

FOR THE ENGLISH-SPEAKING COMMUNITY OF VAUDREUIL-SOULANGES

LOCATION: 95 5e avenue #100, J7W 5K8, Pincourt, QC



Gentle Yoga with Laura Gilmour

Join us for some Gentle Yoga at Bellevue park to start off the Summer months **Weather permitting**
\$25/6 Weeks

Thursdays, July 2nd, 9th & 16th From 10:00 to 11:00 am

Bellevue Park

62 Av. Monseigneur-Langlois, Pincourt, QC J7W 5C1

For registration:

kitiara@mwcn.ca or 514-425-0399



Bridge Club

If you are an avid Bridge player, please feel free to join our group or contact our office for more information.

Mondays Mondays, July 6th & 13th

From 1:30 to 3:30 pm

For registration:

kitiara@mwcn.ca or 514-425-0399



Walking Group

Start your week off right with some fun and exercise around beautiful Bellevue Park. Grab your sneakers and meet us at the tennis court parking lot. **Weather permitting**

Mondays, July 6th & 13th

From 9:00-10:00 am

Bellevue Park

62 Av. Monseigneur-Langlois, Pincourt, QC J7W 5C1

For registration:

kitiara@mwcn.ca or 514-425-0399



Craft & Crunch

Join us for five fun-filled weeks of summer crafts, creativity, and friendship! Bring your lunch and enjoy a new themed activity each week.

Mondays, July 6th & 13th From 10:30 - 12:30 pm

For registration:
kitiara@mwcn.ca or 514-425-0399



MWCN'S AGM

Join us for our 2026 Annual General Meeting. All community members, partners, clients, volunteers, and others are welcome.

Tuesday, July 7th, 2026 at 4:00pm

Village Church, 52 Rue Lambton, Ormstown, Quebec J0S 1K0

Please RSVP by Thursday, July 2nd, 2026,
info@mwcn.ca or 450-691-1444.



Bocce Ball

Please join us for our weekly games of Bocce Ball. Beginner to advanced players, all are welcome!
****Weather permitting****

Tuesdays, July 7th & 14th

From 9:30 to 10:30 am

Taillon Park

1180 Chemin Duhamel Pincourt, QC J7W 4H4

For registration:
kitiara@mwcn.ca or 514-425-0399



Cribbage

Please join us for our drop-in games of Cribbage. Everyone is welcome!

Wednesdays, July 8th & 15th

From 1:00 to 3:00 pm

For registration:
kitiara@mwcn.ca or 514-425-0399



Canasta

Please join us for our weekly game of Canasta. Everyone is welcome!

Wednesdays, July 8th & 15th
From 9:00 to 11:00 am

For registration:
kitiara@mwcnc.ca or 514-425-0399



Bilingual Discussion

Feel like touching up your French or English? Join us for our easy-going discussion! All skill levels are welcome, whether you're just starting to learn or fluent.

Wednesday, July 8th From 10:00-11:00 am

For registration:
kitiara@mwcnc.ca or 514-425-0399

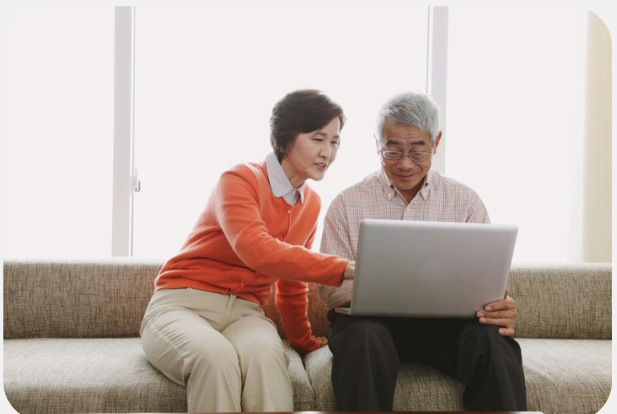


Mexican Train Dominoes

Please join us for our weekly games of Mexican Train Dominoes. (Space is limited)

Tuesdays, July 14th
From 1:00 to 3:00 pm

For registration:
kitiara@mwcnc.ca or 514-425-0399



Tech Support

Need help with navigating your devices?

Bring in your electronic devices and your questions!

By appointment only

For registration:
kitiara@mwcnc.ca or 514-425-0399



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

