

MESSAGE FROM THE BOARD MEMBERS



November can be a difficult month or can be a very exciting and busy month. The choice is really ours.

We are gearing up, trying to accomplish as much as possible before the end of this year. And it is both exciting and scary. There are so many things on everyone's plate that we are having to pick and choose, how very exciting!!!

MWCN Sponsored Events:

Tuesdays Walking Group will keep on walking, bring a lunch and meet @ Ile St-Bernard at 11:00am. The group meets 3 times per month.

Helping the community is what we are all about



Montérégie West Community Network volunteers meeting with the Grade 5 French teacher Manuela before they begin reading with the children on October 14.

Upcoming Community Wednesday: Held from 4 to 7pm.
 Spaghetti dinner \$2.00

Nov 2 nd	Mary Gardner School
Dec 7	St-Willibrord School
Feb 1	To be determined
April 5	Sainte-Martine School
May 3	Gérin-Lajoie School

Be a member detector

New members are the lifeblood of every organization, including ours.



Membership is \$10 and it allows you a special member rate for all our activities, and our newsletter which is full of information on upcoming events, courses, etc. Don't hesitate to tell everyone you know about us.

CECN Board Elected officers:

President: Pauline Wiedow
 Vice President: Lise Brunette
 Treasurer: Gayle Holdaway
 Secretary: Grace Brasseur

Members:

New member: Georges Bujold
 Chuck Halliday
 New member: Louise Kinney
 Susanna Langevin
 New Member: Emily Lemieux
 New member: Marlene Stacey

Volunteer Coordinator: Lynda Friend

Interest groups

Book Club Chair: Gayle Holdaway
 Membership Chair: Emily Lemieux
 Newsletter editor: Lise Brunette

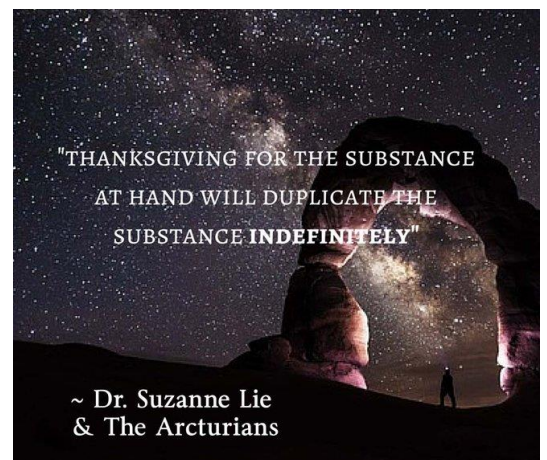
e-mail: mwcn2016@gmail.com



Letters to the Editor

Any event, activity, or interesting fact to share?

E-mail lbrunette51@videotron.ca



Montérégie West Community Network (MWCN)

E-mail: mwcn2016@gmail.com Tel: 450-617-0513 (leave a message / laissez un message)

55 rue Lambton
Ormstown QC



PROPRIÉTAIRES:
Christine & Kevin Bickes

Live Music
tous les vendredi soirs

Reservations:
514 217 1465/514 977 7820

Band Bookings:
514 217 1465/514 977 7820

Open Mike 19h-20h
Pass the hat donations



**Katie
and the
Jazz
Daddies**
Friday
Nov 4 8h



**Johnny
Cash
Machine**
Friday
Dec 2 8h



**Eddy
Blake
Trio**
Friday
Nov 11 8h



**Rob
Lutes**
Friday
Dec 9 8h



**Cliff
Edwards
of The Bells**
Friday
Nov 18 8h



**James
Banning**
Friday
Dec 16 8h



**Bayou
St.
Laurent**
Friday
Nov 25 8h



**Stewart
Grandlouis**
Friday
Dec 23 8h

December 30 New Years party .. details to follow

From Sept 22 to Nov 10. Topics discussed: Macular degeneration; public transportation; Parkinson's; memory jogger; Alzheimer; Diabetes & nutrition; Blood pressure; nutrition & exercise.



Partners Corner

More Upcoming & ongoing events

From Chateauguay and the Valley!!!!!!

- Nov 26: **Theater Event – OLPH Hall** – The Point St-Charles Community Theater presents: **Dashing through the Snow**. Cost \$10 Refreshments available for sale. Reserved seating buy your ticket ahead of time
- Dec 3: **Fun Family Bingo with Santa**. Held at Civitan Club from 1 – 3:30pm. Cost \$10 per family. Snacks available for donation
- Dec 5: **Turkey Dinner at Civitan**, cost \$20 and tickets are available through Civitan members or Louise at 450-699-1255 Westmount, QC