**Head Office:**
**253 Boulevard D'Anjou**
**Telephone: 450-691-1444**
**Email: info@mwcn.ca**

# NOVEMBER 2026

**Community Room:**
**259 Boulevard D'Anjou**
**Telephone: 450-692-0098**
**Email: info@mwcn.ca**

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| 1 | 2<br>9:15-10:45am: Bowling League<br>11:00-12:30pm: Coloring Cafe<br>1:00-3:00pm: Grief Group | 3<br>10:00-12:00pm: Farkle<br>7:00-8:30pm: Intermediate French | 4<br>9:00-10:30am: Wacky Walkers<br>9:00-10:00am: Morning Yoga<br>1:00-3:00pm: Drop-in & Crop<br>4:30-5:30pm: Afternoon Yoga<br>4:30-6:30pm: French Conversation | 5<br>10:00-11:30am: Cross-stitching with Donnelda<br>1:00-2:30pm: Exercise Class | 6<br>10:00-12:00pm: Knitting Group | 7 |
| 8 | 9<br>9:15-10:45am: Bowling League<br>11:00-12:30pm: Coloring Cafe<br>1:00-3:00pm: Grief Group | 10<br>12:30-3:30pm: Card Class with Kathy | 11<br>9:00-10:30am: Wacky Walkers<br>9:00-10:00am: Morning Yoga<br>12:30-3:30pm: Card Class with Kathy<br>4:30-5:30pm: Afternoon Yoga<br>4:30-6:30pm: French Conversation | 12<br>10:00-11:30am: Cross-stitching with Donnelda<br>1:00-2:30pm: Exercise Class | 13<br>10:00-12:00pm: Knitting Group<br>12:30-2:30pm: Art with Ilana | 14 |
| 15 | 16<br>9:15-10:45am: Bowling League<br>11:00-12:30pm: Coloring Cafe<br>1:00-3:00pm: Grief Group | 17<br>10:00-11:30am: Connected Canadians: Phishing Scams<br>1:30-3:00pm: Bingo | 18<br>9:00-10:30am: Wacky Walkers<br>9:00-10:00am: Morning Yoga<br>1:00-3:00pm: Drop-in & Crop<br>4:30-5:30pm: Afternoon Yoga<br>4:30-6:30pm: French Conversation | 19<br>10:00-11:30am: Cross-stitching with Donnelda<br>1:00-2:30pm: Exercise Class | 20<br>10:00-12:00pm: Knitting Group | 21 |
| 22 | 23<br>9:15-10:45am: Bowling League<br>11:00-12:30pm: Coloring Cafe<br>1:00-3:00pm: Grief Group | 24<br>9:00-3:00pm: Biodome<br><br>Donations for Food Bank Begins | 25<br>9:00-10:30am: Wacky Walkers<br>10:00-11:00am: Decorating for Christmas<br>1:00-3:00pm: Drop-in & Crop<br>4:30-5:30pm: Afternoon Yoga<br>4:30-6:30pm: French Conversation | 26<br>10:00-11:30am: Cross-stitching with Donnelda<br>1:00-2:30pm: Exercise Class | 27<br>10:00-12:00pm: Knitting Group | 28 |
| 29 | 30<br>9:15-10:45am: Bowling League<br>11:00-12:30pm: Coloring Cafe<br>1:00-3:00pm: Grief Group | | | | | |