



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!



Spring 2018 - Vol. 21, no 2

Morin-Heights Family and Environment Festival

Saturday, May 12th, AT THE SCHOOL,
from 9:00 to 16:00! (cancelled in case of rain)

- M.H.E.S Spring Bazaar: local artisans will offer their products;
- Animation and games;
- Inflatable play area for children;
- Come meet our firefighters and see the equipment they use to respond to emergencies and witness a demonstration, until noon;
- Various environmental information kiosks until noon;
- Discounts on water testing of private wells by H2Lab (formerly Bio-Services) from 9:00 to 11:00 (recommended once annually). The bottles will be available at the Town Hall during the week prior to the event.

As we go to press, we have not received confirmation that tree seedlings will be distributed this year. Please watch the municipal website shortly before the event to find out.



Children's Fishing Day

At Lummis Park, Saturday, May 26th
8:00 to 15:00

Children initiation to trout fishing, \$5 registration fees. They must have fishing gear and be accompanied by an adult. This event for children is made possible by the **Association de chasse et pêche des Laurentides**.



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Stay Safe Course
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News from the Mayor

Fellow citizens,

2017 was an extremely busy year in Morin-Heights!

We have completed the work at Chalet Bellevue. The building is now functional and very much appreciated by all of its users. The demand is so great that you must act quickly should you want to make a reservation!

Also, we have completed the work on the water pipe and road repairs on Village Road. Beginning in 2006, we have replaced more than 90% of the town water pipes which were originally installed in the 1950s. Two major sections remain to be completed: Watchorn Road, from Village Road to Route 364, as well as a section of Campbell Street. Plans are presently underway for us to fully benefit from government grants made available for these projects.

Results from the November elections prove that the citizens of Morin-Heights are satisfied with the services offered and share our vision for territorial conservation and development of outdoor activities that have been put into place over the last eight years. I would like to congratulate my colleagues on Council who were re-elected for a third mandate and would also like to welcome Louise Cossette, who was newly elected. Mrs. Cossette's management experience will certainly be a great asset for all Morin-Heights citizens.

There is always room for improvement even when a municipality is doing well! Council is presently looking into improving the customer service experience at the Town Hall and several options for using social media as a way to better communicate with our citizens. I would like to underline the excellent contribution of our department



heads, as well as all of our municipal employees in this on-going process.

We are happy to announce the arrival of a new family doctor at the *COOP santé de Morin-Heights*! Dr. Vanessa Gatti will begin practicing here in September. Our perseverance and insistence with the *Ministère de la Santé* to obtain these proximity health services has finally succeeded!

I would like to congratulate Sommet Morin Heights' "Vieux Bamboos" and "Descendants", who are parents and athletes of the alpine ski competition team. They raised close to \$100,000 at the last 24 hours of Tremblant, which was held recently in support of children suffering from cancer. Congratulations!

In closing, I would like to invite you to participate in our next events, specifically, the Family and Environment Festival and the Children's Fishing Day, as well as a number of other activities organized by our dynamic community.

Morin-Heights is an amazing playground, get out and play!

Regards,

Tim Watchorn, ing.
Mayor

www.morinheights.com gets a new look!

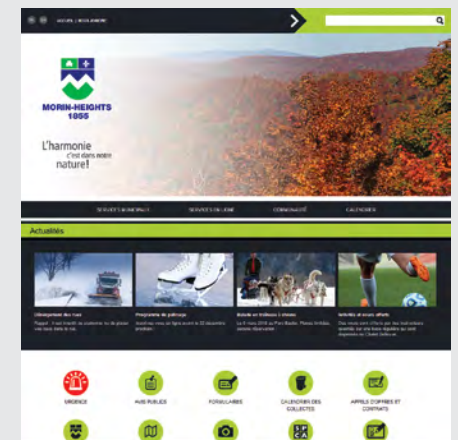
The municipal website has been redesigned! It is easier than ever to navigate, because the site keeps the same interface, no matter what device you use.

The main menu gives you access to the various municipal services, among other things, and as a result, to a multitude of practical information. New: all the interactive services available online, as of right now, are gathered under the "Online Services" menu: assessment roll excerpt, graphic register, online registration, form to be added on the automated emergency call system, etc. Note that most municipal forms will gradually become part of this section as they become interactive.

Also on the main menu, you have access to a community section that offers local and regional information, and to a calendar of municipal and community events, sports competitions, etc. taking place in Morin-Heights.

In addition, some of the most popular pages are now accessible via direct access buttons, but if you can't find what you are looking for, the search tool is always available at the top of the page.

This site is designed for you, to serve you and inform you. Feel free to send us your comments at bulletin@morinheights.com.



The Recreation and Culture Department moves to the Chalet Bellevue

Since February, the Recreation and Culture staff has moved at the new community center. For all registrations, room rentals or any information request related to this service, we invite you to go directly to Chalet Bellevue (opened Monday to Friday between 8:30 and 12:00 and 13:00 and 16:30). Our hall attendants, Diane and Julien, will be there to answer and inform you at the reception desk on the main floor.

Reception of the community center:
450 226-3232, ext. 132
chaletbellevue@morinheights.com

Karate in Morin-Heights

The Municipality of Morin-Heights has been offering karate classes to its citizens for over 30 years. Kyoshi Gilles Labelle has been teaching Shorinjiryu Karate for all these years.

This past summer, Morin-Heights produced his first black belt student, Antoine Beaulieu, who began practicing karate with Kyoshi Labelle at the age of six. Last June, Antoine passed the Shorinjiryu Shindo Budo Kwai School Black Belt Exam after nine years of training. Congratulations Antoine and thank you Gilles!



A third physician joins the Coop Santé in Morin-Heights

Your Coop is persevering and has put in place a structure and a network of contacts favoring the arrival of new doctors in the municipality. We are proud to announce that **Dr. Vanessa Gatti** will establish her medical practice in September 2018 at the Morin-Heights Health Coop!

