



**MORIN-HEIGHTS**  
**1855**

# Info Morin-Heights

*In harmony with nature!*

Fall 2016 - Vol. 19, no 4

*les journées de la culture*  
**20<sup>e</sup> ANNIVERSAIRE**

## **Morin-Heights Mini Music Fest**

[from 12:00 to 15:00 in the library's parking lot, 823, ch. du Village or at the United Church in case of rain, 831, ch. du Village]

Morin-Heights musicians will follow one another on stage for a Mini Music Festival: different styles, fun spirits and maybe even some surprises! Come dance and take the pulse of our local music scene!

Performers include: The a capella trio **The Tatas** (Shawna Dunbar, Carol Lyng & Natasha Caron), the motown of **Pickled Beats** (Anne Secor, Steve Friedman, Andrew Cowan & Alain Boyer), **Dan Voyé**, **Lisa McLellan & Reez** playing bluegrass, **François Leroux**, **Willy Ladik & Judi Cezar** (contemporary), **Donna Berry**, **Andrew Cowan & Steven Cape** (folk/pop/blues), **Judy Diez D'Aux & Martin Karlicek** (classical) and **Sandals** (Kyle Morin, Thomas Durant & Ben Morin) playing pop/rock music!

We invite you to bring a picnic or enjoy a hot-dog lunch offered by **IGA Morin-Heights**.

## **Vernissage / Happening**

[from 10:30 to 16:00 at the library's Remembrance Hall, 823, ch. du Village]

Visit Arts Morin-Heights' exhibition under the theme "Inspired by a song or music". The chosen songs or music are all connected with the musical history of Morin-Heights.

Vernissage at 14:00.

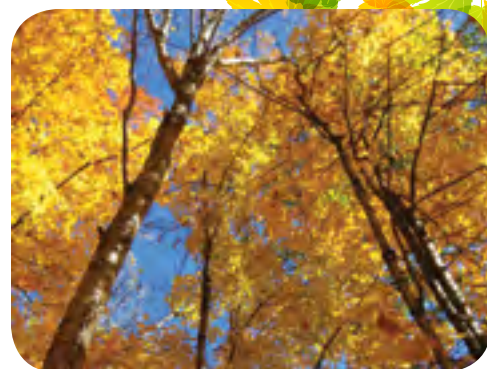
(continued on page 10)

All Journées de la culture activities are **FREE** and will be held on **SATURDAY, OCTOBER 1<sup>ST</sup>**.



**Survey for Morinheighters**  
**55 years old and over**  
on page 2 and 19

**What are our local cultural treasures?**  
on page 14



## Summary

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## News from the Mayor

My fellow citizens,

I hope that you have fully taken advantage of summer and have taken part in our activities such as Canada Day, Shakespeare-in-the-Park as well as the Arts Morin-Heights' summer exhibition. Lummis Park, on the shores of Rivière-à-Simon and the Basler Park mountain bike trails were crowded this year and have contributed to our town's liveliness!

I invite you all to participate in the local activities that will be a part of the *Journées de la culture* held on October 1<sup>st</sup> and in the Remembrance Day ceremonies organized by the Royal Canadian Legion which, this year, are celebrating their 70<sup>th</sup> anniversary.

We are presently hard at work trying to obtain a grant for the renovation of Bellevue Chalet which will be our community and cultural center. Pursuant to the provincial government's refusal, we have now turned to the federal Government in order to ask for their support in this project. I hope to receive a positive response and be able to make an announcement in the near future.

Your municipal council adopted a borrowing by-law in the amount of \$1,600,000 in order to proceed with renovations required for a public building as per the architects and engineers in the dossier. Any grant received would reduce this amount. In the meantime, we have renewed the lease with the *Paroisse Notre-Dame-des-Monts* for the rental of St-Eugène Church until September 1<sup>st</sup>, 2017.

I am happy to announce that all of the loans on the municipality's buildings (Town Hall, municipal garage and library) have been reimbursed! It is now the perfect time to invest in our community center.

Other good news is the association of our COOP Santé with the Sainte-Adèle medical clinic forming our own *Groupe de Médecine Familiale des Pays-d'en-Haut*. Access to family doctors is a priority for us and Council is proud to have been a partner in this great achievement! I encourage all residents in need of a family doctor to register as soon as possible.

Major work to be undertaken this fall is the connection of the Ski Morin Heights drinking water network to the municipal network, the construction of a cycling and foot bridge above the Rivière-à-Simon in cooperation with the MRC and the Ministry of Transport along with the repairs to many sections of roads by our Public Works department.

In closing, I invite everyone to volunteer just a few hours in our community, depending on your interests. We have wonderful volunteers and I am certain that you will be greeted warmly and that your experience will be enriching.

Sincerely,



Tim Watchorn, ing.  
**Mayor**

## Survey on housing for seniors

In line with the 2015-2017 Action Plan of the MADA approach (Elders' Friendly Municipality), the Municipality of Morin-Heights would like to identify housing needs for seniors.

The Municipality has created a committee composed of Morin-Heights citizens: André Colerette, Audrey Gibeault, Céline Gratton, Bernard Ouimet, Yves Desmarais Municipality of Morin-Heights' Director General and Kym Nymark Communication Director at 4 Korner's Family Resource Center.

The group is aided in its efforts by Jacynthe Duval, project manager for "Un toit pour tous" for the Coalition of Roundtables and Partners of the MRC des Pays-d'en-Haut.

The survey results will enable the Housing Committee to determine if a need exists and, if necessary, develop a feasibility study. The results will be presented to the municipal Council and will be published in the 2017 spring edition of Info Morin-Heights.

Morinheighters of 55 years old and over are invited to complete the survey online or return it on paper (pages 19-20) **by September 30<sup>th</sup>, 2016.**

### 1. Online at:

[www.morinheights.com/Survey-55](http://www.morinheights.com/Survey-55)

### 2. In person:

at the Town Hall,  
567, chemin du Village

### 3. By mail:

Municipality of Morin-Heights,  
567, chemin du Village,  
Morin-Heights, QC, J0R 1H0

### 4. By email:

[municipalite@morinheights.com](mailto:municipalite@morinheights.com)



## Awards Ceremony for Cycle Two Students at A.N. Morin High School

For the past four years, the Municipality has been proud to partner with the local high school by rewarding students who demonstrated perseverance with two scholarships of \$150 awarded to the most deserving.

This year, the scholarships were awarded to Nicola Perno-Brosseau and Pamela Lidbetter. Claude-Philippe Lemire, municipal councillor in Morin-Heights, was present to honor the students.



## MRC's Economic Development Department



### Entrepreneurship Support

Services offered:

**Advice** for entrepreneurs in the start-up process, expansion, succession, export and recovery / restructuration.

**Financing tools** for businesses and entrepreneurs / assistance in researching additional funding sources.

Business management **training and information sessions** geared towards entrepreneurs.

**Consulting and mobilizing** the business community, socio-economic partners and the citizens of our MRC towards common goals for economic and social development.

**Promoting** the MRC as a preferred location for economic activities and **facilitating** the implementation of new businesses.

For more information or for an appointment, please do not hesitate to contact us!

MRC DES PAYS-D'EN-HAUT

1014, rue Valiquette,

Sainte-Adèle (Québec), J8B 2M3

450-229-6637, ext. 107

economie@mrcpdh.org

## La Fouillerie

Sponsored by *Le Garde-Manger des Pays-d'en-Haut*, Morin-Heights' La Fouillerie (148, ch. Watchorn) offers a service of gathering and distribution of new and second hand clothing, toys, dishes, books, and more, at really low prices. Céline and her volunteers invite you and welcome your donations every day.

