

FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



## 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 February 2nd, 9th and 23rd  
From 10:00 to 11:00am**

For registration: 450-264-3596 or [nora@mwcn.ca](mailto: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: [nora@mwcn.ca](mailto:nora@mwcn.ca) or 450-264-3596



## 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 Tuesday from 1:00 to 4:00 pm**

For registration: 450-264-3596 or [nora@mwcn.ca](mailto: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](mailto: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@mwcn.ca](mailto: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: Heritage 21 King St. Huntingdon*

**Every Wednesday from 5:30 to 8:00 pm**

For registration: 450-264-3596 or [nadya@mwcn.ca](mailto: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: Heritage 21 King St. Huntingdon*

**Wednesday February 11th, 18th and 25th from  
7:00 to 9:00 pm**

For registration: 450-264-3596 or [nora@mwcn.ca](mailto:nora@mwcn.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](mailto: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](mailto: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](mailto:nora@mwcn.ca)



## Coffee Chat and Cook!

Coffee, chat and cook with Vicky at La Bouffe. **Free event for MWCN members.** Cook with us and take your meal home. Please reserve limited space.

*Location: 105-4 Rue Lorne Huntingdon*

**Every Tuesday from 10:00 to 12:00 pm**

For registration: 450-264-3596 or [nora@mwcn.ca](mailto:nora@mwcn.ca)





## Heart Health

February is Healthy Heart Month. Join me to learn practical tips for maintaining a healthy heart.

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

**Monday, February 2<sup>nd</sup> from 1:30 to 3:00 pm**

For registration: 450-264-3596 or [nora@mwcn.ca](mailto:nora@mwcn.ca)



## Financial discussion with Todd Cote

Join Todd Cote- from Assante for a **Post-Retirement** presentation. Do you know how to manage your Budgeting, Income Sources, and Tax Minimization in retirement? Includes more information on government pensions, taxes, budgeting and planning for retirees or those closer to retirement.

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

**Tuesday February 10<sup>th</sup> from 6:00 pm to 7:30 pm**

For information: 450-264-3596 or [nora@mwcn.ca](mailto:nora@mwcn.ca)



## Valentine's lunch with Rob Lutes

Join us for a fun Valentines Day lunch! Rob will entertain us with his vast knowledge of music. Participants are given opportunities to share memories and to sing or clap along.

**Lunch must be reserved ahead cost is \$8.00, Reserve by Feb. 9th**

*Location: Ormstown Legion 33 Rue Prince-Albert*

**Thursday February 12<sup>th</sup> From 10:00 to 12:30 pm**

For information: 450-264-3596 or [nora@mwcn.ca](mailto:nora@mwcn.ca)



## Conference, At the Heart of Caregiving

Come explore the deep motivations that drive us to care for others. Discover what fuels their desire to care for those around them, I will be joined by Esther from Les Aidants.

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

**Tuesday February 17<sup>th</sup> from 9:00 pm to 12:00 pm**

For information: 450-264-3596 or [nora@mwcn.ca](mailto:nora@mwcn.ca)





### Sip and paint

Join us at the Brasserie du Village in Huntingdon for a fun and creative evening with Marie-Ève! Enjoy a relaxing atmosphere, sip your favorite drink, and create your own masterpiece!

**Cost: \$30 per person.**

*Location: 45 Rue Châteauguay, Huntingdon, QC  
J0S 1H0*

**Thursday February 19<sup>th</sup> from 6:00 pm to 8:00 pm**

For registration: 450-264-3596 or [nadya@mwcnc.ca](mailto:nadya@mwcnc.ca)

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### 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***

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# ON ZOOM



## ON ZOOM



### Watercolours with Sarah Murphy

Join us every Monday from January 19th to February 23rd for a fun watercolours workshop with artist Sarah Murphy. No experience needed, all skill levels are welcome!

List of supplies needed will be sent to all participants

**February 2nd, 9th, 16th & 23rd 2026**

**From 10:00 to 11:30 am.**

**For registration:**

**email [kitiara@mwcn.ca](mailto:kitiara@mwcn.ca)**



### Intermediate French

Join Line for our Intermediate French class online. Books can be sent in pdf form or picked up at the office in Chateauguay. **Cost is 25\$**

**Starting February 3rd, 2026**

**from 7:00 to 8:30 pm - For registration:**

**[patricia@mwcn.ca](mailto:patricia@mwcn.ca) or call: 450-691-1444**



### SHARP

Financial subsidies to help you live comfortably at home

**February 18th, 2026**

**From 10:00 to 11:30 am.**

**[For registration: Click HERE](#)**