In 2018, the Pays-d'en-Haut region was granted only one PREM (Regional Medical Staff Permit) by the Ministry. This means, only one new doctor was allowed in the area and it's Dr. Gatti who obtained that permit and chose the Morin-Heights Coop.

We would like the Health Coop to grow quickly, but it is taking off on a solid and sustainable foundation. Working through the public health system requires following the regulations and decisions of the Ministry.

Dr. Gatti will be taking new patients. More details will come in the next few months. Now is the time to become a member, register directly on our website at www.coopsante.org.

Services in Morin-Heights (450 644-0522)

- Dr. Lisa-Marie Tassé (family doctor)
- Dr. François Mercier (walk-in clinic)
- Dr. Vanessa Gatti (family doctor starting next September)



Walk-in Clinic (2, Meadowbrook)

Saturday from 10:00 to 12:00 • Appointments given on site at 9:00

Acupuncture (\$)

France Guévin 450 226-3352

Psychologist (\$)

Jacqueline Gravel 438 990-1322

Hypnotherapy and overall health (\$)

Ilona Fristcht 514 592-4946

Services in St-Adolphe (819 327-3534)

- Dr. Annie Fillion (family doctor)
- Dr. Lisa-Marie Tassé (family doctor)
- Dr. Marc Paquin (walk-in clinic, Family doctor)
- Dr. Richard Pilon (walk-in clinic, Family doctor)
- Dr. Vanessa Gatti (family doctor starting next September)

Walk-in Clinic (1937, chemin du Village)

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 at 8:00 or 16:30

Blood tests (\$)

Every two weeks, Friday 7:00 to 9:00 • on appointment, no waiting

Laboratoire Ross (\$)

Monday on appointment, 1-800 465-7433

Flu Vaccination clinic, November 2018

Subscribe to our newsletter at www.coopsante.org!



Recalls and Safety Alerts

Did you know that in addition to the healthycanadians.gc.ca website, the recalls and safety alerts are now available on a free app?

The free **Recalls and Safety Alerts** application for Apple, Android and BlackBerry delivers up-to-date and reliable health and safety information, from the Government of Canada, right to your mobile phone.

This application brings together the most recent recalls and advisories from Health Canada, Transport Canada, and the Canadian Food Inspection Agency. You can choose to see all of them at once, under "recent items" or select a button to sort by category (food, vehicles, health products, consumer products).

This app also provides you with the tools you need to report health and safety concerns with products.

To stay connected on health information, visit this website: <https://www.canada.ca/en/services/health/stay-connected.html>



Theft and mischief on community mailboxes

The *Sûreté du Québec* wants to warn the population about theft and mischief on community mailboxes.

In recent months, police officers have observed an increase in theft and mischief of mailboxes throughout the Laurentian region. In addition to committing misdeeds, the suspect, or suspects, steal packages that are inside the mailboxes. Some documents with personal information could also have been stolen.

We invite the victims of such thefts to report the events quickly to police officers. The information obtained during these burglaries could be used to commit identity theft and later identity fraud. It is important to notify those concerned of the theft of the package or documents.

The *Sûreté du Québec* invites the public to communicate any information related to theft and mischief to its Criminal Information Center at 1-800 659-4264.

La Fouillerie

La Fouillerie, located at 28, Bennett Street, welcomes you to donate or purchase. All profits go to the local food bank, the *Garde-Manger des Pays-d'en-Haut*.

Business hours:

Monday: 10:00 to 15:00

Tuesday: 12:30 to 15:00

Thursday: 10:00 to 15:00

Friday: 10:00 to 15:00

First Saturday of the month: 9:00 to noon

Information: 450 644-0087



Did you know that adapted transport did 606 transports in your town in 2017? Throughout the whole territory served by TACL, we carried out 39,592 door-to-door trips. To find out more about us visit: www.transportlaurentides.ca.



Since last January, the *Inter des Laurentides* has new buses with free wifi and that are wheelchair accessible. For more information, visit www.transportlaurentides.ca or like the Inter Facebook page.

Next edition!

The summer edition of Info Morin-Heights will be mailed at the beginning of June. To submit a text for the bulletin, send a French and an English version to bulletin@morinheights.com by April 23rd, at the latest.

FALL EDITION

August 15 to December 1, 2018

Deadline: June 14, 2018

Distribution: August 10, 2018

WINTER EDITION

December 1, 2018 to March 20, 2019

Deadline: October 5, 2018

Distribution: November 23, 2018

Note that if the deadlines are not respected, your texts will not be published.

Prévoyance's Scout Volunteers

"Prévoyance" for Laurentian Seniors, is a well-established, non-profit community organization dedicated to reaching out to seniors vulnerable to experiencing mistreatment or abuse. A network of trained volunteers, "scouts and sentinels", provides support as well as information about community resources.

Two significant obstacles account for the challenges encountered when attempting to reach out to numerous "silent" seniors: the reluctance on the part of an abused elderly to denounce an abuser, and the vastness of the territory we serve. Also, we surmise that feelings of humiliation, fear, and guilt influence the decision to seek help.

Who is better positioned to **NOTICE** vulnerable seniors in a municipality than the hairdresser, pharmacist, housekeeping service, volunteer agency, grocery store cashier, police officer...? Prévoyance's **SCOUT** network enables the recruitment and involvement of such dedicated citizens. These volunteers are carefully screened, well informed and fully trained to identify seniors at risk of abuse and, with their consent, act as a liaison between them and our organization.

When a referral is made, the sentinels take over. They provide support, inform, and guide the senior to the appropriate community resource.

The scouting network was established with help from local communities and private/public institutions and is essential in carrying out our mission. If you or someone you know is a victim of intimidation, mistreatment or abuse, please contact us without hesitation. Our services are confidential and free of charge.



