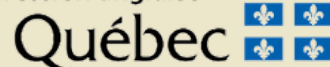




PROGRAM OF ACTIVITIES
OCTOBER 2026
HEMMINGFORD

With financial support of
Secrétariat aux relations
avec les Québécois
d'expression anglaise

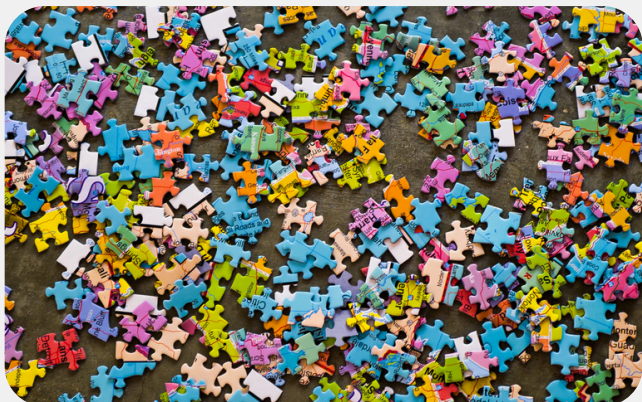


FOR THE ENGLISH-SPEAKING COMMUNITY OF HEMMINGFORD

Location: 476 Frontière, Hemmingford J0L 1H0

REGISTRATION IS REQUIRED

call: 514-249-5539 or email: tina@mwcn.ca



Puzzles and Exchange

If you like puzzles, why not drop by our office to either work on one that is on-going in the office, or just exchange one.

(Take a puzzle, leave a puzzle)

Monday to Wednesday

From 9:00 am to 3:00 pm



Walking club with Johanne

Start the day with a nice walk and enjoy nature on our walking trail!

Every Tuesday at 2:00 pm

The walkers will meet in the parking lot of the Hemmingford Recreation Centre



Youth Group

A fun and welcoming group for teens in Grades 7–10 to connect, make new friends, and enjoy activities in a relaxed and positive environment. Come hang out, have fun, and be part of your local Hemmingford community!

Friday October 2nd From 7:00- 9:00 pm



Senior Crafts

Enjoy a relaxed, creative morning with coffee and all materials included.

Unwind, connect, and make something beautiful—no experience needed!

Wednesday, October 7th From 10:00- 11:30 am



Kid's crafts with Mrs Schmidt

Get creative with Mrs. Schmidt!
A fun, hands-on craft activity for children from **K4 to Grade 3.**

Come create, explore, and have fun while making something special to take home!

All materials are included.

Monday, October 19th, at 3:00 pm



Kid's crafts with Mrs Schmidt

Get creative with Mrs. Schmidt! 🎨✂️
A fun, hands-on craft session for kids in **Grades 4–6.**

Come get creative, try something new, and make your own special project to take home!

All materials are included.

Tuesday, October 20th, at 3:00 pm



Art and coffee

Let your inner artist shine!

Bring your art, enjoy a coffee, and let's create together.

Monday, October 26th , From 10:00 to 11:30 am



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

ON ZOOM



ON ZOOM



Online French Classes (Intermediate and Conversation)

A 10 week French intermediate class online to assist with conversation and comprehension

Tuesday, October 6th From 7:00 - 8:30 pm

For registration

ryan@mwcnc.ca or call: 450-691-1444



SHARP

Making Daily Tasks Easier: Simple Tips to Stay Independent

Wednesday, October 21st From 10:00 - 11:00 am

Registration



Connected Canadians: The Importance of Connection in Relation to Mental Health

Learn how personal connections are vital to mental health. Connecting online can help you supplement in-person connection by letting you discover communities, share with friends and family, connect digitally when you can't meet in person, and even access mental health services.

Tuesday, October 13th from 10:00 - 11:30 am

For registration

tonya@mwcnc.ca or call: 450-691-1444

Location: 259 D'Anjou Community Space