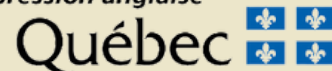




PROGRAM OF ACTIVITIES
MAY 2025
HEMMINGFORD

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@mwcnc.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 Thursday From 9:00 am to 3:00 pm



Walking with Johanne

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

Every Tuesday at 1:30 pm

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



Senior craft morning

Craft morning for adults, coffee and material is included

Tuesday May 6 & 20

From 10:00 am till noon



Art and coffee

Artists bring your art, let's create together

Thursday, May 8

From 10:00 to 11:30 am



Crafts with Carolyn for kids 5 to 12

Kid's afterschool crafts with teacher Carolyn Kyle

Wednesday, May 14

From 3:00 to 4:15 pm



Tech Café for seniors

Bring your electronic devices and your questions! **Coffee included!**

By appointment



Employability Support

Job seekers looking for guidance and support in their job search process.

By appointment

255 Boulevard D'Anju, Suite 203

For registration: joanne@mwcn.ca

ON ZOOM



Driving safely

Services for Healthy Aging in the Right Place (SHARP) by CHSSN

Driving safely: assessments, accommodations, and knowing when it is time to stop.

**Presented by Shamese Barakat, OT,
Kinatex Pierrefonds**

Wednesday, May 21, 2025, from 10:00 to 11:30 am.

For registration: [Click HERE](#)

ON ZOOM



Ensuring Safety and Independence as You Age W

Services for Healthy Aging in the Right Place (SHARP) by CHSSN

This session will explore how home care services can help individuals age in place and promote independence, addressing common stigma and questions about qualification.

Wednesday April 16, from 10:00 to 11:30 am.

[For registration: Click HERE](#)

