

FOR THE ENGLISH-SPEAKING COMMUNITY OF VAUDREUIL-SOULANGES

NEW LOCATION:

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



****For Members only****

**Under the Sea Dinner and Dance In
collaboration with The Second Mile Club**

Join us for an unforgettable Under the Sea dinner and dance. Enjoy a night filled with music from our live DJ, a delicious dinner, an ocean-themed photo booth, and lots of dancing. Get your ticket before they are gone!

Thursday, May 1st - from 6:00 to 10:00 pm

Omni Centre 375 Bd Cardinal Léger, Pincourt

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



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.

****Weather Permitting****

Mondays May 5, 12, 26 - from 9:00 to 9:50 am

Bellevue Park

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



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 5, 12, 26 - from 1:30 to 3:30 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcnc.ca



Bocce Ball

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

****Weather Permitting****

Tuesdays May 6, 13, 20, 27 - from 10:00 to 11:00 am
Taillon Park 1079 Chem. Duhamel, J7W 4H3

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



Mexican Train Dominoes

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

Tuesdays May 6, 13, 20, 27 - from 1:00 to 3:00 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



Canasta

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

Wednesdays May 7, 14, 21, 28 - from 9:00 to 11:00 am

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



Cribbage

Please join us for our drop-in game of Cribbage, everyone is welcome!

Wednesdays May 7, 14, 21, 28 - from 1:00 to 3:00 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



Mother's Day Tea & Pastries

Please join us for a fun-filled morning in celebration of Mother's Day! Coffee, Tea and pastries will be served. Limited spots available!

Thursday, May 8th - from 1:00 to 3:00 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



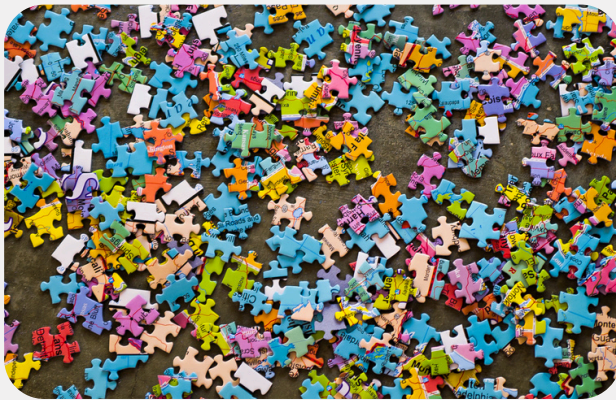
Gardening Presentation

Come and join us to learn about tips and tricks for your garden & learn how to set up your vegetable garden for success

Monday May 12 - from 10:00 to 11:30 am

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



Puzzle Exchange

Have old puzzles laying around? Drop by our office to swap one for a new challenge

Monday-Thursday - from 8:30 am to 4:00 pm

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



Employability Support

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

By appointment

For registration: email 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](#)