




## PROGRAM OF ACTIVITIES

APRIL 2024

PINCOURT

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

Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF VAUDREUIL-SOULANGES



### Bridge Club

If you are an avid Bridge player, please feel free to join our group or contact our office for more information.

*Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8*

**Mondays April 8, 15, 22, 29 - from 1:30 to 3:30 pm**

For registration:

Call (514) 425-0399 or email [bryanna@mwcnc.ca](mailto:bryanna@mwcnc.ca)



### Canasta

Please join us for our weekly games of Canasta. Everyone is welcome

*Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8*

**Wednesdays April 3, 10, 17, 24 - from 9:30 to 11:30 am**

For registration:

Call (514) 425-0399 or email [bryanna@mwcnc.ca](mailto:bryanna@mwcnc.ca)



### Cribbage

Please join us for our drop-in games of Cribbage, everyone is welcome!

*Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8*

**Wednesdays April 3, 10, 17, 24 - from 1:00 to 3:00 pm**

For registration:

Call (514) 425-0399 or email [bryanna@mwcnc.ca](mailto:bryanna@mwcnc.ca)



### Eccentric Exercise

This excellent exercise is based on Tai Chi, dance, yoga, and physiotherapy to help your body strengthen & lengthen your muscles, ligaments, and tendons. As space is limited, please contact our office if you are interested in joining us.

*Location: 117 Bd Cardinal Léger, Pincourt, QC J7W 7A8*

**Thursdays April 4, 11, 18, 25 - from 2:00 to 3:00 pm**

For registration:

Call (514) 425-0399 or email [lorie@mwcnc.ca](mailto:lorie@mwcnc.ca)



## Espresso-Discussion for Seniors

Please join us for a chance to practice your French conversation, everyone is welcome!

*Location: 117 Bd Cardinal Léger,  
Pincourt, QC J7W 7A8  
Wednesday April 10, 24  
from 10:00 to 11:00 am*

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



## V-S Spring Fair & Fundraiser

Mark your Calendars!  
If you would like to donate baked goods to our table,  
please contact our office.

*Location: 117 Bd Cardinal Léger,  
Pincourt, QC J7W 7A8  
Saturday April 13 - from 10:00 am to 2:00 pm*

For registration:  
Call (514) 425-0399 or email [lorie@mwcnc.ca](mailto:lorie@mwcnc.ca)



## Employability Support

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

*Wednesdays - by appointment*

For registration: email [joanne@mwcnc.ca](mailto:joanne@mwcnc.ca)

## ON ZOOM



### Gardening 101

**With Christie Lovat PhD, Faculty Lecturer**

This Workshop covers outdoor gardening needs on how to choose plants from annuals, perennials, bulbs, trees, and container gardens

*Tuesday, April 16 - from 10:00 to 11:30 am.*

**For registration:**

Call (514) 425-0399 or email [lorie@mwcn.ca](mailto:lorie@mwcn.ca)



### Accessing Health & Social Services

**CHSSN / SHARP**

Presenter Alexander Ethier, PhD Candidate of Research Centre on Aging will be the presenter

*Wednesday, April 17*

*From 10:00 to 11:30 am.*

**Registration Direct with CHSSN**

