NOVEMBER



MWCN
Huntingdon
72 Dalhousie, Suite 201
450-264-3596

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
1	**2** **10-11 am:** French Conversation **11-11:45 am:** Safe Senior Exercises **1-3:30 pm:** Pickleball (HAECC)	**3** Sorry We're CLOSED	**4** **10-11 am:** Chair Tai Chi **10-11:45 am:** Conversation Café **1-3 pm:** Creative Cafe **6-8 pm:** Pickleball (Heritage) **7-9 pm:** Pickleball (CVR)	**5** **1-3:30 pm:** Pickleball (HAECC) **1:30-3:30 pm:** Bingo	**6**	**7**
8	**9** **10-11 am:** French Conversation **11-11:45 am:** Safe Senior Exercises **1-3:30 pm:** Pickleball (HAECC) **1:30-3 pm:** Snack and learn: Indigenous and non-Indigenous relations ($5 - registraiton requeired)	**10** **9-10 am:** Walking group **1-3 pm:** Busy Brains **1-4 pm:** Caregiving Before Exhaustion (Registration required)	**11** **10-11 am:** Chair Tai Chi **10-11:45 am:** Conversation Café **1-3 pm:** Creative Cafe **6-8 pm:** Pickleball (Heritage) **7-9 pm:** Pickleball (CVR)	**12** **10-12 pm:** Ormstown legion **1-3:30 pm:** Pickleball (HAECC) **1:30-3:30 pm:** Bingo	**13**	**14**
15	**16** **10-11 am:** French Conversation **11-11:45 am:** Safe Senior Exercises 1-3 pm: QAHN presentation **1-3:30 pm:** Pickleball (HAECC)	**17** **9-10 am:** Walking group **10-11:30 am:** Digital workshop- Phishing Scams **1-3 pm:** Busy Brains **1-4 pm:** Caregiving Before Exhaustion (Registration required)	**18** **10-11 am:** Chair Tai Chi **10-11:45 am:** Conversation Café **10-11 am**: SHARP (Hybrid) **1-3 pm:** Creative Cafe **6-8 pm:** Pickleball (Heritage) **7-9 pm:** Pickleball (CVR)	**19** **1-3:30 pm:** Pickleball (HAECC) **1:30-3:30 pm:** Bingo	**20**	**21** **10:30 - 11:30 am:** Book Reading & Craft Morning for kids 4+ (Little Green Library)
22	**23** **10-11 am:** French Conversation **11-11:45 am:** Safe Senior Exercises 1-2:30: Information session on Colorectal Cancer **1-3:30 pm:** Pickleball (HAECC)	**24** **9-10 am:** Walking group **1-3 pm:** Busy Brains **1-4 pm:** Caregiving Before Exhaustion (Registration required)	**25** **10-11 am:** Chair Tai Chi **10-11:45 am:** Conversation Café **1-3 pm:** Creative Cafe **6-8 pm:** Pickleball (Heritage) **7-9 pm:** Pickleball (CVR)	**26** **10-12 pm:** Lunch & Learn with Rob Lutes - Ormstown Legion **1:30-3:30 pm:** Pickleball (HAECC) **1:30-3:30 pm:** Bingo	**27**	**28**
29	**30** **10-11 am:** French Conversation **11-11:45 am:** Safe Senior **Exercises** **1-3:30 pm:** Pickleball (HAECC) **1:30-3:30 pm:** Indigenous Cinema Afternoons (registration requiered)					