

INFO

Morin-Heights

In harmony with nature



MORIN-HIGHTS
1855

MUNICIPAL INFORMATION

FALL 2018

SEPTEMBER / OCTOBER / NOVEMBER
VOL. 21 NO 4



The *Coop Santé* is here for Morin-Heights' citizens and becoming a member is important!

To have a *Coop Santé* family doctor, you must:

- be without a family doctor or admissible for a new doctor;
- register with the GAMF at www.gamf.gouv.qc.ca or 1-844-834-4263;
- register now with the secretary at 819 327-3534 or at info@coopsante.org to be on the *Coop Santé* waiting list.

Estimated Schedule for the Morin-Heights Clinic

(schedules may vary depending on vacations and doctors' on-call weeks)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	Dre Tassé	Dre Gatti		Dre Tassé Dre Gatti Jacqueline Gravel, psychology	Ilona Fritsch, hypno- therapy	Dr. Mercier Walk-in
PM	Dre Tassé	Dre Gatti Walk-in	Audrey Dubé, physiothe- rapy	Dre Tassé Dre Gatti Jacqueline Gravel, psychology	Ilona Fritsch, hypno- therapy	
EVE- NING			Audrey Dubé, physiothe- rapy			

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02 / news

05 / municipal services

06 / new recycling and garbage collection calendar

10 / activities

11 / *Journées de la culture*

12 / Halloween

21 / classes

Mayor's report on the 2017 financial situation



Fellow citizens,

In accordance to the new provisions of Article 176.2.2 of the Quebec Municipal Code, I take this opportunity to notify you of the more prominent details of the financial report presented last April for the financial year ending December 31st, 2017.

The report, along with the one from the independent auditor, was prepared by Mrs. Chantale Campeau, CPA auditor, CGA of the firm Papillon et associés Inc.

I invite you to visit www.morinheights.com to familiarize yourself with the financial documents presented to the *Ministère des Affaires municipales et de l'Occupation du territoire*.

The 2017 financial year ended with a surplus of \$2,113. Throughout the year, economic activities have been closely monitored, and Council allocated the excess in revenues to the Chalet Bellevue project.

The auditor confirmed that the financial statements provide, in every significant aspect, an accurate image of the Municipality's financial situation as of December 31st, 2017, as well as results of its activities, of the variation of its net financial activities, net debt and of the financial cash flow for the year ending on this date in accordance to the Canadian accounting standards for the public sector.

As part of its financial statements, the Municipality includes certain financial information, which is not required as per the Canadian accounting standards for the public sector, but is required by the *Ministère des Affaires municipales et de l'Occupation du territoire*.

In 2017, we have continued with our infrastructure modernization program. The water pipe along Village Road, between the wells and Carver Road, has been replaced. The intervention plan for the drinking water network includes the replacement of all of the concrete-asbestos pipes on Watchorn, Carver and Campbell roads using the gasoline tax reimbursement program over the next few years.

The Public works Department has also multiplied its interventions in many areas, and you will most certainly have noticed the increasing improvements made to the roads, ditches and shoulders.

The Chalet Bellevue rehabilitation project into a community center and sports chalet was completed last September. We are proud to offer all citizens of Morin-Heights a magnificent building for holding their activities, and bringing people together.

I would like to thank the members of Council, and all of the municipal employees for their concerted efforts in providing the Municipality of Morin-Heights with modern infrastructures while respecting the citizens' ability to pay. I would also like to thank all of the volunteers who give of their time for the well-being of our community.

A handwritten signature in blue ink, which appears to read "Tim Watchorn".

Tim Watchorn, ing.
Mayor

Council's remuneration is now part of the financial report:

Council Members	Remuneration	Expense Allocation	
Dorais, Jean-Pierre	\$9 754	\$4 877	
Dutil, Jean	\$10 581	\$5 290	
Lemire, Claude	\$10 581	\$5 290	
Mac Laurin, Peter	\$8 547	\$4 273	
Mac Leod, Leigh	\$9 754	\$4 877	
Cossette, Louise	\$1 425	\$712	elected on November 5 th , 2017
Watchorn, Timothy	\$23 158	\$11 579	includes the MRC's remuneration
Wood, Mona	\$7 123	\$3 561	outgoing Councillor

	Budget 2017	Results	Difference	Details
Revenues	\$8 802 711	\$9 742 118	\$939 407	\$500 000 Canada 150 grant for Chalet Bellevue \$215 880 Real estate transfer duties \$107 321 Investment revenues \$116 206 Taxation revenues – new residences
Expenses	\$7 939 417	\$9 098 324	\$1 158 907	\$838 138 Roadwork \$129 571 Residual matters \$135 504 Recreation and culture
Long-Term Financing	\$759 595	\$783 295	\$23 700	
Allocations	\$103 699	\$137 288	\$33 589	
Excess		\$(2 213)		

Financial Situation Status	2017	2016	2015	2014	2013
Financial Assets	\$2 397 641	\$2 367 726	\$3 375 448	\$2 605 749	\$2 768 065
Liabilities	\$7 367 736	\$3 034 837	\$3 588 981	\$3 537 002	\$1 331 409
Debt	\$8 360 010	\$9 254 997	\$8 433 031	\$7 278 172	\$8 046 916
Net Debt	\$13 330 105	\$9 922 108	\$8 646 564	\$8 209 425	\$6 610 260
Non Financial Assets	\$33 306 474	\$29 254 683	\$27 769 257	\$26 323 924	\$24 017 774
Net Accumulated Excess	<u>\$19 976 369</u>	\$19 332 575	\$19 122 693	\$18 114 499	\$17 407 514

Net Financial Value	2017	2016	2015	2014	2013
Fixed Assets Costs	\$44 455 381	\$39 107 227	\$36 566 974	\$34 068 128	\$30 980 441
Accumulated Amortization	\$11 343 607	\$10 050 639	\$8 986 712	\$7 921 862	\$7 119 400
Net Financial Value	<u>\$33 111 774</u>	\$29 056 588	\$27 580 262	\$26 146 266	\$23 861 401

Debt Analysis	December 31 st , 2017
Area Debt (drinking water and local improvement)	\$5 246 300
Total Debt	\$2 773 183
Debt Paid by the Quebec Government	\$353 500
Debt to December 31st	<u>\$8 372 983</u>
Investments to be Financed	\$5 726 166
Municipality's Long-Term Debt	<u>\$13 745 649</u>
MRC des Pays-d'en-Haut's Share of the Debt	\$297 947
Total Long-Term Debt	<u>\$14 043 596</u>



Animal Control

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

(continued from page 1)



Dre Vanessa Gatti will be joining the Morin-Heights team as of September 11th, 2018.

