donnelda

Join Kathy and Donnelda as they show you how to make a pop-up accordion card!. Material list will be sent. When registering, please specify if you will be attending on Tuesday or Wednesday. 8 max on Tuesday, 6 max on Wednesday.

**Tuesday, October 20<sup>th</sup> & 21<sup>st</sup> , From 12:30 - 3:30 pm**

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

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



## Art with Ilana

Insert Description here

**Friday, October 30<sup>th</sup> from 12:30 to 2:30 pm**

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

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



## Paint by Numbers

Join us and have a coffee for a painting by numbers class. All materials will be provided. Cost is \$10.00 per person.

**Tuesday, October 27<sup>th</sup> from 10:00-12:00pm**

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

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



## Employability Support

Looking for help with your job search or starting a business? By appointment only, we offer free translation of job documents, interpreter services for employment appointments, and support with Services Québec forms. We also provide entrepreneurship support in collaboration with YES Montreal.

***By appointment, For registration***

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

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## ON ZOOM



## Online French Classes (Intermediate and Conversation)

A 10 week French intermediate class online to assist with conversation and comprehension

***Tuesday, October 6<sup>th</sup> From 7:00 - 8:30 pm***

***For registration***

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



## SHARP

## Making Daily Tasks Easier: Simple Tips to Stay Independent

***Wednesday, October 21<sup>st</sup> From 10:00 - 11:00 am***

**Registration**



## Connected Canadians: The Importance of Connection in Relation to Mental Health

Learn how personal connections are vital to mental health. Connecting online can help you supplement in-person connection by letting you discover communities, share with friends and family, connect digitally when you can't meet in person, and even access mental health services.

***Tuesday, October 13<sup>th</sup> From 10:00 - 11:30 am***

***For registration***

***nadya@mwcnc.ca or call 450-264-3596***

***Location: 72 Dalhousie Suite 201 Huntingdon***

