

FOR THE ENGLISH-SPEAKING COMMUNITY OF VAUDREUIL-SOULANGES

LOCATION: 95 5e avenue #100, J7W 5K8, Pincourt, QC



Canasta

Please join us for our weekly game of Canasta. Everyone is welcome!

Wednesdays October 1, 8, 15, 22, 29

From 9:00 to 11:00 am

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Cribbage

Please join us for our drop-in games of Cribbage. Everyone is welcome!

Wednesdays October 1, 8, 15, 22, 29

From 1:00 to 3:00 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Pumpkin Craft with Heidi

Join us for a festive pumpkin craft with Heidi Whipple. This is a fun and easy craft turning an old sweater into a cozy no-sew pumpkin! Materials needed: the arm of an old sweater, any fall decor wanted to decorate your pumpkin

Monday October 6th - From 10:00 to 11:30 am

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Bridge Club

If you are an avid Bridge player, please feel free to join our group or contact our office for more information.

Mondays October 6, 27

From 1:30 to 3:30 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Mexican Train Dominoes

Please join us for our weekly games of Mexican Train Dominoes. (Space is limited)

Tuesdays October 7, 14, 21, 28

from 1:00 to 3:00 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



Bilingual Discussion

Feel like touching up your French or English? Join us for our easy-going discussion! All skill levels are welcome, whether you're just starting to learn or fluent.

Wednesdays October 8, 22

From 10:00 to 11:00 am

For registration:

Call (514) 425-0399 or email: kitiara@mwcn.ca



Perfume Workshop

Experience the joy of perfume/cologne creation with Le Ciel Parfum. Le Ciel Parfum will guide you through the fragrance creation process, you choose your favourite notes and a bottle that fits your style! Limited spots so register quickly!

Thursday, October 9

From 10:00 am to 12:00 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



Matt Mardini Fundraiser Concert

We are proud to announce that we are hosting a fundraiser concert in Pincourt. 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 19th - From 6:00 to 9:00 pm

For registration call: 514-425-0399

Email: lorie@mwcn.ca or bryanna@mwcn.ca

Location: At the Omni-Centre



Advance Care Planning

Please join us for an informative session on Advanced Care Planning (ACP) with **Teresa Dellar** Palliative Care Residence. Family members are increasingly caring for chronically ill loved ones at home, which raises concerns and questions related to what happens as health starts to decline. Advanced care planning is a process of reflecting on and communicating your wishes for end-of-life care with your family, close friends, and healthcare team. You will learn what ACP is, how to introduce the subject, and how to make difficult decisions

Tuesday, October 21

From 10:30 to 11:30 am

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Myths of Palliative Care

Please join us for an informative session on Myths of Palliative Care with Teresa Dellar Palliative Care Residence. Many people believe that palliative care is only for the final weeks of life or is focused solely on comfort. In this session, you'll gain a deeper understanding of the wide range of support palliative care provides. This can include improving quality of life for patients and their families, and ensuring comfort, dignity, and compassionate care throughout the entire end-of-life journey.

Monday, October 27

From 10:30 to 11:30 am

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Paint by Numbers

Join us for some coffee and a paint-by-numbers class. All materials will be provided. **Cost is \$5.00** per person. Limited spots so register quickly!

Wednesday, October 29

From 11:30 am to 1:00 pm

For registration:

Call (514) 425-0399 or email: bryanna@mwcnc.ca



Service Canada Presentation

Join us at the Pincourt office for a virtual 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:

Call (514) 425-0399 or email: bryanna@mwcnc.ca



Tech Support

Need help with navigating your devices? Bring in your electronic devices and your questions!

By appointment

For registration:

Call (514) 425-0399 or email: kitiara@mwcnc.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

For registration

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

ON ZOOM



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@mwcnc.ca or call 450-264-3596

