

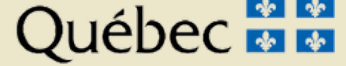


PROGRAM OF ACTIVITIES

JULY 2026

HUNTINGDON

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



FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



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*

Thursday July 2nd & 9th from 1:30 to 3:30 pm

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



Outdoor Pickleball

Whether you are an experienced player or looking to give it a try for the first time, everyone is welcome to join us for some friendly competition, fresh air, and fun. Come out, stay active, and enjoy a great summer activity with friends!

Russell Park 95 Fairview, Huntingdon

**Monday & Thursday
from 10:00-12:00 pm**

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



Outdoor Pickleball

Whether you are an experienced player or looking to give it a try for the first time, everyone is welcome to join us for some friendly competition, fresh air, and fun. Come out, stay active, and enjoy a great summer activity with friends!

Russell Park 95 Fairview, Huntingdon

Wednesdays from 5:30-8:00pm

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

Monday July 6th & 13th from 11:00 to 11:45 am

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



French Conversation

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

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

Monday July 6th & 13th from 10:00 to 11:00 am

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



MWCN'S AGM

Join us for our 2026 Annual General Meeting. All community members, partners, clients, volunteers, and others are welcome.

Tuesday, July 7th, 2026 at 4:00pm

Village Church, 52 Rue Lambton, Ormstown, Quebec J0S 1K0

Please RSVP by Thursday, July 2nd, 2026,
info@mwcn.ca or 450-691-1444.



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 July 8th & 15th 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*

Wednesday July 8th & 15th 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*

Wednesday July 8th & 15th from 1:00 to 3:00 pm

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



Saint-Anicet Day Outing

Join me as we explore the beautiful community of Saint-Anicet!

Our day will include:

- a visit to the historic Laguerre Cemetery site
- and ruins.stop at the Saint-Anicet Beach area,
- Lunch at Resto Terrasse Lamoureux (at your own expense
- a visit to Vignoble Le Blanc. We will be carpooling from Huntingdon.

Please reserve your spot and let us know if you are able to drive.

Registration Deadline: July 6, 2026

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

Wednesday July 8th from 9:00 to 4:00 pm

For registration: 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 July 9th from 10:00 to 11:30 am

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



Bullet Journaling Workshop

Join us to create a fun and customizable bullet journal, where you can write your thoughts, lists, plan your month, and so much more! It's the perfect way to keep everything on track, all in one book. Cost is \$5.00 includes the journal.

Space must be reserved by July 7th.

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

Thursday July 9th from 10:00 to 11:30 am

For registration: Hallie.s.huntingdon@mwcnc.ca or 450-264-3596

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@mwcnc.ca or call 450-691-1444





Family Activities



Stroll and Roll

Looking for a fun way to stay active with your baby this summer? Join our stroller walking group! Enjoy fresh air, gentle exercise, and connect with other families in your community.

Monday & Thursday from 10:00-11:00 am

Arthur-Pigeon Soccer Field, Huntingdon

For registration: [450-264-3596](tel:450-264-3596) or nadya@mwcnc.ca



Cooking Class for Kids

Looking for a fun activity to enjoy with your child this summer? Join us for a hands-on cooking class where you'll make a delicious lunch and a tasty dessert together!

Cost: \$5 per child. Registration is required.

Monday July 6th from 10:00 - 1:00 pm

CRF16 Rue King, Huntingdon

For registration: [450-264-3596](tel:450-264-3596) or nadya@mwcnc.ca



Tie-Dye

Join us for a hands-on tie-dye workshop where you can get creative and design your own unique piece to take home! You will be provided a bag to dye and decorate.

Cost: \$5 per child. Registration is required.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Wednesday July 15th from 1:00 to 3:00 pm

For registration: [450-264-3596](tel:450-264-3596) or nadya@mwcnc.ca