

Head Office:
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NOVEMBER 2025



Community Room:
259 Boulevard D'Anjou
Telephone: 450-692-0098
Email: info@mwcnc.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Daylight Saving Time	3 9:15-10:45am: Bowling 9:00-10:30am: Happy Laps Community Space Closed	4 10:00-1:00pm: Lunch and Learn: Mental Health III 1:00-4:00pm: Beginner Card Making Class	5 9:00-10:00am: Yoga 9:00-10:30am: Wacky Walkers 10:00-11:00am: Drop-in Breakfast 1:00-3:00pm: Drop in & Crop 4:30-5:30pm: Yoga 4:30-6:30pm: French Conversation	6 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	7 10:00-12:00pm: Knitting Group	8
9	10 9:15-10:45am: Bowling 9:00-10:30am: Happy Laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	11 10:00-12:00pm: Coffee & Conversation: Caregiving 1:00-2:30pm: Bingo	12 9:00-10:00am: Yoga 9:00-10:30am: Wacky Walkers 1:00-3:00pm: Drop in & Crop 4:30-5:30pm: Yoga 4:30-6:30pm: French Conversation	13 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	14 10:00-12:00pm: Knitting Group	15
16	17 9:15-10:45am: Bowling 9:00-10:30am: Happy Laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	18 10:00-12:00pm: Conference with Yvon Reindeau at Manoir D'Youville	19 9:00-10:00am: Yoga 9:00-10:30am: Wacky Walkers 1:00-3:00pm: Drop in & Crop 4:30-5:30pm: Yoga 4:30-6:30pm: French Conversation	20 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	21 10:00-12:00pm: Knitting Group	22
23	24 9:15-10:45am: Bowling 9:00-10:30am: Happy Laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	25 12:30-3:30pm: Intermediate Card Making class with Kathy & Donnelda	26 9:00-10:00am: Yoga 9:00-10:30am: Wacky Walkers 10:00-12:00pm: Christmas Decorating 1:00-3:00pm: Drop in & Crop 4:30-5:30pm: Yoga 4:30-6:30pm: French Conversation	27 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	28 10:00-12:00pm: Knitting Group 12:30-2:30pm: Art with Ilana	29
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