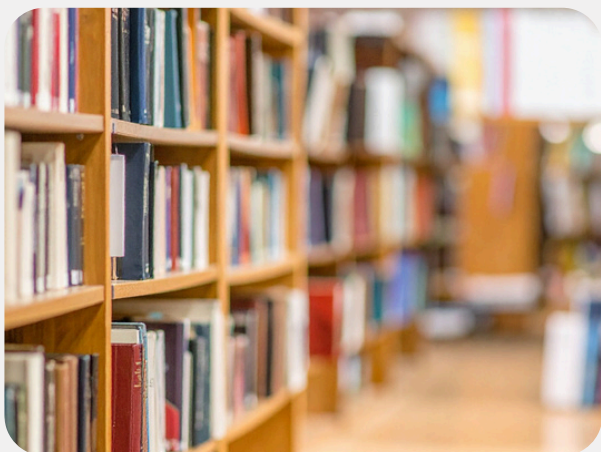


FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



Discover our In-house Library

We have a wonderful selection of books available for you to borrow, with something for every book lover! Stop by our center and discover our new "New Releases" section, where you can borrow the latest titles for just \$2.

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

Monday -Thursday, from 9:00-4:00 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 9:00-4:00 pm

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



French Conversation

Join our french conversation group! This is a chance to come speak and practice!

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

Every Monday (closed on October 12th) From 10:00 to 11:00 am

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



Safe Senior Exercises

Join me to follow a series of exercises to help maintain your balance and flexibility, limited space please register.

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

Every Monday (closed on October 12th) From 11:00 to 11:45 am

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



Pickleball

Join us for Senior Pickleball! Whether you're a beginner or already enjoy the game, everyone is welcome. We're a friendly and encouraging group, always happy to welcome new players. No equipment? No problem! Equipment is provided. Come out, get active, have some fun, and meet new people!

HA ECC 24 York St. Huntingdon

Monday October 5th, 19th and 26th, From 1:00 - 3:30 pm

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



Walking Group

Huntingdon walking group, join us for fresh air, the pace will be casual. Meet up at our location at 72 Dalhousie St.

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

Every Tuesday, From 9:00 - 10:00 am

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: 450-264-3596 or nora@mwcnc.ca



Caregiving Before Exhaustion Workshop

In partnership with Les Aidants HSL join us for a reflective workshop designed for family caregivers. Participants will learn practical tools and techniques to help find balance between caregiving responsibilities and personal well-being.

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

Every Tuesday from 1:00-4:00 pm

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



Chair Tai Chi

Join us for Chair Tai Chi in our new expanded location in Huntingdon!

Space is limited, so please reserve your spot early.

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

Every Wednesday, from 10:00 to 11:00 am

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



Pickleball

Whether you're a beginner or already enjoy the game, everyone is welcome. We are a friendly and encouraging group, always happy to welcome new players.

No equipment? No problem! Equipment is provided. Come out, get active, have some fun, and meet new people!

Location: Heritage School 21 Rue King Huntingdon
Every Wednesday from 6:00 - 8:00 pm

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



Pickleball

Whether you're a beginner or already enjoy the game, everyone is welcome. We are a friendly and encouraging group, always happy to welcome new players.

No equipment? No problem! Equipment is provided. Come out, get active, have some fun, and meet new people!

Location: CVR 1597 Rte 138A Ormstown
Every Wednesday from 7:00 - 9:00 pm

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



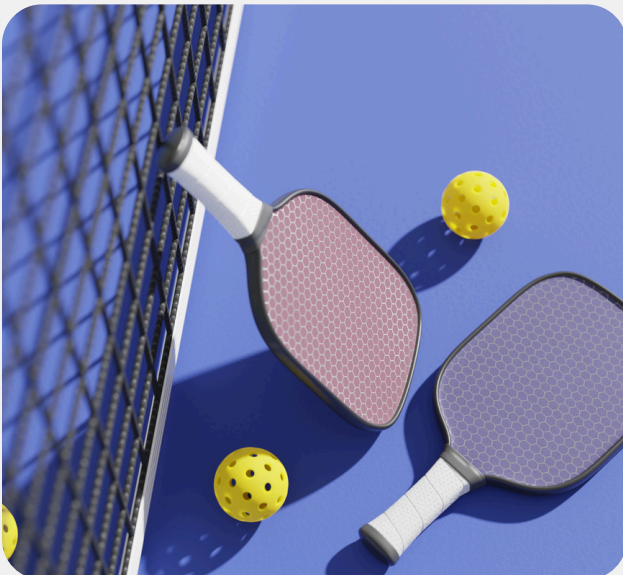
Bingo

Join us for a fun and friendly afternoon of bingo! Enjoy laughter, prizes, and great company. All are welcome, bring your lucky charm!

Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201

Every Thursday (Closed on October 22nd)
From 1:30 to 3:30 pm

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



Pickleball

Join us for Senior Pickleball! Whether you're a beginner or already enjoy the game, everyone is welcome. We're a friendly and encouraging group, always happy to welcome new players. No equipment? No problem! Equipment is provided.

Come out, get active, have some fun, and meet new people!

Location: HAECC 24 York St. Huntingdon
Every Thursday
From 1:00 - 3:30 pm

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



Book Reading & Craft Morning with Raising Young Readers

Join us for a fun and engaging morning of storytelling and crafts designed to spark a love of reading in young children with Emily from Raising Young Readers. This activity is for children ages 4+. Registration required.

Saturday October 17th From 10:30-11:30 am

Little Green Library
4 Rue Lorne suite 103, Huntingdon, QC J0S 1H0

Register by signing up with the following link:
<https://forms.gle/moKq6Yg2yem1Zp437>



Cribbage and Chess

Join us at the Ormstown Legion for games. We have both chess and cribbage taking place. Coffee is always on.

Thursday October 15th From 10:00 - 12:00 pm
For registration
nora@mwcnc.ca or call 450-264-3596

Location: 33 rue du Prince Albert Ormstown, J0S 1K0



Connected Canadians: The Importance of Connection in Relation to Mental Health

Learn how personal connections are vital to mental health. Connecting online can help you supplement in-person connection by letting you discover communities, share with friends and family, connect digitally when you can't meet in person, and even access mental health services.

Tuesday, October 13th From 10:00 - 11:30 am
For registration
nadya@mwcnc.ca or call 450-264-3596

Location: 72 Dalhousie Suite 201 Huntingdon



World Stroke Day

Thursday October 29th is World Stroke Day. To raise awareness we will do a variety of activities, learn practical tools, and review myths and facts.

Thursday October 29th From 10:00 - 11:30 am
For registration
nadya@mwcnc.ca or call 450-264-3596

Location: Ormstown Legion 33 Rue Prince Albert



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 only,
For an appointment email joanne@mwcnc.ca or
call 450-691-1444

ON ZOOM



ON ZOOM



Online French Classes (Intermediate and Conversation)

A 10 week French intermediate class online to assist with conversation and comprehension

Tuesday, October 6th From 7:00 - 8:30 pm

For registration

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



SHARP

Making Daily Tasks Easier: Simple Tips to Stay Independent

Wednesday, October 21st From 10:00 - 11:00 am

Registration



Connected Canadians: The Importance of Connection in Relation to Mental Health

Learn how personal connections are vital to mental health. Connecting online can help you supplement in-person connection by letting you discover communities, share with friends and family, connect digitally when you can't meet in person, and even access mental health services.

Tuesday, October 13th From 10:00 - 11:30 am

For registration

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

Location: 72 Dalhousie Suite 201 Huntingdon