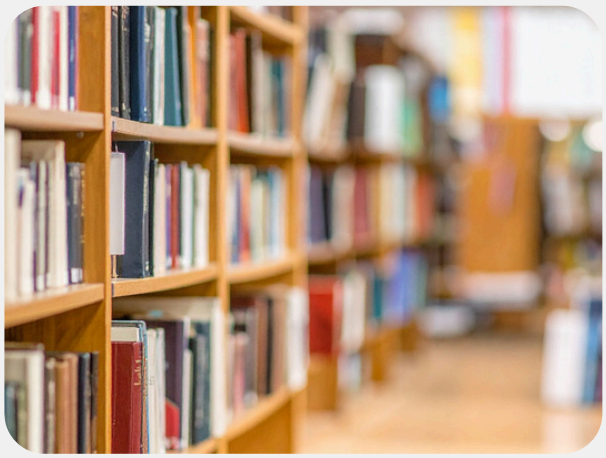
PROGRAM OF ACTIVITIES
NOVEMBER 2026
HUNTINGDON

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

FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



Discover our In-house Library

We have a wonderful selection of books available for you to borrow, with something for every book lover! Stop by our center and discover our new "New Releases" section, where you can borrow the latest titles for just $2.

Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201
Monday -Thursday, from 9:00-4:00 pm

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



Puzzle Exchange

Do you enjoy puzzles? We have a great selection available for you to borrow! From 300-piece classics to challenging 1000-piece sets, there's something for everyone.

Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201
Monday -Thursday, from 9:00-4:00 pm

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



French Conversation

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

Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201

Every Monday From 10:00 to 11:00 am

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



Safe Senior Exercises

Join me to follow a series of exercises to help maintain your balance and flexibility, limited space please register.

Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201

Every Monday From 11:00 to 11:45 am

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



Pickleball

Join us for Senior Pickleball! Whether you're a beginner or already enjoy the game, everyone is welcome. We're a friendly and encouraging group, always happy to welcome new players.. No equipment? No problem! Equipment is provided.
Come out, get active, have some fun, and meet new people!

HAECC 24 York St.Huntingdon

Every Monday, From 1:00 - 3:30 pm

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



Walking Group

Huntingdon walking group , join us for fresh air, the pace will be casual. Meet up at our location at 72 Dalhousie St.

Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201

Every Tuesday, From 9:00 - 10:00 am

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



Busy Brain

Join our Busy Brain Group!
Come explore fun and engaging activities designed to keep our minds sharp. Each session we'll learn something new, whether it's a game, a skill, or a brain-teasing challenge.

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



Caregiving Before Exhaustion Workshop

In partnership with Les Aidants HSL join us for a reflective workshop designed for family caregivers.Participants will learn practial tools and techniques to help find balance between caregiving responsibilities and personal well-being.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Every Tuesday *from 1:00-4:00 pm*

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



Chair Tai Chi

Join us for Chair Tai Chi in our new expanded location in Huntingdon!

Space is limited, so please reserve your spot early.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Every Wednesday, from 10:00 to 11:00 am

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



Conversation Cafe

Join us each week for a welcoming and relaxed gathering where stories come to life. Whether you have a tale to tell or simply want to listen, there's a seat at the table for you.

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



Creative Cafe

Drop in and let your creativity flow!
Bring your own project or explore new ideas using our art materials. Whether you're a seasoned artist or just curious, there's space for everyone to create, connect, and be inspired.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Every Wednesday from 1:00 to 3:00 pm

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



Pickleball

Whether you're a beginner or already enjoy the game, everyone is welcome. We are a friendly and encouraging group, always happy to welcome new players.

No equipment? No problem! Equipment is provided. Come out, get active, have some fun, and meet new people!

Location: Heritage School 21 Rue King Huntingdon

Every Wednesday from 6:00 - 8:00 pm

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



Pickleball

Whether you're a beginner or already enjoy the game, everyone is welcome. We are a friendly and encouraging group, always happy to welcome new players.

No equipment? No problem! Equipment is provided. Come out, get active, have some fun, and meet new people!

Location: CVR 1597 Rte 138A Ormstown

Every Wednesday from 7:00 - 9:00 pm

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



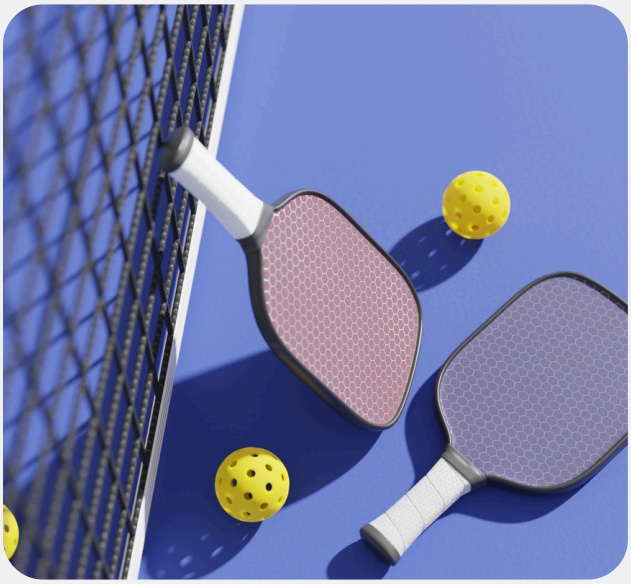
Bingo

Join us for a fun and friendly afternoon of bingo! Enjoy laughter, prizes, and great company. All are welcome, bring your lucky charm!

Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201

Every Thursday
From 1:30 to 3:30 pm

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



Pickleball

Join us for Senior Pickleball! Whether you're a beginner or already enjoy the game, everyone is welcome. We're a friendly and encouraging group, always happy to welcome new players. No equipment? No problem! Equipment is provided.

Come out, get active, have some fun, and meet new people!

Location: HAECC 24 York St. Huntingdon

Every Thursday
From 1:00 - 3:30 pm

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

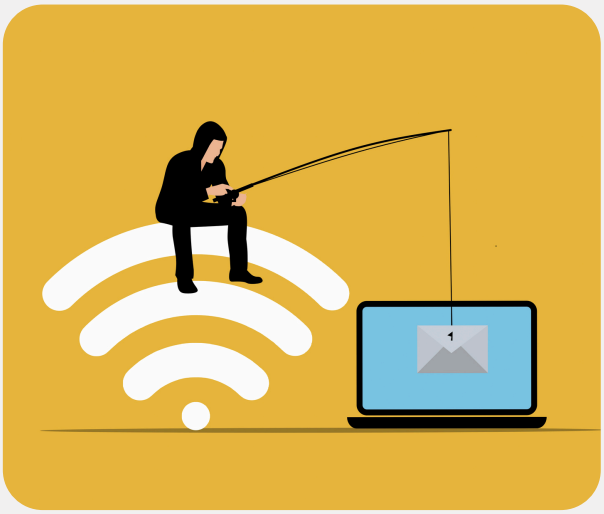


QAHN presentation

Raising Spirits –Join me as we enjoy Episodes 3 and 4 of Raising Spirits, a video series produced by the Quebec Anglophone Heritage Network (QAHN)You'll see many familiar faces, discover fascinating local history, and learn more about the people and stories that have shaped our community.

Monday November 16th, From 1:00 - 3:00 pm
For registration
nora@mwcn.ca or call 450-264-3596

Location: 72 Dalhousie Suite 201 Huntingdon



Phishing Scams - Connected Canadians workshop

Participants will learn to recognize email, text, and AI-generated phishing scams, along with practical tips for protection and prevention.

Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201
Tuesday, November 17th , from 10:00-11:30 am

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



Book Reading & Craft Morning with Raising Young Readers

Join us for a fun and engaging morning of storytelling and crafts designed to spark a love of reading in young children with Emily from Raising Young Readers.

This activity is for children ages 4+. Registration required.

Little Green Library
4 Rue Lorne suite 103, Huntingdon, QC J0S 1H0
Saturday November 21st , From 10:30 - 11:30 am

Register by signing up using the following link:
https://forms.gle/MF5dnF658Vzwajur6



Lunch and learn with Rob Lutes

Join us as one of our favourite performers, Rob Lutes, shares his wonderful musical talents with us! Come enjoy an entertaining time filled with great music and good company.Lunch will be available by pre-order:Soup, roll, cookies & Coffee included, Cost: $9.00 Please reserve your lunch by November 19th.

Thursday November 26th From 10:00 - 12:30 pm
For registration
nora@mwcn.ca or call 450-264-3596

Location: Ormstown Legion 33 Rue Prince Albert



Information Session on Colorectal Cancer

Let's Talk About Colorectal Cancer!

Join us for a warm and informative session where we'll explore the importance of colorectal cancer awareness, prevention, early detection, and screening.

Together, we'll break down the basics of colorectal cancer in a simple and easy-to-understand way, while introducing the wonderful resources and support services offered by Colorectal Cancer Canada. Whether you're looking to learn more for yourself or a loved one, everyone is welcome!

Knowledge is power, and awareness can save lives!

Monday November 23rd From 1:00 - 2:30 pm
For registration
nora@mwcn.ca or call 450-264-3596

Location: 72 Dalhousie, Suite 201 Huntingdon



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 only,
For an appointment email joanne@mwcn.ca or call 450-691-1444

ON ZOOM



Online French Classes (Intermediate and Conversation)

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

Tuesdays From 7:00 - 8:30 pm

For registration
ryan@mwcn.ca or call: 450-691-1444



SHARP

Strength and Balance to Prevent Falls

Wednesday, November 18th From 10:00 - 11:00 am

Registration



Phishing Scams - Connected Canadians workshop

Participants will learn to recognize email, text, and AI-generated phishing scams, along with practical tips for protection and prevention.

Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201

Tuesday, November 17th, from 10:00-11:30 am

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