HINT!

To know if something goes in the blue bin, ask yourself this simple question: is it a container, packaging or printed matter? If the answer is no, it does not belong in the recycling bin!

The recycling bin: more useful than ever!

Let's be clear! The materials we deposit in our recycling bins are all recycled, with no exceptions, unless they are not recyclable. They are sent to the Tricentris sorting center, located in Lachute, to be sorted and sent to different recyclers.

This sorting center, serving our MRC's municipalities ranks among the world's best for the quality of its recycling. They produce a superior quality of recycling which allows them to always find buyers for their materials.

In February 2017, China announced the imposition of strict quality criteria for the importation of recyclable materials. This new practice affects 24 types of materials, including mixed paper and plastic. This seems to have had a significant impact on some Quebec sorting centers, but thankfully not ours!

As a citizen, it is important to continue to put in the recycling bin the materials that are **ACCEPTED ONLY**. This simple action helps our recycling center to provide recyclers with quality materials.

For more information on waste management or the list of accepted materials, visit **lespaysdenhautrecyclent.com**.



Photo: Tricentris Lachute

Winter Feeding White-Tailed Deer: consequences for this species and for citizens

Feeding is generally detrimental for the health of deer and may have numerous negative consequences.

- Diseases and death resulting from the consumption of inappropriate food.
- Transmission of diseases and parasites at the feeding site: ingestion of food contaminated by saliva, urine and excrement.
- Poaching: feeding facilitates the killing of deer out of season at a short distance using small-calibre firearms.
- Domestication of deer: they lose their fear of and become dependent on humans for food.
- Abandoning of seasonal migratory behaviour.
- Presence of deer in environments that are less conducive to their survival, namely outside yards.
- Traffic accidents involving deer when feeding sites are located near roads.



Visit the "Information" tab of the "Environment" section of **www.morinheights.com** for more information.

Source: MRNF

Town Planning and Territory Development Temporary Shelters

Residents have until May 1st to remove the protective tarp and until May 15th to dismantle the frame itself. The provisions apply to all temporary shelters no matter where they are installed on the property or what they are used for.

Construction and Renovation Permits

Do you have a construction or renovation project in mind? Please call the Town Planning Department or visit the municipal website to find out which type of work requires a permit **before** you start the project. An interactive permit request form can be found on the website and submitted along with your documents at the Town Hall or by e-mail.

Please note that in some areas, mainly at the heart of the village, renovation and construction is governed by a by-law regarding architectural integration. Work to be done has to be evaluated by the Town Planning Committee (CCU) and recommended to Council for approval. Allow additional time when planning your projects.



Residential Pools

If you plan to install an above-ground, in-ground or temporary pool this summer, please consult the municipal regulations on our website or inquire at the Town Hall to learn about the particulars and find out which documents you need to submit along with your permit request. For lots supplied by one of the municipal water networks, a water tax of \$200 per year will be added to your tax bill.

Since the Alpino, Balmoral, Beaulieu, Loup-Garou and Salzbouurg drinking water reservoirs are smaller and contain limited quantity of water, please contact Technical Services at 450 226-3232, ext. 115 to inform them of the date you've chosen to fill your pool and therefore avoid interruptions of water supply for other users in your area. Please note that any pool must be refilled during the night to avoid overloading the water system during high demand periods.

Tree Cutting Permits

Cutting a tree on a private property, including dead and sick trees, requires a permit beforehand, which can be obtained free of charge. Please note that an inspection needs to be done to assess the validity of your request. If a tree is already down or you just want to prune a tree, you don't need a permit.

Fences, Hedges, Low Walls, Planting Trees and Flowers by the Road

If you are planning to landscape near the road, installing a fence, erecting a wall or planting a hedge or trees in front of your property, make sure you ask if a permit is required. In most situations, the first metre inside your front property line must remain clear of structures and hedges.

Also, if you are planning to plant a tree at the edge of your property, make sure to use a suitable variety and respect the required setbacks from electric lines. Please consult Hydro-Québec's website: <http://www.hydroquebec.com/electricity-and-you/vegetation-safety/> to find tips and advice.

Culverts, Private Entrances and Ditches

Property owners looking to create or move a private entrance, install or replace a culvert must obtain a permit beforehand. Requests must be submitted at the Town Hall. A \$500 deposit is required at the time of the request, which is reimbursable once the project is completed by the owner, inspected and approved by the Municipality. Property owners must ensure the water can run freely in the ditch and we suggest you leave the natural vegetation intact as much as possible.

We would like to remind residents living on a municipal street with ditches that any intervention in a ditch is prohibited without the authorization of the Public Works Department, including the extension of the landscaping (i.e. grass or stone). Ditches are a part of the road's right of way and serve a specific purpose. An intervention with unsuitable materials can cause damage to the infrastructure. Backfill or excess of material of any kind is also prohibited, for example, grass clippings, branches, wood, sand, river stones, debris, etc.

Septic Installation

The proper functioning of your septic system is necessary in order to preserve the quality of the environment and the value of your property. A non-compliant septic installation could decrease the value of your home.

For this purpose, be sure to have your septic tank emptied every two years for permanent residents and every four years for seasonal residents (180 days or less per year) and to provide a copy of the emptying receipt to the Municipality within 45 days after the date of the emptying. In addition, for tanks equipped with a pre-filter (second cover), it is essential to clean it regularly (once or twice a year).

For more information on septic installations, consult the website of the Ministry of Sustainable Development, Environment and the Fight against Climate Change:

<http://www.mddelcc.gouv.qc.ca/eau/eaux-usees/domest-communautaire-municipal-en.htm>

New Tax Credit for the Upgrading of Residential Wastewater Treatment Facilities

In its last budget of March 28, 2017, the Quebec government set up a new refundable tax credit for the modernization of residential wastewater treatment facilities, which aims to financially help homeowners who must undertake work related to the septic systems of an eligible dwelling.

