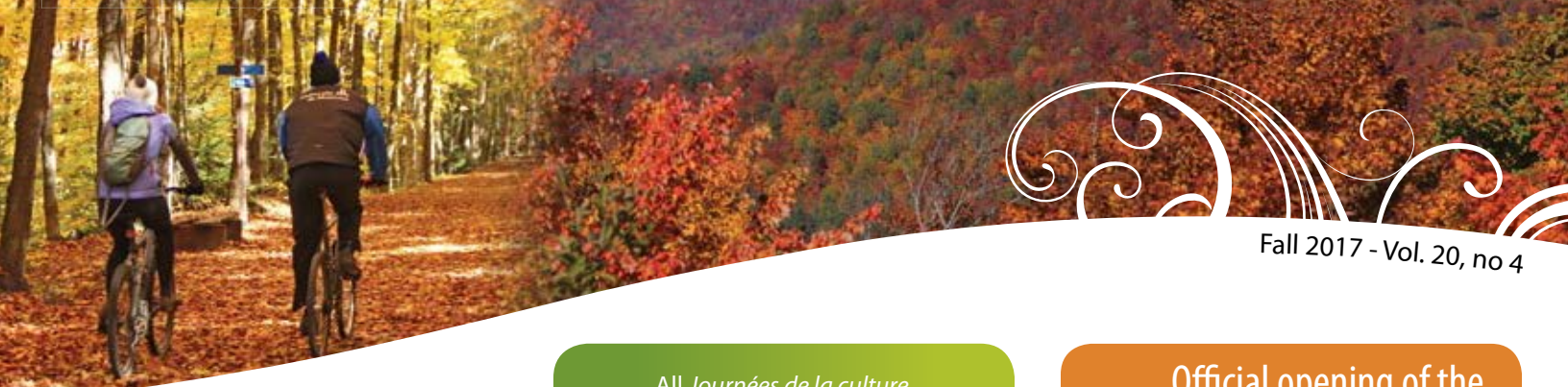




Info Morin-Heights

In harmony with nature!

**MORIN-HEIGHTS
1855**



Fall 2017 - Vol. 20, no 4



All *Journées de la culture* activities being held on **SATURDAY, SEPTEMBER 30TH** in Morin-Heights are **FREE**

Official opening of the Chalet Bellevue and fireworks on September 16th
More details to come

Free Courses Day at Chalet Bellevue on page 9
Outing in Chambly on page 11

Collective Creation on Historical Photographs

With the support of **Arts Morin-Heights**, you will be able to participate in a community art project using large historical images of Morin-Heights. The artwork could be used in our new Chalet Bellevue. Whether by yourself or with your family, come add some color into our community life and leave your mark!

[from 10:00 to 14:00 at the library (823, ch. du Village)]

Historical Photo Exhibit

The **Morin-Heights Historical Association** (MHHA) will present an exhibit of specifically selected and archived photos related to our local theme, "**Street scenes**".

[from 10:00 to 14:00 at the library (823, ch. du Village)]



Launch of the "Street scenes" Art Exhibit and Live Art

Visit Arts Morin-Heights' exhibition under the theme "Street Scenes". Live art beginning at 12:00, take advantage of this activity to have your portrait done by a local artist!

[from 10:00 to 14:00 at the Remembrance Hall (823, ch. du Village)]



Summary

P2 News
P6 Municipal Services

P9 Activities
P19-20 Classes

(continued on page 12)



The Mayor's Assessment

Dear fellow citizens,

From the very beginning of our first mandate, we established a strategic plan based on the following principles: sound financial management, protection of our trails and development of our outdoor activity potential, fixing our water systems, our roads and supporting our volunteers and community groups.

Time flies... After 16 years of working together, let us review our journey and what we have accomplished together.

Parks and Trails

1. We bought Basler Park and in doing so, protected 33 acres of land in the heart of our village.
2. We purchased an additional 78 acres adjacent to Basler Park and the Lackman family also gave the Municipality an adjacent property. Basler Park now has more than 130 protected acres.
3. We have continued to develop our network of cross-country skiing and snowshoe trails, as well as mountain bike and fat bike trails to enhance your outdoor experience.
4. Under the *Vélocité* Project, we connected the *Parc Linéaire Le P'tit Train du Nord* and our Aerobic Corridor with a bicycle path between St-Sauveur and Morin-Heights.
5. A footbridge over the Rivière-à-Simon was constructed to facilitate access to the river and the Aerobic Corridor.
6. We created the Fondeurs training trail to bring competitive cross-country skiing back home for the first time since 1983. This move solidified our title as "Cross-Country Skiing Capital of the Laurentians".

7. We are currently working with the Viking Ski Club and the Nature Conservancy of Canada to permanently protect the Viking Trail Network.
8. We rebuilt Lummis Park in its entirety and added children's games in order to give Morin-Heights citizens access to a beautiful water site.
9. We redid the entire soccer field, added movable goals and a sprinkler system.

Drinking Water Systems

1. We converted the Village drinking water system from the Lac Vert-supplied system to one supplied by artesian wells.
2. We replaced the vast majority of asbestos-cement pipelines on this network (6 km).
3. We have upgraded the pumping stations to MDDELCC standards and replaced the majority of the obsolete pipes on the five other water supply systems: Alpino, Balmoral, Bastien, Beaulieu and Salzbouurg.
4. All of these systems are now monitored by a state-of-the-art telemetry system.
5. We have connected the Sommet Morin Heights private network to the Village network in order to provide quality water to the citizens of this sector.

Public Works and Road Network

1. We rebuilt nearly 30% of the roads and ditches, with major projects being on chemin du Village, chemin du Lac-Écho, Domaine Balmoral, 4th Range, Petite Suisse and several others.
2. We have rebuilt the infrastructure in the center of the village.
3. We have upgraded our fleet of vehicles in order to ensure that we have the best snow removal service in the Laurentians.

4. We have set up the selective collection service and we will introduce the collection of organic materials in 2018.

Health and Public Safety

1. We have introduced the First Responders service, which reduces intervention time for distressed citizens and saves lives.
2. We have purchased new trucks and fire equipment to comply with the MRC's Risk Coverage Scheme and thus better protect our citizens against these risks.
3. We have increased preventative home visits ensuring that alarm systems are compliant (300 visits per year).
4. We have put in place several fire tanks, commonly called dry-hydrants. This was done to better protect areas that are not served by an aqueduct.
5. In partnership with the Health COOP, we have worked very hard to have local healthcare services and some 400 Morin-Heights residents more, now have access to a family doctor.

