




## PROGRAM OF ACTIVITIES

DECEMBER 2025

CHÂTEAUGUAY

With financial support of

Secrétariat aux relations  
avec les Québécois  
d'expression anglaise

Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST

**Our offices will be closed from Thursday, December 18th 2025 to Friday, January 2nd, 2026. Offices reopening on Monday, January 5th, 2026**



### 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. Also looking for a spare!

**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 3:00pm**

**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 from 4:30 to 6:30 pm,**

**For registration**

**patricia@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 9:00 to 10:30 am**

**For registration**

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

**Location: Agora**

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### 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!

**December 3<sup>rd</sup> & 17<sup>th</sup> from 1:00 to 3:00 pm**

**For registration**

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

**Location: 259 Blvd D'Anjou, Community Space**

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

**Location: 259 Blvd D'Anjou, Community Space**

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

**Location: 259 Blvd D'Anjou, Community Space**





## Lunch and Learn: Mental Health Session IV

Part IV of our Mental Health series. Cost: \$15 (lunch from Roosters). 2-hour interactive workshop. Through reflection, storytelling, and gentle exercises, we'll unpack the myths around selfishness, embrace self-care as a necessity, not a luxury, and rebuild self-esteem from the inside out. Come as you are. Leave with clarity, confidence, and a renewed sense of self-worth.

**Tuesday December 2nd**

**From 10:00 am to 1:00 pm - For registration**  
**patricia@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



## Christmas Craft class with Kathy

Join Kathy as she does a decoupage Christmas Ornament! There is space for 10 people.

**Tuesday December 9th**

**From 12:30 to 3:30 pm - For registration**  
**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



## Christmas Dinner Luncheon for members

Join us for our Christmas Luncheon! We will be having turkey and all the trimmings from MG Catering (The BLVD), music and dancing. So come with your dancing shoes on!

Cost: \$30 for your meal with water or \$35 for your meal with a glass of wine

**Wednesday, December 10th**

**from 11:00 am to 2:30 pm, For registration**  
**patricia@mwcnc.ca or call: 450-691-1444**

**Location: OLPH Hall- 268 Molson**



## Christmas Cookie Exchange

Join us for our annual Christmas Cookie Exchange. Have a tea and coffee and have a conversation about your Christmas holidays. Fill up a bag of goodies to take home with you. **Please bring your recipe with ingredients.**

**Tuesday, December 16th**

**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**



## Christmas Bingo

Join us for a Christmas bingo! Come dressed in your ugly Christmas sweater! To play it is \$5.00 and you win cash prizes!

**Tuesday, December 16th**  
**from 1:00 to 2:30 pm, For registration**  
**tonya@mwcnc.ca or call: 450-691-1444**

**Location: 259 Blvd D'Anjou, Community Space**



## Food Drive for the Chateauguay Food Bank

Starting November 26th until Monday, December 15th we will be collecting non-perishable goods for the Chateauguay Food Bank. Donations can be dropped off during the times of 10-2 on Tuesdays, Wednesdays & Thursdays.

**Until December 15th**  
**For registration**  
**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**

