




PROGRAM OF ACTIVITIES - JANUARY 2024

CHÂTEAUGUAY

In-Person Activities

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

Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST

Our offices will be closed from Friday, December 22nd, 2023, and will reopen on Monday, January 8th, 2024.

For registration, call 450-691-1444 or email tonya@mwcnc.ca



Bowling League

Join our MWCN's Bowling League with small balls! It will be for 25 weeks running until March 25th! Each week it is \$12 and \$3.00 for shoe rental if needed.

Every Monday, from 9:15 to 10:45 a.m.

Location: 133 Boulevard Maple



Colouring Cafe

A nice and relaxing activity with great conversation!

Every Monday

from 11:30 a.m. to 1:00 p.m.

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.

Every Monday from 1:00 to 3:00 p.m.

For registration

joanne@mwcnc.ca or call 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Happy Laps Walking Group

Do you want to get some exercise and have a good chat with some friends? Join us for our Happy Laps group!

Every Monday from 9:30 to 11:00 am

Location: Agora



Wacky Walkers

Enjoy strolling through the streets of Chateauguay with a group of friendly members of MWCN!

*Every Wednesday,
from 9:30 to 11:00 am*

Location: Agora



Lunch and Learn

Join us for a presentation from CAAP Monteregie. CAAP Montérégie is a community organization providing assistance and support for complaints concerning services in the health and social network. We will be having a chicken meal for lunch. \$15 for members. Limited spots available!

Wednesday, January 17th from 11:00 am to 2:00 pm

Location: 259 Blvd D'Anjou, Community Space



Cross stitching with Donnelda

Join us to learn the basics of cross-stitching, and you can work on other projects as well!

*Thursday, January 18th & 25th
from 10:00 to 11:30 am*

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! Need to reserve in advance.

Every Friday from 10:00 to 12:00pm

Location: 259 Blvd D'Anjou, Community Space



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!

*Wednesday, January 24th & 31st
from 1:00 to 3:00 pm*

Location: 259 Blvd D'Anjou, Community Space



Bingo

Join us for bingo! We will be playing for Cash prizes. \$5.00 a person. Reservation is required!

*Tuesday, January 23rd,
from 1:00 to 2:30 pm*

Location: 259 Blvd D'Anjou, Community Space



Employability Support

Job seekers looking for guidance and support in their job search process.

Monday - Thursday, by appointment

For registration: joanne@mwcnc.ca