### BUSINESS HOURS:

#### **Monday and Thursday:**

10:00 to 15:00 (closed from noon to 12:30)

#### **Tuesday:**

12:30 to 15:00

#### **Friday:**

10:00 to 16:00 (closed from noon to 12:30)

#### **First Saturday of the month:**

9:00 to noon

**Information:** 450 644-0087

**TaCL**  
TRANSPORT ADAPTÉ  
ET COLLECTIF DES  
LAURENTIDES

# News



## Pays-d'en-Haut 100% Enraciné Program

The *Carrefour jeunesse-emploi des Pays-d'en-Haut* offers a support service for new residents aged 16 to 35. The program agent assists new residents in their search for employment, housing, child care, etc. Do not hesitate to use this free service to facilitate your arrival in our beautiful area!

### **Information:**

Catherine Leduc, integration and retention agent: 450 227-0074  
or cleduc@cjepdh.ca

## 2016 Quebec Games

Congratulations to the children of Morin Heights who took part in the finals of the Quebec Games last July!

As appearing in the picture:

Dominic Paquin, Emma Cartier-Watchorn, Abigail Paquin-Breault (speed canoe-kayaking) and Christophe Baron (mountain biking).

Your efforts make us proud, congratulations for this great achievement!



## Can you recognize the signs of indoor production of cannabis?



Indoor cannabis cultivation sites are numerous and scattered throughout the province. No area, rich or poor, is spared.

To allow this type of culture, the dwellings, whether residential or commercial, are altered considerably. These changes entail significant risks to the security of citizens and affect the quality of life of residents of the area. The main danger is the risk of fire to the building that houses a culture and to the neighboring homes.

### Here are some clues that can reveal the presence of a cannabis production:

- The residence does not seem inhabited, but people come there regularly.
- Frequent visitors who don't stay for long.
- Unidentified vehicles are coming and going.
- Windows covered continuously.
- Abnormal condensation (dew) forms on the windows.
- There is an odor resembling that of a skunk.
- The lighting is brighter than ordinary residential lighting.

### A few clues indicate it might be the case... what can you do?

If you suspect that a building has an indoor cultivation of cannabis, **do not get directly involved and do not approach the building and its occupants.**

Contact your local police station or the Criminal Information Central, at 1 800 659-4264 or by email at [cic@surete.qc.ca](mailto:cic@surete.qc.ca). If you wish, your call will remain completely confidential. Your vigilance and cooperation is essential in the fight against drug production and trafficking.



## Table des aînés

**We are at a point in our lives where we want to protect our quality of life and stay at home as long as possible!**

There are many organizations, resources and volunteers but where to find them? Well, a directory prepared by the *Table des Aînés* contains all that information, for example: home help, nutrition, lodging accommodation, glasses and many other subjects. You can consult it at the Town Hall or the library.

In addition, you have access to a liaison agent by phone for your requests for additional information: 450 340-0520.

This directory is also available on the MRC des Pays-d'en-Haut's website:

[www.lespaysdenhaut.com](http://www.lespaysdenhaut.com)

## Online Community Board

To keep up with an array of information and community activities, regularly visit the "Community" section of [www.morinheights.com](http://www.morinheights.com) which stands as a regional community board. All documents found on that page are posters, press releases, brochures and other that are sent to us every week and intended for the Laurentian community.

For information about local community events, see the bottom of that web page or the calendar of events that appears on every page of the municipal website.

**MRC des PAYS-D'EN-HAUT**

**VELOCITE**  
- TRAJET CYCLABLE -  
Pays-d'en-Haut

**NEW IN MORIN-HEIGHTS IN 2016**

Starting at the end of next fall, pedestrians and cyclists will be able to use an off-road trail that will connect the Vélocité circuit to the Aerobic Corridor Park. The trail will include a walkway across the Simon River that can be accessed via Route 364, near the chemin du Village intersection.

While waiting for the work to be finished, we invite you to use chemin du Village, the sidewalk or the designated roadway.

FOR MORE INFORMATION ON THE VELOCITE BIKE PATH  
[WWW.TRAJET-VELOCITE.CA](http://WWW.TRAJET-VELOCITE.CA) | FOLLOW US ON



## Practical Information!

### Change of address

It is important to notify the Municipality in writing of any change in your mailing address.

A form is available at [www.morinheights.com](http://www.morinheights.com) or at the Town Hall.



### Ecocentre

#### Opening hours:

• From December 1<sup>st</sup> to March 31<sup>st</sup>

Tuesday to Saturday from 7:30 to 16:00  
and from 13:00 to 16:00.

• From April 1<sup>st</sup> to November 30<sup>th</sup>

Monday to Sunday from 7:30 to 16:00.

#### The Ecocentre services are all free.

You must present a proof of residence or ownership to the attendant.

2125, chemin Jean-Adam, Saint-Sauveur

**450 227-2451**

[cdufour@ville.saint-sauveur.qc.ca](mailto:cdufour@ville.saint-sauveur.qc.ca)

*Together to reduce landfill.*

### Civic Number

Whether at night or during the day, summer or winter, your civic number must be visible at all times from the road; your safety depends on it. The emergency service response time can be greatly affected due to a wrongly placed or missing civic number.

In case of an emergency, every second counts!

### Do you rent or do you have tenants

Whether you rent or own an income property, it is important to be both entered in the automated call system for emergencies. Please send your information by email (name, civic number, street name and phone number) at

[telephone@morinheights.com](mailto:telephone@morinheights.com) in order to be informed in case of an emergency. A registration form is also available on the municipal website or at the Town Hall.

### Council Meetings

Council meetings take place the second Wednesday of each month at 19:30. Visit the municipal website for more details or to read the minutes.

### Animal Control

Article 9.6 of the municipal by-law 503 on the control of animals states that no animal can be left in a car unattended.

### Next Edition!

To submit a text, please send a French and an English version to [bulletin@morinheights.com](mailto:bulletin@morinheights.com).

#### WINTER EDITION

**December 1<sup>st</sup>, 2016 to March 20<sup>th</sup>, 2017**

Deadline: October 5<sup>th</sup>, 2016

Distribution: November 25<sup>th</sup>, 2016

## Recycling and Garbage Collection

# 2016

### SEPTEMBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### OCTOBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### NOVEMBER

S	M	T	W	T	F	S
			2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

-  **Recycling**
-  **Garbage**
-  **Large items**

#### LARGE ITEMS:

Place them at the curb on the Sunday preceding the dedicated week or bring them directly to the ecocentre.

#### INFO-COLLECTION:

**1 888 482-6676 (option 2)**  
or [info@comporecycle.com](mailto:info@comporecycle.com)





## How to report a dangerous tree or a contact between branches and power lines?



- If the situation presents an imminent or potential danger for the lives or safety of people (eg. fire in a tree), **dial 911**.
- When the situation requires Hydro-Québec to do a verification short term, but is safe for the life or safety of people, **the tree owner must call 1 800 790-2424** or fill out the form available online.  
([www.hydroquebec.com/sefco2015/en/informing-hq-vegetation-close-power-lines.html](http://www.hydroquebec.com/sefco2015/en/informing-hq-vegetation-close-power-lines.html))

An expert from Hydro-Québec will determine if work is necessary to maintain the reliability and security of the electricity network. If this is the case, Hydro-Québec, or an authorized arborist mandated by Hydro-Québec, will carry out the tasks that present a risk of electrocution. Regarding the rest of the work (cutting the wood, picking up the branches and removing residues) it's up to the tree owner to decide whether to do business with an arborist or take care of it himself: this part of the work is the responsibility of the tree owner.

