

FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



French Conversation

Join our french conversation group! This is a chance to come speak and practice!

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Monday, from 10:00 to 11:00 am

For registration: 450-264-3596 or nora@mwcn.ca



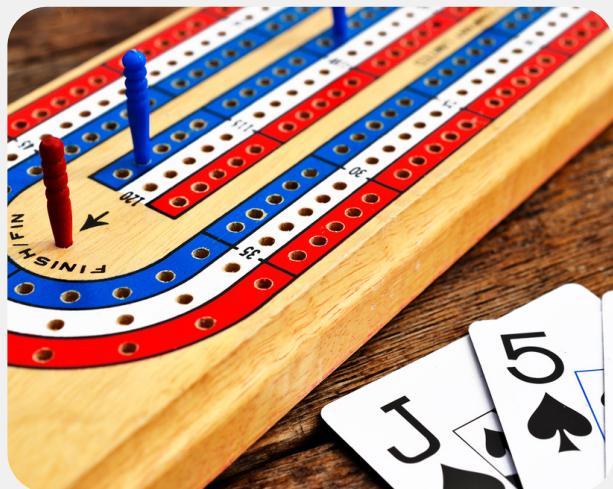
Safe Senior Exercises

Join me to follow a series of exercises to help maintain your balance and flexibility, limited space please register.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Monday, from 11:00 to 11:45 am

For registration: 450-264-3596 or nora@mwcn.ca



Cribbage, and Card Games

Whether you are an experienced player or looking to give it a try for the first time, everyone is welcome to join us for some friendly competition, fresh air, and fun. Come out, stay active, and enjoy a great summer activity with friends!

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Monday, from 1:00 to 3:00pm

For registration: 450-264-3596 or nora@mwcn.ca



Walking Group

Huntingdon walking group will start once again for the summer, join us for fresh air, the pace will be casual. Meet up at our location at 72 Dalhousie St.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Tuesday, From 9:00 - 11:00 am

For registration: 450-264-3596 or nora@mwcn.ca



Busy Brain

Join our Busy Brain Group!
Come explore fun and engaging activities designed to keep our minds sharp. Each session we'll learn something new, whether it's a game, a skill, or a brain-teasing challenge.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Tuesday, from 1:00 to 3:00 pm

For registration: 450-264-3596 or nora@mwcn.ca



Chair Tai Chi

Join us for Chair Tai Chi in our new expanded location in Huntingdon!

Space is limited, so please reserve your spot early.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Every Wednesday, from 10:00 to 11:00 am

For registration: 450-264-3596 or nora@mwcn.ca



Puzzle Exchange

Do you enjoy puzzles? We have a great selection available for you to borrow! From 300-piece classics to challenging 1000-piece sets, there's something for everyone.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Monday - Thursday, from 9:00 to 4:00 pm

For registration: 450-264-3596 or nora@mwcn.ca



Champs Des Reves Outing

Join us for a day exploring the beautiful Dream Gardens! Discover stunning plant sculptures, a grass labyrinth, fragrant lavender fields, and sunflower paths. We'll carpool from Huntingdon and enjoy a picnic on site—**bring your own lunch.**

Cost: \$21 per person

RSVP by August 7

Please let us know if you're able to drive.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Tuesday August 11th, from 9:00 - 4:00 pm

For registration: 450-264-3596 or nora@mwcn.ca



Accessing Government Services workshop

Connected Canadian will help participants learn to navigate Government of Canada websites safely and securely, including services such as passport applications and renewals, address updates, pension information, and more.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Tuesday August 18th, from 10:00 to 11:30 am

For registration: 450-264-3596 or nadya@mwcn.ca



Ormstown Legion

Join me in Ormstown at the Legion, play a game of chess, cribbage, share a coffee, have a visit, we always look forward to seeing you!

