



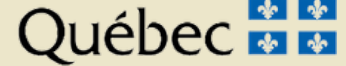
PROGRAM OF ACTIVITIES

MAY 2026

CHÂTEAUGUAY

With financial support of

Secrétariat aux relations
avec les Québécois
d'expression anglaise



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 8:30 to 10:00 am

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Colouring Cafe

A nice and relaxing activity with great conversation!

Mondays from 11:00 to 12:30 pm

For registration

tonya@mwcn.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@mwcn.ca or call 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Drop-in & Crop

Kathy will be at our community space if you need any help for your ongoing card making projects! Just drop in and say hi!

Every Wednesday from 1:00 to 3:00 pm, except for May 6th & 13th

For registration

tonya@mwcn.ca or 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 to 6:30 pm,
For registration**

info@mwcnc.ca or 450-691-1444

Location: 259 Blvd D'Anjou



Wacky Walkers

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

**Every Wednesday - from 8:30 to 10:00 am
For registration**

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

Location: Agora



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



Drop-in Breakfast with Petula

Join Petula for a \$2.00 breakfast. Enjoy a bagel, fruit, and much more!

Registration is required.

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

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Farkle

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

Registration is required.

Tuesday, May 5th, from 10:00 to 12:00 pm

For registration

tonya@mwcnc.ca or 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Art with Ilana

HERE COMES THE SUN - Neurographica meets Zentangle

Here's an art project that is so relaxing to do. It involves Neurographica which is a free spirited art form. Followed by Zentangles, a meditative way to create intriguing images by drawing structured and repetitive patterns. The result is a fun way to create detailed and beautiful images.

Friday, May 22nd , from 12:30 to 2:30 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Card Class with Donnelda and Kathy

Join Donnelda and Kathy as you make a card that is everything a women would love; color, flowers and filled with love!

Tuesday, May 12th from 12:30 - 3:30 pm,
For registration
tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



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..

Tuesday, May 26th, from 10:00 to 11:30 am
For registration
tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Bingo

Join us for bingo! To play it is \$5.00 and you win cash prizes!

Wednesday, May 6th
from 1:00 - 2:30 pm, For registration
tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Volunteer Meeting

Are you a volunteer at MWCN? Please come by so we can discuss a few key parts of volunteering with MWCN! We can talk challenges, successes together!

Tuesday, May 19th
from 10:00 - 11:30 am, For registration
francoise@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@mwcnc.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