



PROGRAM OF ACTIVITIES

OCTOBER 2025

CHÂTEAUGUAY

With financial support of

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST



Happy Laps

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

Mondays from 9:00 to 10:30 am

For registration

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

Location: Track at Rue Ville Marie



Bowling League

Are you interested in joining MWCN's bowling league? This is a fun league with no pressure to be the best! We play to have fun! It is **\$13.00 a week plus \$3.00** for shoes if needed. Also looking for a spare!

This is a league of 30 weeks!

Mondays from 9:15 to 10:45am

For registration:

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

Location: Quillorama 2, 133 Maple



Colouring Cafe

A nice and relaxing activity with great conversation!

Mondays from 11:30 to 1:00 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.

Monday October 27th from 1:00 to 3:00pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Wacky Walkers

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

Every Wednesday - from 9:00 to 10:30 am

For registration

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

Location: Agora



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!

Every Wednesday except October 1st & 29th

from 1:00 to 3:00 pm - For registration

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

Location: 259 Blvd D'Anjou, Community Space



Cross stitching with Donnelda

Join us to learn the basics of cross-stitching.

Every Thursday from 10:00 to 11:30 am

For registration:

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

Location: 259 Blvd D'Anjou, Community Space



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 except October 30th

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



Senior Fair- No registration needed

Join us on International Seniors Day for The Seniors' Discovery Day 50+. Visit the 55+ kiosks, see the Powwow Dancers (1:00pm) and hear Kahnawake Tourism talk about the Oka Crisis! Lunch is available on site. **Admission is free!**

Wednesday, October 1st - from 10:00 to 5:00 pm

For more information

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

Location: Manoir D'Youville



Matt Mardini Fundraiser Concert

We are proud to announce that we are hosting a fundraiser concert in Châteauguay. Join Matt Mardini and his talented 10-piece band as they breathe new life into beloved classics from the 1920s to the 1970s. From the jazzy rhythms of yesteryear to the soulful melodies of timeless favorites, each song holds a special place in every heart.

Special spots are reserved for members.

Sunday, October 5th

**From 6:00 to 9:00 pm - For registration
tonya@mwcnc.ca or call: 450-691-1444**

Location: At the Auditorium - HSB

210 Rue McLeod, Châteauguay, QC J6J 2H4



Painting by numbers

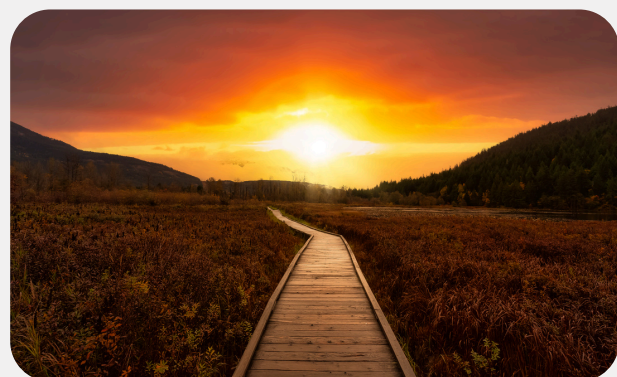
Join us and have a coffee for a painting by numbers class. All materials will be provided. **Cost is \$5.00 per person. Only have room for 10.**

**Tuesday, October 7th
from 10:00 to 12:00 am**

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Sunset Strollers

Join Marlene as she takes you on a slow paced nature walk around parc de la commune & Ile St.Bernard. Registration is required!

Tuesday, October 7th & 21st,

**From 6:00 to 7:00 pm - For registration
tonya@mwcnc.ca or call: 450-691-1444**

Location: Ile. St. Bernard, Châteauguay



Lunch and Learn- Mental Health Session II with L'Accolade

Join us along with a facilitator from L'Accolade to learn about mental health. You do not need to have been at the first session as each session is a stand alone one! Cost is 15\$ and includes lunch.

Thursday, October 9th

From 10:30 am to 12:30 pm - For registration
patricia@mwc.ca or call: 450-691-1444

Location: 268 Molson, OLPH



Coffee and Conversation - Untold Stories

Here is another opportunity to share your memory, your story, of anything that involves Châteauguay. Join us and listen or share or both!

Tuesday, October 14th, from 10:00 to 11:30 am

For registration

francoise@mwc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Beginner Card Making Class with Donnela & Kathy

Beginner Class Part 3: Dyes and embossing folders. This class is for the individuals who took Part 1 and Part 2.

Tuesday, October 14th

From 12:30 to 3:30 pm - For registration

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

Location: 259 Blvd D'Anjou, Community Space



Drop in Breakfast

Join us for a drop in breakfast for the price of \$2.00. Bagels and fruit and juice will be supplied. Menu may change week to week. Please confirm attendance.

Wednesday, October 15th

from 10:00 - 11:00 am, For registration

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

Location: 259 Blvd D'Anjou, Community Space



Coffee & Cookies- Yves Legaré Conference- Nothing left to Chance

Conference that covers all funeral needs before, during, and after a death (legal and financial concepts as well as pre-arrangements).

Tuesday, October 21st
from 10:00 - 11:30pm, For registration
patricia@mwcnc.ca or 450-691-1442

Location: 259 Blvd D'Anjou, Community Space



Art with Ilana- Mason Jars Magic!

Here's an art project that is both beautiful and very useful as a decorative container, a vase for flowers or a gift filled with home-made treats. Your Mason jars will be covered with different sorts of colourful papers and sealed with Podge. Please bring along your favourite jar if you have. A brief demonstration of how to apply decoupage will be included.

Friday, October 24th, 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 Making class with Donnelda & Kathy

Halloween Card
Join Donnelda and Kathy as they show you a new technique for a Halloween Card. Space for only 8 participants.

Tuesday, October 28th
from 12:30 to 3:30 pm, For registration
tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



French Conversation with Georges

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

Tuesday, October 28th
from 4:30 to 6:30 pm, For registration
patricia@mwcnc.ca or 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Movie & Snacks! Ageless- A Movie

Join us and a facilitator from the Cummings Centre for a discussion and presentation of Ageless, a movie about aging and specifically how this age bias effects people of all ages! \$5 includes snacks for the movie.

Wednesday, October 29th
from 1:00 to 3:30 pm, For registration
patricia@mwcnc.ca or 450-691-1444

Location: to be determined depending on registration



Halloween Disco Party

Come and join us for a spooky fun filled dance party! Wear a costume, or don't.. but prizes will be given for best costumes!! Cost is 10\$
As always, we are looking for volunteer bakers to make this event extra special!

Thursday Oct 30th
from 1:00 to 3:30, For registration
patricia@mwcnc.ca or 450-691-1444

Location: 268 Molson, OLPH



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 - Aging in Place

Resources for staying active and preventing falls at home with Guy Hajj-Boutros, Clinical Research Coordinator, McGill University Health Centre

Wednesday, October 15

From 10:00 to 11:30 am.

For registration: Click [HERE](#)

Service
Canada

Service Canada Presentation

Join us for a zoom presentation given by Service Canada on the Canadian dental plan, and learn about the benefit finder.

Thursday October 30th

From 10:00 am to 12:00 pm

For registration

nadya@mwcn.ca or call 450-264-3596

