

FOR THE ENGLISH-SPEAKING COMMUNITY OF VAUDREUIL-SOULANGES

LOCATION: 95 5e avenue #100, J7W 5K8, Pincourt, QC



Walking Group

Start your week off right with some fun and exercise around beautiful Bellevue Park. Grab your sneakers and meet us at the tennis court parking lot.

Mondays May 4th, 11th, 18th, 25th From 9:00-11:00 am

Bellevue Park

62 Av. Monseigneur-Langlois, Pincourt, QC J7W 5C1

For registration:

kitiara@mwcn.ca or 514-425-0399



Bridge Club

If you are an avid Bridge player, please feel free to join our group or contact our office for more information.

Mondays May 4th, 11th, 25th From 1:30 to 3:30 pm

For registration:

kitiara@mwcn.ca or 514-425-0399



Mexican Train Dominoes

Please join us for our weekly games of Mexican Train Dominoes. (Space is limited)

Tuesdays May 5th, 12th, 26th from 1:00 to 3:00 pm

For registration:

kitiara@mwcn.ca or 514-425-0399

Activities - Pincourt

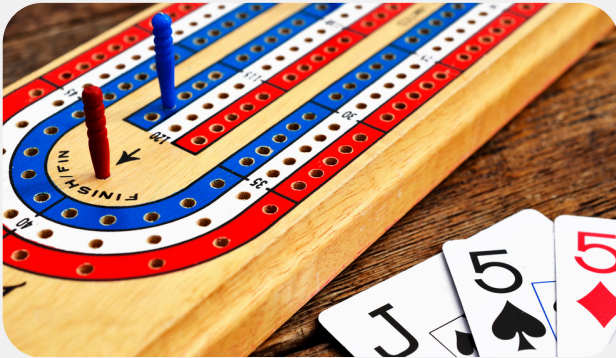


Bocce

Please join us for our weekly games of Bocce Ball. Beginner to advanced players, all are welcome!
Weather permitting

Tuesdays, May 12th, 19th, 26th From 10:00 to 11:30 am

For registration:
kitiara@mwcnc.ca or 514-425-0399



Cribbage

Please join us for our drop-in games of Cribbage. Everyone is welcome!

**Wednesday May 6th, 13th, 20th, 27th
From 9:00 to 11:00 am**

For registration:
kitiara@mwcnc.ca or 514-425-0399



Canasta

Please join us for our weekly game of Canasta. Everyone is welcome!

**Wednesday May 6th, 13th, 20th, 27th
From 9:00 to 11:00 am**

For registration:
kitiara@mwcnc.ca or 514-425-0399



Mother's Day Bingo

Let's celebrate Mother's Day with a fun Bingo activity!

Monday, May 11th From 10:00 to 12:00 pm

For registration:
kitiara@mwcnc.ca or 514-425-0399



Lifting for Longevity with Michael Delsole

Come join us for an informational presentation on the benefits of lifting by a local personal trainer!

Tuesday, May 5th From 10:00 to 11:00 am

**For registration:
kitiara@mwcn.ca or 514-425-0399**



Bilingual Discussion

Feel like touching up your French or English?

Join us for our easy-going discussion! All skill levels are welcome, whether you're just starting to learn or fluent.

**Wednesdays May 13th , 27th
From 10:00 to 11:00 am**

**For registration:
kitiara@mwcn.ca or 514-425-0399**



Tech Support

Need help with navigating your devices?

Bring in your electronic devices and your questions!

By appointment only

**For registration:
kitiara@mwcn.ca or 514-425-0399**



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@mwc.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@mwc.ca