

FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



Chess

Whether you're a seasoned player or just learning the basics, come join our newly formed Chess Group—a relaxed and social space to sharpen your skills, learn new strategies, and enjoy the game with fellow enthusiasts.

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

**Monday November 10th, 17th and 24th
From 10:00 to 11:45 am**

For registration: 450-264-3596 or nora@mwcn.ca



Poetry and creative writing group

Join our Creative Writing & Poetry Group—a welcoming space for writers of all levels to share, inspire, and grow together. Whether you're a seasoned poet or just curious to start, come join us!

*Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201*

**Monday November 10th, 17th and 24th
From 1:00 to 3:00 pm**

For registration: 450-264-3596 or nora@mwcn.ca



Pickleball

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: HAECC - 24 York St. Huntingdon

Every Monday from 1:00 to 3:30 pm

For registration: 450-264-3596 or nora@mwcn.ca



Busy Brain

Join our Busy Brain Group!
Come explore fun and engaging activities designed to keep our minds sharp. Each session we'll learn something new, whether it's a game, a skill, or a brain-teasing challenge.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Every Tuesday from 1:00 to 3:00 pm

For registration: nora@mwcn.ca or 450-264-3596



Pickleball

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: 87 Rue Roy Ormstown

Every Tuesday from 1:00 to 4:00 pm

For registration: 450-264-3596 or nora@mwcn.ca



Conversation Cafe

Join us each week for a welcoming and relaxed gathering where stories come to life. Whether you have a tale to tell or simply want to listen, there's a seat at the table for you.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Every Wednesday from 10:00 to 11:45 am

For registration: 450-264-3596 or nora@mwcn.ca



Creative Cafe

Drop in and let your creativity flow! Bring your own project or explore new ideas using our art materials. Whether you're a seasoned artist or just curious, there's space for everyone to create, connect, and be inspired.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Every Wednesday from 1:00 to 3:00 pm

For registration: 450-264-3596 or nadya@mwcn.ca



Pickleball

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: Heritage 21 King St. Huntingdon

Every Wednesday from 5:30 to 8:00 pm

For registration: 450-264-3596 or nora@mwcn.ca



Pickleball

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: CVR 1597 Rte 138A Ormstown

Every Wednesday from 7:00 to 9:00 pm

For registration: 450-264-3596 or nora@mwcn.ca



BINGO

Join us for a fun and friendly afternoon of bingo! Enjoy laughter, prizes, and great company. All are welcome, bring your lucky charm!

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Every Thursday from 1:30 to 3:30 pm

For registration: 450-264-3596 or nadya@mwcn.ca



Pickleball

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: 24 York St. Huntingdon HAECC

Every Thursday - from 1:00 to 3:30 pm

For registration: 450-264-3596 or nora@mwcn.ca



Book Club

Join our Off Beat Book Club! Animated by Pam, our first gathering will be a chance to share the books we love. For this first meeting, bring along the book you're currently reading or one you've just finished. A space will be available if you'd like to enjoy your lunch during the meeting, so feel free to bring it with you. Coffee will be served.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

**Thursday November 6th and 20th
from 11:00 am to 1:00 pm**

For registration: nora@mwcn.ca or 450-264-3596



Paper making workshop

Join us for a fun and hands-on paper making workshop! Learn how to recycle old paper into beautiful, one-of-a-kind handmade sheets, perfect for crafts, cards, or gifts. All materials provided. No experience necessary. Limited spots available!

Location: 24 York St. Huntingdon HAECC

Thursday November 6th - from 9:15 am to 12:00 pm

For registration: 450-264-3596 or nadya@mwcn.ca



Pickleball

Whether you're brand new to pickleball or already have some experience, join our fun and welcoming group! Equipment and guidance are provided.

Location: 87 Rue Roy Ormstown

Every Friday - from 6:00 to 9:00 pm

For registration: 450-264-3596 or nora@mwcn.ca



Puzzle Exchange

Do you enjoy puzzles? We have a great selection available for you to borrow! From 300-piece classics to challenging 1000-piece sets, there's something for everyone.

Location: Huntingdon Wellness Center 72 Dalhousie, Suite 201

Monday-Thursday, From 9:00 am to 4:00 pm

For information: 450-264-3596 or nora@mwcn.ca



Bone Health 101

Join us for a presentation given from Osteoporosis Canada, where they will discuss what osteoporosis is, and the associated risks.

Location: Franklin Recreation Center 2555 Rue du Parc, Saint-Antoine-Abbe

**Monday November 17th,
From 1:00 to 3:00 pm**

For information: 450-264-3596 or nora@mwcn.ca



Presentation on Diabetes type 1 & 2

November is diabetes awareness month. Join us for an educational session on diabetes as presented by a pre-recorded educational session with CHSSN.

Location: Ormstown Legion 33

Rue du Prince-Albert

Thursday November 13th

From 10:00 am to 12:00 pm

For information: 450-264-3596 or nora@mwcnc.ca



Succulent Garden workshop

Join Marie-Eve to create a succulent garden. **Cost:** **\$45** with a pot included or **\$40** bring your own pot. Included in the price: Documents with information, soil, 3 succulents, decorations and pot if needed.

Location: Huntingdon Wellness Center 72

Dalhousie, Suite 201

Friday November 14th - from 6:00 to 8:00 pm

For registration: 450-264-3596 or nadya@mwcnc.ca



Holiday Songs and stories with Rob Lutes

Celebrate the joy of the season with song and stories as presented by Rob Lutes. Rob will perform a rich selection of works from multiple spiritual tradition and tell the stories from their creation. Followed by lunch, cost of \$8.00. Must reserve before November 20th

Location: Ormstown Legion 33 Rue du Prince-Albert

Thursday November 27th

From 10:30 am to 12:30 pm

For information: 450-264-3596 or nora@mwcnc.ca

ON ZOOM



SHARP - Who to call for help

Who to call for help: InfoSanté, Info-Social & other essential hotlines

Presented by **Jennifer Hobbs-Robert** S.Sc.A, BCN, CNEd, Senior Advisor - JH Partners

Wednesday, November 19th, 2025

From 10:00 to 11:30 am.

For registration: [Click HERE](#)