PROGRAM OF ACTIVITIES
NOVEMBER 2026
CHÂTEAUGUAY

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

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTÉRÉGIE WEST



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 **$14.00 a week plus $3.00** for shoes if needed
This is a league of 30 weeks!

Every Monday from 9:15 -10:45 am
For registration
ryan@mwcn.ca or call: 450-691-1444

Location: Quillorama 2, 133 Maple



Wacky Walkers

Enjoy strolling through the streets of Chateauguay with a group of friendly members of MWCN!

Every Wednesday 9:00 to 10:30 am
For registration
tonya@mwcn.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Colouring Cafe

A nice and relaxing activity with great conversation!

Mondays from 11:00 to 12:30 pm
For registration
tonya@mwcn.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 3:00 pm
For registration
tonya@mwcn.ca or call 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



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 Except November 11th - from 1:00 to 3:00 pm

For registration

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

Location: 259 Blvd D'Anjou, Community Space



French Conversation

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

Every Wednesday from 4:30 - 6:30pm

For registration

ryan@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



Farkle

If you want to have some fun and some laughs join us to play farkle! Registration is required.

Tuesday, November 3rd , From 10:00 am - 12:00pm
For registration
tonya@mwcn.ca or 450-691-1444

Location: 259 D'Anjou Community Space



Card Class with Kathy

Join Kathy as she shows you how to make an arched step card

Material list will be sent.

When registering, please specify if you will be attending on Tuesday or Wednesday.

8 max on Tuesday, 6 max on Wednesday.

Tuesday, November 10th & 11th , From 12:30 - 3:30 pm

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

Location: 259 D'Anjou Community Space



Art with Ilana

Join us for a hands-on workshop where you will create your very own classic Christmas wreath. Each participant will receive a circular structure and a mix of unique artificial berries and flowers, pine cones, ribbons and different evergreens to decorate their wreath. An elegant decoration that can be hung on your front door or resting on your dining room table, all in time for the holidays.
Only have room for 10.

Friday, November 13th from 12:30 to 2:30 pm
For registration
tonya@mwcn.ca or call: 450-691-1444

Location: 259 D'Anjou Community Space



Phishing Scams - Connected Canadians workshop

Participants will learn to recognize email, text, and AI-generated phishing scams, along with practical tips for protection and prevention.

Tuesday, November 17th, from 10:00-11:30 am
For registration
tonya@mwcn.ca or call: 450-691-1444

Location: 259 D'Anjou Community Space



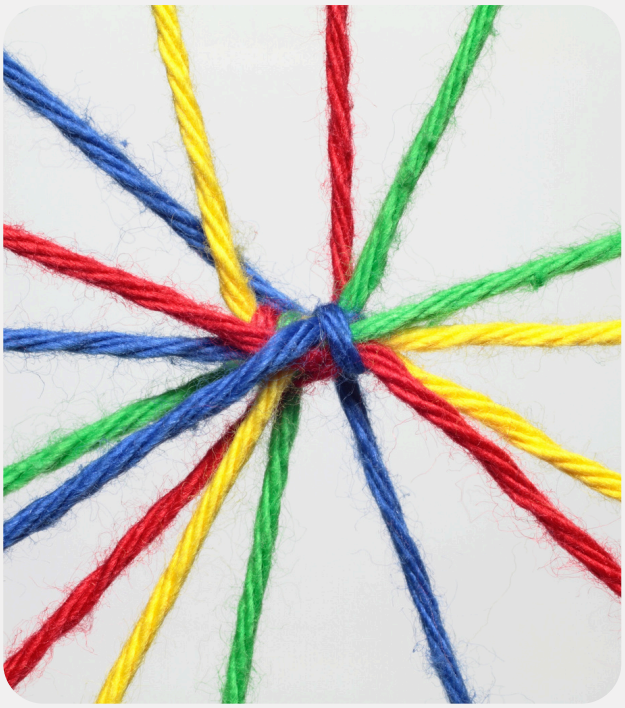
Bingo

Join Chloe for bingo! $5.00 to play and we play 8 games! Come and have some fun!

Tuesday, November 17th From 1:30-3:00pm

For registration
ryan@mwcn.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Snack and learn: Indigenous and non-Indigenous relations

Are you interested in learning more about relationships between Indigenous and non-Indigenous people in Canada, in Quebec and locally? Do you have questions but feel shy to ask?

Join Nelly for a morning session to learn, reflect and engage in open conversations about our shared history and ongoing relationship.

Snacks and coffee will be available.

Cost: 5$. Registration is required for this activity.

Wednesday, November 18th From 10:30-12:00pm

For registration
nelly@mwcn.ca or call: 450-691-1444

Location: 259 Blvd D'Anjou, Community Space



Biodome Trip

Join Chloe for a trip to the Biodome! We will meet at 257A D'Anjou (our office) at 8:45am, and we will all commute together via public transport (at your own expense, approximately $6).

The cost of entry will be 20$.

They have a restaurant on site but all the food is vegan, so it is recommended to pack a lunch if you don't want to purchase one.

Tuesday, November 24th , From 9:00 - 3:00 pm

For registration
ryan@mwcn.ca or call: 450-691-1444

Location: 259 D'Anjou Community Space



Decorating for Christmas

Join us to decorate our community space for Christmas. We will have some goodies to eat.

Wednesday, November 25th from 10:00-11:00am

For registration
ryan@mwcn.ca or call: 450-691-1444

Location: 259 D'Anjou Community Space



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, For registration
joanne@mwcn.ca or call: 450-691-1444

ON ZOOM



Online French Classes (Intermediate and Conversation)

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

Tuesdays From 7:00 - 8:30 pm

For registration
ryan@mwcn.ca or call: 450-691-1444



SHARP

Strength and Balance to Prevent Falls

Wednesday, November 18th From 10:00 - 11:00 am

Registration



Phishing Scams - Connected Canadians workshop

Participants will learn to recognize email, text, and AI-generated phishing scams, along with practical tips for protection and prevention.

Location: Huntingdon Wellness Center
72 Dalhousie, Suite 201

Tuesday, November 17th, from 10:00-11:30 am

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