She will be in the clinic on Tuesdays and Thursdays for the following activities:

- / Pediatric care
- / New patient – family medicine care
- / Walk-in clinic half a day per week
- / Follow-up for registered patients
- / IUD clinic once or twice per month depending on the demand (starting in October)

Dre Lisa-Marie Tassé:

- / Follow-up for registered patients
- / New patient – family medicine care

Dr. François Mercier:

- / Walk-in clinic open to everyone

www.coopsante.org

Automated Emergency Calling System

Morin-Heights is able to contact its residents by phone in case of an emergency using an computerized calling system. If you recently moved to Morin-Heights, have new tenants, have changed your phone number or are not registered in the system, you can register directly on our website through the «Online Services» menu, then «Online Forms» submenu. Registration is also possible by sending your information by email (name, address and phone number) at telephone@morinheights.com.

**Learn to
Save a Life!**



Your Coop Santé and the Caisse populaire Desjardins Ste-Agathe are happy to contribute to your training!

CPR training

Recognize the warning signs of a heart attack or stroke • Respond appropriately in a crisis • Use a DEA defibrillator

When? October 2, 2018

Where? Chalet Bellevue (27 rue Bellevue, Morin-Heights)

Schedule: from 13:00 to 17:00

Reserve before Sept. 15 at **819 327-3534** or at info@coopsante.org

When? October 13, 2018

Where? Centre récréatif (110 rue du Collège, St-Adolphe)

Schedule: from 8:30 to 12:30

Reserve before Sept. 28 at **819 327-3534** or at info@coopsante.org

Rate: **\$15** (Coop santé member)
\$30 (non-member)

Ecocentre

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

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

Town Planning and Environment

Short-term rental

In recent years, we have seen a significant increase in the number of private residences offered for rent for short periods, generally thirty-one days or less, via several specialized websites. The use of a residence for these purposes can only be done in areas where recreational and tourism use is specifically authorized in the zoning by-law. As a general rule, this type of activity is not allowed in residential areas. However, some exceptions apply, and in all cases, a municipal certificate of occupation is required to operate these accommodations. We strongly advise those who wish to rent their homes to validate the applicable standards in the matter with the Town Planning Department and avoid exposure to regulatory sanctions.

Composting: second reminder!

Starting in September, a new collection will be added to your calendar with the arrival of the brown bin for composting. In August, the *MRC des Pays-d'en-Haut* will deliver a bin directly to your home.




































Do not miss the last information session offered by the *MRC des Pays-d'en-Haut*, which will be held at Chalet Bellevue on September 19th, at 19:00.

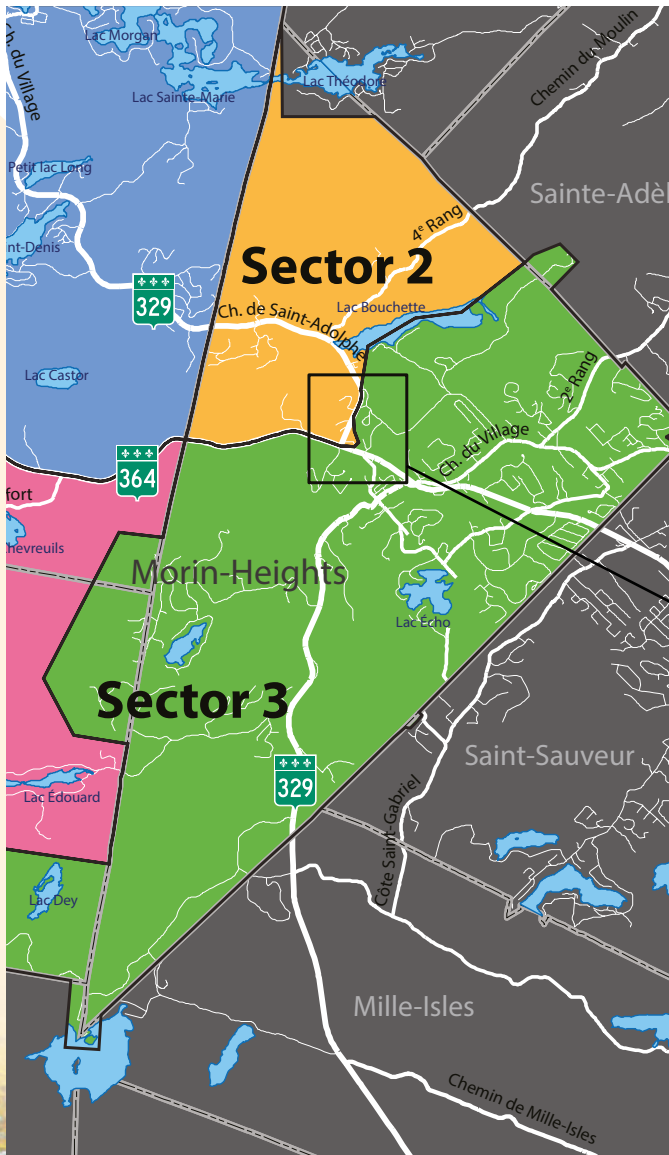
You can also visit the website:

www.lespaysdenhautrecyclent.com



Recycling and Gargabe Collection Calendar

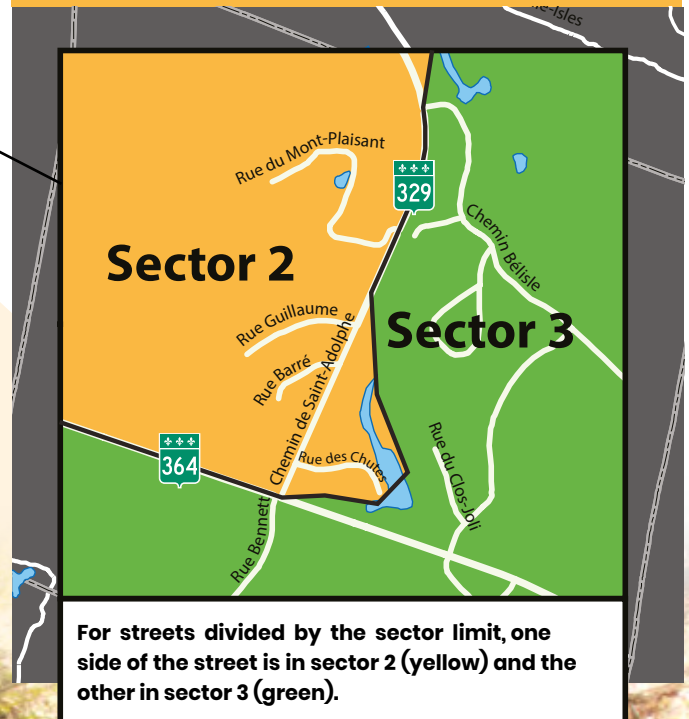
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- ♻️ RECYCLING
- 🗑️ GARBAGE
- 🌿 ORGANIC MATTER
- 📦 BULKY TIEMS (4 times a year)*

