




PROGRAM OF ACTIVITIES

JUNE 2026

CHÂTEAUGUAY

With financial support of

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST



Happy Laps

Start your week off strong and join us for some laps all while chatting with friends!

Mondays from 8:30 to 10:00 am

For registration

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

Location: Track at Rue Ville Marie



Colouring Cafe

A nice and relaxing activity with great conversation!

Mondays from 11:00 to 12:30 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Grief Group

Come share with us the past, present, and future realities that you are going through. Everyone is welcome to join our discussion group.

Mondays from 1:00 to 3:00 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Sunset Strollers

Join Marlene for a slower paced evening walk. Enjoy the sunsets and nature. Need to make a reservation.

Tuesdays from 6:00 to 7:00 pm

For registration

tonya@mwcnc.ca or 450-691-1444

Location: Ile.St.Bernard Parking Lot



French Conversation

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

**Every Wednesday from 4:30 to 6:30 pm,
For registration
info@mwcnc.ca or 450-691-1444**

Location: 259 Blvd D'Anjou



Wacky Walkers

Enjoy strolling through the streets of Chateauguay with a group of friendly members of MWCN!

**Every Wednesday - from 8:30 to 10:00 am
For registration
tonya@mwcnc.ca or call: 450-691-1444**

Location: Agora



Exercise Class

Join us for an exercise class to do light toning. The exercises will be done using videos in our community space. We only have room for 10 participants.

**Every Thursday
From 1:00 to 2:30pm, For registration
tonya@mwcnc.ca or call: 450-691-1444**

Location: 259 Blvd D'Anjou, Community Space



Knitting Group

If you are interested in knitting or learning how to knit, this is the group for you! Please reserve your spot in advance.

**Every Friday, from 10:00 am to 12:00 pm
except for June 12th
For registration
tonya@mwcnc.ca or call: 450-691-1444**

Location: 259 Blvd D'Anjou, Community Space



Sokasweat with Jess

Do you want to do some exercise and you love listening to music? This is the class for you! Join Jess as she shows you ways to move your body to soka music. \$20 for the 4 weeks!

Monday, June 1st, 15th & 29th & July 13th
For registration
tonya@mwcnc.ca or call: 450-691-1444

Location: OLPH Hall 284 Molson



Farkle

If you want to have some fun and some laughs join us to play farkle! Registration is required.

Registration is required.

Tuesday, June 2nd, from 10:00 to 12:00 pm
For registration
tonya@mwcnc.ca or 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Drop-in & Crop

Kathy will be at our community space if you need any help for your ongoing card making projects! Just drop in and say hi!

Wednesday, June 3rd & 10th
from 1:00 to 3:00 pm

For registration
tonya@mwcnc.ca or 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Card Class with Donnela and Kathy

Join Donnela and Kathy as you make a Z Fold Card. Only place for 8.

Tuesday, June 16th & Wednesday, June 17th
from 12:30-3:30pm

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

Location: 259 Blvd D'Anjou, Community Space



Drop-in Breakfast

Come and join us for a drop in breakfast and meet our new NPI & Patient Navigator!
Breakfast cost is \$2.00

Wednesday, June 10th
from 10:00 - 11:30 am, For registration
tonya@mwcnc.ca or call: 450-691-1444

Location: 259 D'Anjou Community Space



Art with Ilana

KILT PINS and TASSELS JEWELRY WORKSHOP

Elegant kilt pins to wear just in time for the summer or fun tassels dangling from your bag.
We will be creating colourful wearable art using ribbons, beads, string and jewelry accessories.
Anyone that has interesting beads and charms can bring them along.

Friday, June 12th from 12:30-2:30pm

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

Location: 259 Blvd D'Anjou, Community Space



Yoga class with Jean

If you would like to see what our yoga class with Jean is like please join this class! It is 1 of 2 this summer! **\$5.00 for the class!**

Wednesday, June 17th, from 10:00 to 11:00 am

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

Location: OLPH Hall, 284 Molson



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



SHARP

Staying Active with Vision Loss: Tips and Tools That Help

Wednesday, June 17th

From 10:00 to 11:30 am, For registration SHARP Registration

