



PROGRAM OF ACTIVITIES

SEPTEMBER 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



Bowling League

Are you interested in joining MWCN's bowling league? This is a fun league with no pressure to be the best! We play to have fun! It is **\$14.00 a week plus \$3.00** for shoes if needed -

This is a league of 30 weeks!

Every Monday starting September 14th to May 17th from 9:15 -10:45

For registration

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

Location: Quillorama 2, 133 Maple



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.

Every Tuesday, from 6:00-7:00pm

For registration

tonya@mwcnc.ca or 450-691-1444

Location: Ile.St.Bernard Parking Lot



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



Morning Yoga

Join Jean O'Connor for a relaxing 12-week yoga program designed to help you unwind, improve flexibility, and enhance your overall well-being. The cost is \$80 for the full 12-week program.

Space is limited to 20 participants.

***Every Wednesday starting September 2nd
from 9:00 to 10:00 am***

For registration

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

Location: OLPH Church Hall 284 Molson



Afternoon Yoga

Join Jean O'Connor for a relaxing 12-week yoga program designed to help you unwind, improve flexibility, and enhance your overall well-being. The cost is \$80 for the full 12-week program.

Space is limited to 20 participants.

**Every Wednesday starting September 2nd
from 4:30 -5:30 pm**

For registration

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

Location: NOVA Career Centre, 70 Maple



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

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Lunch and Learn with Firefighters

Join us for a Lunch & Learn with local firefighters! Enjoy lunch while learning practical fire safety tips, emergency preparedness, and how to help keep your home and family safe. \$15 for lunch.

Tuesday, September 1st , From 9:30-12:30 pm

For registration
liesel@mwcn.ca or call: 450-691-1444

Location: 259 D'Anjou Community Space



Bingo

Join Chloe for bingo! \$5.00 to play and we play 8 games! Come and have some fun!

Tuesday, September 1st From 1:30-3:00pm

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

Location: 259 Blvd D'Anjou, Community Space



Farkle

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

Tuesday, September 8th , From 10:00 am - 12:00pm

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

Location: 259 D'Anjou Community Space



Educaloi: Legal tools to help Caregivers

Learn about four important legal tools that can support caregivers, including powers of attorney, protection mandates, assistance measures, and temporary representation. This introductory workshop will help you understand when each tool may be useful and how to make informed decisions.

Wednesday, September 9th From 10:30-12:30pm

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

Location: 259 D'Anjou Community Space



Drop-in & Crop

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

Wednesday, September 9th & 23rd, From 1:00-3:00 pm

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

Location: 259 D'Anjou Community Space



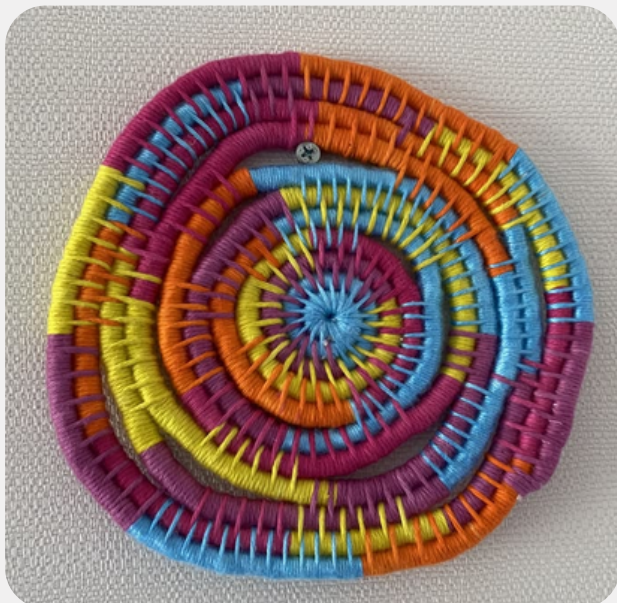
Card Class with Kathy & Donnelda

Join Kathy and Donnelda as they show you how to make a arched step card. Material list will be sent. When registering, please specify if you will be attending on Tuesday or Wednesday. 8 max on Tuesday, 6 max on Wednesday.

Tuesday, September 15th, 16th, From 12:30 - 3:30 pm

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

Location: 259 D'Anjou Community Space



Art with Ilana

Join us for a new crafting technique that is both a colourful and useful art object. Watch your project grow in size with step-by-step guided instructions.

Each participant will have the option of creating either a flat circular weave or a piece of wearable art. All the necessary art supplies and instructions will be provided along with some samples.

Friday, September 18th from 12:30 to 2:30 pm
For registration
tonya@mwcn.ca or call: 450-691-1444

Location: 259 D'Anjou Community Space



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@mwcn.ca or call: 450-691-1444

ON ZOOM



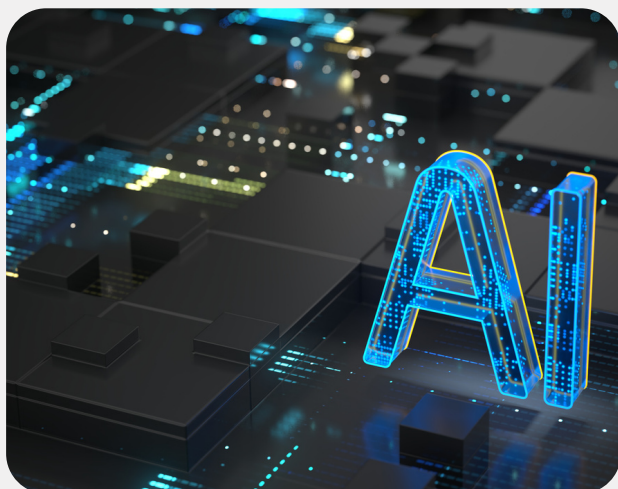
SHARP

Take Medications Safely: What You Need to Know

Join Connected Canadians for an introduction to ChatGPT! Learn how ChatGPT can be used in everyday life, along with privacy tips and other helpful AI tools for translation, games, recipes, and more.

Wednesday, September 16th from 10:00 - 11:00 am

Registration



Connected Canadians: CHATGPT: Navigating the digital conversations

Connected Canadians will introduce participants to ChatGPT its uses, privacy considerations, and additional AI tools for translation, games, and recipes.

Tuesday, September 22nd from 10:00 - 11:30 am
For registration

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

Location: 259 D'Anjou Community Space