

Head Office:
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SEPTEMBER 2026



Community Room:
259 Boulevard D'Anjou
Telephone: 450-692-0098
Email: info@mwcnc.ca

S U N	M O N	T U E	W E D	T H U	F R I	S A T
		1 9:30-12:30pm: Lunch and Learn with Firefighters 1:30-3:30pm: Bingo 6:00-7:00pm: Sunset Strollers	2 8:30-10:00am: Wacky Walkers 9:00-10:00am: Morning Yoga 4:30-5:30pm: Afternoon Yoga	3 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	4 10:00-12:00pm: Knitting Group	5
6	7 Office Closed 	8 10:00-12:00pm: Farkle 6:00-7:00pm: Sunset Strollers	9 8:30-10:00am: Wacky Walkers 10:30-12:30pm: Educaloï Workshop 1:00-3:00pm: Drop-in & Crop 9:00-10:00am: Morning Yoga 4:30-5:30pm: Afternoon Yoga	10 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	11 10:00-12:00pm: Knitting Group	12
13 	14 8:30-10:00am: Happy Laps 9:15-10:45am: Bowling League 11:00-12:30pm: Coloring Cafe 1:00-3:00pm: Grief Group	15 12:30-3:30pm: Card class with Kathy & Donnelda 6:00-7:00pm: Sunset Strollers	16 8:30-10:00am: Wacky Walkers 9:00-10:00am: Morning Yoga 12:30-3:30pm: Card class with Kathy 4:30-5:30pm: Afternoon Yoga	17 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	18 10:00-12:00pm: Knitting Group 12:30-2:30pm: Art with Ilana	19 
20	21 8:30-10:00am: Happy Laps 9:15-10:45am: Bowling League 11:00-12:30pm: Coloring Cafe 1:00-3:00pm: Grief Group	22 10:00-11:30am: Connected Canadians: CHATGPT 6:00-7:00pm: Sunset Strollers	23 9:00-10:00am: Morning Yoga 8:30-10:00am: Wacky Walkers 1:00-3:00pm: Drop-in & Crop 4:30-5:30pm: Afternoon Yoga	24 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	25 10:00-12:00pm: Knitting Group	26
27 	28 8:30-10:00am: Happy Laps 9:15-10:45am: Bowling League 11:00-12:30pm: Coloring Cafe 1:00-3:00pm: Grief Group	29 Office Closed- Staff Meeting 6:00-7:00pm: Sunset Strollers	30 Office Closed  4:30-6:30pm: French conversation			