If you wish to upgrade your septic system, you could qualify for a tax credit of up to \$5,500! Visit the following website for information:

www4.gouv.qc.ca/EN/Portail/Citoyens/Evenements/buy-renover-home/Pages/credit-assainissement-eaux-usees.aspx

Water Quality of your Well

Well owners must provide drinking water that meets the regulatory standards. This spring, think about getting your water analyzed. To do so, contact a laboratory accredited by the Ministry. We invite you to our Family and Environment Festival where you can benefit from a discount on the analysis of private well water samples, offered by the Municipality, in collaboration with H2Lab, located in Sainte-Agathe-des-Monts.

819 326-8690 • 1 877 326-8690 • www.h2lab.ca

Action Plan for the Simon River's Catchment Area and Addition of a New Sampling Station

Abrinord, in collaboration with the Municipality, has developed a waterway action plan for the Simon River. This provides us with a diagnosis, planning and management tool for the Simon River catchment area. It includes all the necessary information about the watershed's hydric environment, in a geographical context, as well as the action plan which objective is the protection of surface and underground water resources, and aquatic and shoreline environments. Also, a new sampling station at Lummis Park, along the river, is being added to the existing one located in the Christieville area.

We invite you to consult the action plan on the Abrinord website at the following address: www.abrinord.qc.ca/projects/water-water-action-action-plan-for-the-river-Simon



Public Works

Sweeper

Because we live in the Laurentians, large quantities of sand and small stones are spread on the roads because of icy winter conditions. We sweep the roads at the end of spring, but unfortunately cannot pick up the sand which extends onto the front of your property over the winter. Please avoid making piles on the shoulder as our sweeper is not built to pick them up; it can cause damage to equipment.

Storing Materials on Public Roads

As a general rule, it is not allowed to use the public road, the curbside or the ditch to store materials temporarily or to park vehicles and/or equipment. The Town Planning Department can issue, under certain conditions, an authorization certificate for a day.

Sprinkler Systems

Regulation 542-2016 regarding the use of drinking water states that automatic sprinkler systems must only run **for one hour, at night**, according to the even-odd published schedule, and programmed to run **from May 20th to September 10th** only. Outside these dates, those systems must be turned off. Please have them programmed accordingly.

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 and new titles are regularly added to the collection.

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

We are looking for French or English speaking volunteers who can manage the other language as well. Wanted candidates should have an interest in reading and literature, be comfortable with a computer and be available a few hours a month, including weekends.

Contact Lois Russell at 450 226-6874 or at lois.russell@xplornet.com to voice your interest.



Parks and Trails Network

Chalet Bellevue will be open this year for mountain biking. The new chalet features a workroom, a bike shower station, and showers. The Aerobic Corridor building will be open during the day, but all services and information will be given at the new chalet.



This season, work will be focused on the Lollipop trail. Parts of the original trail were abandoned, and a new snowshoe trail was created, but action is required to upgrade it into a mountain bike trail. A work bee will be organized in late spring to work on the trail. Check our website for dates if you are not on the mailing list.

There are also plans to sign the newly built section with the SOPAIR brown signs to match those at the beginning of the network.

People are always anxious to start biking in the spring, but please respect closure signs and **the 24h rule**. It is best to let the trails completely dry out in the spring to help avoid erosion. We will post notices on our website, in the chalet, and at Basler Park.

Happy Trails!

Morin-Heights Fire Department and First Responders

Have you thought about changing the batteries in your smoke detectors when you set your clocks back?

Flooding: Emergency Advice

Last spring, several regions throughout Quebec suffered floods, the consequences of which are still being felt. The causes are diverse: rapid thaw and heavy rainfall. Only an effective preparation could mitigate and even limit flood damage.

Consult the Government of Quebec's website for more information:

<http://www.urgencequebec.gouv.qc.ca/En/situation-urgence/Pages/Inondation.aspx>

Street number

IMPORTANT REMINDER! 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 case of an emergency situation!



Day Camp



Piedmont's Campuces will welcome Morin-Heights' children this summer at **Mont Habitant** (12, chemin des Skieurs, St-Sauveur).

REGISTRATIONS at Piedmont's Town Hall (670, rue Principale)
Friday, April 6th from 18:00 to 21:00 • Saturday, April 7th from 8:00 to 15:00 •
Monday, April 9th from 8:30 to 15:00

To validate the registration, you must bring:

- a proof of residence
- two recent photos of your child
- the medical insurance card number of your child
- your social insurance number (for relevé 24)
- the payment for one-third of the total amount, by cheque, cash or debit card to be paid upon registration. Balance payable in two equal installments by post-dated cheques made to the "Municipalité de Piedmont", dated May 7 and June 7, 2018.

No refund.

| Camp for 5-11 year olds • Tuesday June 26 th to Friday August 10 th , from 9:00 to 16:15 | | | |
|----------------------------------------------------------------------------------------------------------------|-----------------------|-----------------------|-----------------------|
| | 1 ST CHILD | 2 ND CHILD | 3 RD CHILD |
| Full summer | \$460* | \$430* | \$410* |
| Weekly | \$115* | \$110* | \$105* |

One outing per week (price of the outings are not included).

(* After April 27th, prices will be increased by 10%.

| Additional week - August 13 th to 17 th | | |
|---------------------------------------------------------------|-----------------------|-----------------------|
| 1 ST CHILD | 2 ND CHILD | 3 RD CHILD |
| \$95 | \$90 | \$85 |

DAYCARE 5-11 YEAR OLDS

From 7:30 to 9:00 and 16:15 to 18:00

No daily fee. Late fee after 18:00:
 \$1/ minute payable the same day.