* Place bulky items by the road the sunday evening. The truck will only pass one time in each street.

INFO-COLLECTE
1 855 PDH-RECY or 450 229-8052
infocollecte@mrcpdh.org



For streets divided by the sector limit, one side of the street is in sector 2 (yellow) and the other in sector 3 (green).

Do you own a well?

Prevent health problems Test the quality of your drinking water

Did you know?

Even if your water is clear, odourless and good-tasting to drink, it can contain bacteria and contaminants that can affect your health.

Some treatments that improve the appearance of water (e.g. softener, active carbon filter, green sand filter) do not eliminate the main health risks.

Microbiological contaminants (bacteria)

- Risk of nausea, vomiting, diarrhea, stomach ache.
- Greater risk for young children, the elderly and people with chronic illnesses or whose immune systems are compromised.
- Bacteria present in the water due to human or animal activity near the well.

Chemical contaminants

- Presence in the water due to the nature of the ground or to human activity.
- Depending on the region, contaminants most frequently seen in well water are iron, manganese, fluorides, nitrates/nitrites.
- Various health risks, as well as recommendations (restrictions), can vary as a result of the concentration found.

When should you conduct water tests?

- At least twice a year for microbiological contaminants, in the spring and autumn (after spring thaw or heavy rain).
- At least once for chemical contaminants.
- If the water changes appearance, taste or odour.
- If work has been done on or near the well.

Where should you get your water analysed?

- In a **laboratory accredited** by the Ministère de l'Environnement (MDDELCC). The complete list is available on this website (drinking water section): mdelcc.gouv.qc.ca.

If you suspect health problems related to the quality of your water, contact **Info-Santé**, by calling 811.

For more information, go to “**The Quality of My Well Water**” on the **MDDELCC** website: mdelcc.gouv.qc.ca

Centre intégré de santé et de services sociaux des Laurentides: santelaurentides.gouv.qc.ca

LE **CISSS** DES LAURENTIDES
complice de votre santé

Centre intégré
de santé
et de services sociaux
des Laurentides

Québec





Morin-Heights Fire Department and First Responders



Cooking Fires

Did you know that...?

- / Cooking is the leading cause of house fires as well as injuries due to house fires.
- / Unattended cooking is the leading cause of cooking fires.
- / Thanksgiving is the peak day for cooking fires, followed by Christmas Day and Christmas Eve.
- / Two-thirds (67%) of home cooking fires start with the ignition of food or other cooking materials;
- / The clothes are the first element ignited in less than 1% of these fires however, they accounted for 15% of deaths during cooking fires;
- / The stovetop represent the largest part (57%) of cooking fire incidents, whereas the ovens account for 16%;
- / Over half (55%) of non-fatal injuries caused by home cooking fires occur when the victims try to extinguish the flames themselves;
- / Frying poses the highest risk of fire;



**Here are the places
in the Municipality
of Morin-Heights
where you can find
an automatic
defibrillator:**

- / 721 - Director of the Fire Safety Service's truck
- / Assistant Director's personal vehicle
- / Captain's personal vehicle
- / IGA Morin-Heights
- / Sommet Morin Heights
- / Chalet Bellevue
- / Morin-Heights Elementary School
- / 731 rescue truck
- / Officer on duty
- / In summer at the soccer field, in winter at the Aerobic Corridor Welcome Pavilion

To discover!

Your subscription to the Morin-Heights Library gives you free access to numerous digital resources from the comfort of your home via

mabibliothèque.ca:

/ French and English books

/ Magazines

/ Courses in languages, computer science, music, personal development, etc.

/ Encyclopedia

/ Career and employment resources

/ A genealogy software

/ *Protégez-vous* Magazine

/ A resource directory for caregivers

These services are available for FREE.

To have access, get your library card and PIN at the library.



Municipal Library

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

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

Novels

Diane Ackerman
The Zookeeper's Wife

Katherine Ashenberg
Sofie & Cecilia

David Baldacci
The Fallen

Steve Berry
The Bishop's Pawn

Joanna Goodman
The Home for Unwanted Girls

Iris Johansen
Shattered Mirror

Phillip Margolin
The Third Victim

Jo Nesbo
Macbeth

Tom Rachman
The Italian Teacher

John Sanford
Twisted Pray

Non-Fiction

Jann Arden
Feeding My Mother

Arne & Carlos
Field Guide to Knitted Birds

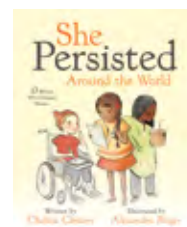
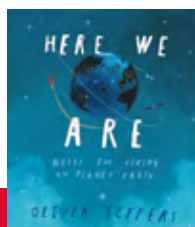
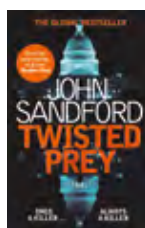
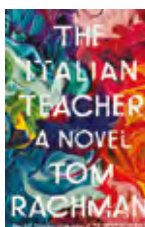
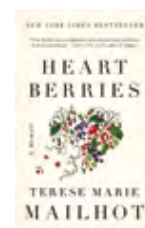
James Comey
A Higher Loyalty

Youth

Chelsey Clinton
She Persisted Around the World

Cherie Dimaline
The Marrow Thieves

Oliver Jeffers
Here We Are: Notes For Living on Planet Earth



Cultural Programming

Creative Writing Group

Are you interested in joining with others to write just for fun, using exercises that encourage creativity and sharing? This self-managed writing group works in a respectful atmosphere, and members take charge of the activity in turns.

Bring pens and paper on Saturdays, 10:00 to noon at the municipal library, 823 chemin du Village. It's that easy and, it's free!

And as writer Marité Villeneuve 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 • 514 942-8776 or guillemette.lemasson@gmail.com

French-language Reading Club (CLEF)



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

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

Chorale Joyful Noise

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

The choir invites you to sing on Tuesday at 19:00 from September 18th to December 11th, at Chalet Bellevue, \$130.

Christmas Show on December 13th.

Information and registration:

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

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



Knitting Group

The knitting group meets twice a month to knit, chat and share ideas. Those who like to crochet, do embroidery or other needlework are also welcome!

Meetings will be held in the Remembrance Hall at the Morin-Heights library on the second and fourth Thursdays, September to December, from 13:00 to 16:00. You are welcome for the full three hours, or less, depending on your availability.

This is an informal group, no need to sign up or rsvp. So join us to work, share and chat. All you have to bring are your supplies. Contact Monique Bélisle at 450 226-8464 if you have questions.

Creative Arts Lab, LAC

Give free rein to your imagination in this visual arts workshop. "Le LAC" will involve a monthly thematic meeting to be led each time by a different participant. Bring the medium of your choice to work with.

The sessions will run from 13:30 to 15:30 at the Chalet Bellevue on the fourth Saturday of September, October, and November. No talent needed, open to all, informal and unpretentious!

For more information, visit the Facebook page [LaboLACMorinHeights](https://www.facebook.com/LaboLACMorinHeights).

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.



**All Journées de la culture activities
being held on SATURDAY, SEPTEMBER 29th
in Morin-Heights are FREE!**



Art Exhibit

Visit Arts Morin-Heights' "Words" themed exhibition.

/ from 10:00 to 14:00 at the library, vernissage at 13:00

Collective Alphabet

Arts Morin-Heights' Ginette Fontaine will guide you through the creation of a collective alphabet. Choose a letter and take on the challenge! With your family, find a maximum of words starting with this letter and bring it to life with great colors! **/ from 10:00 to 14:00 at the library**



Creative Writing Workshop

Have fun with words in this creative workshop! Come and experience various, simple and fun writing exercises such as: inventing a definition for a word you don't know, writing about the smell of happiness or describing your life in five sentences. **/ at 10:30 and 13:00 at the library**



Intergenerational Quiz

Partake or be a witness to an unique quiz: seniors will have the chance to teach older words to kids, while the kids have the adults guessing the meaning of newer words. Come play with us! **/ at 12:00 at the library**



Collective Crossword

Stop by and try to find a few answers in our giant crossword about Morin-Heights history! **/ from 10:00 to 14:00 at the library**

Multilingual Zone

Come meet the « Évolution » mobile language school! Treat yourself to an intercultural trip in this entertainment and games zone or come with your family and discover different languages and cultures together (English-French-Spanish). **/ from 10:00 to 14:00 at the library**

Reading of the Play "All in the Timing" by David Ives

To end the activities on a high note, Theatre Morin-Heights will present a reading of the play "All in the Timing" by David Ives.

**/ at 14:30 at Trinity Church, 757,
chemin du Village**

Board Game Zone: Play with words!

Join *Le Farfadet du Nord* team under the big tent! Alone, with family or friends, come discover and play board games that are words or letters related. Play against a Scrabble World Champion (in French)!

/ from 10:00 to 14:00 at the library

Local Newspaper Exhibit

An exhibit on archive publications about Morin-Heights. The Morin-Heights Historical Association invites you to bring your own pictures and documents related to Morin-Heights history, and they will contribute to the collection by being scanned on site.

/ from 10:00 to 14:00 at the library



La Maison de la famille des Pays-d'en-Haut

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 living environment made available to families.

Book the date of Saturday, **September 15th** on your agenda for our annual open house! Enjoy this day to visit the *Maison de la Famille*, discover the fall programming and participate in a day of entertainment for the whole family.

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

Annual grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2019 requests for financial and technical assistance. Foreseeing community needs allows the Council to set aside the necessary funds in its annual budget.

The required form is available on the municipal website (Online Services / Online Forms). It must be completed and returned by **October 15th**, 2018. Council will analyze requests in November and send out replies by **February** 2019.

Halloween

We are actively looking for adults interested in taking 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.

Shiny robots, superheroes of all kinds, two-legged gazelles and colorful fairies will meet in the heart of the village on Halloween night! 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 town to contact us to help create a festive atmosphere!

Village Road will be closed to traffic during the event: motorists will have to take Watchorn Road as an alternative route and exercise extra caution on this evening when all children roam the streets freely in search of goodies.





Open Doors at Chalet Bellevue

Instructors offering classes for our fall municipal program invite you to a free class trial on Saturday, **September 8th** at Chalet Bellevue. 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.

In the reception room on the main floor, you can enjoy the «Canada» art collection; artwork made by Canada Day 2018 participants under the direction of Charlem Lepeintre.

Board games will be available for those who wish to sit and socialize!

You are welcome from 10:00 to 16:00 at 27 Bellevue Street.

CLASSES OFFERED			
10:00	10:00 CREATIVE WRITING with Monique Bélisle	TAI CHI CHUAN with Robert Lee	KARATE with Gilles Labelle
	10:30 CREATIVE ARTS LAB with Lou Roy		
11:00	DEVELOPING YOUR CREATIVE POTENTIAL with Anne Maynard	TAI CHI CHUAN with Robert Lee	KARATE with Gilles Labelle
12:00		ESSENTRICS AGING BACKWARDS with Ginette Ouimet	
13:00	13:00 CREATIVE WRITING with Monique Bélisle	ESSENTRICS with Ginette Ouimet	GYPSY DANCING AND MIDDLE EASTERN DANCES with Hélène Sanschagrin
	13:30 CREATIVE ARTS LAB with Lou Roy		
14:00	DEVELOPING YOUR CREATIVE POTENTIAL with Anne Maynard	CONTEMPORARY DANCE (intermediate) with Caroline Dusseault	
15:00	INTRODUCTION TO PHOTOGRAPHY with Bruno Larue	CONTEMPORARY DANCE (intermediate) with Caroline Dusseault	CHAIR ADAPTED YOGA with Josephine Piazza



Les rendez-vous Art-Thé de la MRC

A series of art exhibitions

Salle polyvalente de la Gare de Piedmont,
146 chemin de la Gare, Piedmont

KARINA MARQUIS and NATHALIE MOREL

August 25th and 26th from 13:00 to 16:00 (open daily until September 3rd, from 13:00 to 16:00)

For additional information, please consult **laculture.ca** website or contact Philippe Laplante at 450 229-6637, ext. 119.

Les stations éphémères along the Aerobic Corridor

Ephemeral artistic creations (inspired by land art) located in three different areas (stations), between Lac-des-Seize-Îles and Morin-Heights. September 1st and 2nd from 13:00 to 16:00 (this exhibition will be open daily until September 30th).

For additional information, please consult our website **lespaysdenhaut.com/stations-ephemeres** or contact Philippe Laplante at 450 229-6637, extension 119.

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Photo: Martin Gauthier, RJANP

Proud as a «Ruisseau Jackson» Peacock

A total of 51 bird species were identified in less than two hours during last May's RuisseauBlitz! This summer, the community will choose one as the emblematic bird of the watershed. The proud winner will be announced on November 3rd at a free presentation at Chalet Bellevue!

Information: **www.ruisseaujackson.org**



Jenanson Design featuring David Hodgson

Designer & woodcrafter since 1968

Woodcraft exhibit – **September 21, 22 & 23** at the Library's Remembrance Hall located at 823 chemin du Village, Morin-Heights.

Duplicate Bridge Club

The Morin-Heights Bridge Club meets every Thursday from September to May. Play begins at 13:00 at Chalet Bellevue (27, rue Bellevue). All bridge players are most welcome. For more information, please call Joan Ford at **450 226-2322**.

Senior Citizens Heritage Club

The Senior Citizens Heritage Club invites you to join, age **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

Laurentian Region 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 (27 rue Bellevue). Donations are welcome (tax receipts provided).

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.

Theatre Morin Heights



Thank you to all of our volunteers, members, and patrons who supported our community theatre troupe throughout 2017-18. We are now hard at work (and having fun) preparing the 2018-19 season.

We are delighted to present our main stage production **«Glorious!»** by Peter Quilter on **November 1, 2, 3 and 4** at the Chalet Bellevue.

To volunteer behind the scenes, join or renew your membership, or find out about our latest activities visit us online at theatremorinheights.ca, email theatremorinheights@gmail.com or call 579 765-3999.

Mitten Trees

Thanks to the generosity of many knitters, more than 120 items – tuques, mitts, socks, and scarves – were hung on our mitten trees last winter. All these knitted goods have been distributed in regional schools and through the food bank *Garde-Manger des Pays-d'en-Haut*.

We'll be «planting» our mitten trees once again on November 15th at Chalet Bellevue, the Town Hall, and the library. They will be in place until the beginning of January. We'll «pick» the knitted goods once the trees are full – and for sure just before Christmas – to distribute them among less-fortunate families in the area.

So, knitters, to your needles!

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



Stay Safe Course!

This class offers basic first aid and safety skills for youth 9-13 years old. Participants will 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 **bilingual** course is offered at \$60 per person, including a workbook and a certificate upon the successful completion of the course.

Sunday, November 11th, 9:00 to 15:30 at Chalet Bellevue (27 rue Bellevue).

Registration required before November 1st, at Chalet Bellevue: 450 226-3232, ext. 132.

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

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.

The **bilingual** course is offered at \$60 per person, including a manual and wallet upon the successful completion of the course.

Saturday, October 13th and Sunday, October 14th, 9:00 to 13:00 at Chalet Bellevue (27 rue Bellevue).

Registration required before October 4th at Chalet Bellevue: 450 226-3232, ext. 132.

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

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). Now taking registrations for 2018-2019; all preschool fees are tax deductible.

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



Association Historique de
Morin Heights
Historical Association

3rd annual Heritage Awards Gala

The Morin-Heights Historical Association is pleased to announce its 3rd Annual Gala, which will honor two local persons for their contribution to the history of our community in the categories «Outstanding Contribution» and «Heritage Conservation».

On Saturday, October 13, 2018: cocktails at 18:00, dinner and awards at 19:00

Information:

Suzanne Rankin 450 226-1279
mhha98@hotmail.com
www.morinheightshistory.org



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 resume to loisirs@morinheights.com **before September 27th**.

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

Reminder: Annual Blood Drive



The next blood drive in Morin-Heights will be held on **August 16th at Chalet Bellevue** (27 rue Bellevue), from 13:00 to 19:00.

www.hema-quebec.qc.ca

Give blood, give life!



New schedule by August 20th, available online at www.linter.ca. Dare to take public transport and let yourself be safely transported to the train station in St-Jérôme or up north in Mont-Tremblant!

1 877-604-3377



La Fouillerie

La Fouillerie, located at 28 rue Bennett, 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 14:00

Information: 450 644-0087

Morin-Heights Scouts

Scouting activities for boys and girls from 5 to 17 years old: Beavers, Cubs, Scouts, and Venturers.

Meetings are on Wednesday from 18:45 to 20:15 at Morin-Heights Elementary School, starting September 12th to June. Registration will be on September 12th at MHES; the first child is \$230, \$180 for siblings.

We are looking for volunteers for Group Committee.

Information: Brian Weaver at 514 473-7096

orscoutsmorinheights@live.com



Viking Ski Club

Viking Ski Club offers ski programs beginning January 5th, 2019. Registrations are accepted by September.

/ Bunny Rabbit: 4 - 5-year-olds

/ Jack Rabbit: 6 - 13-year-olds

/ Arrows: 11 - 15-year-olds

/ Challenge: 12 years +

/ Biathlon Bears: 9 - 15-year-olds

/ Adult Biathlon: 16 years +

/ Private lessons

/ Adult touring program held on Thursdays, Saturdays, and Sundays, starting in January.

The chalet is located at 393, chemin Jackson, in Morin-Heights.

Visit www.vikingskiclub.ca or write to info@vikingskiclub.ca.

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**, 2018 (available on the website: www.morinheights.com under “Online Services”, then “Online Forms” or at the Town Hall).

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 Laurentians, 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 “Online Services”, then “Online Forms” or at the Town Hall.



www.morinheights.com



Royal Canadian Legion Activities

Darts on Friday at 15:00, new players welcome! Military Whist on the 1st and 3rd Monday of the month at 13:00.

SATURDAY, AUGUST 18 Golf Tournament and Steak Dinner (open to all)	SATURDAY, OCTOBER 13 Octoberfest Supper , at 18:00
FRIDAY, AUGUST 24 TGIF Smoked Meat , 18:00 to 19:00	FRIDAY, OCTOBER 19 TGIF Smoked Meat , 18:00 to 19:00
SATURDAY, AUGUST 25 Live Music: The Keepers , at 20:00	SATURDAY, OCTOBER 20 Live Music: The Derek Falls Trio , at 20:00
SATURDAY, SEPTEMBER 1 Labour Day Steak Supper , at 18:00	WEDNESDAY, NOVEMBER 7 Country Night with Dwane Dixon & Texarillo , at 19:00
MONDAY, SEPTEMBER 3 Live Music: Black Umfolosi , at 19:30	SATURDAY, NOVEMBER 10 Remembrance Day Parade and Lunch
SATURDAY, SEPTEMBER 8 (postponed to the next day in case of rain) Flea Market #4 (Breakfast and BBQ lunch)	FRIDAY, NOVEMBER 16 TGIF Smoked Meat , 18:00 to 19:00
SATURDAY, SEPTEMBER 8 Doc MacLean CanAfrica Blues , at 20:00	SATURDAY, NOVEMBER 17 Open Mic & Jam , 19:00 to 22:00
FRIDAY, SEPTEMBER 21 TGIF Smoked Meat , 18:00 to 19:00	SATURDAY, NOVEMBER 25 Grey Cup Party & hamburgers , at 18:00
SATURDAY, SEPTEMBER 22 Open Mic & Jam , 19:00 to 23:00	
SATURDAY, SEPTEMBER 29 Spaghetti Jazz Supper with Kim Adams & the House Cats , at 18:00	
FRIDAY, OCTOBER 5 Classic J 60's Dance Music , at 20:00	

All welcome!
127 chemin Watchorn
Information:
www.legion171.net or
450 226-2213
(after 15:00)



Next edition!

To submit a text, send both a French and English version to bulletin@morinheights.com.

WINTER EDITION

December 1st, 2018 to March 20th, 2019

Deadline: October 5, 2018

Distribution: November 23, 2018

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.

Gymnasium Sports

From September 10 to December 11

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

Daily fee per sport (payable on site)

\$4 resident • **\$6** non-resident

Semester pass per sport, available online at www.morinheights.com ("Online Services", then "Online Registrations").

\$40 resident • **\$60** non-resident

Pick-up Hockey

For children 5 to 15 years old

(as of September 30th, 2018)



This recreational hockey program offers children 5* to 15 years of age, an opportunity to play traditional pick-up hockey at the local outdoor skating rink. Emphasis is on fun, team spirit, and participation. The program will mostly take place at the skating rink, except for a few exhibition games which will be organized within the MRC.

The program is free, places are limited, and it is entirely run and supervised by volunteers, so please respect their involvement by showing up! Hockey is a sport where team spirit is essential; your children's presence to all games is key.

*If a sufficient number of children aged 5 and 6 is reached, we will start a team for this age group.

The following equipment is required: helmet with full face protector, neck protector, shin and knee guards, gloves, pelvic protector, hockey stick and skates.

7 to 10 years old: Tuesdays from 18:30 to 19:30

11 to 15 years old: Thursdays from 19:00 to 20:30

Starts on Tuesday, January 8th ice and weather conditions permitting, at the rink (148 chemin Watchorn). Program ends on February 28th, 2019.

Ice conditions: 450 226-3232, ext. 122

Online registrations start on October 1st at www.morinheights.com ("Online Services" menu, then "Online Registrations"). **Places are limited**.**

***Priority will be given to Morin-Heights residents up to **December 14th**. Following this date, all remaining places in the program will be filled with non-residents, first come, first served!*

Information: Robert Leblanc, Volunteer Head Coach, 450 226-1392.



www.morinheights.com

2018–2019 Rates

CROSS-COUNTRY SKIING & SNOWSHOEING			
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

CROSS-COUNTRY SKI*		SNOWSHOE*	
DAY TICKETS (taxes included)			
Regular ticket	\$16	Regular ticket	\$8
Students (13 - 22) and Seniors (65+)	\$14	Children (12 and under)	FREE
Children (12 and under)	FREE	FATBIKE	
		DAY TICKETS (taxes included)	
		13 and older	\$8

*Special rates for groups, 24-hour notice



Cross-Country Skiing and Snowshoeing

Season passes will be available for sale at Chalet Bellevue starting in mid-September until November 25th and will be discounted at the rate of \$5 per pass if purchased during this period.

Bring a 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.

The Morin-Heights network pass is 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 FIS class *Les Fondeurs* 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 an excellent bargain for the whole family.

Information:

Chalet Bellevue
27 rue Bellevue
450 226-3232, ext. 130
skidefond@morinheights.com

Comments and complaints:

parcs@morinheights.com

Inter-municipal Agreement

An inter-municipal 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. Proof of residence is required. We suggest that you contact the municipality offering the course 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

PARENT & CHILD

Artisanal Chocolate Making Workshop – Halloween Special
Sainte-Marguerite-du-Lac-Masson

Pumpkin Decoration
Sainte-Adèle

Discover the terroir – workshop #16 – one-day activity (14-99 y.o.)
Sainte-Anne-des-Lacs

Super Hero Training
Sainte-Adèle

Advent Calendar Workshop (family, 4 y.o.+)
Saint-Sauveur

Halloween Fantasy Make-Up (family, 4 y.o.+)
Saint-Sauveur

Board Games – one-day activity (3-99 y.o.)
Sainte-Anne-des-Lacs

Halloween Culinary Workshop (2-8 y.o.)
Sainte-Adèle

Sports ABC (2-3 y.o. & 3-4 y.o.)
Saint-Sauveur

«Stay Safe» Training (8-12 y.o.)
Sainte-Adèle

ADULTS

Culinary Workshop
Sainte-Adèle

Writing Workshop (all levels)
Sainte-Adèle

Artisanal Chocolate Making Workshop – Halloween Special
Sainte-Marguerite-du-Lac-Masson

