

Centre de ressources

connexions

Resource Centre

Fall Events Calendar



Virtual Events via Zoom

Gentle Stretching

Sept 11

@ 10:00 am

With Kim Valiquette

[Register](#)

How to Use and Access Assistive Devices

Sept 17 @ 10:00 am

SHARP Webinar

[Register](#)

Groove Dancing

Sept 25

@ 10:00 am

With Kim Valiquette

[Register](#)



Events in the Pontiac MRC

Understanding End-of-Life Options

Sept 18 @ 10:00 am
in Shawville

With Manon Lafrenière

Register

Maintaining Your Independence and Quality of Life

Oct 2 @ 10:00 am
in Shawville

With Roxanne Dumouchel, CISSSO

Register



Events in Gatineau

(Aylmer, Buckingham & Hull)

Move It or Lose It!

Sept 9
@ 10:00 am
in Aylmer

With Brenda Coukell

Register

Transform Your Space

Sept 16
@ 10:00 am
in Aylmer

With Emma Huard

Register

Yoga for Healthy Living

Sept 23
@ 10:00 am
in Aylmer

With Lynda Pedley

Register

**Itsy Bitsy Tots
Playgroup**

**Sept 23
@ 09:00 am
in Hull**
Cégep Heritage College

Register

**Understanding
End-of-Life Options**

**Sept 29
@ 10:00 am
in Buckingham**
With Manon Lafrenière

Register

**Effective Strategies
for Aging in Place**

**Sept 30
@ 10:00 am
in Aylmer**
With Diane Wheatley

Register



Events in the des Collines MRC

Yoga for Healthy Living

**Sept 17
@ 10:00 am in Chelsea**
With Lynda Pedley

Register

Spectrum Club

**Sept 28
@ 10:00 am in Wakefield**
Wakefield Satellite Office

Register

Explore All Events!

Questions about our events? Need help to RSVP on our Website?

Call us at (819) 557-0615 or email us at info@centreconnexions.org.

PLEASE NOTE: We cannot offer Zoom tech support via phone after 4pm.

Please email us at info@centreconnexions.org if you are having difficulties connecting to Zoom.

Connexions Resource Centre promotes the health, social wellbeing and vitality of the English-speaking community through empowerment, participation and collaboration

within the Outaouais.

We encourage and appreciate your comments and questions.
Having difficulties accessing the information in this Newsletter? Need assistance in finding information or services in English? Please call us at (819) 557-0615 or e-mail us at info@centreconnexions.org.

Make sure to visit our [website](#) for upcoming news items and events and [follow us on Facebook](#).

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Santé
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Our mailing address is: 67, rue du Couvent, Gatineau, QC, J9H 6A2

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