

SUMMER CALENDAR 2026

9, RUE DE LA RIVIÈRE
BEDFORD, QC J0J 1A0
TEL: (450) 248-0530

☀️ Happy Summer, Everyone! ☀️

I hope you all have the chance to enjoy the sunshine and soak up the warm summer days ahead. After the long winter we've had, I know many of us have been eagerly waiting for this beautiful weather to arrive!

We're excited to share a wonderful lineup of activities with you this summer and hope you'll join us for some fun, relaxation, and connection along the way. We can't wait to see you there! 🌻

☀️ Lac-Brome Outreach Is Slowing Down for Summer

As you may know, the Lac Brome Community Centre will be fully occupied this summer with their summer camp program. Because of this, our outreach activities will be a little quieter during July, August, and September. That said, we're still looking forward to staying connected and enjoying some wonderful time together! To help make up for the slower season, we'll be hosting a Nature Walk along the Coldbrook path on July 2. We'll also be offering a Chair Yoga session at The Well with Jaime Moar on August 24. Finally, we will start back with our Lac Brome outreach on September 28 with a Paint & Talk. We hope you'll join us for these relaxing and enjoyable summer gatherings! ☀️

☀️ Cowansville Outreach ☀️

Just a friendly reminder that we're in Cowansville every Friday from 9:00 a.m. to 4:00 p.m., and we'd love to see you! You can find us at the Goyer Building. Parking is available, elevator access can be found at the back of the building, and our office space is fully wheelchair accessible ♿. Please note that we will be closed on the following Fridays throughout the summer: July 24, July 31, August 14, and September 11. We look forward to welcoming you throughout the summer and hope to see you soon! ☀️

🛍️ Thrift Sale 🛍️

Friday, August 14 & Saturday, August 15 | 9:00 a.m. - 4:00 p.m.

Join us for another incredible two-day thrift sale at the Centre! Come browse through amazing second-hand treasures and great finds while supporting a wonderful cause. Prices are just \$10 a bag or \$1 per item (cash only). All proceeds from the sale will go toward our Christmas Dinners in a Box program, helping provide holiday meals to families in our community. We hope to see you there! 🌲 ✨

If you are interested in helping set up for the sale, please send an email to brie@awcentre.com. Any help would be greatly appreciated.

☀️ Saturday, July 11 – Kahnawà:ke Powwow Visit ☀️

We are thrilled to be visiting the Echoes of a Proud Nation Powwow as they celebrate their 34th annual gathering! This vibrant and meaningful event brings together Indigenous communities, dancers, drummers, singers, artisans, families, and visitors from all over to celebrate culture, friendship, tradition, and connection. Held each year on Kateri Tekakwitha Island, just south of Montreal, the powwow is filled with powerful drumming, breathtaking dancing, beautiful regalia, traditional foods, storytelling, music, and incredible handmade crafts and artwork from local vendors. Powwows are sacred gatherings that honour the past, celebrate the present, and strengthen community bonds for future generations. We look forward to experiencing the energy of the drums, reconnecting with old friends, making new ones, and celebrating the beauty and strength of Indigenous culture together. Everyone is welcome! ✨

Only 20 spaces are available and spots will be filled on a first come, first served basis. We will be travelling together by mini bus, and additional details will be shared after registration.

🌿 Friday, September 11 – Montréal Biodôme & Botanical Gardens Visit 🌿

We are excited to be visiting the Montréal Biodôme and the Jardin botanique de Montréal for a wonderful day of nature, discovery, and exploration together! The Biodôme offers an immersive experience through five ecosystems of the Americas, where visitors can observe fascinating animals, marine life, tropical plants, and beautiful natural environments all under one roof. Home to over 2,500 animals and hundreds of plant species, it is one of Montréal's most unique and inspiring attractions.

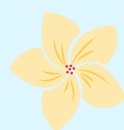
We will also enjoy exploring the Jardin botanique de Montréal, recognized as one of the world's greatest botanical gardens. With stunning thematic gardens, exhibition greenhouses, peaceful walking paths, and thousands of plant species from around the globe, it is the perfect place to relax, learn, and connect with nature. ✨

Only 20 spaces are available and spots will be filled on a first come, first served basis. We will be travelling together by mini bus, and additional details will be shared after registration.

Encouraging Membership

We would like to increase the value of being an Avante member and grow our membership. With this goal in mind, we will be setting a small \$2 cost to non-members for all our recreational workshops. If you are a member, this does not apply to you. Workshops will remain free for members. Any exceptions to this will be stated clearly.

If you are interested in attending any of our events, we strongly recommend that you register via our email (register@awcentre.com), our phone number (450-248-0530) or our website (awcentre.com).



JULY 2026



**Saturday, July 11 -
Kahnawà:ke Powwow Visit** ☀️
Only 20 spaces are available and spots will
be filled on a first come, first served basis.