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Thursday August 13th & 27th, from 10:00 to 12:00 pm

For registration: 450-264-3596 or nora@mwcn.ca



Summer Potluck

Join us for our annual Summer Potluck! Bring your favourite dish to share, enjoy great music, and spend a relaxing afternoon with friends. It's the perfect opportunity to connect, unwind, and celebrate the season together. MWCN will provide the drinks. We look forward to seeing you there!

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Tuesday August 11th, from 9:00 - 4:00 pm

For registration: 450-264-3596 or nora@mwcn.ca



Drouler Site Visit

Join us for a visit to the award-winning Archaeological Droulers Site in Saint-Anicet! Explore the interactive Iroquoian village and museum while discovering the region's rich history. We'll be carpooling from the Centre.

Cost: \$9 per person

Please reserve your spot.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

Thursday August 20th, from 9:00 to 12:00 pm

For registration: 450-264-3596 or nadya@mwcn.ca



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 only,

For an appointment email joanne@mwcnc.ca or
call 450-691-1444





Family Activities



Stroll and Roll

Looking for a fun way to stay active with your baby this summer? Join our stroller walking group! Enjoy fresh air, gentle exercise, and connect with other families in your community.

Monday & Thursday, from 10:00-11:00 am

Arthur-Pigeon Soccer Field, Huntingdon

For registration: 450-264-3596 or nadya@mwcn.ca



Recycled Windchimes

Join us for a fun and creative workshop where children will transform recycled materials into colorful windchimes and sparkling suncatchers to take home. This hands-on activity encourages creativity, recycling, and summer fun while making unique decorations for your home or garden.

Cost: \$5 per child. Registration is required.

Tuesday August 4th from 10:00 - 12:00 pm
34 Rue Dalhousie, Huntingdon, QC J0S 1H0

For registration: 450-264-3596 or
s.huntingdon@mwcn.ca



Youth Entrepreneur Market

Come visit the Huntingdon Farmers Market and support our amazing young entrepreneurs! Browse a variety of unique, handmade, and creative products while encouraging local youth as they showcase their talents and business ideas.

Cash only. We look forward to seeing you there!

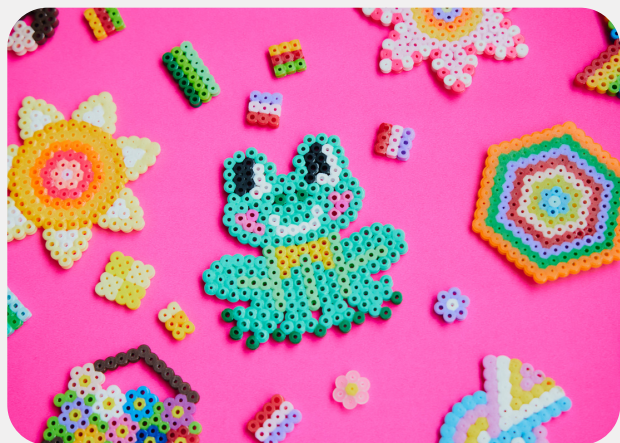
Wednesday August 5th from 3:00 to 6:00 pm

34 Rue Dalhousie, Huntingdon, QC J0S 1H0

For registration: 450-264-3596 or nadya@mwcn.ca



Family Activities



Perler Bead Keychains

Join us for a fun and creative workshop where children will transform recycled materials into colorful windchimes and sparkling suncatchers to take home. This hands-on activity encourages creativity, recycling, and summer fun while making unique decorations for your home or garden.

Cost: \$5 per child. Registration is required.

Monday & Thursday, from 10:00-11:00 am
34 Rue Dalhousie, Huntingdon, QC J0S 1H0



Book Reading & Craft Morning with Raising Young Readers

Join us for a fun and engaging morning of storytelling and crafts designed to spark a love of reading in young children with Emily from Raising Young Readers.

This activity is for children ages 4+.
Registration required.

Saturday August 22nd, from 10:00-11:30 am
34 Rue Dalhousie, Huntingdon, QC J0S 1H0

For registration: 450-264-3596 or nadya@mwcn.ca