5-day card: \$30 per child (purchase at registration)

| Full summer | | |
|-----------------------|-----------------------|-----------------------|
| 1 ST CHILD | 2 ND CHILD | 3 RD CHILD |
| \$145 | \$125 | \$125 |

Teen Club 12-14 year olds

Tuesday, June 26th to Thursday, August 9th (hours to be determined depending on the outings)

\$35(*) basic fee payable at registration. Several outings every week, cost to be confirmed with the list of outings.

(*) After April 27th, prices will be increased by 10%.

Questions?

Mary-Pier Guilbault, camp leader
 450 227-1888 or techloisirs@piedmont.ca

Tennis classes for 5-11 year olds, 5 weeks (1 hour/ week), \$50 taxes included.



Recycling and Garbage Collection

APRIL

| 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 | | | | | |

MAY

| 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 | | |

Garbage
 Recycling
 Bulky items

INFO-COLLECTION:
1 888 482-6676 (option 2)
 or info@comporecycle.com

Hint! To know if something goes in the blue bin, ask yourself this simple question: **is it a container, packaging or printed matter?** If the answer is no, it does not belong in the recycling bin!

Ecocentre

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

Opening hours

December 1st to March 31st: Tuesday to Saturday from 7:30 to 11:45 and 13:00 to 16:00.

April 1st to November 30th: Monday to Sunday from 7:30 to 16:00.

The inter-municipal Ecocentre is located at 2125, ch. Jean Adam in Saint-Sauveur, 450 227-2451.



The brown bin arrives in Morin-Heights

Major changes will take place this summer regarding waste management! Like many other municipalities, Morin-Heights is committed to collecting organic materials throughout its territory in 2018. Thus, starting in September, a new collection is added to your calendar with the arrival of the brown bin for compost.

When will I receive my brown bin?

The *MRC des Pays-d'en-Haut* will be distributing brown bins throughout the month of August. Citizens will receive a 240L bin delivered to their home, equipped with an anti-intrusion latch to avoid animals, a small bin for their kitchen, a new curb collection calendar and a practical guide with tips and advice to accompany them in the sorting process.

When will the contents of my bin be collected?

The collection of brown bins will begin in September, once a week. During winter time, the collection will be made every two weeks.

How to learn more?

Two information sessions will be organized by the *MRC des Pays-d'en-Haut* in the spring and early summer. Dates and locations will be communicated to you later. Also, starting in June, a green patrol will travel through our territory to answer all your questions.

You can also visit www.lespaysdenhautrecyclent.com (French only).



The mission of the cooperative is to offer home care assistance. Whether you are a person with a temporary or permanent disability, a single person or a family, we offer:

- regular housekeeping services which may include meal preparation (no special diet) and shopping;
- heavy housekeeping services like a spring cleaning, window cleaning, preparing for a move;
- seasonal work such as raking, gardening, packaging, cleaning the garage or shed, etc.
- respite service for caregivers.

Please give us a call to find out more about our services.

450 229-6677 • www.marteau-plumeau.com



Activities



CONFÉRENCE DE DRE NADIA

Jeudi 17 mai à 19 h
Chalet Pauline-Vanier
33, avenue de l'Église
Saint-Sauveur



“S’unir pour lire”: Conference by Dr. Nadia

On the occasion of Quebec Family Week, *S’unir pour lire* invites you to attend a conference by Dr. Nadia: **The Benefits of Reading for Children and Teens, Advice for Parents** (in French). Well known for various shows she hosted on *Canal Vie*, Nadia Gagnier provides advice and tips to parents which can help them improve their psychological health, family life and better align work and personal life.

When a child opens a book, he exposes himself to multiple benefits! Indeed, reading can contribute to the development of vocabulary, knowledge, feelings of self-esteem... It can also have positive impacts on the emotional development of children. This conference aims to address the theme of reading as a significant factor for promoting healthy development in children and adolescents.

Free entry, 90 minutes including questions and answers. Thursday, May 17th, at 19:00 at Chalet Pauline-Vanier (33, avenue de l'Église, Saint-Sauveur).

RSVP: projet@conseiljeunessepdh.com

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:

Isabel Ellis at 450 226-8882 • Marion Roberts at 450 432-7324 • Mona Wood at 450 226-1454

CLEF: French-language Reading Club

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

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

Laurentian Reading Club

The Laurentian Reading Club has been meeting every month for over 60 years for lively discussion of books and reading. Meetings are held in English. We have room just now for a couple more members.

For more information please contact Jane Philibert at 450 226-6947 or at janephil@cgocable.ca.

Viking Canoe and Kayak Club Summer Camp



DAY CAMP

From June 26th to August 16th, the Viking Canoe Kayak Club is offering half-day summer **Canoe Kids** camp for children aged 5 to 12 years old (Monday to Friday, 8:30 to 12:30). Campers follow National Canoe Kayak Canada's "CanoeKids" skills development program, learn safe boating practices and water safety and develop skills and fitness through games and fun.

- Cost: \$125/week half day
- All equipment is supplied

Additional programs offered include our **PaddleAll** programs for youth and adults with special needs, recreational programs in kayak, canoe and dragon boat, as well as **competition development** and performance training for youth and adults of all abilities.

Information:

info@canoekayakviking.ca



Activities

Stay Safe Course!

This class offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

They will learn the importance of responsibility and respect while being accountable for themselves, as well as the importance of setting and following safety rules when on their own. They will learn how to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits).

The **lingual** course is offered at \$60 per person, including a workbook and a certificate upon the successful completion of the course.

Sunday, April 22nd, 9:00 to 15:30, at the Remembrance Hall (823, chemin du Village).

Registration required before April 10th, at Chalet Bellevue: 450 226-3232, ext. 132.

For more information on the content of the course, you may contact the instructor: Kim Maurice at 514 916-9904.

