



SEPTEMBER



MWCN
Huntingdon
 72 Dalhousie, Suite 201
 450-264-3596



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
		1 9-10 am: Walking group 1-3 pm: Busy Brains 1-4 pm: Caregiving Before Exhaustion (Registration requiered)	2 10-11 am: Chair Tai Chi 10-11:45 am: Conversation Café 1-3 pm: Creative Cafe	3 10-12 pm: Quilting Project-Ormstown Legion (Registration required) 1:30-3:30 pm: Bingo	4	5
6	7 <i>Sorry We're</i> CLOSED	8 9-10 am: Walking group 1-3 pm: Busy Brains 1-4 pm: Caregiving Before Exhaustion (Registration required)	9 10-11 am: Chair Tai Chi 10-11:45 am: Conversation Café 1-3 pm: Creative Cafe	10 10-12 pm: Quilting Project-Ormstown Legion (Registration required) 1:30-3:30 pm: Bingo	11	12
13	14 10-11 am: French Conversation 11-11:45 am: Safe Senior Exercises 1-3:30 pm: Pickleball (HAECC)	15 9-10 am: Walking group 1-3 pm: Busy Brains 1-4 pm: Caregiving Before Exhaustion (Registration required)	16 10-11 am: Chair Tai Chi 10-11 am: SHARP (Hybrid) 10-11:45 am: Conversation Café 1-3 pm: Creative Cafe	17 1-3:30 pm: Pickleball (HAECC) 1:30-3:30 pm: Bingo	18	19 10:30 - 11:30 am: Book Reading & Craft Morning for kids 4+ (Little Green Library) 10 - 3 pm: Seniors' Fair (CVR)
20	21 10-11 am: French Conversation 11-11:45 am: Safe Senior Exercises 1-3:30 pm: Pickleball (HAECC)	22 9-10 am: Walking group 10-11:30 am: Digital workshop-ChatGPT 1-3 pm: Busy Brains 1-4 pm: Caregiving Before Exhaustion (Registration required)	23 10-11 am: Chair Tai Chi 10-11:45 am: Conversation Café 1-3 pm: Creative Cafe	24 10-12 pm: Quilting Project-Ormstown Legion (Registration required) 1-3:30 pm: Pickleball (HAECC) 1:30-3:30 pm: Bingo	25	26
27	28 10-11 am: French Conversation 11-11:45 am: Safe Senior Exercises 1-3:30 pm: Pickleball (HAECC)	29 <i>Sorry We're</i> CLOSED	30 <i>Sorry We're</i> CLOSED 			