Head Office:

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





DECEMBER 2025



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:15-10:45am: Bowling 9:00-10:30am: Happy Laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	10:00-1:00pm: Lunch and Learn: Mental Health IV	9:00-10:00am: Yoga 9:00-10:30am: Wacky Walkers 1:00-3:00pm: Drop in & Crop 4:30-5:30pm: Yoga 4:30-6:30pm: French Conversation	4 10:00-11:30am: Cross- stitching with Donnelda 1:00-2:30pm: Exercise Class	5 10:00-12:00pm: Knitting Group	6
7	9:15-10:45am: Bowling 9:00-10:30am: Happy Laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	9 12:30-3:30pm: Christmas Craft with Kathy	11:00-2:30pm: Christmas Luncheon at OLPH 4:30-6:30pm: French Conversation	11 10:00-11:30am: Cross- stitching with Donnelda 1:00-2:30pm: Exercise Class	12 10:00-12:00pm: Knitting Group	13
14	9:15-10:45am: Bowling 9:00-10:30am: Happy Laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	16 10:00-12:00pm: Christmas cookie exchange 1:00-2:30pm: Christmas Bingo	9:00-10:30am: Wacky Walkers 1:00-3:00pm: Drop in & Crop 4:30-6:30pm: French Conversation	18 10:00-11:30am: Cross- stitching with Donnelda	19	20
21	22 NOLIDAY	23 NOLIDAY	24 NOLIDAY	merry 25 christmas	26 HOLIDAY	27
28	°— ° HOLIDAY	30 HOLIDAY	NEW* YEAR'S EVE			