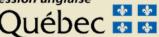


PROGRAM OF ACTIVITIES APRIL 2024 PINCOURT

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



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@mwcn.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@mwcn.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@mwcn.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@mwcn.ca

Activities in person - Pincourt



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@mwcn.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@mwcn.ca



Employability Support

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

Wednesdays - by appointment

For registration: email joanne@mwcn.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 garens

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

For registration: Call (514) 425-0399 or email 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