MONDAY

Guided Nature Walk 29 **10:00 AM**

Join Tamara for a gentle guided walk through the elements of nature, and through simple invitations to connect with the natural world. No experience is needed—just curiosity and comfortable shoes.



6 Richford Road, Frelighsburg



Community Garden 6 **10:00 AM**

Join us for our community garden club meeting. We will evaluate how it is going, and see if there is anything we should re-adjust.

9 rue de la rivière, Bedford

Fitness Class for all levels 13 **10:00 AM** w/ Jennifer



Join us for a fun and engaging fitness class perfect for all levels.

9 rue de la rivière, Bedford

TUESDAY

30

Crochet/Knit with Gisèle 7 **10:00 AM**



Join us to work on your projects, learn how to crochet or simply have a chat.

9 rue de la rivière, Bedford

WEDNESDAY



Happy Canada Day!!! 1



**Please note that Avante
will be closed all day for
the holiday.**



Mah-Jong 8 **1:00 PM**

Join us to play or learn
how to play Mah-Jong!

9 rue de la rivière, Bedford



Mah-Jong 15 **1:00 PM**

Join us to play or learn
how to play Mah-Jong!

9 rue de la rivière, Bedford

THURSDAY

Nature Walk & Relaxing by the Beach 2 **1:00 PM**

Join us for a lovely walk along the Coldbrook path. We will be staying by the water for about an hour to enjoy the sun, have a snack and even take a dip in the water (optional).

Meet at: The Municipal Parking Lot on Lakeside Street (near 102 Chem. Lakeside, Knowlton.)



Sip n Dip 9 **6:00 PM**

Join Breezey for a relaxed, creative evening on the Missisquoi Museum grounds as we explore the trace monotype method. Participants will create a modern aesthetic interpretation of a beloved local landmark—Walbridge Barn, Cornell Mill, or Hodges Store. Spots are limited, reserve yours now!

2 Rue River, Stanbridge East



Zumba 16 **10:00 AM**



It's finally back!!!

Join us for a fun and uplifting
Zumba class with Brenda!

9 rue de la rivière, Bedford

FRIDAY



Scrapbooking 3 **1:00 PM**

Create a collage of positive affirmations and encouraging words that speak to you. This creative session is an opportunity to reflect on what you need to hear.

505 rue du Sud, local #204, Cowansville



Vent Over Coffee 10 **1:00 - 4:00 PM**

Whether you want to get something off your chest, talk about your week, or simply have a coffee. This is the perfect place for you. The Yamaska Literacy Council will also be present to host digital drop-ins, so feel free to bring any tech questions you may have.

505 rue du Sud, local #204, Cowansville

Board Games 17 **1:00 PM**

Let's relax with an afternoon filled
with board games and fun.



505 rue du Sud, local #204, Cowansville

CLOSED FOR THE

CONSTRUCTION HOLIDAYS

AUGUST 2026

MONDAY

Community Garden 3 10:00 AM

Join us for our community garden club meeting. We will evaluate how it is going, and see if there is anything we should re-adjust.



9 rue de la rivière, Bedford

Fitness Class for all levels 10 10:00 AM w/ Jennifer



Join us for a fun and engaging fitness class perfect for all levels.

9 rue de la rivière, Bedford

Medicinal Herbs 17 10:00 AM



Curious about the plants growing around you? Join Tamara Schmidt, Clinical Herbal Therapist, at Avante's Community Garden to learn how to identify common local plants and explore their traditional and practical uses for everyday wellness.

52 rue DuPont, Bedford

Chair Yoga 24 1:30 PM



w/ Jaime Moar

Join us at the Well for a 45 minute chair yoga class followed by a 45 minute discussion on learning to release thoughts and burdens that do not belong to you.

102 Chem. Lakeside, Knowlton

TUESDAY

Crochet/Knit with Gisèle 4 10:00 AM

Join us to work on your projects, learn how to crochet or simply have a chat.



9 rue de la rivière, Bedford

WEDNESDAY

Mah-Jong 5 1:00 PM



Join us to play or learn how to play Mah-Jong!

9 rue de la rivière, Bedford

Mah-Jong 19 1:00 PM



Join us to play or learn how to play Mah-Jong!

9 rue de la rivière, Bedford

Fitness Class 26 6:30 PM



Join us for a wonderful outdoor fitness class for all levels with Jennifer. Much like our Monday classes, this is a special event brought to us by the Loisirs de Bedford and is open to all! Meet us at Heritage Park.

100 Rue Alcée-Rochelleau, Bedford

THURSDAY

Zumba 20 6:00 PM



Join us for a fun and uplifting Zumba class with Brenda!

9 rue de la rivière, Bedford

Craft Night 27 6:00 PM



Join us for a wonderful night of quilting at the Missisquoi Museum. More details to come.

