

Head Office:
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OCTOBER 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 10:00-1:00pm: Blairs Orchard (ticket required) 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	2 10:00-12:00pm: Knitting Group	3
4	5 9:00-10:30am: Happy Laps 9:15-10:45am: Bowling League 11:00-12:30pm: Coloring Cafe 1:00-3:00pm: Grief Group 5:30-6:30pm: Sokasweat	6 10:00-12:00pm: Farkle 1:30-3:00pm: Tek Help 7:00-8:30pm: Intermediate French	7 9:00-10:30am: Wacky Walkers 9:00-10:00am: Morning Yoga 1:00-3:00pm: Drop-in & Crop 4:30-5:30pm: Afternoon Yoga 4:30-6:30pm: French Conversation	8 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	9 10:00-12:00pm: Knitting Group	10
11	12 Office Closed	13 10:00-11:30am: Connected Canadian 1:30-3:00pm: Bingo 7:00-8:30pm: Intermediate French	14 9:00-10:30am: Wacky Walkers 9:00-10:00am: Morning Yoga 1:00-3:00pm: Drop-in & Crop 4:30-5:30pm: Afternoon Yoga 4:30-6:30pm: French Conversation	15 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	16 10:00-12:00pm: Knitting Group	17
18	19 9:00-10:30am: Happy Laps 9:15-10:45am: Bowling League 11:00-12:30pm: Coloring Cafe 1:00-3:00pm: Grief Group 5:30-6:30pm: Sokasweat	20 12:30-3:30pm: Card class with Kathy & Donnelda 7:00-8:30pm: Intermediate French	21 9:00-10:30am: Wacky Walkers 9:00-10:00am: Morning Yoga 12:30-3:30pm: Card Class 4:30-5:30pm: Afternoon Yoga 4:30-6:30pm: French Conversation	22 Office Closed Staff training	23 10:00-12:00pm: Knitting Group	24
25	26 9:00-10:30am: Happy Laps 9:15-10:45am: Bowling League 11:00-12:30pm: Coloring Cafe 1:00-3:00pm: Grief Group	27 10:00-12:00pm: Paint by numbers 1:30-3:00pm: Tek Help 7:00-8:30pm: Intermediate French	28 9:00-10:30am: Wacky Walkers 9:00-10:00am: Morning Yoga 1:00-3:00pm: Drop-in & Crop 4:30-5:30pm: Afternoon Yoga 4:30-6:30pm: French Conversation	29 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	30 10:00-12:00pm: Knitting Group 12:30-2:30pm: Art with Ilana	31