




PROGRAM OF ACTIVITIES

JANUARY 2026

CHÂTEAUGUAY

With financial support of

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST



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 **\$13.00 a week plus \$3.00** for shoes if needed - **This is a league of 30 weeks!**

Mondays from 9:30 to 11:00 am

For registration:

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

Location: Quillorama 2, 133 Maple



Colouring Cafe

A nice and relaxing activity with great conversation!

Mondays from 11:30 to 1:00 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



French Conversation with Georges

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

Every Wednesday starting Jan 14

from 4:30 to 6:30 pm, For registration

patricia@mwcnc.ca or 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Wacky Walkers

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

Every Wednesday - from 9:00 to 10:30 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

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Bingo

Join us and play some bingo! To play it is \$5.00 and you win cash prizes!

Tuesday, January 13th

from 1:00 - 2:30 pm, For registration

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

Location: 259 Blvd D'Anjou, Community Space



Painting by numbers

Join us for a paint by numbers class. **Class is \$5.00 and it includes all material.**

Wednesday, January 21st, from 10:00 to 12:00 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Lunch and Learn:

What we choose to remember

Join us to watch a documentary by Guy Rodgers, "What we choose to remember" which explores the things that make Quebec so fascinating, frustrating and different and have a discussion after the film. **Lunch is \$15.**

Tuesday, January 27th

From 10:00 am to 12:30 pm - For registration

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

Location: 259 Blvd D'Anjou, Community Space



Todd Cote Presentation

Saving for Retirement or Your First Home, What's the Plan? Join **Todd Cote** as he provides information on savings buckets, retirement income sources, importance of time horizons and returns, budgeting and planning, first home buyers resources and insurance.

Thursday, January 29th - from 5:00 to 6:30 pm

For more information

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

Location: 259 Blvd 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@mwcnc.ca or call: 450-691-1444

MWCN Special Events



MWCN Job Fairs

Know someone looking for a job? Send them our way!
MWCN is hosting two big Job Fair & Networking Events this January, don't let your friends or family miss out on new opportunities!

January 21 – Hotel MOCO, Salaberry-de-Valleyfield

January 26 – St-Rémi Community Centre

Job Fair: 2:30 PM – 4:30 PM

**Meet employers • Explore new career paths •
Build your network**

RSVP & Info: joanne@mwcn.ca



MWCN Mentorship Networking Event

We're looking for bilingual retired employers and industry leaders to mentor local employees and job seekers, helping them strengthen their industry-specific French and English skills. Your guidance will support their integration into the workforce and boost their confidence in real workplace situations.

January 21 – Hotel MOCO, Salaberry-de-Valleyfield

January 26 – St-Rémi Community Centre

**Cocktail + Mentorship Presentation:
5:00 PM – 7:00 PM**

RSVP & Info: joanne@mwcn.ca

ON ZOOM



ON ZOOM



Watercolours with Sarah Murphy

Join us every Monday from January 19th to February 23rd for a fun watercolours workshop with artist Sarah Murphy. No experience needed, all skill levels are welcome!

List of supplies needed will be sent to all participants

Monday, January 19th 2026

From 10:00 to 11:30 am.

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



SHARP

Tips for active listening and reducing social isolation

Wednesday, January 21st 2026

From 10:00 to 11:30 am.

For registration: [Click HERE](#)



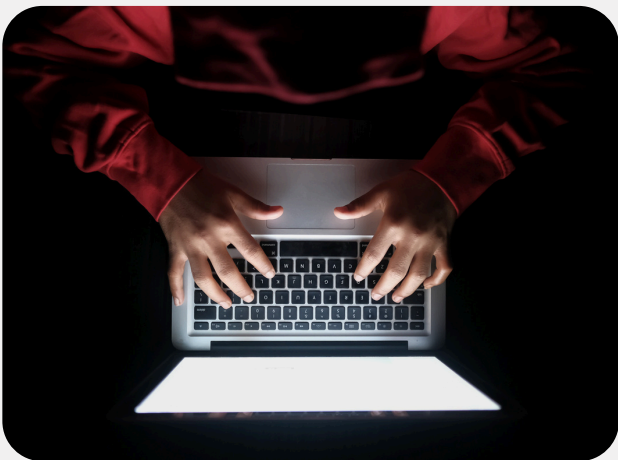
Intermediate French

Join Line for our Intermediate French class online. Books can be sent in pdf form or picked up at the office in Chateauguay. **Cost is 25\$**

Tuesday January 20th to March 24th, 2026

from 7:00 to 8:30 pm - For registration:

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



Cyber Safety Workshop:

Understanding the Digital Landscape

Connected Canada will guide participants in exploring the digital landscape, recognizing common online risks, and learning practical strategies to protect their personal information.

Wednesday, January 14th 2026

From 10:00 to 11:00 am.

For registration:

nadya@mwcn.ca or call 450-264-3596