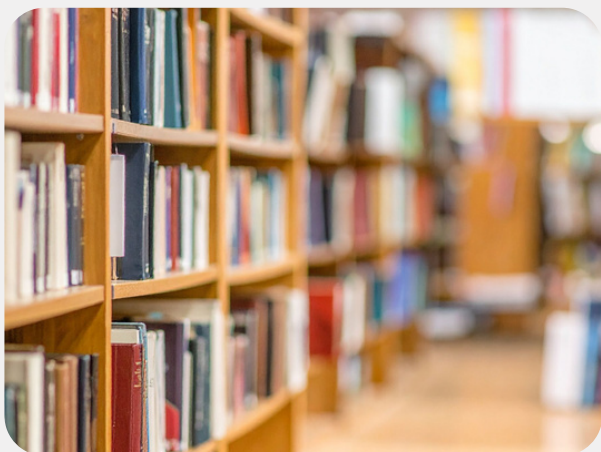


FOR THE ENGLISH-SPEAKING COMMUNITY OF HUNTINGDON



Discover our In-house Library

We have a wonderful library of books for you to borrow, including many new releases, a great variety, something for every book lover! Stop by our center and take a look.

*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, 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, 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 September 14th, 21st and 28th, 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 1:00-4:00pm

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@mwcn.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@mwcn.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, from 1:30 to 3:30 pm

For registration: 450-264-3596 or nadya@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!

Location: HAECC 24 York St. Huntingdon

**Thursday September 17th & 24th
from 1:00 - 3:30 pm**

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



Community Heritage Quilt Project

Join us for an exciting project in partnership with the Cummings Center. Under the guidance of an expert quilter we will create squares that celebrate the personal stories and heritage of the English speaking communities in Quebec. All skill levels welcome. Once complete the quilt will be on display in Montreal. All material supplied.

Location: Ormstown Legion 33 Rue Prince Albert

**Thursday September 3^d, 10th and 24th, from 10:00
to 11:30 am**

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



Chair Yoga

Looking for a gentle way to stay active, limber, and flexible? Chair Yoga is a great way to stretch, improve mobility, and feel your best—all while using a chair for support. We'll be starting back in mid-September, with classes held on Tuesdays and Thursdays.

*Location: Village Church 52 Rue Lambton
Ormstown*

**Tuesdays starting mid September, from 1:30-2:30
pm or 3:00-4:00 pm**

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



Book Reading & Craft Morning with Raising Young Readers

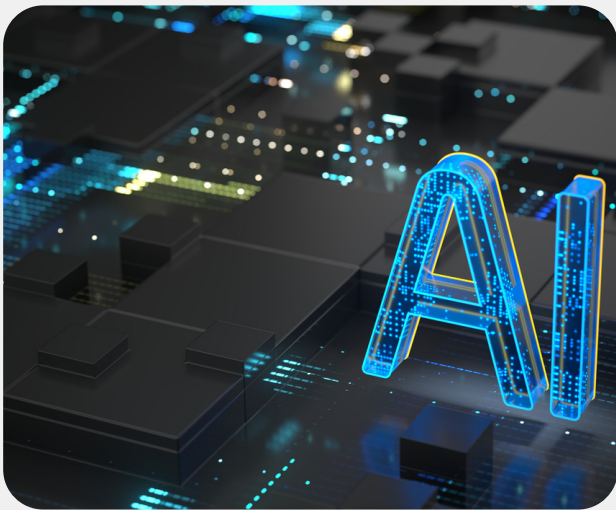
Join us for a fun and engaging morning of storytelling and crafts designed to spark a love of reading in young children with Emily from Raising Young Readers. This activity is for children ages 4+. Registration required.

Saturday September 19th, from 10:30-11:30 am

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

Register by signing up using the following link:

<https://forms.gle/ZdNCPgtxWoAZXb6fA>



Connected Canadians: CHATGPT: Navigating the digital conversations

Connected Canadians will introduce participants to ChatGPT its uses, privacy considerations, and additional AI tools for translation, games, and recipes.

Tuesday, September 22nd from 10:00 - 11:30 am
For registration

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

Location: 72 Dalhousie Suite 201 Huntingdon



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



Senior Health fair

Everyone is invited to visit our Senior's Fair taking place at CVR on Saturday, Sept. 19th. There is something for everyone...kiosks, conferences, We are also looking for volunteers who could help out at times throughout the day. If you can offer some time, please let Kim know.

Saturday, September 19th from 10:00-3:00 pm
CVR 1597 Rte 138A Ormstown

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

ON ZOOM



SHARP

Take Medications Safely: What You Need to Know

Join Connected Canadians for an introduction to ChatGPT! Learn how ChatGPT can be used in everyday life, along with privacy tips and other helpful AI tools for translation, games, recipes, and more.

Wednesday, September 16th from 10:00 - 11:00 am

Registration