Joyful Noise Choir

Joyful Noise Choir and Morin-Heights Elementary School Choir are presenting a **spring concert on Sunday, June 3rd**, at 15:00. The event is taking place at United Church (831, chemin du Village). The concert is free; donations to the church are welcome.

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

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 an 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.

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

Saturday, June 2nd and Sunday, June 3rd, 9:00 to 13:00, at the Library's Remembrance Hall (823, chemin du Village).

Registration required before May 21st at Chalet Bellevue: 450 226-3232, ext. 132.

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



PLACE

AUX **50** ANS
et **MIEUX**



For a sixth year, the municipal Recreation Services from our MRC are organizing a day of activities for seniors (50+) at *Hôtel du Mont Gabriel* in Sainte-Adèle, **Place aux 50 ans et mieux**. The guest speaker this year is **Jocelyne Cazin**, and the theme will be **"My retirement? What retirement?"**. The day offers a wide variety of activities including workshops, conferences, information booths and a buffet offered at lunch. You can expect some surprises and a lot of fun!

Join us on April 30th, from 8:45 to 15:30! Tickets will be on sale at Chalet Bellevue between April 3rd and April 20th (**\$17**). Hurry, tickets are limited!



Parents of children from 0 to 12 years old, discover or rediscover the *Maison de la famille des Pays-d'en-Haut*. Established in Sainte-Adèle since 1994, it offers a space and services made available to families. Daycare for children from 1 to 5 years old, the 6-12 Club, family dinners and activities for future and new parents are only a few of the many activities.

Visit our website at **www.maisondelafamille.com**, call us at 450 229-3354 or visit the house located at 480, rue des Capucines in Sainte-Adèle. Discover everything your *Maison de la famille* has to offer!



Play reading on March 15th, 19:30, at the Royal Canadian Legion (127, ch. Watchorn). Sit back, relax and enjoy.

Free!

Save the date for an intimate evening/matinee of thought-provoking theatre as TMH presents "**Oleanna**" by David Mamet on April 20, 21, 22, 27, 28 and 29 at the Chalet Bellevue. Tickets \$20.

For our latest news, visit www.theatremorinheights.ca

Information:

theatremorinheights@gmail.com or 514 865-5356



Presentation on the Development of the Railways

The Morin-Heights Historical Association will be hosting a presentation by Mr. **James Jackson** on the development of the railways in the Laurentians. The focus will be on the social and economic changes that it brought to our area, with many interesting anecdotes and pictures of railway operations from the late 1800s to the 1960s.

On **Sunday, May 27th, at 14:30** at Chalet Bellevue (27, rue Bellevue, via chemin du Lac-Écho).

Information: mhha98@hotmail.com

La Rochelle Preschool



Bilingual preschool for children aged 3 to 5 years old, Monday to Thursday from 8:45 to 13:00 or from 8:45 to 15:30 at Morin-Heights Elementary School (647, chemin du Village). All preschool fees are tax deductible.

Information: 450 821-2566 or prematernellelarochellepreschool@yahoo.ca

Trinity Anglican Church

(757, chemin du Village)

Regular services every Sunday at 11:00.

Since 1865, our little church has been there for the community of Morin-Heights, right in the centre of the village. We are part of a group of ten Anglican churches in the Laurentians that share ministry and support each other. Our vocation is not just to be there for our regular Sunday services, we believe that outreach and serving our community are very important.



We, along with parishioners and volunteers, started the Morin-Heights Elementary School Breakfast Program, we provide light breakfasts and beverages every week for between 60 to 100 school children, many of whom leave home very early on the bus, without a breakfast.

We have recently started a Messy Church Program for youth, with other Anglican and United churches in this area. This happens monthly on a Saturday with activities and community projects.

If you are looking for a welcoming church, a place to find peace, to sing and celebrate with other Morin-Heightsers, we would love to see you! Our services are slowly becoming bilingual, our two priests are both fluently bilingual.

Knitting Group

The knitting group meets twice a month to knit, chat and share ideas. Meetings will be held at the Library's Remembrance Hall on the second and fourth Thursdays of March, April and May from 13:00 to 16:00. You are welcome for the full three hours, or less, depending on your availability. Those who like to crochet, do embroidery or other needlework are also welcome!

Please join us to knit, share and chat! This is an informal group, so there is no need to sign up or to confirm your presence. All you have to do is bring your supplies. If you have any questions, please contact Monique Bélisle at 450 226-8464.

COOP SORE • Activities and services for seniors



- **Community lunch** for all 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, salad, main dish, dessert, tea or coffee. **Advance reservations are mandatory on Fridays from 9:00 to 16:00 at 514 944-9335.**
- **We are looking for volunteers for different activities.**
- **Home respite service:** trained staff are sent to your home (day, evening, night) to take over the care of your loved-one while the caregiver attends other activities. The service is offered to Morin-Heights' senior residents/caregivers and caregivers on the *MRC des Pays-d'en-Haut's* territory. **Information:** 450 224-2657

Activities

RuisseauBlitz: Learning and Conserving

May 18-20

Calling all budding scientists! The **Ruisseau Jackson Aire Naturelle Protégée** team is inviting you to visit their website for details on their first "RuisseauBlitz".

Come and help our scientists make an inventory of birds, plants, fish, reptiles, and amphibians. Your efforts will help make conservation decisions. The ideal activity for nature lovers! The findings will be presented to the public and environmental managers.

Information: ruisseaujackson.org

Arts Morin-Heights

Ginette Fontaine has been present on the Morin-Heights art scene for the past ten years and now invites you to view the evolution of her work since she joined Arts Morin-Heights in 2008.

Her solo exhibition of selected paintings will be held at the library from April 14th to June 16th, during library hours. Please take the time to come and see works you enjoyed in the past.

