



PROGRAM OF ACTIVITIES

NOVEMBER 2025
CHÂTEAUGUAY

With financial support of

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTRÉGIE WEST



Happy Laps

Do you want to get some exercise and have a good chat with some friends? Join us for our Happy Laps group!

Mondays from 9:00 to 10:30 am

For registration

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

Location: Track at Rue Ville Marie



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. Also looking for a spare!

This is a league of 30 weeks!

Mondays from 9:15 to 10:45am

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 (Except Nov 3rd)

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 3:00pm (Except Nov 3rd)

For registration

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

Location: 259 Blvd D'Anjou, Community Space



French Conversation with Georges

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@mwcn.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



Drop-in & Crop

Kathy will be at our community space if you need any help or have any questions for your ongoing projects! Just drop in and say hi!

Every Wednesday from 1:00 to 3:00 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



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



Lunch and Learn: Mental Health Session III

Join us for the third installment of our mental health series where we will discuss "Choosing Yourself Without Guilt"

Tuesday, November 4th

**From 10:00 am to 12:30 pm - For registration
patricia@mwcn.ca or call: 450-691-1444**

Location: 259 Blvd D'Anjou, Community Space



Beginner Card Class: Part 1

Join Kathy and Donnelda as they show you the steps to make your very own cards! This is part 1 of 3! Only have room for 6.

Tuesday, November 4th - from 1:00 to 4:00 pm

For more information

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

Location: 259 Blvd D'Anjou, Community Space



Drop in Breakfast

Join us for a drop in breakfast for the price of \$2.00. Bagels and fruit and juice will be supplied. Menu may change week to week. Please confirm attendance.

Wednesday, November 5th

**from 10:00 - 11:00 am, For registration
tonya@mwcn.ca or call: 450-691-1444**

Location: 259 Blvd D'Anjou, Community Space



Coffee & Conversation: Caregiving

What is caregiving? How do I know if I am a caregiver... or when I need one myself? Come join us for an open discussion with a facilitator from the **Centre D'Action Bénévole Châteauguay!**

Tuesday, November 11th

**from 10:00 - 12:00pm, For registration
patricia@mwcn.ca or 450-691-1442**

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, November 11th
from 1:00 - 2:30 pm, For registration
tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space

SPEAKER
YVON
RIENDEAU.
M.A.B.ÉD,
SOCIAL
GERONTOLOGIST



Conference with Yvon Riendeau

Join us for an insightful and thought-provoking conference exploring the many dimensions of aging-physical, psychological, social and emotional. Conference is free of charge! Includes snacks and coffee.

Tuesday, November 18th, from 10:00 to 12:00 pm
For registration
patricia@mwcnc.ca or call: 450-691-1444

Location: Manoir D'Youville



Intermediate Card Making Class with Kathy & Donnelda

Join Kathy and Donnelda as they show you a Christmas Card! This is an advance class for intermediate card makers. Only have room for 8.

Tuesday, November 25th
From 12:30 to 3:30 pm - For registration
tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Christmas Decorating

Join us in the morning as we decorate the community space! We will have coffee and cookies!

Wednesday, November 26th
From 10:00 am to 12:00 pm - For registration
tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Food Drive for the Chateauguay Food Bank

Starting November 26th until Monday, December 15th we will be collecting non-perishable goods for the Chateauguay Food Bank. Donations can be dropped off during the times of 10-2 on Tuesdays, Wednesdays & Thursdays.

Wednesday, November 26th to December 15th
For registration
tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Art with Ilana

NATURE INSPIRED CRAFTS FOR THE HOLIDAYS.

Elegant pine cone decorations just in time for the holidays.

You will have a choice of projects to choose from. All the materials will be supplied along with a brief arranging and gluing demonstration. Anyone with gardening gloves and cutting shears can bring them along.

Friday, November 28th
from 12:30 to 2:30 pm, For registration
tonya@mwcnc.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space

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](#)