



PROGRAM OF ACTIVITIES

NOVEMBER 2025

BEAUHARNOIS

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

Québec 

In Collaboration with **CLUB DES AÎNÉS MELOCHEVILLE**
380, boulevard de Melocheville

REGISTRATION IS REQUIRED

email: may@mwcnc.ca or call: 450-691-1444



Film Screening & Discussion: "What We Chose to Remember"

Join us for an inspiring screening of What We Chose to Remember, presented by Pauline Wiedow.

This thought-provoking film explores themes of memory, belonging, and identity. A group discussion will follow the movie, all are welcome to share their reflections.

Monday, November 10th, 2025

From 9:30 am to 12:30 pm



Zumba & CRA Presentation "FR"

Join us for a fun and energetic Zumba class with Rina! After the class, stay for an informative CRA presentation in French by Angeles Ricio, a great opportunity to get moving and learn something new!

Monday, November 17th, 2025

9:30 - 10:30 am then 10:30 am - 12:00 pm



Zumba & CRA Presentation "EN"

Join us for a fun and energetic Zumba class with Rina! After the class, stay for an informative CRA presentation in English "Speker TBD", a great opportunity to get moving and learn something new!

Monday, November 24th, 2025

9:30 - 10:30 am then 10:30 am - 12:00 pm



Presentation about Safety!

Join us for an informative session presented by the Service de sécurité incendie de Beauharnois – Caserne 17, with guest speaker Anouk.

Learn valuable tips on fire prevention, home safety, and how to stay prepared in case of emergencies.

Friday, November 28th, 2025

From 10:00 am - 12:00 pm

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](#)