Community and Culture

1. We have established an event dedicated to Volunteer Recognition, thus encouraging people to continue getting involved.
2. We have worked with the Morin-Heights Historical Association to provide them with a decent place to work thus conserving our heritage.
3. We have worked with Arts Morin-Heights to promote the talent of local artists throughout the year.
4. We are the only municipality in the Laurentians to present Shakespeare-in-the-Park.

5. We are working with Theatre Morin Heights to meet their needs and properly integrate them into our new community centre.
6. With the help of the federal government, we have acquired and renovated Chalet Bellevue. This purchase will allow us to have a meeting spot for sports and community activities for many years to come.

I must limit myself to a brief summary of the work done in recent years, but I do wish to express, on my behalf and on behalf of the councillors who have sat with me, that we are proud of what Morin-Heights has become. I can also confirm that the municipality is in an excellent financial situation.

However, there are still many projects and work to be done. I would like to thank the people of Morin-Heights for trusting us over the last 16 years. I invite all citizens to express their democratic right by voting on November 5th. Let's continue to work together for another four years and build a municipality in our image!

Yours truly,

Tim Watchorn, ing.

Mayor of Morin-Heights



2017 Elections

We remind the owners of an immovable who are not domiciled in the territory of the municipality, that they can ask to be entered on the Morin-Heights and the MRC's lists of electors by filling the form that is the Info Morin-Heights they received with their tax account. The form is also available on our website under «OTHER NOTICES».

The Act Respecting Elections and Referendums in Municipalities states that elections are held every four years, on the first Sunday of November. The electoral period will begin on September 21st.

Those who would like to work on the elections are invited to contact the Municipality at 450 226-3232, ext. 106 or by e-mail at mutation@morinheights.com.

Public notices will be posted as required by law at the Town Hall, Post office and at the municipal library and they will also be available under «PUBLIC NOTICES» at www.morinheights.com.

The electoral calendar is as follows:

Friday, September 22 nd , 2017	First day for filing a statement of candidacy
Friday, October 6 th , 2017 at 16:30	Last day for filing a statement of candidacy Proclamation of the candidates elected unopposed
Monday, October 9 th , 2017	Public notice revision of the electoral list Public notice of poll
Thursday, October 19 th , 2017 from 10:00 to 22:00	First day to request a registration or a striking off from the voters list to the Commission for review of the list of electors at the Town Hall
Friday, October 20 th , 2017 from 10:00 to 22:00	Last day to request a registration or a write-off from the voters list to the Commission for review of the list of electors at the Town Hall
Monday, October 23 rd , 2017 from 10:00 to 13:30	End of work of the Commission on revision of the list of electors at the Town Hall
Sunday, October 29 th , 2017 from 12:00 to 20:00	Advance voting at the Town Hall
Sunday, November 5 th , 2017 from 10:00 to 20:00	Voting day at Chalet Bellevue, 27, Bellevue Street
Sunday, November 5 th , 2017 at 21:00	Counting of votes Vote census
Friday, November 10 th , 2017	Proclamation of the elected candidates
As of November 10 th but before November 15 th , 2017 contestation	Swearing in of elected representatives, if there is no dispute



Prevention Tips: Thefts in Vehicles

The MRC des Pays-d'en-Haut's Sûreté du Québec wishes to raise awareness about thefts in vehicles. The police officers would like to invite citizens to be vigilant and recommend that they follow these few preventative measures:

- Lock the vehicle doors and trunk;
- If possible, park your vehicle in a well-lit and busy area;
- If you must leave your vehicle unattended, never leave your key in the ignition.
- Do not leave any valuables visible in the vehicle;
- Store parcels, handbags, tote bags out of sight and, most importantly, never leave your checkbooks, credit cards or wallet in your car;
- Always remove any items that may indicate that an electronic device is inside (GPS holder, charger, adapter);
- Turn off the Bluetooth and Wi-Fi function of your devices to prevent thieves from receiving their signal.

The Highway Safety Code provides that no person may leave a vehicle unattended without first removing the ignition key and locking the doors. This offense may result in a fine of \$30 plus fees.

The Sûreté du Québec invites the public to communicate any information relating to theft in vehicles by dialing 310-4141 by land line or * 4141 by cell phone.



IGA Morin-Heights turned 10 last June

We would like to congratulate IGA Morin-Heights on their 10th anniversary! We commend Mr. Desmanches and Mr. Soucy for their dedication to our community and wish them many more years of success!



Annual Blood Drive

The next blood drive in Morin-Heights will be on **August 21st, from 13:00 to 19:30** at St-Eugène Church located at 148, ch. Watchorn.

Québec hospitals depend on the generosity of donors for their blood supply. These donors are individuals who are concerned about sharing the great wealth that circulates in their veins. Several thousand patients, adults and children alike, would not recover without blood donations. Only 3% of the population of our province who are eligible to donate blood actually give this gift of life.

For any question concerning admissibility for a blood donation, please call:

1-888-666-HEMA or visit **www.hema-quebec.qc.ca**

Saving lives starts right here!

Are we taking advantage of our culture?

How do we react when we hear the word "culture"? Happy memories, memorable encounters, discovery and sharing or nothing at all?

How delightful it is to discover our region - the Laurentians - through its history and its artists. The choices are endless: artisans, art galleries, museums, interpretation centres, historical sites, shows, theatre, dance and even reading... Why not enhance these activities with a good meal in one of our restaurants, alone, or with friends?

Culture generates surprises that make us evolve and broaden our horizons. There is nothing stronger than passion... Moreover, Quebec culture is the expression of a francophone nation in an English-speaking America.

With the resuming of activities in September, a myriad of choices is offered to us. When exactly was the last time you went out and enjoyed yourself? How many times have you regretted not going to hear your favorite artist? What are you waiting for? Seize the day! If you like to sing, join a choir. If you like to take pictures, join a photography club (www.cppdh.org). Check out the **Directory of Resources** available at your library (pages 29-31).

The day when your health will no longer allow you to enjoy all of this, there will always be souvenirs, tickets, programs and photos of friends with whom you have shared a good meal. Now is the time to make these memories!

Table des Aînés – Comité de communication

Become a member of the Coop santé! Almost 1800 members!



