

FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



Indoor Pickleball

Pickleball is one of the fastest growing activities for seniors, come and try it out, and you may discover why everyone is talking about it! Equipment supplied

Location: Ormstown Recreation Centre 87 Roy

Every Monday from 9:00 am to 12:00 pm

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



Indoor Pickleball

Pickleball is one of the fastest growing activities for seniors, come and try it out, and you may discover why everyone is talking about it! Equipment supplied

Location: HAECC 24 York St. Huntingdon

Every Monday from 1:00 to 3:30 pm

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



Walk and Talk

Fresh air, exercise, and laughter while exploring the history of Huntingdon.

Location: Meet at Prince Arthur park

Every Tuesday from 1:30 to 2:30pm

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



Busy Brain Group

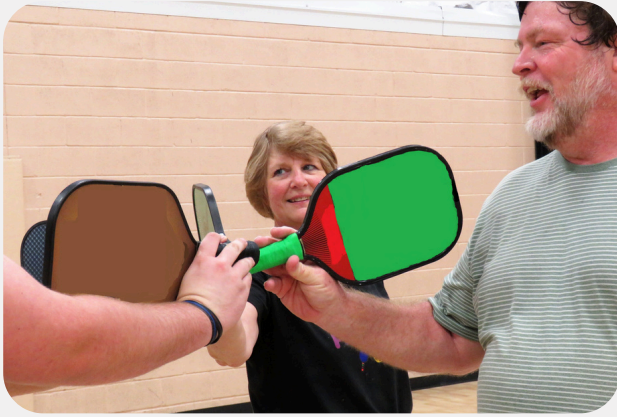
Join our group as we exercise our brains with activities such as sudoku, crafts, crossword puzzles just to name a few. Space is limited.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Every Tuesday from 1:00 to 3:00 pm

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



Indoor pickleball

Pickleball is one of the fastest growing activities, come and try it out and you may discover why everyone is talking about it! Equipment supplied, space for varied levels.

Location: Ormstown Recreation Centre, 87 Roy

Every Wednesday, from 9:00 am to 12:00 pm

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



Conversation Cafe

Enjoy a cup of coffee with friends old and new, with lively discussion.

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

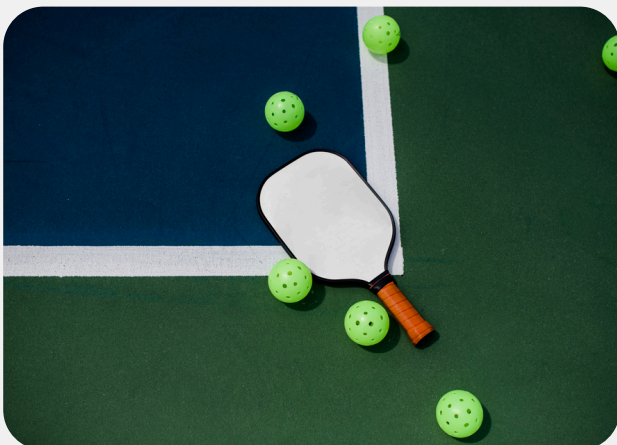
Join our group of crafters, as each person works on their own project, special guest Marie will be sharing her knitting skills with those interested to learn and share.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Every Wednesday from 1:30 to 3:30 pm

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



Indoor Pickleball

Pickleball is one of the fastest growing activities, come and try it out, and you may discover why everyone is talking about it! Equipment supplied, space for varied levels.

Location: CVR 1597 rte 138A Ormstown

Every Wednesday, from 7:00 to 9:00 pm

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



Pickleball for beginners and fun

Pickleball is one of the fastest growing activities for seniors, come and try it out, and you may discover why everyone is talking about it! Equipment supplied

Location: Heritage School, 21 King St. Huntingdon

Every Wednesday, from 6:00 to 8:00 pm

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



Indoor pickleball

Pickleball is one of the fastest growing activities for seniors, come and try it out, and you may discover why everyone is talking about it! Equipment supplied

Location: HAECC 24 York St. Huntingdon

Every Thursday, from 1:00 to 3:30 pm

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



BINGO

Come and play bingo with us. It is a great activity to promote socialization, laughter, and concentration.

Location: Huntingdon Wellness Center

72 Dalhousie, Suite 201

Every Thursday from 1:30 to 3:30 pm

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



Puzzle Exchange

Do you enjoy puzzles? We have a great selection of puzzles for you to borrow, or exchange.

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



Lunch and Learn

Join us for a special lunch with Don Rosenbaum as he shares his travels over the last 50 years. Lunch must be reserved by May 1st.

Location: *Huntingdon Wellness Center 72 Dalhousie, Suite 201*

Monday May 5th From 10:30 am to 12:30 pm

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



Mother's Day Tea

Join us as we celebrate all Mother's. Wear your best hat.

Location: *Huntingdon Wellness Center 72 Dalhousie, Suite 201*

Monday May 12th From 1:00 to 3:00 pm

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



Conference

In partnership with Les Aidants and Comité Detresse Sociale du HSL. We invite you to a full free day of learning about stress management. Lunch will be served. Reserve by May 1st.

Location: *8 Rue Fairview Huntingdon*

Thursday May 15th From 9:30 am to 2:30 pm

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



Car Seat Safety

Join us for a Car Seat Safety Workshop led by the Centre de Ressources Familiales (CRF). Whether you're a parent, grandparent, or family member, learn the latest best practices for proper car seat installation and secure travel. Don't miss this hands-on session—your child's safety depends on it!

Location: *Huntingdon Wellness Center 72 Dalhousie, Suite 201*

Monday May 26th From 10:00 am to 12:00 pm

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



Part two with Dr. Gordon Johnston

We are thrilled to have Dr. Gordon Johnston founder of side by side counselling share his expertise with us. This is session 2 of 2.

Dr. Johnston holds a Masters in Education from McGill. Please reserve your space.

Location: Ormstown Legion 33 rue Prince-Albert

Thursday May 29th From 9:30 am to 12:30 pm

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



Employability Support

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

By appointment

For registration: email joanne@mwcn.ca

ON ZOOM



Driving safely

Services for Healthy Aging in the Right Place (SHARP) by CHSSN

Driving safely: assessments, accommodations, and knowing when it is time to stop.

Presented by Shameese Barakat, OT, Kinatex Pierrefonds

Wednesday, May 21, 2025, from 10:00 to 11:30 am.

For registration: [Click HERE](#)