## Public Works

We are counting on your cooperation to keep ditches clear of branches, grass clippings, and other materials which may fall in, obstructing the natural flow of water and possibly cause damage to the road's infrastructure. We recommend that you leave existing natural vegetation growing in ditches as much as possible.

Also, the by-law regarding the use of drinking water has been revised this spring, limiting watering of gardens and lawns from May 20<sup>th</sup> to September 10<sup>th</sup> each year. Penalties may be enforced for non-respect of this rule.



**MORIN-HIGHTS**  
1855

## Important numbers

### Town Hall

567, ch. du Village,  
Morin-Heights (Québec)  
J0R 1H0

**Telephone:** 450 226-3232

**Fax:** 450 226-8786

**www.morinheights.com**

### Emails:

bulletin@morinheights.com  
comptabilite@morinheights.com  
conseil@morinheights.com  
environnement@morinheights.com  
inspection@morinheights.com  
loisirs@morinheights.com  
municipalite@morinheights.com  
mutation@morinheights.com  
parcs@morinheights.com  
servicetechniques@morinheights.com  
ssi@morinheights.com  
taxes@morinheights.com  
travauxpublics@morinheights.com  
urbanisme@morinheights.com

### Sûreté du Québec des

**Pays-d'en-Haut:** 450 227-6848

### Dog catcher:

1 866 960-7722 • [www.spcall.ca](http://www.spcall.ca)

**EMERGENCY: 9-1-1**

**Public Works**

(night and holidays) -

**Fire - Police - Ambulance -**

**Emergency Measures**

*Legal deposit - Bibliothèque et Archives nationales  
du Québec, 2016*

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**1 888 990-3486 • [www.groupetriton.com](http://www.groupetriton.com)**

## Parks and Trails

### Aerobic Corridor Management

As of May 2016, the Municipality and MRCPDH reached an agreement for the Municipality of Morin-Heights to manage the Aerobic Corridor to Montfort from km 0 to km 8.7 throughout the year. Formerly the Municipality only managed it during the winter. The Municipality regularly inspects the Corridor and is in charge of basic maintenance and repairs as well as making recommendations for improvements.



The Corridor will be managed by the *Directeur du Réseau de plein air*, James Jackson, and any problems should be reported to him at [parcs@morinheights.com](mailto:parcs@morinheights.com) or 450 226-3232, ext. 131.

### A New Park in Morin Heights

A new subdivision known as Allen Falls has been approved by Council and during the negotiations, the Municipality used the opportunity to acquire 75 acres of land strategically located between Basler Park and a property that was generously donated to the municipality by the Lackman family. The new permanent park now covers 125 acres and incorporates the southern half of Lac Lefebvre.

This autumn, both the Allen trail as well as parts of the Triangle and Bellevue trails will be relocated into the new park and a new bike trail network will be developed next spring. The new park guarantees the existence of a critical portion of the network for future generations.

## Winter Job Offers



We are looking for motivated candidates interested in working for the Morin-Heights Cross-country Ski and Snowshoe Trails Network this winter. Positions include **ticket agents and trail patrollers**. Please send your resume to [parcs@morinheights.com](mailto:parcs@morinheights.com) by September 30<sup>th</sup> or leave a copy at the Town Hall. Selected candidates will be contacted later in October for interviews.





## Morin-Heights Fire Department and First Responders



### Auxiliary Heating Devices

If you use a space heater in your house or garage, whether electric, gas or oil, here are some guidelines to follow in order to keep yourselves safely warm this fall:

- Maintain a clearance of at least one metre between portable heating devices and combustible or flammable materials such as gasoline, chemicals, paint, rags, furniture, paper, curtains or draperies.
- Avoid putting clothing or other flammable materials on the device.
- Make sure air flows freely up to the heater, clearing the area around the device of any object that could impede the way.
- Close the device if you leave the house or go to bed, remember that auxiliary heaters are designed for temporary use.
- Keep out of reach of children.

### Electric heaters:

- Make sure the electric heater bears the mark of a recognized certification organization such as CSA or ULC.
- Heaters must be equipped with a switch that automatically closes the device in case of overheating or if it overturns.
- Do not use an electric heater in a location where it risks to receive water, as in the bathroom or laundry room.

### Gas and oil heaters:

- Gas and oil devices should only be used outdoors. For indoor use, electrical appliances are safer.
- Leave the installation of the appliance to a qualified heating contractor.
- Clean or replace filters of the heater regularly during the heating season.
- Install the fuel tank at least 1,8 metre away from the furnace.
- Do not use a gas fireplace with glass doors if the glass is cracked or broken.
- Let kerosene heaters cool before refilling, outside of the building, away from any heat source.
- Do not burn anything in a gas stove.
- Install a carbon monoxide detector in the room where the device is located.



### Our Representatives Put to the Test!

In May, two of our elected officials, Mayor Tim Watchorn and Councillor Leigh MacLeod, took part in a one-day training in a new simulator. All fire services of the MRC will complete their training with this great tool to which they will have access periodically during the next three years.

- 1 Simulator Flash Formation
- 2 Protection equipment
- 3 In the heat of the moment
- 4 Our representatives who braved the flames







## Laurentian Reading Club

The Laurentian Reading Club has been meeting every month for over 50 years for lively discussion about books and reading. Meetings are held in English. For more information please contact Jane Philibert at 450 226-6947 or at janephil@cgocable.ca.

## Morin-Heights French-language Reading Club (CLEF)

The *Club de lecture en français* begins its fourth year of monthly meetings. The club meets every third Wednesday from 14:00 to 16:00 to discuss reading, new finds, books we're re-reading and favourites.

For information about the club contact Monique Bélisle at 450 226-8464.



## Municipal Library

The municipal library is located at 823, chemin du Village, it is closed on civic holidays. The annual membership is free for all residents.

### Information:

450 226-3232, ext. 124

### Opening hours:

Tuesday and Thur.: from 13:00 to 16:00  
 Wednesday: from 10:00 to noon and 14:00 to 16:00  
 Friday: from 19:00 to 21:00  
 Saturday: from 10:00 to 14:00  
 Sunday: from 11:00 to 13:00

### NEW ACQUISITIONS

#### (Novels)

André Alexis

Fifteen Dogs

John Banville

The Blue Guitar

Anthony De Sa,  
 Tanis Rideout and  
 Carrie Snyder

The Journey Prize 27:  
 the best of Canada's  
 new writers

Elena Ferrante  
My Brilliant Friend

Joy Fielding  
She's Not There

Ausma Zehanat Khan  
The Unquiet Dead

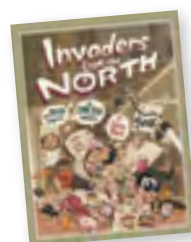
Steve Martini  
Blood Flag

Adam Mitzner  
The Girl From Home

#### (Non-fiction)

Cooper Anderson and  
 Gloria Vanderbilt  
The Rainbow Comes and  
 Goes: A Mother and Son  
 on Life, Love and Loss

John Bell  
Invaders from the North:  
 How Canada Conquered  
 the Comic Book Universe



Michaela DePrince  
Taking Flight: From Orphan  
 to Star Ballerina

Giulia Enders  
Gut: The Inside Story  
 of our Body's Most  
 Underrated Organ

Amy E. Herman  
Visual Intelligence  
 Donald J. Savoie  
What is Government  
 Good at? A Canadian  
 Answer

#### (Youth)

John Grisham  
Theodore Boone:  
 The Scandal

Susan Hood  
Ada's Violin

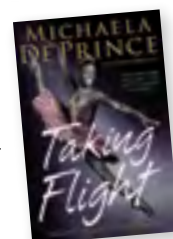
Lincoln Pierce  
Big Nate: Mr. Popularity

Sara Pennypacker  
Pax

Rick Riordan  
Magnus Chase and  
 the Gods of Asgard,  
 Book 1: The Sword of  
 Summer



**Story Hour (bilingual) will be held every Wednesday at 10:00, from September 17<sup>th</sup> until the end of May. Bring the kids in for this hour of fun!**



# Activities

## Arts Morin-Heights

Arts Morin-Heights would like to thank its many visitors, loyal sponsors, the Municipality – in fact everyone near and far – who supported and helped us during the past year. Our summer exhibition was a great success thanks to you!

