




PROGRAM OF ACTIVITIES

MAY 2025

CHÂTEAUGUAY

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

Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST



Happy Laps

Do you want to get some exercise and have a good chat with some friends? Join us for our Happy Laps group!

Every Monday from 9:30 to 11:00am

For registration

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

Location: Track at Rue Ville Marie



Colouring Cafe

A nice and relaxing activity with great conversation!

Every Monday 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.

Every Monday from 1:00 to 3:00pm

For registration

joanne@mwcnc.ca or call 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 9:30 to 11:00 am

For registration

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

Location: Agora



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!

Every Wednesday

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

Do you need practice speaking french? Join us for our french conversation group! All levels are welcome!

Wednesday May 14th, 21st & 28th from 4:30 to 6:30 pm

For registration:

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

Location: 259 Blvd D'Anjou, Community Space



Cross stitching with Donnelda

Join us to learn the basics of cross-stitching.

Every Thursday, from 10:00 to 11:30 am

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 to 12:00 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Card Making class with Donnelda & Kathy

Join Kathy and Donnelda as they have a Mothers Day Theme card class. This is an intermediate class, and not for beginners. Only 8 spaces available.

Tuesday, May 6th, from 12:30 to 3:30pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



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.

Thursday, May 8th & 22nd, from 1:00 to 2:30pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Art with Ilana

Just in time for MOTHER'S DAY

Join us for a painting on wood workshop. Design a piece of wood for memories. All the necessary art supplies and instructions will be provided along with some samples. Max 15 people.

Friday, May 9th, from 12:30 to 2:30pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Mother's Day Tea

Grab your spring dresses and fancy hats and join us for our Mother's Day tea with good conversation and sweet treats! Door prizes to be won! **\$10 a person.**

Tuesday, May 13th, from 10:00 to 12:00pm

For registration

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

Location: OLPH, 268 Rue Molson



Lunch & Learn: Lunch with a Firefighter

Please join us for lunch with a firefighter! We will learn about fire safety, risks and home safety.

\$15 a person.

Tuesday, May 20th, from 10:00 to 12:30 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Fall Prevention Lunch & Learn

Free Lunch!! Conference presented by the Table des aînés du Grand Châteauguay: Falls are common but preventable! Learn how to create a safer environment and adopt habits to maintain your independence.

Wednesday, May 21st, from 10:30 to 12:00 pm

For registration

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

Location: Manoir d'Youville



Tek Talk with Jacob

Need help with your phone? Tablet? laptop? This is the time for you to come and ask your questions!

Friday, May 23rd, from 4:00 to 6:00 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Beginner Class for Card Making

Join Kathy and Donnela for part 2 of the beginner class: inking and stamping.

Tuesday, May 27th, from 12:30 to 3:30pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Employability Support

Job seekers looking for guidance and support in their job search process.

By appointment

255 Boulevard D'Anju, Suite 203

For registration: joanne@mwcnc.ca

ON ZOOM



Driving safely

Services for Healthy Aging in the Right Place (SHARP) by CHSSN

Driving safely: assessments, accommodations, and knowing when it is time to stop.

**Presented by Shamese Barakat, OT,
Kinatex Pierrefonds**

Wednesday, May 21, 2025, from 10:00 to 11:30 am.

[For registration: Click HERE](#)

