

FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



French Conversation

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

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

Every Monday from 10:00 to 11:00 am

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



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@mwcn.ca



Cribbage and Card Games

Do you enjoy card games or cribbage? Would you like to play or perhaps teach others how to play? Our newly expanded place in Huntingdon is the perfect place to gather, learn and have fun together.

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

Every Monday from 1:00 to 3:00 pm

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



Walking Group

Huntingdon walking group will start once again for the summer, join us for fresh air, the pace will be casual.

Meet up at our location at 72 Dalhousie St.

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

Every Tuesday from 9:00 to 10:00 am

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



Chair Tai Chi

Join us for Chair Tai Chi in our new expanded location in Huntingdon!
Space is limited, so please reserve your spot early.

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

Wednesday June 10th & 17th from 10:00 to 11:00 am

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



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@mwcnc.ca



Armchair Travel

Join me as we discover Portugal, from the series from Golden Travelers. With a special quest who just returned from Portugal.

Location: Huntingdon Wellness Center 72 Dalhousie, Suite 201

Tuesday June 16th from 10:30 to 12:00 pm

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



Ormstown Legion

Do you like chess ,cards, cribbage? Join us for fun and have a coffee.

Location: Ormstown Legion 33 Rue Prince- Albert, Ormstown

Thursday June 4th & June 18th from 10:00 to 11:30 am

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



Book Reading & Craft Morning with Raising Young Readers

Join us for a fun and engaging morning of storytelling and crafts designed to spark a love of reading in young children with Emily from Raising Young Readers. This activity is for children ages 4+. Registration required.

Little Green Library

4 Rue Lorne suite 103, Huntingdon, QC J0S 1H0

Saturday June 20th from 10:30 to 11:30 am

Register by signing up using the following link: <https://forms.gle/xjWqsmAZDAiEYk6h8> or 450-264-3596 or nadya@mwcn.ca



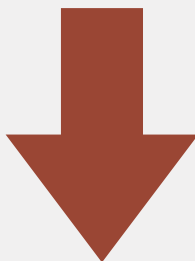
Employability Support

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 an appointment email joanne@mwcn.ca or call 450-691-1444

ON ZOOM



ON ZOOM



SHARP

Staying Active with Vision Loss: Tips and Tools That Help

Wednesday, June 17th from 10:00 to 11:30 am

Register by clicking this link: [**SHARP Registration**](#)

