

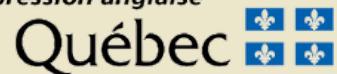


PROGRAM OF ACTIVITIES

JANUARY 2026

HUNTINGDON

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



FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



Chess/Board Games

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**

**Every Monday
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**

**Every Monday
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



Paint by Numbers

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

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Wednesday January 21st from 1:00 to 3:00 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

Thursdays January the 8th & 22nd

from 11:00 am to 1:00 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 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



Decluttering for your health

Join us for this pre-recorded session created by CHSSN. You will learn strategies to help with downsizing, hoarding and decluttering.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Monday January 12th from 10:30 am to 12:00 pm

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



Cyber Safety Workshop:

Understanding the Digital Landscape

Connected Canada will guide participants in exploring the digital landscape, recognizing common online risks, and learning practical strategies to protect their personal information.

Wednesday, January 14th From 10:00 to 11:00 am.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

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



Various activities at the Ormstown Legion

Do you enjoy games, cards, cribbage, chess, would you prefer to work on a art project? Join our expanding group in Ormstown for coffee and activities.

Location: Ormstown Legion 33 Rue Prince-Albert

Thursday January the 15th and 29th.

From 1:00 to 3:00 pm

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



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

MWCN Special Events



MWCN Job Fairs

Know someone looking for a job? Send them our way!

MWCN is hosting two big Job Fair & Networking Events this January, don't let your friends or family miss out on new opportunities!

January 21 – Hotel MOCO, Salaberry-de-Valleyfield

January 26 – St-Rémi Community Centre

Job Fair: 2:30 PM – 4:30 PM

Meet employers • Explore new career paths •

Build your network

RSVP & Info: joanne@mwcn.ca



MWCN Mentorship Networking Event

We're looking for bilingual retired employers and industry leaders to mentor local employees and job seekers, helping them strengthen their industry-specific French and English skills. Your guidance will support their integration into the workforce and boost their confidence in real workplace situations.

January 21 – Hotel MOCO, Salaberry-de-Valleyfield

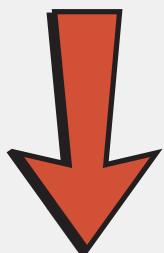
January 26 – St-Rémi Community Centre

Cocktail + Mentorship Presentation:

5:00 PM – 7:00 PM

RSVP & Info: joanne@mwcn.ca

ON ZOOM



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

Monday, January 19th 2026

From 10:00 to 11:30 am.

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



SHARP

Tips for active listening and reducing social isolation

Wednesday, January 21st 2026

From 10:00 to 11:30 am.

For registration: [Click HERE](#)



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\$**

Tuesday January 20th, 2026

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

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



Cyber Safety Workshop:

Understanding the Digital Landscape

Connected Canada will guide participants in exploring the digital landscape, recognizing common online risks, and learning practical strategies to protect their personal information.

Wednesday, January 14th 2026

From 10:00 to 11:00 am.

For registration:

nadya@mwcn.ca or call 450-264-3596