We're continuing with our themed shows at the library. "Portrait or Self-Portrait" opened in June and will be in place until October 1<sup>st</sup>.

Our next exhibition, which will have the theme "Inspired by music or a song," will open during the *Journées de la culture*. Information about this show will appear in the *Journées de la culture's* publicity.

Admission to our events is always free, although donations of non-perishable goods for the *Garde-Manger des Pays-d'en-Haut* are very much welcome.

For all information about Arts Morin-Heights and its activities, please visit our website at [www.artsmorinheights.com](http://www.artsmorinheights.com) or call 450 226-3832.



(continued)

### Launching of the book "Stuck in Studio Time"

[at 11:30 at the library, 823, ch. du Village]

Launching of an English book created by the children of Morin-Heights as part of the "Summer Stories" project spearheaded by our municipal library and a published author, member of the *Association des auteurs des Laurentides*. Come and see the final product and congratulate the young artists behind the work!



### Photo Exhibit

[from 10:30 to 16:00 at the library, 823, ch. du Village]

The **Morin-Heights Historical Association** (MHHA) will present an exhibition of archive photos and pictures that are related to the history of music in Morin-Heights. Whether it's the McGarrigle sisters, Wade Hemsworth or Cat Stevens' folk songs, the Bee Gees or John Lennon's pop or Rush or The Police's rock, discover why music is so important in the history of Morin-Heights.



### Morin-Heights' 20 Cultural Treasures Unveiling

[at 11:00 at the library, 823, ch. du Village]

As part of the *Journées de la culture's* 20<sup>th</sup> anniversary activities, attend the unveiling of Morin-Heights' 20 cultural treasures, as selected by you! Theatre Morin-Heights' actors, with the help of our local historical association, will share some anecdotes and interesting facts about some of these selected treasures.

### Presentation of the play "Tell Me Another Story, Sing Me A Song"

[at 17:00 at Trinity Church, 757, ch. du Village]

Theatre Morin-Heights presents «Tell Me Another Story, Sing Me A Song» by Jean Lenox Toddie. A witty look at mother and daughter relationships. With a light hint of fantasy, it touches some of our deepest emotions. Refreshments will be served.

### Free Standing Activities

[from 10:30 to 16:00 at the library, 823, ch. du Village]

- Sit at the piano in front of the library and draw a curious public or simply play for your own enjoyment!
- A few short films produced by the National Film Board are closely linked to the musical history of Morin-Heights, stop by the free viewing station at the municipal library to discover them!



## Morin-Heights Elementary School Veggie Garden

As you may have seen in passing by the school this summer, the veggies in the school garden are growing, growing, growing!

As a matter of fact, in May and June, we planted potatoes, beets, radishes, onions, beans, peppers, squash and pumpkin, among other veggies. We started sowing seeds indoors, a task undertaken by some of the volunteers and sowed directly in the earth. We also enriched the soil by sowing buckwheat in certain sections.

This year, we have innovated. In fact, the students of each grade started seedlings in class and cared for them until they were transplanted to straw bale beds. The straw beds allowed for an eco-friendly experience, as well as created a growing surface literally at the students' level. The collective garden volunteers cared for the beds over the summer and the students will be able to take over come September.

The harvested veggies will be offered to the regional food bank, *Garde-manger des Pays-d'en-Haut*. If you want more information or wish to get involved in some way, please contact Jane Marenghi at 450 226-6453.

## Morin-Heights Farmers' Market

Join us every Friday from 13:00 to 18:00 at 148, ch. Watchorn. Outside market only, rain or shine!

### Contact:

450 858-2789

[morinheightsmarket@gmail.com](mailto:morinheightsmarket@gmail.com)

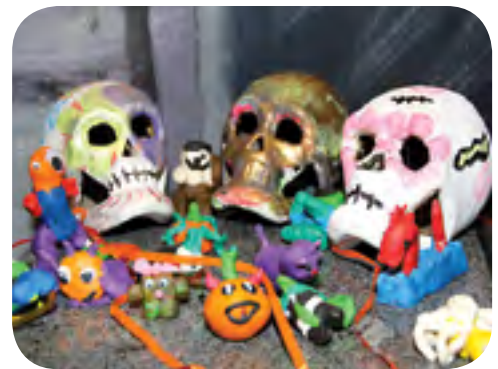
[facebook.com/MarcheFermierMH](https://www.facebook.com/MarcheFermierMH)

## Halloween

We are actively seeking interested adults to participate in the event preparation activities: set design, set up and /or animation of the haunted house, **any help is welcome!** Our haunted house has been created by Mrs. Shawna Dunbar's imagination and involvement over the last 14 years! We are looking for volunteers to help her with this creative project. For more information, contact Karyne Bergeron at 450 226-3232, ext. 111.

**Incandescent ghosts, multicolored witches and robots filled with funny buttons will gather at the heart of the village on October 31<sup>st</sup>! The haunted house will be at the library and candies will be distributed at the entrance to the village from 16:30 to 19:30. Come and enjoy!**

Village Road will not be closed to traffic during the event. We recommend drivers to use Watchorn Road as an alternate route. Please be extra careful, there will be kids roaming the streets in search of goodies!



## Babysitting Course

For children 11 to 15 years old who are interested in babysitting, this complete course will help them acquiring the necessary skills to face this important responsibility.

They will learn practical things, such as preparing snacks, inventing games and activities for kids of all ages, changing diapers, and also what to do in case of a serious accident using basic first-aid skills. They will learn valuable tips about prevention and security, including how to cope with tantrums and crying, plus learn about their rights and responsibilities as babysitters.

The **bilingual** course is offered at \$50 per person, including a manual and wallet upon the successful completion of the course.

**Saturday October 15<sup>th</sup> and Sunday October 16<sup>th</sup>, 9:00 to 13:00.**

At the Remembrance Hall (municipal library), 823, chemin du Village.

