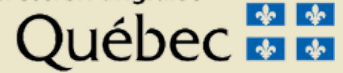




PROGRAM OF ACTIVITIES
APRIL 2026
HEMMINGFORD

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



FOR THE ENGLISH-SPEAKING COMMUNITY OF HEMMINGFORD

Location: 476 Frontière, Hemmingford J0L1H0

REGISTRATION IS REQUIRED

call: 514-249-5539 or email: tina@mwcn.ca



Puzzles and Exchange

If you like puzzles, why not drop by our office to either work on one that is on-going in the office, or just exchange one.

(Take a puzzle, leave a puzzle)

Monday to Wednesday

From 9:00 am to 3:00 pm



Walking club with Johanne

Start the day with a nice walk and enjoy nature on our walking trail!

Every Tuesday at 2:00 pm

The walkers will meet in the parking lot of the Hemmingford Recreation Centre



Kid's crafts with Mrs Schmidt

A fun and creative crafting session where kids can explore, create, and express themselves. All materials are included—just bring your imagination! **Kids K4-Grade 3**

Monday, May 4th , From 3:00- 4:00 pm



Kid's crafts with Mrs Schmidt

A fun and creative crafting session where kids can explore, create, and express themselves. All materials are included—just bring your imagination! **Kids K4-Grade 6**

Tuesday, May 5th , From 3:00- 4:00 pm



Senior Crafts

Enjoy a relaxed, creative morning with coffee and all materials included. Unwind, connect, and make something beautiful—no experience needed!

Monday, May 11th, From 10:00- 11:30 am



Mothers Day Tea

Celebrate Mother's Day with us at our traditional tea, filled with sweet treats, warm company, and timeless charm.

Monday, May 11th, From 1:00- 2:00 pm



Art and coffee

Let your inner artist shine!
Bring your art, enjoy a coffee, and let's create together.

Wednesday, May 27th, From 10:00 to 11:00 am



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



SHARP

Preventing Pain and Problems: Oral Health Tips as We Age

Wednesday, May 20th

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



Banking and Shopping Online with Connected Canadians

Learn to bank and shop online safely!
Open an online account, manage transactions, find trustworthy stores, compare prices, and avoid scams..

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

Tuesday, May 26th from 10:00 to 11:30 am

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