Cardio Boxing
Saint-Sauveur

Fitness Centre
Sainte-Marguerite-du-Lac-Masson

Singing (individual lesson)
Saint-Sauveur

Outdoor Circuit Training
Piedmont

Spanish (beginner 1, intermediate 1 and 2)
Sainte-Adèle

Smooth Essentrics
Saint-Adolphe-d'Howard

Smooth Gym
Piedmont

High-Intensity Interval Training
Sainte-Anne-des-Lacs

Meditation
Sainte-Marguerite-du-Lac-Masson

Fitness & Well-being
Piedmont

Muscle Your Brain!
Sainte-Adèle

Piano (individual lesson)
Saint-Sauveur

Mindfulness
Saint-Sauveur

Qi Gong
Sainte-Adèle and Saint-Adolphe-d'Howard

Firm Up Express
Sainte-Marguerite-du-Lac-Masson

Meditative Stretching
Saint-Adolphe-d'Howard

Tai Chi (Yang style & Wu style)
Sainte-Adèle

Taijifit Flow
Saint-Adolphe-d'Howard

Tap Clap Cardio
Saint-Adolphe-d'Howard

Soft Yoga
Sainte-Anne-des-Lacs

Yoga Kundalini
Saint-Adolphe-d'Howard

Yoga for all
Sainte-Marguerite-du-Lac-Masson

Therapeutic Yoga
Saint-Sauveur

Yoga vini
Saint-Adolphe-d'Howard

Yoga 50+
Sainte-Marguerite-du-Lac-Masson

Zumba
Sainte-Anne-des-Lacs

YOUTH

Sports ABC (4-6 y.o.)
Saint-Sauveur

Artisanal Chocolate Making Workshop – Halloween Special
Sainte-Marguerite-du-Lac-Masson

Self-defense
Sainte-Adèle

Cardio Boxing
Saint-Sauveur

Singing (individual lesson)
Saint-Sauveur

Contemporary Dance
Sainte-Adèle

Creative Dance (3-5 y.o.)
Sainte-Adèle

Hip-Hop Dance (9-13 y.o.)
Sainte-Adèle

Fencing (8-16 y.o.)
Saint-Sauveur

Floor Hockey
Sainte-Adèle and Sainte-Marguerite-du-Lac-Masson

Judo (6-15 y.o.)
Saint-Sauveur

Karate
Sainte-Adèle

Piano (individual lesson)
Saint-Sauveur

Sheltoons – one-day activity (5-15 y.o.)
Sainte-Anne-des-Lacs

Programming

FOR INFORMATION OR REGISTRATION, COMMUNICATE WITH THE INSTRUCTOR.

R: resident NR: non-resident / **: contact instructor for more information

Essentrics Aging Backwards

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.

Location: Chalet Bellevue

Rate: R: \$140 1x/week
\$240 2x/week
NR: \$160 1x/week
\$280 2x/week

Day: Monday 9:30 to 10:30 and/or
Wednesday 9:30 to 10:30

Dates: September 10 to November 28 (12 weeks)

Instructor: Ginette Ouimet (certified Essentrics instructor level 4)
450 543-0308

essentricsavecginette@gmail.com
essentricsavecginette.vpweb.ca

Essentrics

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.

Location: Chalet Bellevue

Rate: R: \$140 1x/week R: \$240 2x/week
NR: \$160 1x/week NR: \$280 2x/week

Day: Monday 11:00 to 12:00 and/or
Wednesday 11:00 to 12:00

Dates: September 10 to November 28 (12 weeks)

Instructor: Ginette Ouimet (certified Essentrics instructor level 4) / 450 543-0308

essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

Yoga and Meditation

Hatha yoga, meditation, and spiritual disciplines

Location: Chalet Bellevue

Rate: **

Day: Monday 16:30 to 18:30 and/or
Wednesday 7:30 to 8:30

Dates: September to December

Instructor: Louise Bloom 450 226-5844

Developing your Creative Potential

Explore techniques and tools to increase your creativity: spontaneous writing, symbols, images, colors, pastels, etc. No artistic talent required. Over thirty years of experience in coaching, animation, and training in adult education.

Location: Chalet Bellevue

Rate: R: \$190 NR: \$218,50 (all material included)

Day: Tuesday 9:30 to 12:00

Dates: September 11 to October 30 (8 weeks)

Instructor: Anne Maynard 514 214-8191
annemaynard29@gmail.com

Tai Chi Yang Stretch and Meditation

Physical, mental and emotional balance. Possibility of joining the course at any time.

Location: Chalet Bellevue

Rate: R: \$110 NR: \$130

Day: Tuesday 10:30 to 11:45

Dates: 1st session September 4 to October 16 / 2nd session October 23 to December 4

Instructor: Michelle Gendron 450 712-6834 / ecoledetaichilibre.com

Spanish 1

Beginner level course for those who have no knowledge of Spanish, material included. 16+

Location: Chalet Bellevue

Rate: R: \$165 NR: \$190

Day: Thursday
10:00 to 12:00

Dates: September 20 to
December 6

Instructor: Yoalli Gallegos
819 326-7706

laurentidescascasapagnol@hotmail.com

Spanish 2

For those who have basic knowledge of Spanish (present time, can speak with «I»), material included. 16+.

Location: Chalet Bellevue

Rate: R: \$165 NR: \$190

Day: Thursday
12:15 to 14:15

Dates: September 20 to
December 6

Instructor: Yoalli Gallegos
819 326 7706

laurentidescascasapagnol@hotmail.com

Introduction to Chair Adapted Yoga

Adapted postures working mobility, balance, strength, and flexibility. Focused breath work to develop awareness and the benefits of deep relaxation. For adults of all ages.

Location: Chalet Bellevue

Rate: R: \$60 NR: \$70

Day: Thursday
17:45 to 18:45

Dates: September 20 to
November 1
(6 weeks)

Instructor: Josephine
Piazza, Yoga Tout
Laurentides,
514 349-0775

jojopiazza22@gmail.com

Gypsy Dancing

Gypsy dances are inspired by the cultures of India, the Middle East (tribal Bedouins, baladi, Roma, Turks), from Eastern Europe (Gypsies of the Balkans and Andalusian flamenco). Body and mind are used to express a range of expressions (freedom, fluidity, sweetness, sensuality, passion). Brings body awareness, flexibility, strength, coordination, balance, release of stress and tension, self-confidence.

Location: Chalet Bellevue

Rate: R: \$138 NR: \$155

Day: Tuesday 17:30 to 18:45

Dates: Starts on September 25 (10 weeks)

Instructor: H  l  ne Sanschagrin / 450 227-4019

www.raksbohemia.ca / raksbohemia@gmail.com

Middle Eastern Dances

From the popular and feminine 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.

Location: Chalet Bellevue

Rate: R: \$138 NR: \$155

Day: Tuesday 19:00 to 20:15

Dates: Starts on September 25 (10 weeks)

Instructor: H  l  ne Sanschagrin / 450 227-4019

www.raksbohemia.ca / raksbohemia@gmail.com

Acrylic Painting & Creativity

Develop your creativity and technical skills with acrylic through this course: we will work colors, shapes, and light, as well as trust, composition, and letting go of the result. Demonstrations, explanations, painting games and of course, advice for your painting projects, whether you are a beginner or not.

Location: Chalet Bellevue

Rate: R: \$208 NR: \$248

Day: Wednesday 13:00 to 15:30

Dates: September 12 to October 31 (8 weeks)

Instructor: LiliFlore 514 638-5810

liliflore.ca / liliflore.ca@gmail.com

Contemporary Dance

Technical classes and learning of a contemporary routine. For adults (17+).

Intermediate level

Location: Chalet Bellevue

Rate: R: \$120 NR: \$140

Day: Thursday
18:45 to 20:00

Dates: September 13 to
November 1

Instructor: Caroline
Dusseau
da@DUSSOdanse.com

Vinyasa Flow Yoga

A dynamic yoga based on breath flow, rhythm, and alignment. 16+

Location: Chalet Bellevue

Rate: free

Day: Friday
8:30 to 9:45

Dates: September 10 to
December 21

Instructor: Brigitte
Vaissade
450 675-0515
brigittevaissade@gmail.com

Karate

Develops concentration, respect, self-confidence and increases physical fitness. Gives children the tools to avoid bullying. Children 5 and up and adults. Two free trial classes.

Location: Chalet Bellevue

Rate: **

Day: Friday
17:30 to 18:30

Dates: September to
June

Instructor: Kyoshi
Gilles Labelle
450 431-1444
lgilles.budo@gmail.com

Introduction to Photography

Learn how to use your camera in manual mode to be sure to capture the photographic opportunities available to you, which is the technical part of photography. Also learn to gain confidence and develop your photographer's eye to bring your creativity into your images. For beginners and intermediates. You must have your equipment.

Location: Chalet Bellevue

Rate: R: \$100 NR: \$125

Day: Wednesday 10:00 to 12:00 or 13:00 to 15:00

Dates: 1st session September 12 to October 10 (5 weeks)
2nd session October 17 to November 8 (5 weeks)

Instructor: Bruno Larue 514 830-0432
www.brunolarue.com / brunolarue@me.com

Tai chi Chuan

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.

Location: Chalet Bellevue

Rate: free

Day: Saturday 9:00 to 11:00

Dates: September 15 to December 15

Instructor: Robert Lee 450 227-8829

Cardio Nordic Walking

Learn Nordic walking safely. This program includes a warm-up, a period of cardiovascular exercise alternating Nordic walking technique and muscle intervals as well as strength training and stretching exercises with poles. A quiet walk back will allow you to admire the landscape fully! Required material: Nordic walking poles with wrist straps.

Location: Aeobic Corridor

Rate: \$10,75/class x 14 weeks + taxes = \$178,79

Day: Saturday 10:30 to 11:45

Dates: September 10 to December 16

Instructor: Cardio Plein Air, certified trainers. Registrations through www.cardiopleinair.com or contact Julie Raymond 450 643-0465
st-sauveur@cardiopleinair.ca

Traditional Scottish Highland Dancing

Traditional dance for 6 years old and over.

Location: Chalet Bellevue

Rate: R: \$60 NR: \$70

Day: Sunday
16:00 to 17:30

Dates: September 23 to December 2

Instructor: Heather McNabb
514 486-3480
heatheramcnabb@hotmail.com

«The New Retirement» Workshop

Retirement, as our parents and grandparents lived it, is now being redefined and transformed by the baby boomers. Are you currently retired or planning your retirement? Come explore and discuss with others the psychosocial factors (non-financial) that help create a fulfilling life in retirement.

Location: Chalet Bellevue

Rate: \$60 (+tx.)

Day: Wednesday,
October 3

9:30 to 1:30
(in English)
13:30 to 15:30
(in French)

Instructor: Jeannette Lalonde and Mary Morency
www.coachingretraite.ca
jeannette.lalonde@coachingretraite.ca
514 653-6425
mary.morency@coachingretraite.ca
514 235-7310

Ballet

Location: Chalet Bellevue

Rate: **

Day: Tuesday 17:00 to 18:00 pre-ballet

(3 1/2 to 5-year-olds)

18:00 to 20:00 ballet 3 / elementary

(11 year olds and +)

Friday 17:00 to 18:15 ballet 2

(8 to 10-year-olds)

18:15 to 20:15 ballet 3 / elementary

(11 year olds and +)

Sunday 9:00 to 9:45 pre-ballet

(3 1/2 to 5-year-olds)

9:45 to 11:00 ballet 1 (6 to 7-year-olds)

11:00 to 12:30 ballet 2 (8 to 10-year-olds)

12:30 to 14:30 ballet repertoire

(ballet 3 / elementary)

Dates: September to June

Instructor: Conservatoire de ballet classique des Laurentides, Madame Isabeau 514 608-3381

«Building Resilience - Bounce Back Better® (B3)» Workshops

Would you like to be able to better cope with life's numerous challenges? Are you going through a difficult transition period? Do you want to learn how to better control your thoughts and emotions in stressful situations? Come and discover the basic skills of resilience by participating in this series of discussion workshops. Three workshops (modules).

Location: Chalet Bellevue

Rate: \$60 (+tx.) per module or
\$150 (+tx.) for all modules

Day: Module 1: Wednesday, October 17

9:30 to 11:30 (in English)

13:30 to 15:30 (in French)

Module 2: Wednesday, October 31

9:30 to 11:30 (in English)

13:30 to 15:30 (in French)

Module 3: Wednesday, November 14

9:30 to 11:30 (in English)

13:30 to 15:30 (in French)

Instructor: Jeannette Lalonde et Mary Morency
www.coachingretraite.ca

jeannette.lalonde@coachingretraite.ca / 514 653-6425

mary.morency@coachingretraite.ca / 514 235-7310

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