**Registration required before October 3<sup>rd</sup>:** 450 226-3232, ext. 111

**For more information you may contact the instructor:**

Kim Maurice at 514 916-9904

# Activities

# Activities

## Royal Canadian Legion Events

**All welcome!** Military whist on the first and third Monday of the month at 13:30.

FRIDAY, AUGUST 19

**TGIF Smoked Meat Night**, at 18:00

SATURDAY, SEPTEMBER 3

**Labor Day Steak Supper**, at 18:00

WEDNESDAY SEPTEMBER 7

**Wednesday Live Music**, 19:00 to 22:00

SATURDAY SEPTEMBER 10

(rain date Sunday September 11)

**Flea Market #4**

FRIDAY, SEPTEMBER 16

**TGIF Smoked Meat Night**, at 18:00

WEDNESDAY OCTOBER 5

**Wednesday Live Music**, 19:00 to 22:00

SUNDAY OCTOBER 9

**Thanksgiving Brunch**, 9:00 to 13:00

FRIDAY, OCTOBER 21

**TGIF Smoked Meat Night**, at 18:00

SATURDAY OCTOBER 29

**Oktoberfest Supper or Halloween Party**  
(to be confirmed), at 18:00

WEDNESDAY NOVEMBER 2

**Wednesday Live Music**, 19:00 to 22:00

SATURDAY NOVEMBER 5

**Remembrance Day Parade and Lunch**  
(\$10 donation)

FRIDAY, NOVEMBER 18

**TGIF Smoked Meat Night**, at 18:00

**Information:**

450 226-2213 (after 13:00),  
127, chemin Watchorn



## Bursaries Available for Youth Sports Excellence

This municipal policy recognizes our young residents' high level of achievement in sports, ages 12 to 25. Amateur athletes must meet eligibility criteria and submit a completed application form **before** October 15<sup>th</sup>, 2016 (available on the website: [www.morinheights.com](http://www.morinheights.com) under "Forms" or at the Town Hall).

## Annual grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2017 requests for financial and technical assistance. Foreseeing community needs allows Council to set aside the necessary funds in its annual budget.

The required form is available on the municipal website. It must be completed and returned by **October 15<sup>th</sup>**, 2016. Council will analyze requests in November and send out replies by **February** 2017.





## La Rochelle Preschool



Bilingual preschool for children aged 3 to 5 years old, Monday to Thursday from 9:00 to 11:30 or 9:00 to 15:30 at Morin-Heights Elementary School. For more information, please contact us at 450 821-2566 or by email at: [prematernellelarochellepreschool@yahoo.ca](mailto:prematernellelarochellepreschool@yahoo.ca)

## Senior Citizens Heritage Club

The Senior Citizens Heritage Club invites you to join, ages 55 & over. Monthly activities are organized for members, including interesting day trips during the months of April, May, June, September and October.

### Information:

Marion Roberts at 450 432-7324

Isabel Ellis at 450 226-8882

Mona Wood at 450 226-1454

## Laurentian Region Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Meetings are held monthly at St-Eugène Church in Morin-Heights (148, ch. Watchorn). For more information about the group's services, meetings and guest speakers, call June Angus at **450 226-3641** or email [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca).



## Gymnasium Sports

**From September 12<sup>th</sup> to December 13<sup>th</sup>, 2016**

At the school's gymnasium,  
647, chemin du Village

### **BADMINTON**

Two courts available, bring your equipment.  
Rotation every 20 minutes.

**Family hours:** Monday 18:00 to 19:30

**16+ hours:** Monday 19:30 to 21:00

### **BASKETBALL**

Tuesday 18:00 to 19:00

### **VOLLEYBALL**

**16+ hours:** Tuesday 19:00 to 21:00

**Daily fee per sport or semester fee per sport, prices to be determined.**

(payable on site)

**Information:** 450 226-3232, ext. 111

## Association historique de Morin-Heights

- Participation in St-Eugène Church's Annual Family BBQ on September 11<sup>th</sup>, all details on page 14.
- **First Heritage Awards Gala** at La Grange Restaurant on September 17<sup>th</sup> at 18:00. It promises to be the social event of the year! Tickets available at Vaillancourt and from the association's directors (\$50 a person, tip and taxes included, beverage extra).
- Presentation of a photo exhibit for *Journées de la culture* on October 1<sup>st</sup>, all details on page 10.
- Presentation: "**Irish Immigration into the Laurentians**", speaker to be announced. On November 13<sup>th</sup>, at 14:00, at St-Eugène Church.

Église St-Eugène

148, ch. Watchorn • [www.morinheightshistory.org](http://www.morinheightshistory.org) • [mhha98@hotmail.com](mailto:mhha98@hotmail.com)



## Theatre Morin-Heights

- Presentation of a play as part of *Journées de la culture* on October 1<sup>st</sup>, all details on page 10.
- Play reading evening on Thursday October 13<sup>th</sup>, at 19:00. Venue and play to be announced.
- **Five performances of "Making God Laugh"** by Sean Grennan from Thursday, November 3<sup>rd</sup> to Sunday, November 6<sup>th</sup> at Ski Morin Heights (231, rue Bennett). "**Making God Laugh**" (published by Playscripts) follows one typical North-American family over the course of thirty years' worth of holidays. As Woody Allen once said: "If you want to make God laugh, tell him your plans..."

**Information:** 450 226-5352



# Activities

## Morin-Heights Duplicate Bridge Club

The club will resume playing every Thursday afternoon at St-Eugène Church (148, ch. Watchorn) beginning Thursday, **September 8<sup>th</sup>, at 13:00**. Annual membership is \$5 and the weekly fee is \$4. Former and new players are most welcome.

### For further information:

Joan Ford at 450 226-2322 or joanford@cgocable.ca or  
Dick Harling at 819 326-4406 or dickharling@hotmail.com

## Mitten Trees

Thanks to the generosity of many knitters, more than 90 items - tuques, mitts, socks and scarves - were hung on our mitten trees last winter. All these knitted goods have been distributed in regional schools, to the *Garde-Manger des Pays-d'en-Haut* and among Syrian refugees.

We'll be planting our mitten trees once again on November 1<sup>st</sup> at the Town Hall and the library and they will be in place until the beginning of next January. We'll "pick" the knitted items once the trees are full - and for sure just before Christmas - to distribute them among less fortunate families in the region.

So, knitters, to your needles!

Contact Monique Bélisle at 450 226-8464 for more information.



## COOP SORE

### Activities and services for seniors

- **Home respite service:** For senior caregivers, in partnership with *CSSS Pays-d'en-Haut*. Specifically trained interveners are sent to your home to take over the care of the loved one while the caregiver attends other activities. The service is offered to Morin-Heights and Pays-d'en-Haut's MRC senior residents/caregivers. **Information:** 450 224-2657
- **Community lunch** prepared by **Soupe et Cie** every Monday at 12:00 at St-Eugène Church (148, ch. Watchorn), voluntary donation of \$5 is suggested. Meal includes: soup, main dish, salad, dessert, tea or coffee.

**Advance reservation mandatory on Fridays from 9:00 to 16:00 at 514 944-9335.**

## Cultural Treasures

Morin-Heights wants to identify and celebrate its cultural treasures as part of the *Journées de la culture's* 20<sup>th</sup> anniversary! A thousand and one things contribute to the richness of our culture: a heritage house, a public artwork, a song or a type of dance, a prominent landmark, a unique local dish, or a larger than life famous person—real or imaginary.

You are invited to draw up a list of the **cherished assets in Morin-Heights in which you take pride** at [bit.ly/Tresors-Laurentides](http://bit.ly/Tresors-Laurentides) before August 26<sup>th</sup>.



### TALENT WANTED!

**Are you a musician, an entertainer, an artist who we could call upon for our municipal events?**  
**Are you passionate about a subject and would like to offer a workshop or conference in your field of expertise or hobby to your fellow citizens? Let us know!**

[bulletin@morinheights.com](mailto:bulletin@morinheights.com)



## Joyful Noise Choir

Everyone who likes to sing is welcome at St-Eugène Church, (148, ch. Watchorn) every Tuesday at 19:00, from September 13<sup>th</sup> to December 6<sup>th</sup>, \$130.

Christmas show on December 8<sup>th</sup>.

Visit the choir's director's website:  
[www.thephysicalvoice.com](http://www.thephysicalvoice.com)

### Information and registration:

Penny Rose at 450 226-2746 or  
[pennyrose@jenanson.com](mailto:pennyrose@jenanson.com)



## Coueurs des bois

This group organizes outings in the Laurentians. This season's outings schedule is available at:

[www.morinheights.com/Groupe-Coueurs-des-Bois](http://www.morinheights.com/Groupe-Coueurs-des-Bois)

### Information:

Eileen Meillon at 450 226-6904



## Youth Sports Refund Policy

The Municipality of Morin-Heights refunds the difference between the non-resident and resident fees up to a maximum of \$150 per child, per activity, per year, for enrollment in a minor hockey league, baseball, swimming or figure skating club.

The activities must be offered by a town located in the Laurentides and the refund applies only to permanent residents of Morin-Heights, 17 years and younger.

Completed request is mandatory for refunds and must be submitted at the latest sixty (60) days following the beginning of the activity. Refund will be made at the end of the season or session.

The policy and refund forms are available at [www.morinheights.com](http://www.morinheights.com) under "Forms" or at the Town Hall.

## Notre-Dame-des-Monts Parish Activities

Sunday, **September 11<sup>th</sup>**, 11:00 to 15:00

**Annual family BBQ**, fun for the whole family: face painting, inflatable rides, community booths. Small fee for BBQ only.

**English confirmation prep classes**, beginning in September, ending in May, 14 years old +.

In each of the eight chapters, candidates discover one of the elements of the Confirmation ritual, explore real life examples and enter into activities, discussion and reflection, culminating in the sacrament of Confirmation.

### St-Eugène Church

148, ch. Watchorn • 450 226-2844

[www.paroissendm.vpweb.ca](http://www.paroissendm.vpweb.ca)

[johanne.leblond@gmail.com](mailto:johanne.leblond@gmail.com)



## Morin-Heights United Church

Sunday service held from 10:30 to 11:30 followed by "Coffee time and fellowship".

Our church's senior outreach "**Cosy Corner Club**" meets every Tuesday at 13:00 for the spring, summer and fall months. During the winter months they serve soup at 12:00 before the activities. They play cards, games, talk and enjoy a "snack time" at 15:00.

Welcome to all!

**For information, contact** Lucille Green at 450 226-6681.

# Activities

## Intermunicipal Agreement

An intermunicipal agreement between the towns of Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson and Saint-Sauveur now allows citizens from these seven towns to register **in the following selected courses** at resident rates.

### Registration process

Enquire directly about the registration process, dates, schedules, prices and availability with the town offering the class(es) of your choice. A proof of residence is required. We suggest that you contact the municipality offering the class or that you visit their website to get information.

### Refunds

The refund terms and conditions are those in effect in the town offering the class.

### For information

#### Municipality of Piedmont:

450 227-1888, ext. 223 •  
piedmont.ca

#### Municipality of

#### Saint-Adolphe-d'Howard:

819 327-2626, ext. 222 •  
stadolphedhoward.qc.ca

#### Municipality of Sainte-Anne-des-Lacs:

450 224-2675, ext. 225 •  
sadl.qc.ca

#### City of Sainte-Adèle:

450 229-2921, ext. 244 •  
ville.sainte-adele.qc.ca

#### City of Saint-Sauveur:

450 227-2669, ext. 420 •  
ville.saint-sauveur.qc.ca

#### City of Sainte-Marguerite-du-Lac-Masson:

450 228-2543, ext. 221 •  
lacmasson.com

## INCLUDED IN THE AGREEMENT

### YOUTH

#### Art Introduction (1-3 years old)

Sainte-Adèle

#### Art Introduction (4-5 years old)

Sainte-Adèle

#### Creative Arts Workshop (3 to 14 years old)

Saint-Adolphe-d'Howard

#### Hip Hop Dance (6-8 and 9-13 years old)

Saint-Sauveur

#### Hip Hop Dance for boys (8-12 years old)

Saint-Adolphe-d'Howard and Sainte-Adèle

#### Initiation to Circus Arts (5-6 and 7-12 year olds)

Saint-Sauveur

#### Judo

Saint-Sauveur and Sainte-Marguerite-du-Lac-Masson

#### Mini Artist (6-8 year olds)

Sainte-Adèle

#### Piano (individual lesson)

Saint-Sauveur

#### Psychomotor (2-3 year olds)

Sainte-Adèle

#### Psychomotor (4-6 year olds)

Sainte-Adèle

#### Singing (individual lesson)

Saint-Sauveur

#### Young Artist (9-12 year olds)

Sainte-Adèle

### PARENTS-ENFANTS

#### Culinary Workshop

Sainte-Adèle

#### Mommy-Baby Yoga

Sainte-Adèle

#### Sewing

Sainte-Marguerite-du-Lac-Masson

#### Sports ABC (2-3 year olds)

Saint-Sauveur

### ADULTES

#### Cardio Mix 20-20-20

Piedmont

#### Cardio Plein Air (5 different programs)

Saint-Sauveur

#### Cardio Strengthening

Sainte-Anne-des-Lacs

#### Clay Sculpture and Creativity

Sainte-Anne-des-Lacs

#### Computer classes

Sainte-Marguerite-du-Lac-Masson

#### Country Heat

Saint-Adolphe-d'Howard

#### Culinary Workshop

Sainte-Adèle

#### Eastern Dances & Baladi

Piedmont

#### English (conversation)

Sainte-Anne-des-Lacs

#### Firm Up Express

Sainte-Marguerite-du-Lac-Masson

#### Fit Plus (outdoor)

Piedmont

#### Fitness & Well-being

Piedmont & Saint-Sauveur

#### Gypsy Dances

Piedmont

#### Line Dancing

Sainte-Marguerite-du-Lac-Masson

#### Piano (individual lesson)

Saint-Sauveur

#### Piyo (intense yoga-pilates)

Saint-Adolphe-d'Howard

#### Sewing

Sainte-Marguerite-du-Lac-Masson

#### Singing (individual lesson)

Saint-Sauveur

#### Social Dancing

Sainte-Marguerite-du-Lac-Masson

#### Spanish (levels 1 & 2)

Sainte-Anne-des-Lacs and Sainte-Adèle

#### Tai chi Chuan

Saint-Sauveur

#### Tap Clap Cardio

Saint-Adolphe-d'Howard

#### Therapeutic Yoga

Saint-Sauveur

#### Wine Workshop

Sainte-Marguerite-du-Lac-Masson

#### Writing Workshop (levels 1 & 2)

Sainte-Adèle

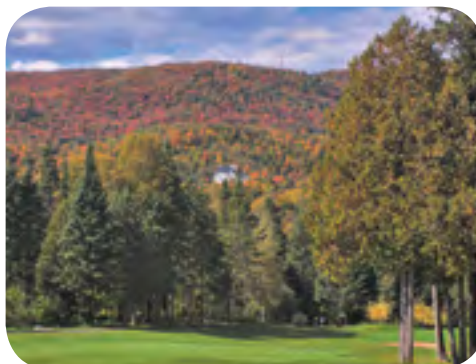
#### Yoga for all

Sainte-Marguerite-du-Lac-Masson

#### Yoga 50+

Sainte-Marguerite-du-Lac-Masson

*For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on pages 17-18.*





## Legend

R: resident

NR: non-resident  
\* The cost depend of the time of the inscription (1, 3, 5, or 10 months).

