



PROGRAM OF ACTIVITIES
JULY 2026
HEMMINGFORD

With financial support of
Secrétariat aux relations
avec les Québécois
d'expression anglaise

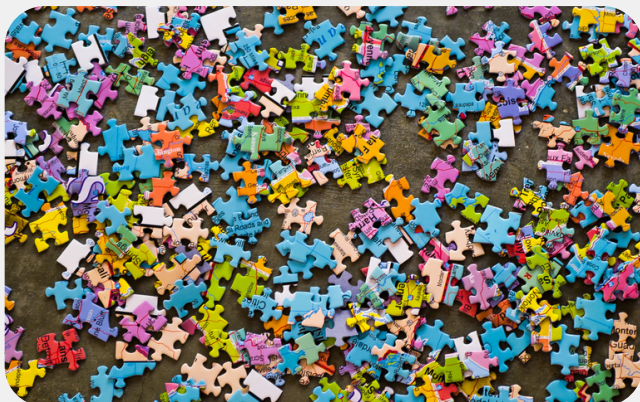
Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF HEMMINGFORD

Location: 476 Frontière, Hemmingford J0L1H0

REGISTRATION IS REQUIRED

call: 514-249-5539 or email: tina@mwcn.ca



Puzzles and Exchange

If you like puzzles, why not drop by our office to either work on one that is on-going in the office, or just exchange one.

(Take a puzzle, leave a puzzle)

Monday to Wednesday

From 9:00 am to 3:00 pm



Walking club with Johanne

Start the day with a nice walk and enjoy nature on our walking trail!

Every Tuesday at 2:00 pm

The walkers will meet in the parking lot of the Hemmingford Recreation Centre



Senior Crafts

Enjoy a relaxed, creative morning with coffee and all materials included.

Unwind, connect, and make something beautiful—no experience needed!

Wednesday, September 9th,

From 10:00- 11:30 am



End of Summer Tea

Join us for a warm and welcoming get-together over tea, coffee, and delicious sweet treats! Take some time to relax, enjoy good conversation, connect with others, and spend a lovely morning together.

Tuesday, September 22nd , From 1:00 pm



Art and coffee

Let your inner artist shine!

Bring your art, enjoy a coffee, and let's create together.

Monday, September 28th , From 10:00 to 11:00 am



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



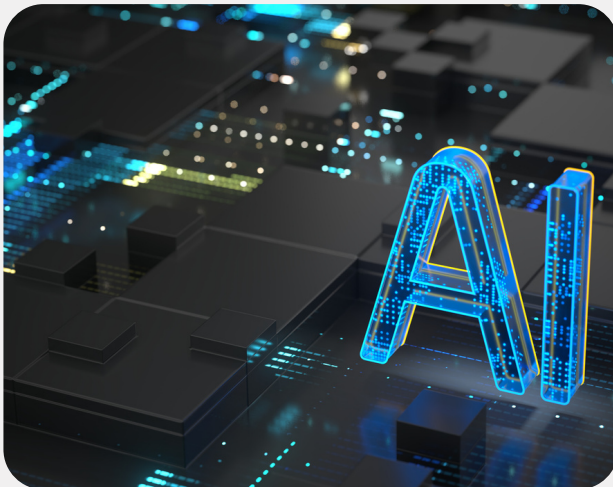
SHARP

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

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

Location: 72 Dalhousie Suite 201 Huntingdon

