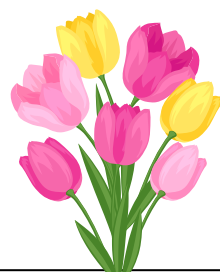


Head Office:
255 Boulevard D'Anjou
Telephone: 450-691-1444
Email: info@mwcnc.ca



MAY 2025



Community Room
259 Boulevard D'Anjou
Telephone: 450-692-0098
Email: info@mwcnc.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00-11:30am: Cross-stitching with Donnelda	2 10:00-12:00pm: Knitting Group	3
4	5 9:30-11:00am: Happy Laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	6 12:30-3:30pm: Card making Class with Kathy & Donnelda	7 9:00-10:00 Yoga 9:30-11:00am: Wacky Walkers 1:00-3:00pm: Drop-in & Crop 4:30-5:30 Yoga	8 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	9 10:00-12:00pm: Knitting Group 12:30-2:30pm: Art with Ilana	10
11 	12 9:30-11:00am: Happy Laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	13 10:00-12:00pm: Mother's Day Tea (Registration required) 	14 9:00-10:00 Yoga 9:30-11:00am: Wacky Walkers 1:00-3:00pm: Drop-in & Crop 4:30-6:30pm: French Conv. 4:30-5:30 Yoga	15 10:00-11:30am: Cross-stitching with Donnelda	16 10:00-12:00pm: Knitting Group	17
18	19 Office Closed Victoria Day	20 10:00-12:30pm: Lunch and Learn: Lunch with a firefighter	21 9:00-10:00 Yoga 9:30-11:00am: Wacky Walkers 10:30-1:00pm: Fall Prevention 1:00-3:00pm: Drop-in & Crop 4:30-6:30pm: French Conv. 4:30-5:30 Yoga	22 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	23 10:00-12:00pm: Knitting Group 4:00-6:00pm: Tek Talk with Jacob	24
25	26 9:30-11:00am: Happy Laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	27 12:30-3:30pm: Beginner Card Making Class	28 9:00-10:00 Yoga 9:30-11:00am: Wacky Walkers 1:00-3:00pm: Drop-in & Crop 4:30-6:30pm: French Conv. 4:30-5:30 Yoga	29 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	30 10:00-12:00pm: Knitting Group	31 