Services in Morin-Heights (450 644-0522):

Two physicians for walk-in clinics, Saturdays from 10:00 to 12:00

Appointments given on site beginning at 9:00

ACUPUNCTURE (\$)

France Guévin

450 226-3352

PSYCHOLOGIST (\$)

Jacqueline Gravel

438 990-1322

REFLEXOLOGY (\$)

M. Guy Bailly

450 821-0496

HYPNOTHERAPIST AND OVERALL HEALTH (\$)

Ilona Fristcht

514 592-4946

Services in St-Adolphe-d'Howard (819 327-3534):

Four physicians for walk-in clinics, Monday from 8:30 to 12:00 • Thursday from 8:30 to 12:00 •

1st Friday of the month from 17:00 to 19:00

Appointments given on site beginning at 8:00 or 16:30

BLOOD TESTS (\$)

Every second Friday from 7:00 to 9:00

by appointment, no waiting

LABORATOIRE ROSS (\$)

Monday by appointment

1-800-465-7433

Information: www.coopsante.org

Garde-Manger des Pays-d'en-Haut's Fouillerie

For all of your purchases at very low prices, as well as for your generous donations, the *Garde-Manger des Pays-d'en-Haut's* La Fouillerie will now welcome you at its one and only location at 28, rue Bennett. The location at 148, ch. Watchorn will be closing its doors on August 31st. All profits go to the local food bank, the *Garde-Manger des Pays-d'en-Haut*.

Opening hours (closed from 12:00 to 12:30):

Monday and Thursday: 10:00 to 15:00

Tuesday: 12:30 to 15:00

Friday: 10:00 to 15:00

The first Saturday of each month: 9:00 to noon

Information: 450 644-0087



Please note that the Morin-Heights food aid counter will be moving to the Chalet Bellevue (27, rue Bellevue) on Tuesday, September 19th. Its schedule is from 14:15 to 15:00.

Inscription: 450 229-2011 or 450 227-3757

Civic number

For your own safety, make sure that your street number is clearly **VISIBLE FROM THE STREET**; day and night, summer and winter. This will ensure a quick response in case of an emergency

Every second counts in an emergency situation!

Change of address

It is important to notify the Municipality in writing of any change of address. A form is available at www.morinheights.com or at the Town Hall.

News



Winter job offers

We are looking for interested and motivated candidates to work for the municipal cross-country ski and snowshoe network this winter.

Ticket attendants and trail patrollers are needed. Please send your resumé to parcs@morinheights.com **before September 29th**.

You may also drop them off at the Town Hall. Interviews will be held later in October.

Next edition!

The winter edition of Info Morin-Heights will be distributed in late November. To submit a text for the bulletin, send both a French and English version to bulletin@morinheights.com at the latest on October 5th.

Animal Control

Article 9.6 of the Animal Control By-Law 503 stipulates that **no animal may be left in an unattended vehicle**.



Recycling and Garbage Collection 2017

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
			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		

-  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

Ecocentre

The intermunicipal Ecocentre is located at 2125 chemin Jean-Adam in St-Sauveur, 450 227-2451.

It is **opened seven days a week**, from 7:30 to 16:00 and services are free. Ask for more information, including the maximum amount of materials allowed and the materials accepted.



Make the most of your tablet!

50+ reasons to explore e-books... and magazines!



FREE WORKSHOPS for adults 50+

Registration required

MORIN-HEIGTS

Cultural room at the library
823, Chemin du village

September 14th, 9:30 AM
October 10th, 9:30 AM
October 23rd, 1:30 PM

For information and registration lespaysdenhaut.com/ateliers

Please consult the full program of workshops offered through the MRC for a greater choice of dates.



Entente de développement culturel



MORIN-HEIGHTS
1855

Important numbers

Town Hall

567, chemin du Village,
Morin-Heights (Québec)
JOR 1H0

Phone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com

Emails:

bulletin@morinheights.com
comptabilite@morinheights.com
conseil@morinheights.com
karredondo@morinheights.com
loisirs@morinheights.com
municipalite@morinheights.com
mutation@morinheights.com
parcs@morinheights.com
servicestechiniques@morinheights.com
sfiala@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

EMERGENCY: 9-1-1

Public Works

(night and holidays) -

Fire - Police - Ambulance -

Emergency Measures

Legal deposit – Bibliothèque et Archives nationales
du Québec, 2017

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and Michel Kieffer

Graphic Design: Julie Allard

Production: Les Imprimés Triton

1 888 990-3486 • www.groupetriton.com

Municipal Services

Library

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

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

Information: 450 226-3232, ext. 124



NEW ACQUISITIONS

(Fiction)

Claire Cameron

The Last Neanderthal

Rachel Cusk

Transit

Michael Deforges

Sticks Angelica

Marc Gimenez

The Case Against William

Barbara Gowdy

Little Sister

Iris Johansen

No Easy Target

Dennis Lehane

Since We Fell

Jo Nesbo

The Thirst

Jennifer Robson

Good Night From London

Tom Rosenstiel

Shining City

Roy Henry Vickers

Peace Dancer

(Non-fiction)

Dave Atwell

Hard Way Out: My Life with
the Hell's Angels and Why I
Turned Against Them

Neil de Grasse Tyson
Astrophysics for People
in a Hurry



Liel Leibowitz

A Broken Hallelujah: Rock
and Roll, Redemption, and
the Life of Leonard Cohen

Kyo Maclear

Birds Art Life: A Year of
Observation

Mike Myers

Canada

Roger Tory Peterson

Peterson Field Guide to
Mushrooms of North
America

Gary Taubes

The Case Against Sugar

Sheila Watt-Cloutier
The Right to Be Cold: One
Woman's Story of Protecting
Her Culture, the Arctic and
the Whole Planet

(Youth)

Margaret Atwood

A Trio of Tolerable Tales

Sandra Boynton

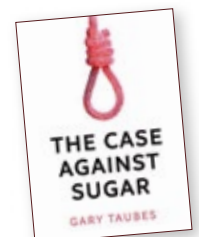
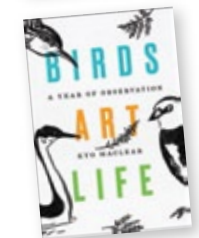
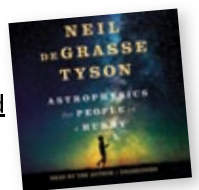
But Not the Hippopotamus

Paul Covello

Canada ABC

Shannon Watters

Lumberjanes Vol. 6:
Sink or Swim





Morin-Heights Fire Department and First Responders

Preparing for a disaster

Did you know that over 5260 residences in 261 municipalities were flooded during the 2017 spring floods?

Although the risk of flooding on such a large scale is lower in Morin-Heights, the municipality must still be prepared in the event of disasters of all kinds. Emergencies affecting our territory could take the form of a power outage or an interruption in the availability of drinking water, a transportation accident or a hazardous materials spill, an uncontrollable fire or an ice storm.