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

For additional information, contact Ginette at 514 913-2087.

artsmorinheights.com • 450 226-3832
info@artsmorinheights.com

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 Chalet Bellevue (27, rue Bellevue). 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.



FC Morin-Heights Soccer Club

Technical school:

Fridays from 18:00 to 19:30, starting on March 16th, for 8 weeks

For players 7 to 12 years old, \$110, limited places

Registration: info@fcmorinheights.com

2018 Registration:

Last chance to get the \$10 rebate per player if done before March 31st. Online registration at www.fcmorinheights.com or in person on Saturday, **March 24th** between 10:00 and 12:00 at Chalet Bellevue.

Soccer Academy:

When: June 25th to 29th

Who: Players F & M born between 2006 and 2010

Where: Morin-Heights Elementary School

Price: \$200 (includes t-shirt and soccer ball)

Equipment needed: shin pads, change of clothes, indoor and outdoor soccer shoes, water bottle, lunch and snacks, hat and sunscreen.

Limited places, first come, first served.

To register please call **450 226-0011** or email info@fcmorinheights.com.

Grassroots Program:

(soccer for the 4 to 7 years old)

- Saturday mornings from June 16th to August 18th (10 weeks)

- For players born between 2011 and 2014

- At the Morin-Heights soccer field (MHES) from 9:00 to 10:00

Price: resident \$150
non-resident \$180

For players who want to become a referee in 2018, please register fast, limited places!

Important numbers

Town Hall

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

Telephone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com

municipalite@morinheights.com

Emails:

bulletin@morinheights.com
chaletbellevue@morinheights.com
comptabilite@morinheights.com
conseil@morinheights.com
sfiala@morinheights.com
karredondo@morinheights.com
loisirs@morinheights.com
mutation@morinheights.com
parcs@morinheights.com
servicetechniques@morinheights.com
skidefond@morinheights.com
ssi@morinheights.com
taxes@morinheights.com
travauxpublics@morinheights.com
urbanisme@morinheights.com
velo@morinheights.com

Sûreté du Québec des

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

Animal Control:

1-866-960-7722 • www.spcall.ca

EMERGENCY: 9-1-1
Public Works
(evenings, nights, weekends
and holidays) -
Fire - Police - Ambulance -
Emergency Measures

Graphic Design:

Turquoise Design

514 592-8153 • www.turkoisedesign.com

Production:

Les Imprimés Triton

1 888 990-3486 • www.groupetriton.com

Photos: Tara Kirkpatrick and Denis Laplante

*Legal deposit - Bibliothèque et Archives nationales
du Québec, 2018*

Activities

Royal Canadian Legion Activities

All welcome! 127 chemin Watchorn

Darts every Thursday at 15:00, **military whist** on the 1st and 3rd Monday of the month at 13:00.

Information: www.legion171.com or 450 226-2213

SATURDAY, MARCH 17

St-Patrick's Day Supper, at 18:00

FRIDAY, MARCH 23

TGIF Smoked Meat & Karaoke Night,
at 18:00

SUNDAY, APRIL 1

Easter Brunch, 9:00 to 13:00

WEDNESDAY, APRIL 4

Country Night Texarillo & Dwane Dixon,
19:00 to 22:00 (\$)

SATURDAY, APRIL 14

Italian Night, at 18:00

FRIDAY, APRIL 20

Smoked Meat TGIF, 18:00 to 19:00

SATURDAY, APRIL 21

Open Mic & Jam, 19:00 to 23:00

WEDNESDAY, MAY 2

Posa Blues, 19:00 to 22:00 (\$)

SATURDAY, MAY 12

Mother's Day Supper, at 18:00

FRIDAY, MAY 18

Smoked Meat TGIF, 18:00 to 19:00

SATURDAY, MAY 19

Open Mic & Jam, 19:00 to 23:00

SATURDAY, MAY 26

Annual Golf Tournament (Vallée Ste-Adèle)

SATURDAY, JUNE 2

Special Music Show with The Keepers,
19:00 to 23:00 (\$)

WEDNESDAY, JUNE 6

The Derek Falls Trio, at 19:00
(BBQ from 17:00 to 19:00)

SATURDAY, JUNE 9

Flea market #1, breakfast & BBQ lunch
(postponed to the next day in case of rain)



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.

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

| YOUTH |
|----------------------------------------------------------------------------|
| Creative Dance (3-5 years old) Sainte-Adèle |
| Elite Hip Hop Dance (9-13 years old) Sainte-Adèle |
| Fantasy Makeup (8+) Saint-Sauveur |
| Floor Hockey Sainte-Adèle |
| Initiation to Circus Arts (5-6 and 7-12 years old) Saint-Sauveur |
| Judo Saint-Sauveur |
| Pre-Hip-Hop Dance (4-5 years old) Sainte-Adèle |
| Piano (individual lesson) Saint-Sauveur |
| Singing (individual lesson) Saint-Sauveur |
| Sports ABC (4-6 years old) Saint-Sauveur |
| PARENT & CHILD |
| Dance (1-2 years old) Sainte-Adèle |
| Sports ABC (2-3 and 3-4 years old) Saint-Sauveur |

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



| ADULTS |
|-----------------------------------------------------------------|
| Cardio and Pilates Piedmont |
| Culinary Workshop Sainte-Adèle |
| Fantasy Makeup Saint-Sauveur |
| Firm Up Express Sainte-Marguerite-du-Lac-Masson |
| Fit Plus Piedmont |
| Fitness Centre Sainte-Marguerite-du-Lac-Masson |
| Fitness & Well-being Piedmont |
| Gypsy Dances Piedmont and Morin-Heights |
| High Intensity Interval Training Sainte-Anne-des-Lacs |
| Mindfulness Saint-Sauveur |
| Painting and Creativity Sainte-Adèle |
| Piano (individual lesson) Saint-Sauveur |
| Qi Gong Saint-Adolphe-d'Howard and Sainte-Adèle |
| Singing (individual lesson) Saint-Sauveur |
| Smooth Essentrics Saint-Adolphe-d'Howard |
| Spanish (beginner 1, intermediate 1 & 2) Sainte-Adèle |
| Taijift Flow Saint-Adolphe-d'Howard |
| Tap Dance Saint-Sauveur |
| Tap Clap Cardio Saint-Adolphe-d'Howard |
| Therapeutic Yoga Saint-Sauveur |
| 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 |

