



# FUN AND LUNCH WITH A BUNCH



The *Montérégie West Community Network* (MWCN) and the *Chateauguay Civitan Club's* "Seniors Wellness & Awareness Program" is in full swing at the Civitan Club, 3 Paul Hallé, Chateauguay.

**Wednesdays, from 10am – 1pm at The Civitan Club. Be sure to register!!.**

A spaghetti lunch is on the menu for a toonie.

We will also have Bingo / Crib and Scrabble....something for everyone.

## Subsequent dates to remember

March 8th                      Bingo / Crib / Scrabble  
March 29th                     Foot Care Clinic

**"April 2<sup>nd</sup>"                      FYI Sunday "Something Extra you might enjoy"  
Grove Hall Theatre Trip to Huntingdon. Bus leaving Maison des Jeunes at 12:30. "On the Line" Dress Rehearsal. Cost \$25.00**

April 5th                        Mini conference with guest speaker Danielle Blain from Parkinson Canada  
April 19th                      A craft Day  
April 26th                      Social games of crib, cards, scrabble. Learn how to play bridge or any other social game of your choice.  
May 17<sup>th</sup>                        "Decluttering" with Pearl Fennel  
May 24<sup>th</sup>                        Seniors Fraud Awareness with André Marcotte from the FADOQ along with Nathalie Langevin, Chateauguay Police.

All are welcome. Bring a friend. You may meet up with an old friend or make a new one. You just never know.

**\*\*\*Meet-ups include lunch and fun at the low cost of only a 'toonie'.**



\*Plans in the making for June and July along with the Walking Group and exercise\*

**To reserve your spot or for more information call Louise 450-699-1255 Or Pauline 450-617-0513**