To this end, an emergency response plan has been developed taking into account all possible events that may affect our territory. This emergency plan provides for the implementation of various measures, depending on the situation, including:

- Response plans for various emergency services;
- An evacuation plan for the municipality;
- The opening of shelters;
- Water and food supplies for disaster victims.

In order to protect your family and property, in the event of an emergency or a major disaster, **it is your responsibility to take the first steps** to meet your needs for the first 72 hours. Here are some guidelines you can implement today to protect your family and property in the event of a disaster.

1) Prepare a family emergency plan

Plan a route to leave your neighborhood. Plan another route in case roads are impassable. Do not forget to inform municipal emergency officials that you have left your home and where you are staying. Depending on the severity and type of emergency, you may need to either evacuate or stay home for your safety or health.

2) The emergency kit

Having an emergency kit at home is important. It must contain enough items to allow your family to survive the first three days of a disaster. Place your emergency kit in an easily accessible location. Check its contents annually. Replace batteries and water supplies if necessary.

At all times, have the following items at home, ideally packed in a backpack or bin:



- Drinking water - two liters per person per day, for at least three days;
- Non-perishable food - provisions for at least three days;
- Manual can opener;
- Battery-operated radio - spare batteries;
- Headlight or pocket lamp - spare batteries or crank lamp;
- Lighter or matches and candles;
- First aid kit - antiseptics, analgesics, adhesive bandages, sterile gauze compresses, scissors, etc.;

These items will allow you and your family to survive for the first three days of an emergency, allowing time for the relief workers to get to you, or for essential services to be restored.

3) Stay informed

The "Québec en alerte" system can quickly alert Quebecers of events that pose a real or imminent threat to their lives or their safety. This message (currently available only in French; English transmissions should be available soon), will be broadcast automatically by interrupting current television or radio broadcasts and will provide valuable information to minimize the likely consequences and adopt the right behaviors as the situation develops.

In addition, the Municipality is equipped with an automated emergency call system, enabling a quick and automatic method of communication with citizens in the case of disaster. You may register for this service by sending your full contact details to the email address telephone@morinheights.com, or by visiting the Municipality's website: <http://www.morinheights.com/Emergency-Automated-Calling-System>.

For more information on disaster preparedness, please visit the website of the Ministry of Public Security: <http://www.securitepublique.gouv.qc.ca/en/civil-protection/preparing-for-disasters.html>.





Free Courses Day at Chalet Bellevue

Instructors offering classes for our fall municipal program invite you to a free class trial on **Saturday, September 9th** at our new facility. The two exercise rooms located on the second floor of Chalet Bellevue (27, rue Bellevue) will simultaneously host different courses. Come take a look and try a new hobby or a new fitness activity! A brief description of the courses can be found in this bulletin.

Schedule of the day:

9:00 to 9:30: Karate for all ages with Kyoshi Gilles Labelle or Body Sculpt with Lisa McLellan

9:30 to 10:00: Karate for all ages with Kyoshi Gilles Labelle or Yoga with Lisa McLellan

10:00 to 10:30: Combo 55+ with Lisa McLellan or Pilates Fusion with Claire (Lisa McLellan)

10:30 to 11:00: Essentrics with Ginette Ouimet or 20/20/20 Well-Being with Claire (Lisa McLellan)

11:00 to 11:30: Essentrics Aging Backwards with Ginette Ouimet or Stretch and Strengthen with Lisa McLellan

11:30 to 12:00: Essentrics with Ginette Ouimet or Painting and Creativity with Liliflore

12:00 to 12:30: Break

12:30 to 13:00: Gypsy Dances with H el ene Sanschagr in or Creative Writing Workshop with Louise Roy

13:00 to 13:30: Gypsy Dances with H el ene Sanschagr in or Creative Writing Workshop with Louise Roy

13:30 to 14:00: Painting and Creativity with Liliflore or Tai Chi Chuan practice

14:00 to 14:30: Painting and Creativity with Liliflore or Tai Chi Chuan practice

Halloween

We are actively looking for adults interested to take part in the preparation activities of the event: creation of sets, setting up and / or animation of the evening, any help will be welcome! For more information, contact Karyne Bergeron at 450 226-3232, ext. 111.

Two-legged firs, astronauts, lion cubs, wooden fairies and queens of zombies will meet in the heart of the village on Halloween! Village Road will be closed between Route 364 and Watchorn Road from 16:30 to 19:30.

We invite all businesses and organizations who wish to offer candy to children to join the party in the heart of the village by letting us know of your interest as soon as possible. We also invite the residents with homes in the center of the village to contact us to help create a festive atmosphere!

Village Road will be closed to traffic during the event: motorists will have to follow Watchorn Road as an alternative route and exercise extra caution on this evening when all children will roam the streets freely 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 \$60 per person, including a manual and wallet upon the successful completion of the course.

Saturday October 14th and Sunday October 15th, 9:00 to 13:00

At the Remembrance Hall, 823, chemin du Village.

Registration required before October 4th at the Town Hall: 450 226-3232, ext. 111

For more information you may contact the instructor: Kim Maurice at 514 916-9904



Activities

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**.

Creative Writing Group

Are you interested in joining with others to write for pleasure, using exercises that encourage creativity and sharing? This self-managed writing group works in a respectful atmosphere and members take care of the activity in turns. It's that easy and it's free!

Bring pens and paper on Saturdays, from October 7th to December 2nd, 13:30 to 15:30 at Café Mickey's, 832 chemin du Village.

As writer Marité Villeneuve would put it, « *Everybody can write as long as they know how to hold a pen and make sentences. Everybody has something to say and stories to tell. Poetry lies in the very heart of life.* »

Information: Guillemette Le Masson at guillemette.lemasson@gmail.com or 514 942-8776



Knitting Group

The first World Wide Knitting in Public Day in Morin-Heights was a resounding success, with 17 participants on a beautiful sunny day!

In fact, it was such a success that we've decided to meet regularly to knit, chat and share ideas as a group. Meetings will be held the second and fourth Thursdays of September, October and November from 13:00 to 16:00 at the Remembrance Hall in the library. Those who enjoy crocheting, embroidery or other needlework are also welcome.

So you're all invited to come along. This is very informal and there's no need to reserve; simply show up with your materials. If you have any questions, please contact Monique Bélisle at **450 226-8464**.

Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Free monthly meetings are held at Chalet Bellevue in Morin-Heights (27, rue Bellevue). Donations are welcome (tax receipts offered).

For more information about services, meetings, guest speakers, call June Angus at **450 226-3641** or email cancer.laurentia@yahoo.ca.

Mitten Trees

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

We'll be planting our mitten trees once again on November 1st at the Town Hall, the library and at the new Chalet Bellevue and they will be in place until the beginning of 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.





