




PROGRAM OF ACTIVITIES

FEBRUARY 2026

CHÂTEAUGUAY

With financial support of

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST



Bowling League

Are you interested in joining MWCN's bowling league? This is a fun league with no pressure to be the best! We play to have fun! It is **\$13.00 a week plus \$3.00** for shoes if needed - **This is a league of 30 weeks!**

Mondays from 9:30 to 11:00 am

For registration:

francoise@mwcnc.ca or call 450-691-1444

Location: Quillorama 2, 133 Maple



Colouring Cafe

A nice and relaxing activity with great conversation!

Mondays 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.

Mondays 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

Join us for a french conversation group! This is a chance to come and speak and practice!

Every Wednesday from 4:30 to 6:30 pm,

For registration

patricia@mwcnc.ca or 450-691-1444

Location: 253 Blvd D'Anjou,



Wacky Walkers

Enjoy strolling through the streets of Chateauguay with a group of friendly members of MWCN!

Every Wednesday - from 9:00 to 10:30 am

For registration

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

Location: Agora



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.

Every Thursday

From 1:00 to 2:30pm, For registration

tonya@mwcn.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 am to 12:00 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Coffee & Conversation : Caregiving

What does it mean to be a caregiver? How do I find resources? How do I know if I need caregiving help? Who to ask and how? Join us for an interactive discussion with Vanessa from the Centre D'Action Benevoles du Grand Chateauguay (CAB).

Tuesday, February 3rd

from 1:00 - 3:00pm, For registration

patricia@mwcn.ca or 450-691-1443

Location: 259 Blvd D'Anjou, Community Space



Galentine's Day Celebration Fundraiser

Fall in love with fun at our Galentine's Day Fundraiser! ❤️ Enjoy toe-tapping music, tasty treats for purchase, playful games, and hands-on crafts—all while sharing laughs and supporting MWCN!- Tickets 10\$

Tuesday, February 10th, from 10:00 to 12:00 pm
For registration
patricia@mwcn.ca or 450-691-1444

Location: OLPH 284 Molson



Black History Painting Craft

Join us for a painting project for Black History Month which we will then display. Don't like to paint? No problem, we will have other options such as writing a poem or making a craft!

Wednesday, February 11th
from 10:00 - 12:00 pm, For registration
patricia@mwcn.ca or 450-691-1445

Location: 259 Blvd D'Anjou, Community Space



Bingo

Join us and play some bingo! To play it is \$5.00 and you win cash prizes!

Tuesday, February 17th
from 1:00 - 2:30 pm, For registration
tonya@mwcn.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Painting by numbers

Join us for a paint by numbers class. **Class is \$5.00 and it includes all material.**

Wednesday, February 18th
from 10:00 to 12:00 pm, For registration
tonya@mwcn.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Art with Ilana

Exotic Papier-Mâché vessels

Join us for a special two part workshop where we will be creating a stylized vessel/bowl using papier mâché. We will be crafting whimsical bowls that are both artistic and functional, adding a splash of colour in your home.

Friday, February 20th, from 12:30 am to 2:30 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Farkle with Maureen

Join Maureen and play the fun game of Farkle! We can only accomodate up to 10 people. **Please register.**

Tuesday, February 24th, from 10:00 to 12:00 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



Lunch and Learn- Post Retirement

Join Todd Cote- from Assante for a Post-Retirement presentation. Do you know how to manage your Budgeting, Income Sources, and Tax Minimization in retirement? Includes more information on government pensions, taxes, budgeting and planning for retirees or those closer to retirement. **\$15.00 for lunch.**

Wednesday, February 25th, from 10:30 to 12:30pm

For registration

patricia@mwcnc.ca or 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Employability Support

Looking for help with your job search or starting a business? By appointment only, we offer free translation of job documents, interpreter services for employment appointments, and support with Services Québec forms. We also provide entrepreneurship support in collaboration with YES Montreal.

By appointment, For registration

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

ON ZOOM



Watercolours with Sarah Murphy

Join us every Monday from January 19th to February 23rd for a fun watercolours workshop with artist Sarah Murphy. No experience needed, all skill levels are welcome!

List of supplies needed will be sent to all participants

February 2nd, 9th, 16th & 23rd 2026

From 10:00 to 11:30 am.

For registration:

email kitiara@mwcn.ca



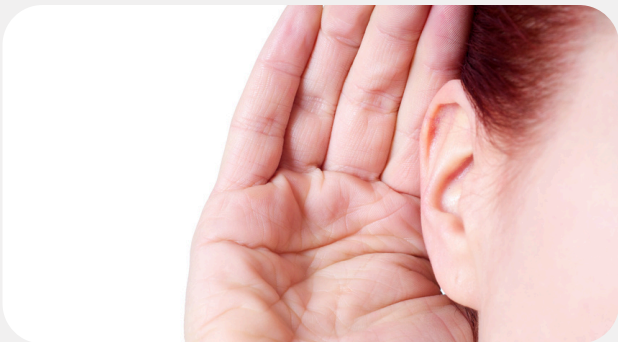
Intermediate French

Join Line for our Intermediate French class online. Books can be sent in pdf form or picked up at the office in Chateauguay. **Cost is 25\$**

Starting February 3rd, 2026

from 7:00 to 8:30 pm - For registration:

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



SHARP

Financial subsidies to help you live comfortably at home

February 18th, 2026

From 10:00 to 11:30 am.

[For registration: Click HERE](#)

