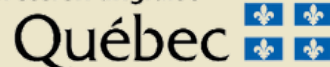




PROGRAM OF ACTIVITIES
OCTOBER 2025
HEMMINGFORD

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



FOR THE ENGLISH-SPEAKING COMMUNITY OF HEMMINGFORD

Location: 476 Frontière, Hemmingford J0L1H0

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 Wednesday at 9h30 am

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



Art and coffee

Artists bring your art, let's create together

Oct 8 and 22

From 10:00 to 11:30 am



After school Kid's crafts

Vision boards - material is included

Oct 14

From 1:00 till 2:00 pm



Senior craft morning

Craft morning for adults, coffee and material is included

Oct 20

From 10:00 am till noon



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



Matt Mardini Fundraiser Concert

We are proud to announce that we are hosting a fundraiser concert in Chateauguay. Join Matt Mardini and his talented 10-piece band as they breathe new life into beloved classics from the 1920s to the 1970s. From the jazzy rhythms of yesteryear to the soulful melodies of timeless favorites, each song holds a special place in every heart.

Special spots are reserved for members.

Sunday, October 5th

**From 6:00 to 9:00 pm - For registration
tonya@mwcnc.ca or call: 450-691-1444**

**Location: At the Auditorium - HSB
210 Rue McLeod, Chateauguay, QC J6J 2H4**

ON ZOOM



SHARP - Aging in Place

Resources for staying active and preventing falls at home with Guy Hajj-Boutros, Clinical Research Coordinator, McGill University Health Centre

Wednesday, October 15
From 10:00 to 11:30 am.

For registration: Click [HERE](#)

Service
Canada

Service Canada Presentation

Join us for a zoom presentation given by Service Canada on the Canadian dental plan, and learn about the benefit finder.

Thursday October 30th
From 10:00 am to 12:00 pm

For registration
nadya@mwcnc.ca or call 450-264-3596