\*\* See instructor for more information

# Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
<b>Body Design</b> / St-Eugène Hall		Monday 9:00 to 10:00	Sept. 12 to Dec. 12	<b>Lisa McLellan</b> For more info: 450 560-2803 www.agesmarfitness.com lisamclellan07@gmail.com Small groups, individual attention!  <b>Reserve your places!</b> Register at the town Hall on <b>September 8</b> from 13:00 to 17:30	Work hard! Cardio, resistance training and mat work.
<b>Stretch &amp; Strengthen</b> / Community Hall		Monday 9:30 to 10:30	Sept. 12 to Dec. 12		Improve posture, range of motion and relieve pain.
<b>Combo 50+</b> / St-Eugène Hall		Tuesday 9:30 to 10:30	Sept. 13 to Dec. 6		Overall workout to improve strength and prevent chronic disease.
<b>Pilates Fusion</b> / Community Hall		Wednesday 9:30 to 10:30	Sept. 14 to Dec. 7		Efficient technique to strengthen all your muscles while increasing your flexibility.
<b>Taijift &amp; Stretch</b> / Community Hall	13-week session	Wednesday 10:45 to 11:45	Sept. 14 to Dec. 7		Body & mind flow. Choreographed tai chi sequences and stretching for pain relief.
<b>Stretch &amp; Strengthen</b> / Community Hall	Pass or card	Wednesday 17:30 to 18:30	Sept. 14 to Dec. 7	<b>Fitness Pass</b> \$260 +tx (2 classes/week) \$276 +tx (3 classes or more/ week)  <b>Card</b> \$120 +tx (10 classes) NR: \$5 more  Join anytime during a session  <b>No class on October 10</b>	Stretch, strengthen and relaxation.
<b>Yin Yang Combo</b> / St-Eugène Hall		Thursday 10:30 to 11:30	Sept. 15 to Dec. 8		Resistance training and Qi Gong. Improve strength and find peace of mind.
<b>Hatha Yoga</b> / Community Hall		Thursday 17:30 to 18:45	Sept. 15 to Dec. 8		Yoga for clarity, self knowledge and peacefulness.
<b>Yoga</b> / Community Hall		Friday 9:15 to 10:30	Sept. 16 to Dec. 9		Restorative. Improve posture, range of motion and relieve pain.
<b>Stretch &amp; Strengthen</b> / Community Hall		Friday 10:45 to 11:45	Sept. 16 to Dec. 9		Safe pool workout for strength and health.
<b>Aquafitness</b> / Mont Gabriel Pool	R: \$144 NR: \$149	Monday 11:00 to 12:00	Sept. 12 to Dec. 5	<b>Ginette Ouimet</b> Essentrics certified instructor level 3 450 543-0308 soleil-vif@hotmail.com essentricsaginette.vpweb.ca	Muscular strengthening technique : balances the whole body, releases the joints, improves posture and increases flexibility. Therapeutic technique adapted for all conditions. 15 participants maximum.
<b>Essentrics</b> / Community Hall	14-week session R: \$168 NR: \$173 REGISTRATION REQUIRED !	Monday 11:00 to 12:00	Sept. 12 to Dec. 12		For people over 50. Enjoy training outdoors at your own pace in order to get in shape in serenity.
<b>Cardio Vitalité</b> / Corridor Aérobieque	14-week session \$145 +tx / 1 class per week or \$201 +tx / 2 classes per week	Monday 9:00 to 10:15 Wednesday 9:00 to 10:15	Sept. 12 to Dec. 18	<b>Cardio Plein Air</b> certified trainers www.cardiopleinair.com or Julie Raymond 450 643-0465 st-sauveur@cardiopleinair.ca	Comprehensive and preventive, the program primarily focuses on developing a good running technique. Two classes a week.
<b>Cardio Jogging (initiation)</b> / Corridor Aérobieque		Monday 10:30 to 11:45 Wednesday 10:30 to 11:45			Learning of basic vocal techniques, vocal and stage interpretation and different types of dance. Directing of the musical based on the group's ideas. Children are guided by two qualified teachers, as well as a vocal coach. Performance at the end of the session.
<b>Initiation to musical theatre (8-12 year olds)</b> / St-Eugène Hall	10-week session R: \$162,50 NR: \$172,50	Monday 18:00 to 19:00	Sept. 12 to Nov. 28 (no class on Oct. 10 & 31)	Valérie Arseneault 819 216-0351 or via the Facebook page: "Laurentides cours de chant et de guitare pour tous"	Hatha yoga, meditation and spiritual disciplines
<b>Yoga and meditation</b> / Community Hall	**	Monday 16:30 to 18:30	Sept. to Dec.	<b>Louise Bloom</b> 450 226-5844	

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR.

# Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
<b>Vinyasa Flow Yoga</b> / Community Hall	R: \$143 1 class/ week R: \$264 2 classes/ week R: \$16/ drop-in	Monday 19:00 to 20:00	Sept. 12 to Nov. 21	<b>Écho Aloha</b> Pascale 514 709-0808 echoaloha@gmail.com	For beginner to intermediate, with movements that are fluids and guided by the rhythm of the breath. Flexibility, tonus and relaxation.
<b>Yin Yang Yoga</b> / Community Hall	NR: \$154 1 class/ week NR: \$286 2 classes/ week NR: \$17/ drop-in	Tuesday 9:00 to 10:00 Thursday 19:00 to 20:15	Sept. 13 to Nov. 24		First half of the course is a strong power flow which will challenge you, your muscles, while you have fun, followed by a period of stretching and relaxation. Cardio, tonus, flexibility and relaxation.
<b>Italian beginner 1</b> / St-Eugène	R: \$120 NR: \$125 (+ \$30 for the book)	Tuesday 17:00 to 18:30	October 4 to Nov. 22		Book: L'italiano per tutti by Bruno Villata, Terza Edizione.
<b>Italian beginner 2</b> / St-Eugène	R: \$160 NR: \$165	Tuesday 18:45 to 20:45	October 4 to Nov. 22	<b>Franca Collavoli</b> francacollavoli@live.ca 450 562-8095	Taught entirely in Italian. Knowledge of the irregular verbs and the three conjugations required. Same book than level 1.
<b>Italian beginner 3</b> / St-Eugène	R: \$160 NR: \$165	Monday 18:00 to 20:00	October 3 to Nov. 28 (no class on Oct. 10)		This course is taught in Italian only. Knowledge of the three conjugations, irregular verbs in the present, past and future and of prepositions required. Same book.
<b>Tai Chi Yang stretch and meditation</b> / Community Hall	R: \$120 NR: \$125	Tuesday 10:30 à 11:45	<b>1<sup>st</sup> session:</b> Sept. 6 to Oct. 18 <b>2<sup>nd</sup> session:</b> Nov. 1 to Dec. 13	<b>Michelle Gendron</b> 450 712-6834 ecoledeatchilibre.com	Increase mind and physical abilities. Join anytime during a session!
<b>Essentrics Aging Backward</b> / Community Hall	14-week session R: \$168 NR: \$173 REGISTRATION REQUIRED !	Thursday 13:00 to 14:00	Sept. 15 to Dec. 15	<b>Ginette Ouimet</b> Essentrics certified instructor level 3 450 543-0308 soleil-vif@hotmail.com essentricsavecginette.vpweb.ca	Prevents, slows and heals the aging of the whole body. Designed for people with stiffness related to atrophy, progressive or severe limitations, chronic pain or for those who are starting to exercise after a sedentary period or a convalescence. Course designed to take into account the limitations of the participants (maximum 15).
<b>Karate</b> / Community Hall	*	Friday 17:30 to 18:30	Sept. to June	<b>Kyoshi Gilles Labelle</b> 450 431-1444 or lgilles.budo@gmail.com	Develops concentration, respect, self-confidence and increases physical fitness. Gives children tools to avoid bullying. Children 5 and up and adults. Two free trial classes.
<b>Wu Style Tai Chi Chuan</b> / Community Hall	R: \$140 NR: \$145	Saturday 9:00 to 10:30	Sept. 10 to Dec. 10 (no class on Oct. 8 and 29)	<b>Robert Lee</b> 450 227-8829 or leerobertm@gmail.com	Relaxation, tonification of the muscles and joints, stimulation of the energy and health, improvement to equilibrium.
<b>Artistic Creation Workshop (6-10 year olds)</b> / St-Eugène	R: \$130 NR: \$140	Sunday 10:00 to 11:00	Sept. 11 to Nov. 20 (no class on Oct. 2 and 9)	<b>Sarah Mayer</b> 450 530-1510	Exploration of different media such as: paint, pastels, collage, etc. Creation of works on various themes: mandalas, self-portrait, mask, etc.
<b>Traditional Scottish Highland Dancing</b> / Community Hall	R: \$60 NR: \$70	Sunday 16:00 to 17:30	Sept. 25 to Dec. 4	<b>Heather McNabb</b> 514 486-3480 or heathermcnabb@hotmail.com	For children and adolescents 6 years of age and older.
<b>Creative Dance</b> / Community Hall	**	Sunday 9:15 to 10:15 Sunday 10:15 to 11:15 Tuesday 18:00 to 19:00	Sept. to June	<b>Isabeau</b> 514 608-3381	31/2 to 5 years old
<b>Primary Ballet</b> / Community Hall	**	Sunday 11:15 to 12:30			6 to 7 years old
<b>Ballet Grade 1</b> / Community Hall	**	Sunday 12:30 to 14:00			8 to 11 years old
<b>Ballet Grade 2 and 3</b> / Community Hall	**	Sunday 14:00 to 15:30 Friday 18:45 to 20:15			12 to 14 years old
<b>Ballet Grade 4 and adults</b> / Community Hall	**	Sunday 14:00 to 15:30 Tuesday 19:00 to 20:30 Friday 20:15 to 22:15			13 to 18 years old and up. Points from 20:30 to 21:00 on Tuesday.

## Legend

R: resident

NR: non-resident

\* The cost depend of the time of the inscription (1, 3, 5, or 10 months).

\*\* See instructor for more information

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR.





# Survey

## Expectations and Housing Needs for Seniors



### 1. What type of home do you live in?

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Private house | <input type="checkbox"/> Apartment    |
| <input type="checkbox"/> Second home   | <input type="checkbox"/> Room         |
| <input type="checkbox"/> Condominium   | <input type="checkbox"/> Other: _____ |

### 2. Do you live? (multiple answers possible)

- |   |   |
|---|---|
| <input type="checkbox"/> Alone            | <input type="checkbox"/> Co-renter                    |
| <input type="checkbox"/> With your spouse | <input type="checkbox"/> At your family member's home |
| <input type="checkbox"/> With a pet       |   |

**For question 3 to 5 : please prioritize**

**(1= very important, 2= important, 3= less important, 4= not important)**

### 3. Why do you live in Morin-Heights?

- |                                 |                               |
|---------------------------------|-------------------------------|
| ___ Attachment to the community | ___ Proximity to friends      |
| ___ Attachment to your house    | ___ Activities and recreation |
| ___ Proximity to family         | ___ Do not wish to move       |

### 4. What would make you leave your current residence?

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| ___ Isolation                     | ___ Difficulty maintaining housing |
| ___ Failing mobility              | ___ Suggestion of the entourage    |
| ___ Loss of autonomy              | ___ Lack of financial means        |
| ___ Finding affordable housing    | ___ Need of a change               |
| ___ Finding adapted housing       | ___ Be closer to family            |
| ___ Finding housing with services | ___ Be closer to services          |

### 5. What are the services that could help you stay in your home longer?

- |  |                                     |
|--|-------------------------------------|
| ___ Housekeeping service               | ___ Home support services           |
| ___ Grounds maintenance service        | ___ Home care nursing               |
| ___ Building maintenance service       | ___ Respite services for caregivers |
| ___ Meals on wheels service            | ___ Regular friendly visits         |
| ___ Home delivery of groceries service | ___ Daily call service              |
| ___ Transportation service             | ___ Library on wheels               |

### 6. What services do you use now to ease your "aging well" in Morin-Heights?

(Please specify: 1= often, 2= sometimes, 3= never, 4= service unknown)

- |  |                                     |
|--|-------------------------------------|
| ___ Housekeeping service               | ___ Home support services           |
| ___ Grounds maintenance service        | ___ Home care nursing               |
| ___ Building maintenance service       | ___ Respite services for caregivers |
| ___ Meals on wheels service            | ___ Regular friendly visits         |
| ___ Home delivery of groceries service | ___ Daily call service              |
| ___ Transportation service             | ___ Library on wheels               |



## If you had to leave your home...

### 7. ...what type of housing would you move in? (multiple answers possible)

- ☐ Housing for 55 y.o. plus
- ☐ Housing for seniors only
- ☐ Multigenerational housing
- ☐ Housing accepting small pets
- ☐ Residence for independent people and with slight loss of autonomy
- ☐ Residence for independent and semi-independent seniors
- ☐ Residence with individual services for seniors losing their autonomy
- ☐ Do not know

### 8. ...where would you move? (multiple answers possible)

- ☐ Closer to the village core of Morin-Heights
- ☐ In a Morin-Heights residential neighbourhood
- ☐ In another municipality in the area
- ☐ Outside the region
- ☐ Do not know

### 9. ...when do you plan to move?

- ☐ Within 0 and 5 years
- ☐ Within 6 to 10 years
- ☐ In more than 10 years
- ☐ Do not know

### 10. Gender:

- ☐ Male
- ☐ Female

### 11. Age:

- ☐ 55 to 59 years of age
- ☐ 60 to 64 years of age
- ☐ 65 to 70 years of age
- ☐ 71 to 74 years of age
- ☐ 75 to 84 years of age
- ☐ More than 85 years old

### 12. How long have you been living in Morin-Heights?

- ☐ Less than 5 years
- ☐ 5 to 9 years
- ☐ 10 to 20 years
- ☐ More than 21 years
- ☐ Forever

### 13. Are you?:

- ☐ Owner
- ☐ Tenant
- ☐ Other: \_\_\_\_\_

### 14. What percentage of your family income is spent annually for your accommodation?

- ☐ Less than 25%
- ☐ 25 % to 30%
- ☐ 31 % to 40%
- ☐ 41 % to 50%
- ☐ More than 50%

### 15. What is your annual family income? (optional answer for statistical purposes only)

- ☐ Less than 20 000\$
- ☐ 20 001\$ to 40 000\$
- ☐ 40 001\$ to 60 000\$
- ☐ More than 60 001\$

### Suggestions and comments:

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