Arts Morin-Heights

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

We are continuing with our themed shows at the library, you can still enjoy visiting "The Beach" exhibition which opened in June until September 30th.

Our next show "**Street Scenes**" will start during the *Journées de la culture*. Information about this show can be found on pages 1 and 12.

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

For all information about Arts Morin-Heights and its activities, please visit our website at www.artsmorin-heights.com or call **450 226-3832**.

Morin-Heights Duplicate Bridge Club

The Morin Heights Duplicate Bridge Club meets every Thursday at 13:00. The fall session will begin **Thursday, September 14th** at the new Chalet Bellevue (27, rue Bellevue). All bridge players are most welcome!

For more information, please call Joan Ford at **450 226-2322**.

Morin-Heights Farmers' Market

Come stock up on fresh supplies from 12:00 until 17:00 every Friday until **October 6th** at 148, ch. Watchorn. Outdoors, rain or shine!

Information:

450 858-2789

morinheightsmarket@gmail.com

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



Gourmet outing in Chambly

Wednesday, September 20th, 2017

The Municipality invites its citizens to visit the City of Chambly. The following are planned: a visit to Fort Chambly, a gourmet lunch at the Restaurant Fourquet Fourchette, a guided tour of the Ferme Guyon's Butterfly Farm as well as a local product tasting. Free time for relaxation and/or shopping is also planned at the Fort's park and at the farm.

Rates for transportation (via Galland Deluxe, toilets and comfortable seats), guided tours, tasting, lunch, taxes, fees and service, **ALL INCLUSIVE!** Resident \$60 • Non-resident \$70

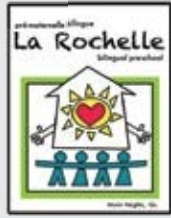
Registration at the Town Hall before September 6th.

Information: 450 226-3232, ext. 102



Activities

Pré-maternelle La Rochelle



Bilingual pre-school for children aged 3 to 5, Mondays to Thursdays from 8:45 to 13:00 or 8:45 to 15:30 at Morin-Heights Elementary School (647, ch. du Village). Enrollments in progress for the 2017-2018 school year. All preschool fees are tax deductible.

For more information, contact us at **450 821-2566** or by email at prematernellelarochellepreschool@yahoo.ca

Annual grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2018 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 15th, 2017**. Council will analyze requests in November and send out replies by **February 2018**.



(continued)

Our Local School Presents an Exhibition on "Cultural Heritage"

Morin-Heights Elementary School's students of all ages were invited to create a work of art related to the theme "cultural heritage". Various materials and variants on the same theme will be presented. Enjoy the fruits of their imagination!

[from 10:00 to 14:00 at the library (823, ch. du Village)]

Presentation *in situ* of Three Important Sites in our Local History

Actors from Theatre Morin-Heights will discourse with witnesses from by-gone eras and share interesting historical facts about three buildings in the heart of the village. Rendez-vous at the library!

- at 10:30 for Mickey's store with Owen LeGallee
- at 11:30 for Rose's Cantina with Penny Rose
- at 12:30 for the police station and former Town Hall with Ernie Wood

Book Launch for "*Histoires d'ainés*", Morin-Heights Edition

Launching of a new book on the history of Chalet Bellevue based on the experiences and memories of our local seniors and illustrated by Morin-Heights artist, Monique Bélisle. The "*Histoires d'ainés*" project is spearheaded by the Association des auteurs des Laurentides. Come discover the final product and congratulate the artists behind this original work!

[at 13:00 at the library (823, ch. du Village)]

Collective Garden

Nature is a wonderful trickster... at least so it seems from a gardener's point of view! We seem to have worked out a good solution for water access and the skies have been providing abundantly. So much so that Yvon Gilbert from Café Mickey's has decided to seed wildflowers and wait until next year to grow food.

The efforts made adding manure and compost to the school garden has paid off. The volunteers were quite amazed at how light, loose and rich the soil was when they were prepping it for seeding this year... and stock full of worms! Wonderful soil to work with. Veggies will love it and we should be able to start providing foods to the regional food bank before too long.

A new idea sprouted regarding student involvement. Heather Jackson, Community Learning Centre representative at Morin-Heights Elementary, started a Gardening Club a couple of noon hours a week for all students in experimenting with seeds and a permaculture approach in their quadrant of the garden. This would be a contrast to the 'old-timers' approach done in the other three quadrants. The response was wonderful, something to continue when they return in September.

All *Journées de la culture* activities being held on **SATURDAY, SEPTEMBER 30TH** in Morin-Heights are **FREE**





Excursions in Isolated Surroundings: Caution Required!

The *Sûreté du Québec* is issuing a warning to outdoor enthusiasts practicing solo activities in any type of isolated environment. A hike in the forest or in the heart of a remote area is not without risk and requires adequate preparation. Every year rescue operations must be deployed in order to find and rescue people who are in distress because they have not taken necessary precautions.

Before considering an excursion, you must first and foremost ensure that your project is realistic and that your physical condition allows for this type of activity. Once you have determined your destination, you must start preparing. Proper preparation can take several days and includes elements described in the following paragraphs.

Before leaving, be certain to...

- Prepare a detailed itinerary, including each of your destinations, the distances separating them, the time allocated to them and the expected arrival times / dates at each location. Your itinerary must be in two copies and you must leave one with a relative before leaving.
- Provide yourself with a detailed and up-to-date map of the targeted area. Review and get comfortable with navigational tools (GPS, compasses, etc.) and map reading techniques.
- Master survival techniques and the means of transport you plan to use (walking, boating, etc.).
- Be able to use your equipment properly. Ideally, you should have tested all of your equipment at least once before embarking on a solo expedition.
- Check weather forecasts in all areas that you are planning to visit. If the weather forecast is likely to pose a risk to your safety, do not leave.

In addition, you must be certain to carry with you the following essential items:

- A communication tool such as a satellite phone, a UHF or VHF portable radio, a "Spot" tag or any other device that allows you to communicate from an isolated location. Do not forget to write down and take with you the emergency phone number for the area you will be in.
- A survival kit consisting of at least one set of basic tools, fire starters and candles, first aid items, a knife, a large orange plastic bag, waterproof matches, a flashlight, whistle, lightweight aluminum-treated blanket and high-calorie foods such as chocolate and dehydrated food packets.
- Clothes and shoes adapted to your specific activity.

During your excursion...

- Check in regularly with your loved ones, letting them know your coordinates.
- Mark your trail with marker tapes that you can stick or tie to trees.

Should any problems arise...