Legend

- R: resident
- NR: non-resident
- * The cost depends on the registration term (1, 3, 5, or 10 months).
- ** See instructor for more information

| Class / Location | Rates | Schedule | Dates | Instructor | Description |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Creative Cards and Decorative Boxes Workshop Remembrance Hall | free initiation session | Monday 9:00 to 12:00 Monday 18:00 to 21:00 | March 26 to May 28 | Mireille F. Ledoux 514 231-8999 mireille55.ledoux@gmail.com | Production of cards for different occasions as well as small 3D projects: gift boxes, candy boxes, small notepads, etc. |
| Essentrics Chalet Bellevue | 11-week session 1-class / week: R: \$130 NR: \$150 | Monday 11:00 to 12:00 Wednesday 11:00 to 12:00 | April 9 to June 20 | Ginette Ouimet Certified Essentrics Instructor level 4 450 543-0308 essentricsaveginette@gmail.com essentricsaveginette.vpweb.ca | Muscular strengthening technique: balances the whole body, releases the joints, improves posture and increases flexibility. Therapeutic technique adapted for all conditions. Small groups for a better experience. |
| Essentrics Aging Backwards Chalet Bellevue | 2-class / week R: \$230 NR: \$260 Limited places, registration mandatory! | Monday 9:30 to 10:30 Wednesday 9:30 to 10:30 | | | Prevents, slows and heals the aging of the body. 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. Small groups for a better experience. |
| Yoga and meditation Chalet Bellevue | ** | Monday 16:30 to 18:30 Wednesday 7:30 to 8:30 | April to June | Louise Bloom 450 226-5844 | Hatha yoga, meditation and spiritual disciplines. |
| Contemporary Dance for beginners and intermediate Chalet Bellevue | R: \$125 NR: \$145 | Monday 19:45 to 21:00 | April 9 to May 28 | Caroline Dusseault da@DUSSOdanse.com 514 264 8004 | 17 years old and up. Improve technique, cardio, strength, posture, balance, flexibility and creativity! |
| Contemporary Dance for advanced and professionals Chalet Bellevue | 8-week session R: \$125 or \$17 /class NR: \$145 or \$20 /class | Thursday 19:45 to 21:00 | April 5 to May 24 | | 17 years old and up. "À la carte" or per session. Improve technique, strength, posture and balance through various exercises of technique, improvisation, interpretation and creation workshops. |
| Tai Chi Yang stretch and meditation Chalet Bellevue | R: \$110 NR: \$130 | Tuesday 10:30 to 11:45 | April 24 to June 5 | Michelle Gendron 450 712-6834 ecoledeataichilibre.com | Physical, mental and emotional balance. Possibility of joining the course at any time. |

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR.



Classes

| Class / Location | Rates | Schedule | Dates | Instructor | Description |
|-----------------------------------------------------------------|-------------------------------------------------|------------------------------------------------------------|---------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Spanish Level 1 Chalet Bellevue | R: \$125 NR: \$145 | Tuesday 9:00 to 11:00 | April 3 to June 5 | Yoalli Gallegos laurentidescasapagnolo@hotmail.com 819 326-7706 | For beginners, 16 years old and up. |
| Spanish Level 3 Chalet Bellevue | workbook and educational material included | Tuesday 11:10 to 13:10 | | | 16 years old and up. For those who know the verbs in the present, past and future tenses and who have enough vocabulary to hold a conversation and express their ideas. |
| Gypsy Dancing Chalet Bellevue | 8-week session | Tuesday 17:30 to 18:45 | March 27 to May 22 (no class on April 3) | Hélène Sanschagrin www.raksbohemia.ca 450 227-4019 raksbohemia@gmail.com | Body and mind combined to express freedom, fluidity, tenderness, sensuality, passion. Brings body awareness, flexibility, strength, coordination, balance, release of stress and tension, self-confidence. |
| Middle Eastern Dances Chalet Bellevue | R: \$110 NR: \$125 | Tuesday 19:00 to 20:15 | | | 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. |
| Painting & creativity Chalet Bellevue | 10-week session R: \$200 NR: \$250 | Wednesday 13:00 to 15:00 Wednesday 18:00 to 20:00 | April 18 to June 20 | Liliflore 514 638-5810 liliflore.ca liliflore.ca@gmail.com | Develop your creativity, learn techniques and get advice with your painting project. Beginners and intermediates welcome! Bring your own material, detailed list provided. |
| Karate Chalet Bellevue | * | Friday 17:30 to 18:30 | until 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. |
| Tai Chi Chuan Chalet Bellevue | free | Saturday 9:00 to 11:00 | April 7 to June 23 | Robert Lee 450 227-8829 | Free practice and exercise session (no teaching), no registration required. Improve health, maintain a calm and relaxed state, improve joint movements, increase blood circulation, stimulate nervous system and improve your balance. |
| Traditional Scottish Highland Dancing Chalet Bellevue | R: \$60 NR: \$70 | Sunday 16:00 to 17:30 | March 18 to May 27 | Heather McNabb 514 486-3480 or heatheramcnabb@hotmail.com | Traditional dance for 6 years old and over. |

Legend

R: resident

NR: non-resident

* The cost depends on the registration term (1, 3, 5, or 10 months).

** See instructor for more information

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR.