

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST



### Happy Laps

Start your week off strong and join us for some laps all while chatting with friends!

**Mondays from 8:30 to 10:00 am**

**For registration**

**tonya@mwcn.ca or call: 450-691-1444**

**Location: Track at Rue Ville Marie**



### Colouring Cafe

A nice and relaxing activity with great conversation!

**Mondays from 11:00 to 12:30 pm**

**For registration**

**tonya@mwcn.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



### Grief Group

Come share with us the past, present, and future realities that you are going through. Everyone is welcome to join our discussion group.

**Mondays from 1:00 to 3:00 pm**

**For registration**

**tonya@mwcn.ca or call 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



### Sunset Strollers

Join Marlene for a slower paced evening walk. Enjoy the sunsets and nature. Need to make a reservation.

**Tuesdays from 6:00 to 7:00 pm**

**For registration**

**tonya@mwcn.ca or 450-691-1444**

**Location: Ile.St.Bernard Parking Lot**



### Wacky Walkers

Enjoy strolling through the streets of Chateauguay with a group of friendly members of MWCN!

**Every Wednesday - from 8:30 to 10:00 am**

**For registration**

**tonya@mwcn.ca or call: 450-691-1444**

**Location: Agora**

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### Exercise Class

Join us for an exercise class to do light toning. The exercises will be done using videos in our community space. We only have room for 10 participants.

**Every Thursday**

**From 1:00 to 2:30pm, For registration**

**tonya@mwcn.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**

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### Knitting Group

If you are interested in knitting or learning how to knit, this is the group for you! Please reserve your spot in advance.

**Every Friday, from 10:00 am to 12:00 pm  
except for June 12th**

**For registration**

**tonya@mwcn.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**

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### Canada Day

Come and see MWCN at the Canada Day Celebration

**Every Friday, from 5:00 pm to 9:00 pm  
except for July 1st**

**For registration**

**liesel@mwcn.ca or call: 450-691-1444**

**Agora, 75 Maple**

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### MWCN'S AGM

Join us for our 2026 Annual General Meeting. All community members, partners, clients, volunteers, and others are welcome.

**Tuesday, July 7th, 2026 at 4:00pm**

Village Church, 52 Rue Lambton, Ormstown, Quebec J0S 1K0

**Please RSVP by Thursday, July 2nd, 2026,**  
info@mwcn.ca or 450-691-1444.



### Sokasweat with Jess

Do you want to do some exercise and you love listening to music? This is the class for you! Join Jess as she shows you ways to move your body to soka music. \$20 for the 4 weeks!

**Monday, July 13th From 5:30 pm - 6:30 pm**  
**For registration**  
tonya@mwcn.ca or call: 450-691-1444

**Location: OLPH Hall 284 Molson**



### Summer Picnic

Join us for our Annual Summer Picnic at Ile.Saint-Bernard. Join us with your lunch for some games and snacks!

**Tuesday, July 14th From 10:00 to 12:00 pm**  
**For registration**  
liesel@mwcn.ca or 450-691-1444

**Ile. Saint-Bernard 480, boulevard D'Youville**



### Art with Ilana

Join Ilana in doing SHIBORI tie-dye! All materials will be supplied!

**Friday, July 10th From 12:30-2:30pm**  
**For registration**  
tonya@mwcn.ca or call: 450-691-1444

**Location: 259 Blvd D'Anjou, Community Space**



## Yoga class with Jean

Jean is doing another yoga class with us! Come and join us! **\$5.00 for the class!**

**Wednesday, July 15th from 10:00 to 11:00 am**  
**For registration**  
**tonya@mwcnc.ca or call: 450-691-1444**

**Location: OLPH Hall, 284 Molson**

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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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