



PROGRAM OF ACTIVITIES

APRIL 2024

BEAUHARNOIS

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



In Collaboration with **CLUB DES AÎNÉS MELOCHEVILLE**
380, boulevard de Melocheville
REGISTRATION IS REQUIRED

email: info@mwcnc.ca or call: 450-691-1444



Scrabble

Grab a few friends and come to our community space and play scrabble!

Every Friday

From 9:00 am to 12:00 pm



Pool

Grab a few friends and come to our community space and play pool!

Every Friday

From 9:00 am to 12:00 pm



Walking Group

Do you want to get some exercise and have a good chat with some friends? Join our walking group!

Every Friday

From 10:00 to 11:30 am



Zumba with Rina

Join MWCN for a 6 week fun dance-based exercise class! The Zumba sessions is \$30 for the 6 weeks.

Every Friday starting May 3rd

From 9:00 to 10:00 am