2 Rue River, Stanbridge East

FRIDAY

Scrapbooking 7 1:00 PM



Create a collage that tells your story! Using images, colours, and words, explore your favourite places, interests, and the things that make you unique. This fun and creative session is a chance to express your personality and share a little about yourself through art.

505 rue du Sud, local #204, Cowansville

Thrift Sale 14 Friday, August 14 & Saturday, August 15 9:00 a.m. - 4:00 p.m.



Come browse through amazing second-hand treasures and great finds. Prices are just \$10 a bag or \$1 per item (cash only).

9 rue de la rivière, Bedford

Vent Over Coffee 21 1:00 - 4:00 PM



Whether you want to get something off your chest, talk about your week, or simply have a coffee. This is the perfect place for you. The Yamaska Literacy Council will also be present to host digital drop-ins, so feel free to bring any tech questions you may have.

505 rue du Sud, local #204, Cowansville

Board Games 28 1:00 PM

Let's relax with an afternoon filled with board games and fun.



505 rue du Sud, local #204, Cowansville

SEPTEMBER 2026

MONDAY

Community Garden 31 10:00 AM

Join us for our community garden club meeting. We will evaluate how it is going, and see if there is anything we should re-adjust.
9 rue de la rivière, Bedford

Happy Labour Day!!! 7

Please note that Avante will be closed all day for the holiday.

Crocheted Poppies 14 1:00 PM

Join us as we learn how to crochet poppies that will be donated to the Philipsburg Legion.
9 rue de la rivière, Bedford

Fitness Class for all levels 21 10:00 AM w/ Jennifer

Join us for a fun and engaging fitness class perfect for all levels.

9 rue de la rivière, Bedford

Paint & Talk 28 1:30 PM

Join us for a relaxing afternoon of painting with Breezey. Spots are limited, reserve yours now!

270 rue Victoria, Lac Brome

TUESDAY

Crochet/Knit with Gisèle 1 10:00 AM

Join us to work on your projects, learn how to crochet or simply have a chat.

9 rue de la rivière, Bedford

Tea & Tarot with Tara 15 1:00 PM

Tara will be giving individual readings. There are three time slots available for those who reserve. First come, first served.

9 rue de la rivière, Bedford

Nature Walk 22 10:00 AM

Join us for a beautiful walk along the Keith-Sornberger nature trail in Bedford. Meet us at Avante and we will walk to the trail.

9 rue de la rivière, Bedford

Body Neutrality 29 6:00 PM

WEDNESDAY

Mah-Jong 2 1:00 PM

Join us to play or learn how to play Mah-Jong!

9 rue de la rivière, Bedford

Open House 9 1:00 - 8:00 PM

Stop by to renew your membership, find out about what we do, chat with our staff and enjoy some snacks and refreshments between 5PM to 7PM.

9 rue de la rivière, Bedford

Mah-Jong 16 1:00 PM

Join us to play or learn how to play Mah-Jong!

9 rue de la rivière, Bedford

Body Neutrality 23 6:00 PM

Join Breezey to learn how to accept your body as is and focus on how it gets you through the day rather than its appearance.

9 rue de la rivière, Bedford

Mah-Jong 30 1:00 PM

Join us to play or learn how to play Mah-Jong!

9 rue de la rivière, Bedford

THURSDAY

Arts & Craft Night 17 6:00 PM

Join us for a fun and relaxing arts and craft night with Breezey.

9 rue de la rivière, Bedford

The Ultimate Sandwich Cook-Off Mystery Box Edition 1 6:00 PM

Join us for a fun and friendly sandwich-making competition! Each team will create a unique sandwich using surprise mystery ingredients. The more ingredients you use, the more points you earn!



9 rue de la rivière, Bedford

FRIDAY

Scrapbooking 4 1:00 PM

As women, when it comes to self-reflection we tend to be quick at pointing out the negative but less often the positive. During this scrapbooking session, we will exercise celebrating our strengths.

505 rue du Sud, local #204, Cowansville

Botanical Gardens & Biodome 11 10:00 AM

Join us for a day of nature and discovery at the Montréal Biodôme and Botanical Gardens, where we'll explore immersive ecosystems, fascinating wildlife, and one of the world's most celebrated botanical gardens.

Spaces are limited, reserve yours now!

Apple Pies 18 9:30 AM

Help us make 100 apple pies for the Stanbridge East Museum's Apple Pie Festival. Let's share a laugh as we peel, cut and prepare the pies.

9 rue de la rivière, Bedford

Nutrition 25 10:00 AM

In this workshop, registered dietitian Maude Guévin shares practical, evidence-based strategies for women's health, intuitive eating, and balanced nutrition, with simple tools for meal planning and flexible, compassionate eating in daily life.

505 rue du Sud, local #204, Cowansville

Vent Over Coffee 2 1:00 - 4:00 PM

Whether you want to get something off your chest, talk about your week, or simply have a coffee. This is the perfect place for you.

505 rue du Sud, local #204, Cowansville