- Try to build a shelter.
- Do not continue walking. If you have previously reported your position to anyone, remain in that same area, you will be easier to find.
- If at all possible, locate a clearing and make yourself visible by making a fire and/ or spreading out your brightly colored equipment on the ground.

The *Sûreté du Québec* invites you to visit its website at www.sq.gouv.qc.ca/?s=orientez+votre+excursion ("fichiers médias") to download the brochure (French only) "**Orientez votre excursion**" to help you prepare for your outdoor activity.

Activities

Canada Day

Photo retrospective!



Activities

COOP SORE Activities and services for seniors



Community lunch for all and prepared by Soupe et Cie. every **Monday at 12:00** at Chalet Bellevue (27, rue Bellevue). A voluntary donation of \$6 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.

Home respite service: specifically trained staff are sent to your home (day, evening, night) to take over the care of your loved-one so that you may take time for yourself.

For whom?: MRC Pays-d'en-Haut's senior residents and caregivers.

Information: 450 224-2657

Joyful Noise Choir

Welcome to all who love to sing, no matter your age!

At Chalet Bellevue (27, rue Bellevue), Tuesdays at 19:00 from September 12th to December 5th, \$130.

Christmas presentation on December 7th.

Visit our director's website:
www.thephysicalvoice.com.

Information and registration:

Penny Rose at 450 226-2746 or
at pennyrose@jenanson.com

Morin-Heights Historical Association

The **Morin-Heights Historical Association** is delighted to announce that we have found a permanent home! We will be moving to the previous St John's Ambulance's building on the grounds of the Basler Ski Hill. Members are hard at work with renovations. We look forward to welcoming you in the fall. Our heartfelt thanks to Bunny Basler for his kind donation of the building and to the town of Morin-Heights for their financial support.

The second **Annual Awards Gala** will be held on November 18th at La Grange restaurant. Tickets will be available for \$50 and can be reserved with Don Stewart at 450 226-6622 or at dstravelmh@hotmail.com.



French-language Reading Club

The *Club de lecture en français* (CLEF) continues its fourth year of monthly meetings. The club meets every fourth Tuesday, monthly, to discuss reading: new finds, books we re-read, and favourites.

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



Theatre Morin Heights

The 2017-2018 season takes off with the *Journées de la culture* in Morin-Heights on **September 30th** with readings of anecdotes from the historical review "The Porcupine".

Our main production "I'll Be Back Before Midnight", a thriller by Peter Colley, will be presented at Chalet Bellevue from **October 26th to 29th**. Play nights will also be played on November 23rd, 2017 and on February 15th and April 15th, 2018.

Want to participate on stage or behind the scenes, become a member renew your membership or discover our latest activities? Visit us online at theatremorinheights.ca, send us an email at

theatremorinheights@gmail.com or call 450 226-5352.



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



Trinity Anglican Church

Sunday worship at 11:00, please join us **everyone is welcome!**

Trinity is planning starting a Sunday School program in September. Everyone who is interested, please contact Karen Axford at **450 226-2712** to register or if would like more information.



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 we serve soup at 12:00 before the activities. We play cards, games, talk and enjoy a "snack time" at 15:00. Welcome to all!

This is Cosy Corner's 25th anniversary!

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



Royal Canadian Legion Activities

Welcome to all! 127 chemin Watchorn

WEDNESDAY, AUGUST 16

Live Music: Country Night with Texarillo & Dwane Dixon, from 19:00 to 22:00

FRIDAY, AUGUST 18

TGIF Smoked Meat, at 18:00

SATURDAY, SEPTEMBER 2

Labour Day Steak Supper, at 18:00

WEDNESDAY, SEPTEMBER 6

Live Music: Posa Blues Band, from 19:00 to 22:00

SATURDAY, SEPTEMBER 9

(will be held the next day in case of rain)

Flea Market #4

FRIDAY, SEPTEMBER 15

TGIF Smoked Meat, at 18:00



WEDNESDAY, OCTOBER 4

Live Music: Stormy Weather, from 19:00 to 22:00

SUNDAY, OCTOBER 8

Thanksgiving Brunch, from 9:00 to 13:00

SATURDAY, OCTOBER 14

Octoberfest Supper, at 18:00

FRIDAY, OCTOBER 20

TGIF Smoked Meat, at 18:00

WEDNESDAY, NOVEMBER 1

Live Music: The T-Birds, from 19:00 to 22:00

SATURDAY, NOVEMBER 4

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

FRIDAY, NOVEMBER 17

TGIF Smoked Meat, at 18:00

SUNDAY, NOVEMBER 26

Grey Cup Party (hamburgers, etc.)

Information :

www.legion171.com or 450 226-2213 (after 15:00)



Activities

Cross-Country Skiing and Snowshoeing

Recent significant investments in equipment, as well as in trail and building infrastructure, has necessitated an increase in ticket and season pass prices.

In order to assist Morin-Heights residents who bear the greatest financial burden, a preferential ticket category has been added to help keep the increase to a minimum.

Furthermore, season passes will be available for sale at the Aerobic Corridor starting in mid-September until November 26th and will be discounted at the rate of \$5 per pass if purchased during this period. Bring proof of residence and a recent photo, small format. Cash or Interac only (purchase with credit card available online only).

Free VIP passes for landowners with trails on their property will also be available at this time. Obtaining your pass during this period will also help alleviate the rush at the beginning of the season.

Despite the increase, the Morin-Heights network is still a great deal that also gives access to the Viking Ski network creating a combined network of 200 km of ski trails. A ski pass also includes access to the new FIS class Les Fondateurs trail as well as 30 km of snowshoe trails.

Discounts apply for students and seniors, and all children 12 years of age or under have free access making it a great bargain for the whole family.

Season Pass and Daily Tickets Rates

CROSS-COUNTRY & SNOWSHOE			
SEASON PASS (taxes included)			
CATEGORIES	Morin-Heights Resident	MRC Pays-d'en-Haut Resident	Non-resident
Adults (18+)	\$85	\$95	\$110
Students (13 - 22) and Seniors (65+)	\$60	\$70	\$90
Children (12 and under)	FREE	FREE	FREE

SNOWSHOE & FATBIKE			
SEASON PASS (taxes included)			
CATEGORIES	Morin-Heights Resident	MRC Pays-d'en-Haut Resident	Non-resident
Adults (18+)	\$40	\$45	\$50
Students (13 - 22) and Seniors (65+)	\$25	\$30	\$35
Children (12 and under)	FREE	FREE	FREE

Day tickets

Day tickets may be purchased at the Corridor Aérobieque.

