

FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



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



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



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@mwcnc.ca



Pickleball

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: Heritage 21 King St. Huntingdon

Wednesday from 5:30 to 8:00 pm

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



Pickleball

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: CVR 1597 Rte 138A Ormstown

Every Wednesday from 7:00 to 9:00 pm

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



Pickleball

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: 87 Rue Roy Ormstown

Every Friday from 6:00 to 9:00 pm

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



Genealogy Session

Are you interested in genealogy?

Join Markus as he shares his expertise with us. Limited space, you must reserve.

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

Tuesday, April 7th & 14th from 10:00 to 12:00 pm

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



Healthy Heart

Join me to learn practical tips for maintaining a healthy heart.

I will provide take home books.

Location: 33 Saint Albert Street Ormstown

Thursday, April 9th from 10:00 to 11:30 am

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



French Conversation with Shannelle

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

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

Monday, April 13th from 10:00 to 11:00 am

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



Armchair Travel

Join us for our first session of armchair travel with Golden Carers. We will explore Iceland, live from our conference room.

Limited space, you must reserve

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

Tuesday, April 21st from 10:00 to 11:30 am

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



Financial Scam Prevention & Identity Theft Protection

Connected Canadians will guide participants will build knowledge and confidence to protect themselves from common online scams and fraud.

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

Wednesday, April 29th from 10:00 to 11:30 am

For information: 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 registration

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

ON ZOOM



SHARP

Moving into Care: What to expect and How to Prepare

Wednesday, April 15th

From 10:00 to 11:30 am, For registration SHARP

Registration



Financial Scam Prevention & Identity Theft Protection

Connected Canadians will guide participants will build knowledge and confidence to protect themselves from common online scams and fraud.

Wednesday, April 29th from 10:00 to 11:30 am

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