

FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



Safe Senior Exercises

Join us 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@mwcnc.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@mwcnc.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@mwcnc.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@mwcnc.ca



Pickleball

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: Heritage 21 King St. Huntingdon

Wednesday from 5:30 to 8:00 pm

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



Pickleball

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: CVR 1597 Rte 138A Ormstown

Every Wednesday from 7:00 to 9:00 pm

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

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: 87 Rue Roy Ormstown

Every Friday from 6:00 to 9:00 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 am to 4:00 pm

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



Community Wellness Workshop

Join us for a free, full day workshop focused on building resilience. The day will include 2 full sessions with my 2 different professionals. Lunch is included.

Must reserve by May 4th.

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

Thursday May 7th from 9:00 to 2:45 pm

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



Mothers Day Tea

Celebrate Mother's Day with us at our traditional tea, filled with sweet treats, warm company, and timeless charm. Wear your best hat and join the fun!

Location: 33 Saint Albert Street Ormstown

Wednesday, May 13th from 10:00 to 11:30 am

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



Banking and Shopping Online with Connected Canadians

Learn to bank and shop online safely! Open an online account, manage transactions, find trustworthy stores, compare prices, and avoid scams..

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

Tuesday, May 26th from 10:00 to 11:30 am

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



QAHN Raising Spirits viewing

Join us to watch the first 3 videos in the series produced by QAHN, highlighting our fabulous area.

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

Wednesday May 27th from 10:00 to 11:30 am

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



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 registration

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

ON ZOOM



SHARP

Preventing Pain and Problems: Oral Health Tips as We Age

Wednesday, May 20th

From 10:00 to 11:30 am, For registration SHARP Registration



Banking and Shopping Online with Connected Canadians

Learn to bank and shop online safely!
Open an online account, manage transactions, find trustworthy stores, compare prices, and avoid scams..

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

Tuesday, May 26th from 10:00 to 11:30 am

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