CROSS-COUNTRY SKI*		SNOWSHOE*	
DAY TICKETS (taxes included)			
Regular ticket	\$16	Regular ticket	\$8
Guest (accompanied by a 2017-2018 pass holder) (max. 4 guests / day)	\$14	Children (12 and under)	FREE
Students (13 - 22) and Seniors (65+)	\$14	FATBIKE	
		DAY TICKETS (taxes included)	
Children (12 and under)	FREE	13 and older	\$8

*Special rates for groups

Informations:

Corridor Aérobieque
450 226-1220
corridor@morinheights.com
50, chemin du Lac-Écho

Comments and complaints:

parcs@morinheights.com



Gymnasium Sports

From September 11th to December 12th

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

BADMINTON

One court available, bring your equipment.
Rotation every 20 minutes.

Family hours: Monday 18:00 to 19:30

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

BASKETBALL

Tuesday 18:00 to 19:00

VOLLEYBALL

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

**FEE: daily, per sport or semester pass
per sport** (payable on site)

\$4 resident • **\$6** non-resident

Passes available via «Online Registrations»
at: www.morinheights.com

\$40 resident • **\$60** non-resident

Information: 450 226-3232, ext. 102

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 under "Forms" or at the Town Hall.

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 15th, 2017 (available on the website: www.morinheights.com under "Forms" or at the Town Hall).

Tai Chi Chuan

From September 16th to December 9th, come together for free practices and form exercises at Chalet Bellevue (27, rue Bellevue) on Saturdays from 9:00 to 11:00. Maintain regular tai chi chuan exercises with fellow enthusiasts to improve health, to keep in a calm and relaxed state, to improve joint movements, increase blood circulation, stimulate your nervous system and improve your balance. Please join our group who enjoys practicing Tai Chi Chuan together (note that these are not courses).

For more information please call Robert Lee at 450 227 8829.

Coueurs des bois

This group organizes outdoor outings in the Laurentians. This season's outings schedule is available at: www.morinheights.com/Groupe-Coueurs-des-Bois

Information:

Judy Rogers at 450 226-2885 or
at judyrogers222@gmail.com



1st Edition of the Pays-d'en-Haut's Volunteer Fair

Wednesday, October 4th, from 13:00 to 20:00
at Place des Citoyens (999, Boul. de Ste-Adèle)

Free admission

Many kiosks representing community organizations seeking volunteers will be present as well as several different types of volunteering will be represented. If you want to find out more about volunteering or are interested in becoming a volunteer, you will be able to talk to representatives from different recruiting organizations. It will be a good way to learn more about what services they offer and the kind of volunteers they are looking for.

For further information:

450 229-9020 or visit www.morinheights.com by September.



ENTRAIDE BÉNÉVOLE
DES PAYS-D'EN-HAUT
Centre d'action bénévole

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
Creative Dance (3-5 years old) Sainte-Adèle
Festizoo (4-12 years old) Sainte-Adèle
Elite Hip Hop Dance (9-13 years old) Sainte-Adèle
Hockey Cosom Sainte-Marguerite-du-Lac-Masson
Initiation to Circus Arts (5-6 and 7-12 years old) Saint-Sauveur
Judo Saint-Sauveur and Sainte-Adèle
Karate Saint-Sauveur
Little Cooks (6-12 years old) Sainte-Adèle
Little Kangaroos Club (4-6 years old) Sainte-Adèle
Piano (individual lesson) Saint-Sauveur
Singing (individual lesson) Saint-Sauveur
Universe of discoveries... our explorers (2-8 years old) Sainte-Adèle
PARENT - CHILD
Halloween Cooking Workshop (2-8 years old) Sainte-Adèle
"I Can Babysit Myself" Training Sainte-Adèle
Sports ABC (2-3 & 3-4 years old) Saint-Sauveur
Yoga Saint-Adolphe-d'Howard

ADULTS
Cardio Fit, Pilates Piedmont
Clay Sculpture and Creativity Sainte-Anne-des-Lacs
Computer classes Sainte-Marguerite-du-Lac-Masson
Culinary Workshop Sainte-Adèle
Digital Photography Sainte-Marguerite-du-Lac-Masson
English Conversation Sainte-Anne-des-Lacs
Fit Plus (outdoor) Piedmont
Fitness & Well-being Piedmont & Saint-Sauveur
Gypsy Dances Piedmont
Halloween Fantasy Makeup Saint-Sauveur
Middle Eastern Dances & Baladi Piedmont
"Musclez vos méninges" Workshop Piedmont and Sainte-Anne-des-Lacs
Piano (individual lesson) Saint-Sauveur
Qi Gong Saint-Adolphe-d'Howard and Sainte-Adèle
Singing (individual lesson) Saint-Sauveur
Spanish (beginner 1) Sainte-Anne-des-Lacs
Spanish (beginner 1, intermediate 1 and 2) Sainte-Adèle
Tap Clap Cardio (65+) Saint-Adolphe-d'Howard
Therapeutic Yoga Saint-Sauveur
Writing Workshop (all levels) Sainte-Adèle
Yoga 50+ Sainte-Marguerite-du-Lac-Masson
Yoga for all Sainte-Marguerite-du-Lac-Masson
Yoga Kundalini Saint-Adolphe-d'Howard
Yoga Vini Saint-Adolphe-d'Howard
Yoga with chairs Saint-Sauveur



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
Body Sculpt / Bellevue Chalet		Monday 9:00 to 10:00	Sept. 11 to Dec. 11	Lisa McLellan for more detailed info: www.agesmarfitness.com 450-560-2803 lisamclellan07@gmail.com Call now to reserve a place! Registration: September 9 9:30 to 14:00 at the Bellevue Chalet Small groups, individual attention! Fitness Pass \$260+TX (2 classes/week) \$286+TX (3 or more classes/week) Card \$120+TX (10 classes) NR: add 15% more 13-week session No classes on October 9 Join anytime during a session	Work hard! Cardio, resistance training, and mat work (intermediate)
Stretch & Strengthen / Bellevue Chalet		Monday 9:30 to 10:30	Sept. 11 to Dec. 11		Improve posture, range of motion and relieve pain.
Combo 55+ / Bellevue Chalet		Tuesday 9:30 to 10:30	Sept. 12 to Dec. 5		Overall workout to improve strength and prevent chronic disease
Fusion Pilates / Bellevue Chalet		Wednesday 9:30 to 10:30	Sept. 13 to Dec. 6		Restore, renew, rebalance, relieve pain, boost the immune system
20/20/20 Well-being / Bellevue Chalet		Wednesday 10:45 to 11:45	Sept. 13 to Dec. 6		Self-treatment for hands and feet using small balls, Taijfit and stretching
Stretch & Strengthen / Bellevue Chalet	Pass or card	Wednesday 17:30 to 18:30	Sept. 13 to Dec. 6		Cardio, strength, flexibility, and restoration
Cardio Combo / Bellevue Chalet		Thursday 10:30 to 11:30	Sept. 14 to Dec. 7		Resistance training and Qi Gong. Improve strength, find peace of mind
Yoga Flow / Bellevue Chalet		Thursday 17:30 to 18:45	Sept. 14 to Dec. 7		Yoga flow for energy, clarity, self-knowledge, and peace
Yoga / Bellevue Chalet		Friday 9:15 to 10:30	Sept. 15 to Dec. 8		Restorative; improve posture, range of motion, and relieve pain
Stretch & Strengthen / Bellevue Chalet		Friday 10:45 to 11:45	Sept. 15 to Dec. 8		Restorative; improve posture, range of motion, and relieve pain
Essentrics / Bellevue Chalet	12-week session R: \$140 NR: \$160	Monday 11:00 to 12:00 Wednesday 11:00 to 12:00	Sept. 11 to Nov. 29	Ginette Quimet certified Essentrics instructor level 3 450-543-0308 essentrics@ginettevweb.com essentrics@ginettevweb.ca	Muscular strengthening technique : balances the whole body, releases the joints, improves posture and increases flexibility. Therapeutic technique adapted for all conditions as well as various sports activities.
Essentrics Aging Backwards / Bellevue Chalet	REGISTRATION REQUIRED!	Friday 9:30 to 10:30			Slower and softer tempo than the traditional Essentrics, 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. Prevents, slows and heals the aging of the whole body.
Yoga and meditation / Bellevue Chalet	**	Monday 16:30 to 18:30 Wednesday 7:30 to 9:00	Sept. to Dec.	Louise Bloom 450-226-5844 Danses du Moyen-Orient Héleine Sanschaigrin 450-227-4019 helene.baladi@gmail.com	Hatha yoga, meditation and spiritual disciplines
Gypsy Dancing / Bellevue Chalet	R: \$110 NR: \$125	Monday 17:30 to 18:30	Oct. 9 to Dec. 4 (no class Oct. 23)	Body and mind in an expressive way and intensity! Body awareness, flexibility, strength, coordination and balance, stress relief, and self-confidence. For women of all ages.	
Middle Eastern Dances / Bellevue Chalet		Tuesday 19:00 to 20:00	Oct. 10 to Dec. 5 (no class Oct. 24)	From the popular baladi, to the aerial sharki, through the mesmerizing Saidi, improve your posture and develop body conscience, grace, flexibility, coordination and balance, while toning up your stomach and pelvic muscles. For women of all ages.	

FREE CLASSES OFFERED ON SEPTEMBER 9, SEE PAGE 13 • FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR.

Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
Power yoga / Bellevue Chalet	6-week session R: \$82 NR: \$96 or drop-in fee R: \$16 NR: \$19	Tuesday 9:00 to 10:00 Wednesday 19:00 to 20:00	Sept. 12 to Oct. 17 Sept. 13 to Oct. 18 Free trial class on Sept. 6	Écho Aloha Pascale 514.709-0808 echoaloha@gmail.com	Discover a yoga flow with movement which is guided by the rhythm of the breath, a safe but strong practice to develop strength, endurance, flexibility and peace of mind. High intensity workout that mixes yoga, dance and plyometric circuits. A yoga-cardio style that focuses on the technique of spiral movement inspired by Brazilian dances, funk, hip-hop and African tribal. A unique workout that works simultaneously cardio, flexibility, bodybuilding and fun!
Buti yoga / Bellevue Chalet					
Tai Chi Yang stretch and meditation / Bellevue Chalet	R: \$120 NR: \$125	Tuesday 10:30 to 11:45	1st session: Sept. 5 to Oct. 17 2nd session: Oct. 24 to Dec. 5	Michelle Gendron 450.712-6834 ecoledeatachilivre.com	Physical, mental and emotional balance. Possibility of joining the course at any time.
Painting & creativity / Bellevue Chalet	R: \$100/5 weeks \$200/10 weeks NR: \$125/5 weeks \$250/10 weeks	Wednesday 13:00 to 15:00 Wednesday 18:30 to 20:30	Sept. 13 to Nov. 15	Liliflore 514.638-5810 liliflore.ca liliflore.ca@gmail.com	Develop your creativity, try several painting techniques (basic material provided). Get guiding with your painting project: advice, techniques, help to get results on canvas (bring your material, list available). Beginners and intermediates are welcome!
Karate / Bellevue Chalet	*	Friday 17:30 to 18:30	Sept. to June	Kyoshi Gilles Labelle 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.
Nordic Walking / Corridor Aériobique	14-week session \$152 + tx	Saturday 10:30 to 11:30	Sept. 11 to Dec. 17	Cardio Plein Air certified trainers Register on www.cardiopleinair.com or via Julie Raymond 450.643-0465 st-sauveur@cardiopleinair.ca	Necessary material: floor mat + elastic bands + walking sticks Practiced in green areas, with the help of sticks specially designed for this fitness activity, nordic walking allows all the muscles of the upper body to be used, thus making walking more physical and faster than regular walking.
Traditional Scottish Highland Dancing / Bellevue Chalet	R: \$60 NR: \$70	Sunday 16:00 to 17:30	Sept. 24 to Dec. 3	Heather McInabb 514.486-3480 or heatheramcnabb@hotmail.com	Traditional dance for 6 years old and over
Pre-ballet / Bellevue Chalet		Sunday 9:00 to 10:00 Tuesday 18:00 to 19:00			3 ^{1/2} to 5 year olds
Ballet 1 / Bellevue Chalet		Sunday 10:00 to 11:15			6 to 7 year olds
Ballet 2 / Bellevue Chalet		Sunday 11:15 to 12:45 Friday 17:00 to 18:15		Madame Isabeau Conservatoire de ballet classique des Laurentides 514.608-3381	8 to 10 year olds
Ballet 3 / Bellevue Chalet	**	Sunday 12:45 to 14:45 Friday 18:15 to 19:45	Sept. to June		11 to 15 year olds
Elementary ballet: teens and adults / Bellevue Chalet		Tuesday 19:00 to 21:00 Friday 19:45 to 21:45			16 year olds and over
Ballet / Bellevue Chalet		Sunday 14:45 to 16:15			Company work (11 year olds and over)

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

FREE CLASSES OFFERED ON SEPTEMBER 9, SEE PAGE 13 • FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR.