



INFO

Morin-Heights

In harmony with nature



MORIN-HIGHTS
1855

MUNICIPAL INFORMATION

FALL 2021

SEPTEMBER / OCTOBER / NOVEMBER
VOL. 24 NO 4

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Les journées de la culture

under the theme "*Voyage dans le temps*"

At Chalet Bellevue, Friday, September 24

In a 5@7 format, come and discover the works created by the artists of Arts Morin-Heights, which illustrate members of the founding families of Morin-Heights. These art pieces will be auctioned the following day. If sanitary conditions allow it, a glass of wine will be offered to each visitor.

At Chalet Bellevue, Saturday, September 25 from 10:30 to 12:00

The Morin-Heights Historical Association will present a conference on four founding families of Morin-Heights, namely the Bélisle, Guénette, Seale and Kilpatrick. You will also be able to meet descendants of these families!

(continued on page 15)

News from the Mayor



Environmental policy

Fellow citizens,

As we are all aware, environmental issues are critical to the survival of our planet. It is high time that all levels of government take responsibility and implement measures to protect the quality of our air, water, and earth.

The members of the CCE have worked tirelessly to identify the main guidelines and the concrete actions that must be taken as a municipality to do our part in accomplishing this.

Whether it be by protecting wetlands, preserving the forest canopy, reducing landfilled waste, or reducing greenhouse gases, Council will choose its priorities, which will allow for the improvement of our environmental footprint.

To do so, we will need your help. The Municipality may implement measures and by-laws, control activities on municipal property and promote proper practices, but if we really want to make a difference, each citizen must do their part.

We are therefore asking that you protect shorelines and wetlands, that you cut trees only when absolutely necessary, that you transition towards electric transportation and actively participate in recycling and composting.

It is the only way we will be able to leave this beautiful planet and our great municipality healthy for our children!

Tim Watchorn, ing.
Mayor

News from Habitats Morin-Heights

In October 2019, the *Société d'habitation du Québec* (SHQ) reserved 30 housing units with services for Morin-Heights, for seniors 75 years of age and over or for seniors with slight loss of autonomy, within the *AccèsLogis Québec* program.

We are currently working on finalizing the plans and specifications to obtain the conditional agreement from the SHQ. This fall will be dedicated to finishing the plans and specifications to prepare for the call for tenders.

Habitats Morin-Heights will be comprised of complete 3 ½ apartments, including space for a washer and dryer. There will also be common areas such as a dining room, community hall, multi-purpose room, etc.

Among the services offered to residents, there will be lunch and supper meals, along with a security service that will ensure 24 hours/day, seven days/week supervision.

Automated Citizen Alert System

If you have not already done so, we invite you to register for the citizen alert system, which allows us to quickly and efficiently reach our residents during emergency or disaster situations. The service is entirely **free**. The parameters are adjustable, so you can choose how you will be contacted, either by phone call, SMS (text message) and/or email.

www.morinheights.com/Forms-Summary

Animal Control

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



Currently in recruitment period, very competitive salary!

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 spring cleaning, window cleaning, preparing for a move;
- **seasonal work** such as raking, gardening, packaging, cleaning the garage or shed, etc.
- **respite services** for caregivers.

Contact us now to find out about all of our services!

450 229-6677 • marteau-plumeau.com



Photo Contest

Share your best shots: it could be local landscapes, local activities or events, or Morinheighters who are all smiles!

The winner will receive a gift card from a local shop. Send your favourites shots to **karyne.bergeron@morinheights.com**. The winner will be announced in the next issue of this bulletin.

Your pictures must have a minimum weight of 1 MB. If you want to submit numerous photos, we ask that you send them through wetransfer.com, a free and user-friendly website. Pictures received for this contest must be free of rights and will be kept in our municipal bank of images and could be used to illustrate our various communication tools or ads.

The winner of the contest from the previous edition is **Pierre Beauchemin**, who won a \$50 gift certificate from Espace l'Abri flower shop located at 800 chemin du Village. Congratulations!

Citizen card

We invite you to get your citizen card now. This free card, valid for one year, clearly identifies you as a resident of Morin-Heights, for example, to access Lummis Park or obtain free access to various activities. It also gives you free access to the tennis and pickleball courts at Basler Park, as well as to the snowshoe and fat bike trails in winter.

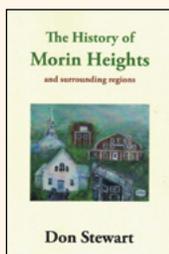
Ask for it via the registration page on our website ("Online Services" menu). Then, pick up your citizen card at Chalet Bellevue following the information you were given when you registered. For any assistance in this process, contact us at 450 226-3232, ext. 132 or at **chaletbellevue@morinheights.com**.

Please note that you will need to present valid proof of residency to pick up your citizen card.

Laurentian Region Cancer Support Group

The 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) or online via Zoom. 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.



The History of Morin-Heights and Surrounding Regions

Are you interested in the history of your town and its surroundings? Mr. Don Stewart, a long-time resident of Morin-Heights, author, and historian wrote a very interesting book about Morin-Heights and its history: "The History of Morin-Heights and Surrounding Regions". The book, available in English and French, is available at *Créations d'aujourd'hui* store, located near Lummis Park.

shorelinepress.ca • www.journalaccs.ca/lhistoire-de-morin-heights-cest-la-notre/



Association Historique de
Morin Heights
Historical Association

Heritage Awards Gala

The Morin-Heights Historical Association is holding its Heritage Awards Gala to honor a member of our community who has made a significant contribution to the preservation of our history and/or the conservation of our built heritage. **The Gala will be held on Saturday, November 13th at 18:00 at Chalet Bellevue.**

Tickets are on sale by contacting the association at mhha98@hotmail.com or at the Marché Vaillancourt for \$50 each (buffet, taxes and service included, \$25 tax receipt available upon request).

Information: Suzanne Rankin 450 226-1279

Annual grants for community organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2022 requests for financial and technical assistance. Foreseeing community needs allows Council to set aside the necessary funds in its annual budget.

The required form can be printed from the municipal website (Online Services / Online Forms). It must be completed and returned by **October 15, 2021**. Council will analyze requests in November and send out replies by February.



La Table des aînés lives again!

Since 2014, the year of its reorganization, *La Table des aînés des Pays-d'en-Haut* (TDA) is a concertation table that operates through consultations, one-time projects and others in the longer term, as well as through representations. This community involvement makes it a dynamic actor in the ten municipalities of the MRC.

Its objective is to find solutions to the different needs of all the elders in our area, like food, law assistance for health and social services.

The *Table des aînés des Pays-d'en-Haut* (TDA) is composed of dynamic and voluntary citizens, organizations from the food, volunteer, health and social services advocacy and English-speaking sectors. It offers free conferences to inform you about all the services available to the 55+.

In addition, we have created a directory of resources (all services) targeted for the 55+. It is easily accessible in all city halls and on the MRC website. *La Table* also created *La Charte sur la Bienveillance*.

All citizens and organizations can become members of the TDA free of charge; meetings are held every two months.

To contact the TDA communications committee, leave a message at 450 229-6637, ext. 106.

2021 Municipal Elections

We remind the owners of an immovable, who are not domiciled on the Municipality's territory, that they can apply to be registered on the Morin-Heights electoral list by filling out the form sent to them with their tax bill. The form is also available on the municipal website in the Elections 2021 section.

The Act Respecting Elections and Referendums in Municipalities states that elections are to be held every four years, on the first Sunday of November. The electoral period will begin on September 17th, 2021.

Those interested in working for the elections are invited to contact the Municipality at 450 226-3232, ext. 110 or by e-mail at elections@morinheights.com.

Public notices will be posted as required by law at the Town Hall, the post office and the municipal library. They will also be available under "PUBLIC NOTICES" at www.morinheights.com.

The electoral calendar is as follows:

Friday, September 17 th , 2021	First day for filing a statement of candidacy
Friday, October 1 st , 2021, 16:30	Last day for filing a statement of candidacy Proclamation of the candidates elected unopposed
Monday, October 4 th , 2021	Public notice revision of the electoral list Public notice of poll
Monday, October 25 th , 2021, 10:00 to 20:00	First day to request a registration or a striking off from the voters' list to the Commission for review of the list of electors at the Town Hall
Tuesday, October 26 th , 2021, 10:00 to 20:00	Last day to request a registration or a write-off from the voters' list to the Commission for review of the list of electors at the Town Hall
Wednesday, October 27 th , 2021, 10:00 to 13:30	End of work of the Commission on the revision of the list of electors at the Town Hall
Saturday, October 30 th , 2021, 9:30 to 20:00 Sunday, October 31 st , 2021, 9:30 to 20:00 Saturday, November 6 th , 2021, 9:30 to 20:00	Advanced voting at Chalet Bellevue, 27 rue Bellevue
Friday, November 5 th , 2021	Last day to receive mail-in ballots
Sunday, November 7 th , 2021, 9:30 to 20:00	Voting day at Chalet Bellevue, 27 rue Bellevue
Sunday, November 7 th , 2021, 20:00	Counting of votes Vote census
Friday, November 12 th , 2021	Proclamation of the elected candidates
As of the 12 th and before November 15 th , 2021	Swearing in of the elected candidates if there is no dispute



Morin-Heights Fire Department and First Responders



Household products

Your home may contain potentially dangerous household products such as cleaners, nail polish, hair spray, rubbing alcohol, paint, pesticides, propane, pool maintenance products, vegetable oil.

These flammable or combustible liquids can become major hazards if you are not careful. Their vapours ignite easily, burn intensively, and can even cause an explosion.

A flammable liquid gives off flammable vapours at an ambient temperature below 37.8°C or 100°F. The most common flammable liquids are gasoline, acetone, alcohol, lighter fluid, naphtha, fondue fluid and some «contact glues».

A combustible liquid gives off flammable vapours at an ambient temperature of 37.8°C or 100°F or higher. The most common combustible liquids are kerosene, heating oil, oil-based paint, thinners, and lamp oil.

Safe use of these hazardous household products

You should be aware of the chemical reactions that these household products can cause when in contact with other products. These chemical reactions can be hazardous to your health and safety.

To prevent fires and health effects, you must use, handle and store hazardous household products safely.

Before using or handling this type of product, keep away from heat sources such as open flames, sparks, hot surfaces, and lighted cigarettes. If you cannot handle them outdoors, be sure to ventilate the room to prevent the buildup of flammable vapours. Read the instructions and warnings on the product label.

After using this type of product, dispose of newspapers, linens, plant debris, or any other material soaked in easily flammable household products such as fuels, paint solvents, or rubbing alcohol in a fireproof container. Do not throw empty containers into the fire; recycle them or dispose of them in designated areas. Do not puncture, cut, or weld a product container, even if it is empty. Never pour hazardous household products down the drain in your home. They can build up a static charge that can create a spark. Avoid smoking when handling flammable or combustible liquids.

Safe storage of flammable or combustible liquids

Store flammable or combustible liquids away from heat sources, out of reach of children and in clean, dry areas such as garages and sheds, but not on balconies or near windows or exits. Follow the storage instructions on the label and avoid storing them with household products. It is strongly recommended to keep them in their original container with the label. In addition, gasoline should be stored in a labelled, airtight container designed for that purpose.

Follow the storage standards of the National Fire Code of Canada, 1995:

- in a dwelling: maximum of 15 litres of combustible and flammable liquids, BUT not including more than 5 litres of flammable liquids (gasoline, alcohol, etc.);
- in a garage or shed: maximum of 50 litres of combustible and flammable liquids, BUT not including more than 30 litres of flammable liquids.

Other precautionary rules regarding hazardous household products

Inspect containers regularly for leaks. If there is a leak, ventilate the area and, if it is significant, notify your municipal fire department.

Install a carbon monoxide alarm if you use an appliance that burns fuel such as wood, oil, gasoline, diesel, natural gas, or propane. Follow the manufacturer's recommendations for installing the alarm.

Carry a portable ABC fire extinguisher to extinguish an incipient fire caused by one of these products. Never extinguish with water.

Never use flammable or combustible liquids to start a campfire or charcoal barbecue.

Turn off all gasoline engines before filling the tank. Do this outside.

Never use a cellphone near flammable or combustible liquids.

Never wash clothes soaked in a flammable substance such as vegetable oil or gasoline in the washer before hanging them outside to remove the fumes. Do not dry them in the dryer either.

Electricity

If you are now working from home and have added on to your computer equipment, please be careful not to overload your electrical outlets or power bars. For other helpful tips, visit:

<https://www.securitepublique.gouv.qc.ca/securite-incendie/prevenir-incendie/conseils-prevention/dangers-electricite.html>

Civic number

The civic number is not a decorative or useful element only for the postal services. This number is the primary reference for a rapid intervention from emergency responders, day or night.

A clearly visible civic number helps to locate a building and thus save significant delays quickly.



Collections Calendar

SECTOR 2-YELLOW

SEPTEMBER 2021							OCTOBER 2021							NOVEMBER 2021						
D	L	M	M	J	V	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S
			1	2	3	4					1	2		1	2	3	4	5	6	
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				

Place bulky items by the street on the evening of September 12. The pick-up truck will come by once on September 13 or 14.

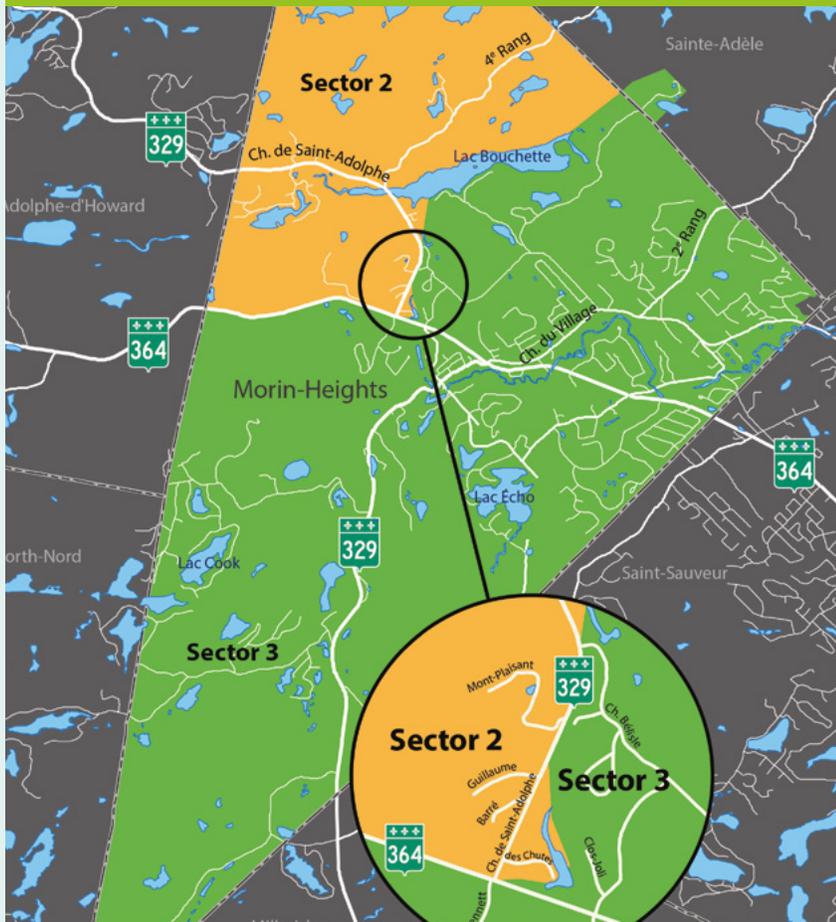
31 Place bulky items by the street on the evening of October 17. The pick-up truck will come by once on October 18 or 19.

SECTOR 3-GREEN

SEPTEMBER 2021							OCTOBER 2021							NOVEMBER 2021						
D	L	M	M	J	V	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S
			1	2	3	4					1	2		1	2	3	4	5	6	
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				

Place bulky items by the street on the evening of September 12. The pick-up truck will come by once on September 13 or 14.

31 Place bulky items by the street on the evening of October 17. The pick-up truck will come by once on October 18 or 19.



Legend

- Recycling (blue bin)
- Organic (brown bin)
Pick-ups every two weeks from October to May
- Garbage (black bin)
Monthly pick-ups from November to April
- Bulky items Place bulky items by the street the night before pick-up
- No garbage pick-up

lespaysdenhaut
recyclent.com

INFO-COLLECTE

1855 PDH-RECY
450 229-8052
infocollecte@mrcpdh.org

Town Planning and Environment

What to do with all the fall leaves?

If you want to be a friend to the environment, leave your leaves on the ground this fall!

Fallen leaves provide a protective layer of organic matter on your grass. This extra layer comes in handy for providing shelter, food, and nesting grounds to lots of wildlife around our northern home. Not only does it help our insects and animals, leaving the leaves on the ground provides extra nutrients to your grass, allowing it to grow stronger.

If you really do not like having leaves on your lawn, not to worry; you can still be environmentally friendly. Instead of raking up your leaves and putting them in your compost bin, add them under your shrubs or around the stumps of your favourite trees. This will create a natural mulch allowing your plants around your yard to thrive with extra nutrients from your free compost.

Once spring comes around, mix up your dirt and composted leaves in your garden box, creating a replenished soil and watch your vegetables grow strong all summer long.

Dreaming of spring 2022 already? Now is the time to plant those perennials!

While annual flowers are beautiful, they are very wasteful for the environment. They are grown in mass quantities, use tons of water, are planted in plastic containers, and are shipped all over the country. Instead, try planting perennial plants in the fall that will come back every year on their own.

A beautiful flower that can be planted in the fall in order to thrive in the spring is tulip bulbs. The soil must be cooled after the summer months before you plant the bulbs in the soil. During the winter months, the bulbs grow strong roots so they can bloom in the spring. These beautiful flowers will add a pop of colour to your garden in the springtime after the long winter months.

Don't worry if you are not a fan of tulips; all perennial plants and shrubs can be planted in the fall season.

Get the hard work done early, and enjoy your spring and summer months off!

Ecocentre

The intermunicipal ecocentre is located at **2125 chemin Jean-Adam** in Saint-Sauveur. 450 227-4633, ext. 3200.

OPENING HOURS

From April 1 to November 30:

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

www.ville.saint-sauveur.qc.ca/services-aux-citoyens/environnement/ecocentre.html

Next Edition!

WINTER EDITION

December 1, 2021 to March 15, 2022

Deadline:

October 8, 2021

Distribution:

November 23, 2021

Outdoor Network

Trail maintenance

Two trail clean-ups will take place on our bike, cross-country ski and snowshoe trails, on September 25 and October 16, from 9:00 to 15:00. Meeting point at Basler Park, door prizes for participants!

Mountain biking

Please respect the signage regarding closed trails as well as the 24-hour rule after heavy rain to preserve the condition of the trails. Also, this fall, be careful with the presence of leaves on the trails!

Construction of new trails or obstacles without approval

It is forbidden to build modules, obstacles, or new trails without the approval of the Municipality. Before proceeding, it is essential to advise us of your projects to receive the necessary authorizations since these could affect the safety of users and/or the medical assistance that emergency services must provide.

Condition of Trails

You can consult the status of the trails on the municipal website: morinheights.com/Outdoors.

Pricing

Morin-Heights residents will be pleased to learn that the cost of a cross-country ski pass will be significantly reduced, and thus, the cost previously paid for this pass will now be the cost of an annual pass, including the summer activities. Passes can be purchased online at www.morinheights.com. Buy your 2021-2022 annual pass and enjoy the rest of the 2021 mountain biking season for free! Pre-sale will take place from September 4 to November 21; pricing details will be available at that time.

Reminder on dog regulations

Dogs must be on a leash at all times. It is important to bring your bags back and not leave them in the forest. If you have not already done so, we invite you to discover the Canine Corridor located at the intersection of Route 364 and Rue du Midi.

Waxing workshop

At the Chalet Bellevue's waxing room on November 27 from 9:00 to 12:00, sanitary measures in effect on that date will be applied. Places are limited, free with the citizen card, registration mandatory at www.morinheights.com under the "Online Services" menu.

Respect for private property

It is important to note that the closed trails may be located on private property. Therefore, it is forbidden to use them outside of the operating season since we do not have the necessary authorizations.



**Les Z'animés,
free activities
presented by the
municipal library**
(in French)

**The Geomorphic
and Biogeographic
Landscape of
the Laurentians:**

**the last part of the
thematic conference
on geology planned
to be presented in
the spring of 2020.**

The conference
will take place on

**October 3rd at 11:00
at Chalet Bellevue.**

This presentation by
Éric Beaudin covers
the description of the
Laurentian terrain and
its many lakes and
rivers, as well as the
forest dynamics and
wildlife present in the
natural environment.

Halloween Tales

Meet at the library
where Gloria Ramia
Prenafeta will present
two tales under the
theme of Halloween
for the little ones; on
October 30 at 10:30.

**For more information
on these activities:**

450 226-3232, ext. 132 or
chaletbellevue@morinheights.com

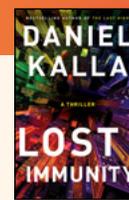
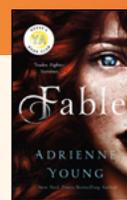
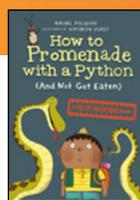
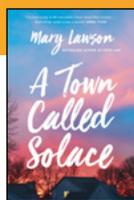


Municipal Library

The municipal library is located at **823 chemin du Village**; it is closed on civic holidays. Opening hours are as follows: Tuesdays, Thursdays, and Saturdays, from 10:00 to 16:00. The annual membership is free for all residents.

Information:

bibliotheque@morinheights.com or 450 226-3232, ext. 124



NEW ACQUISITIONS

NOVELS

Kelley Armstrong
[A Stranger in Town](#)

David Baldacci
[A Gambling Man](#)

Linwood Barclay
[Find you First](#)

Harlan Coben
[Win](#)

Janet Skeslien Charles
[The Paris Library](#)

Rachel Cusk
[Second Place](#)

Janet Evanovich and
Steve Hamilton
[The Bounty](#)

Camilla Gibb
[The Relatives](#)

Rebecca Handler
[Eddie Ritcher is not Alone](#)

Farah Heron
[Accidently Engaged](#)

Daniel Kalla
[Lost Immunity](#)

Maylis De Kerangal
[Painting Time](#)

Thomas King
[Sufferance](#)

Marie-Renée Lavoie
[Autopsy of a Boring Wife](#)

Mary Lawson
[A Town Called Solace](#)

Adam Mitzner
[The Perfect Marriage](#)

Annie Perreault
[The Woman in Valencia](#)

Eden Robinson
[The Trickster T.3: Return
of the Trickster](#)

Robert Rotenberg
[Downfall](#)

Ann Shin
[The Last Exiles](#)

YOUNG ADULT

Jennifer Longo
[What I Carry](#)

Julie Murphy
[Pumpkin](#)

Adrienne Young
[Fable](#)

Raina Telgemeir
[Drama](#)

CHILDREN'S

Rachel Poliquin
[How to Promenade
with a Python \(and
Not Get Eaten\)](#)

Nathan W Pyle
[Strange Planet: The
Sneaking, Hiding,
Vibrating Creature](#)

Alex Willan
[Jasper and Ollie
Build a Fort](#)



COMITÉ DES
PARTENAIRES FAMILLE
des Pays-d'en-Haut

You and your family have just arrived
in the MRC des Pays-d'en-Haut?



You would like to discover the
family activities and resources
offered in your community?

You have a new baby?



2 WAYS TO GET INFORMED!

**Enjoy a free
Important Visit for Parents**
*Visite importante
pour les parents (VIP)*

A liaison officer will welcome you
and provide information for you and
your children. A welcome bag will
be offered!

**Subscribe to the Info-Famille
des Pays-d'en-Haut newsletter**

The newsletter is sent twice a month
and keeps you up-to-date with the family
activities in your community.



Contact us to sign up!
450 275-9894
visitesvip.pdh@gmail.com



Project funded by the
MRC des Pays-d'en-Haut



Follow us
on Facebook

www.morinheights.com

Cultural Programming

Presentation of the movie “*Le Triomphe de la nature: Margaret Cook et les pionniers de Gore*”

At Chalet Bellevue, November 14 at 14:30, free

Mr. Don Stewart will be present to answer questions following the screening of the film.

Filmed between 2019 and 2021, *Le Triomphe de la nature: Margaret Cook et les pionniers de Gore* is a documentary that presents the story of Margaret Cook, author of the historical novel “Land Possessed” published in 1969, describing pioneer life in the region. A resident of Gore since 2001, Jean-François Hamilton follows in the footsteps of this enigmatic woman who, despite being born in Shefford, Quebec, in 1897, and a resident of Saint-Lambert, decided to make Gore her home as well as her primary source of literary inspiration going so far as to be buried there in 1975. Through his journey, Mr. Hamilton reveals how the land was perceived and inhabited since the arrival of the Irish settlers in the early 19th century until today. With the participation of Don Stewart, Morin-Heights’ resident, historian, and playwright, we delve into the story of the novel and the pioneers of our region. Hélène Beauchamp, of the *École supérieure de théâtre de l’UQAM*, personifies Margaret Cook in the film.

Produced by LES SENTIERS DE GORE

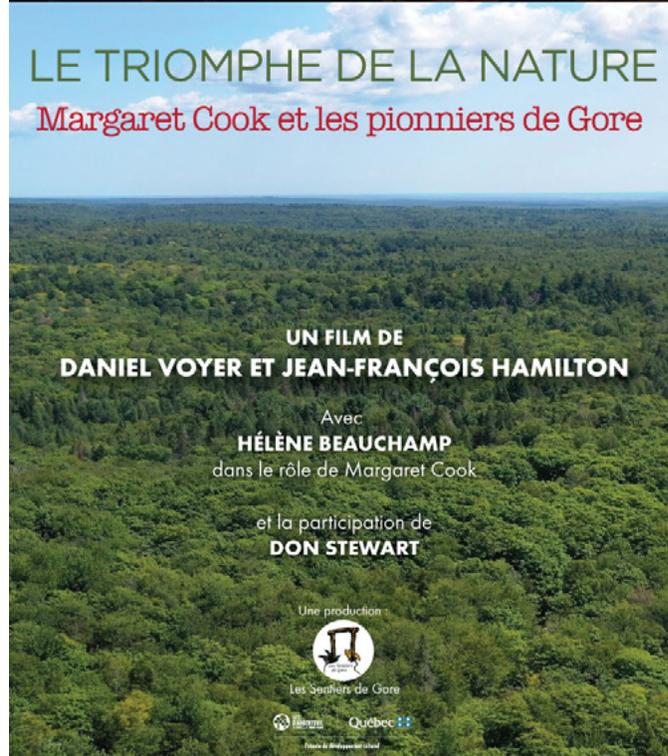
Directed and edited by DANIEL VOYER

Original idea: JEAN-FRANÇOIS HAMILTON

Script: ALEXIS VAILLANCOURT-CHARTRAND, JANICK ROY, JEAN-FRANÇOIS HAMILTON

Interpreting Margaret Cook - HÉLÈNE BEAUCHAMP

With the participation of DON STEWART



French-language Reading Club / *Club de lecture en français (CLEF)*

The *Club de lecture en français* will restart its monthly meeting starting in September. The club meets at Chalet Bellevue every fourth Tuesday of the month from 13:30 to 15:30 to discuss reading: new finds, books we re-read, and favorites.

For information about the club:

Monique Bélisle, 450 226-8464

**We are hosting
the Tournant
Dance Festival
from August 13
to 15, 2021, be there!**

Ticketing: Programming:

SCAN ME SCAN ME

Cultural Programming

Les Stations éphémères

The MRC des Laurentides and the MRC des Pays-d'en-Haut are proud to present a new edition of the Stations éphémères project, an outdoor cultural project involving visual arts along the Aerobic Corridor. This cultural mediation project presents a temporary artistic creation in the land art spirit at six "stations" along the Aerobic Corridor while integrating various mediums (crafts, sculpture, painting, etc.) Creations will be realized in August, and the Stations éphémères will be exhibited until September 26.

Travel along the Aerobic Corridor to discover the six stations and vote for your favourite!

For any additional information, visit the corridoraerobique.ca/stations-ephemeres/ website.



(((SiriusXM)))
PRESENTS

Flower icons

SUPERFOLK

Morin-Heights

2021 AUGUST 20-21-22
DAILY PASSES ARE AVAILABLE AT
SUPERFOLK.CA

Logos: Canadian Heritage, MRC des Pays-d'en-Haut, SUNSETMILL, ROSE BUDDHA, 10 Tempo, NAT CORREIL, dbTechnologies, ALLEN&HEATH, MCADAM CLORE URBAIN

Knitting Group

The knitting group will start meeting again starting in September. We meet twice a month to knit, chat and share ideas. And it's not just for knitters; those who like to crochet, do embroidery or other needlework are also welcome!

Meetings are held at the Chalet Bellevue on the first and third Tuesdays from September to November from 13:00 to 16:00. You are welcome for the entire three hours or for part of the time, depending on your availability.

This is an informal group, no need to sign up or book. 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.

Cultural Programming

**At Chalet Bellevue, Saturday,
September 25**

(continued from front page)



**Les journées
de la culture**

from 12:00 to 14:00

Artists from Arts Morin-Heights will create portraits inspired by photos of the founding members of «Morin Flats». Their artwork will be auctioned off at the end of the day's activities. Members of Arts Morin-Heights will also offer creative workshops: quick sketches, portraiture, collage.

from 14:00 to 16:30

Theatre Morin-Heights will do an open rehearsal of its annual production, «Now and Then», which will be presented in October, and the public is invited to partake. Come and join the actors on stage or test your skills as a lighting or sound technician!

from 16:30 to 17:30

Traditional auction of portraits of founding Morinheighters painted by Arts Morin-Heights artists, to benefit the Morin-Heights Historical Association, Theatre Morin-Heights troupe and Arts Morin-Heights.

**Also, the launch of the Morin-Heights heritage
tour on the BaladoDécouverte app**

You are invited to explore the Morin-Heights heritage circuit and discover nearly thirty sites that have marked the history and development of the municipality over the years. Explore the circuit with the help of the mobile application BaladoDécouverte which guides users on free guided tours of thematic circuits.

Joyful Noise Choir

We invite you to sing! Every Tuesday at 15:00 at Chalet Bellevue from September 14 to December 14, \$140. Choir's director, Ian Lebofsky: www.thephysicalvoice.com.

See the choir in action on the Superfolk Festival YouTube channel!

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

**Theatre Morin
Heights presents live
theatre this fall!**



Performance dates:

October 20 to 24 with four evening shows and a Sunday matinee. All performances take place at Chalet Bellevue. Naturally, the sanitary precautions in force at the time will be respected. Tickets will go on sale in mid-September.

Actors are now busy in rehearsal. You can get a preview or even join in the fun during an open rehearsal on Saturday, September 25, from 14:00 to 16:30, as part of Morin-Heights' activities for *Journées de la Culture* at Chalet Bellevue. Stay and participate in the auction that follows, with profits going to Morin-Heights' artistic and cultural organizations.

We are still recruiting volunteers for backstage and other behind-the-scenes tasks. Membership recruitment for new and returning members will begin on September 1.

For complete information regarding the play, showtimes, ticket reservations, volunteering, and membership, visit theatremorinheights.com or call 579 765-3999. Updates are also available on facebook.com/TheatreMorinHeights/.

Laurentian Reading Club

Since 1959, we enjoy reading, ideas, and each other's company! The Laurentian Reading Club meets on the third Tuesday of every month from September to June, at 13:00 at Chalet Bellevue or via Zoom while under pandemic restrictions. Why not join us for lively discussions of books and reading? Our meetings are held in English.

Members are asked to contribute \$20 a year to cover the cost of books. For more information, please get in touch with Jane Philibert at **450 226-6947** or janephil@cgocable.ca.

Halloween

Invitation to all princesses, superheroes, cowboys, and horror movie characters of Morin-Heights to meet in the heart of the village on Halloween night between 16:30 and 19:30!

Village Road will be closed between Route 364 and Watchorn Road during the event. An animated route, candy distribution and entertainment will be set up for the pleasure of young and old.

We invite all businesses and organizations who wish to offer candy to children to join the festivities in the village center by indicating their interest at the following email address: chaletbellevue@morinheights.com before October 4th. Residents of the village center are also invited to contact us to concentrate the Village Road activities and create a festive atmosphere there!

We invite motorists to be extra careful on an evening when children are roaming freely.

Gymnasium Sports

From September 13 to December 14
(closed on October 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

PICKLEBALL

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 passes per sport starting on September 7, available online at www.morinheights.com ("Online Services", then "Online Registrations").

\$40 resident • **\$60** non-resident

Open House Day and the Mayor's BBQ

Keep your Saturday, August 28th open to come and meet with the members of the municipal council as well as the various municipal services.

Activities and animation will be organized at Basler Park (tbc) between 10:00 and 14:00; also, a BBQ will be served by your municipal council.

During the event, you can:

- / enjoy a light bbq lunch cooked and served by your Mayor Tim Watchorn and municipal councillors;
- / climb aboard the Public Works and Fire Safety Department vehicles;
- / meet some of the teachers from our course program and even stretch your legs by trying out some of our courses;
- / take advantage of the event to have your family's citizen card produced; this card will give you access to certain services free of charge, including access to the snowshoeing and fat biking network this winter;
- / meet with the Town Planning and Environment Department team and also pick up a container to perform a water test at a reduced price;
- / chat with our outdoor team, who will be on hand to show you our trail network;
- / and have fun on the site with dynamic activities for the whole family!

Information:

chaletbellevue@morinheights.com or
450 226-3232, ext. 132

Club optimiste de la Vallée de Saint-Sauveur

Several activities for youth

Information:

www.facebook.com/cluboptimistevss
optimistevalleestsauveur@gmail.com
C.P. 4, Saint-Sauveur (Québec) J0R 1R0

www.morinheights.com



Cross-Country Ski Competitive Program
(10 y.o. +)

DAY: Tuesday 18:30 to 20:00 in St-Jérôme and Sunday 9:00 to 11:30 in Morin-Heights

START: TBC

REGISTRATIONS and details about our programs: www.fondeurslaurentides.ca by September

INFORMATION: clubfondeurslaurentides@gmail.com or 579 888-2005 or 450 712-5478

Jackrabbit Program (6-10 y.o.):

DAY: Sunday 9:00 or 11:00

START: January 9, 2022

SITE: 185 rue Bennett, Morin-Heights

REGISTRATIONS and details about our programs: www.fondeurslaurentides.ca by September

INFORMATION: clubfondeurslaurentides@gmail.com or 579 888-2005

Tennis and Pickleball

We are proud to inform you that as of mid-August, the Municipality will make available to its citizens, **free of charge**, a double tennis court and a single tennis court on a synthetic surface, as well as four pickleball courts on an asphalt surface.

As soon as the courts are officially opened, they will be available exclusively to Morin-Heights residents, with the citizen card (mandatory*) and by reservation only.

YOU CAN RESERVE YOUR COURT AS OF AUGUST 16TH. Weather permitting, courts will remain open until October 11th.

/ Reservations can be made ONLINE on our website, menu «Online services / Online registrations».

For assistance, don't hesitate to get in touch with chaletbellevue@morinheights.com or 450 226-3232, extension 132.

APPLICABLE FEES

A non-resident guest will be charged \$5 to join a court reservation made by a resident.

Resident's guest (daily rate)	\$5
Pickleball equipment rental (two paddles and one ball)	\$5

Check the Municipality's website for more details.

* For information on the citizen card, see page 3 of this bulletin.

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, 2021** (available on www.morinheights.com under "Online Services", then "Online Forms" or at the Chalet Bellevue).



F.C. MORIN-HEIGHTS

As the summer comes to an end, we would like to thank all the soccer volunteers at F.C. Morin-Heights. Whether it be a volunteer coach in our competitive program, a team manager, a Grassroots assistant or one of the many other individuals who has donated their time to our club, we are incredibly thankful. We are very fortunate to have such dedicated individuals within our organization and in our community. The amount of inspiration, recognition, and encouragement that comes from one another is what separates F.C. Morin-Heights from other clubs.

We would also like to take this opportunity to thank our long-time-standing sponsors: the Municipality of Morin-Heights, IGA Morin-Heights and, Joly CPA Inc. Thank you to everyone who supports our local soccer club, the development and betterment of our community!



Accès Loisirs des Pays-d'en-Haut Program

Following the implementation of the program in the participating cities (Sainte-Adèle, Saint-Sauveur, Morin-Heights, Sainte-Anne-des-Lacs, Piedmont, Sainte-Marguerite-du-Lac-Masson), the partners continue to offer the *Accès-Loisirs Québec* Program in the Pays-d'en-Haut area, in collaboration with the *Maison de la Famille des Pays-d'en-Haut*.

This program enables people from 0 to 99 facing a low-income situation to participate, at no cost, in different recreational activities. This opportunity allows this clientele to break the isolation and join in the social life of their neighbourhood in complete confidentiality.

Registration for the fall season will be on **Wednesday, September 15th, from 17:00 to 20:00** at *Maison de la Famille*, located at 480 rue des Capucines in Ste-Adèle. To benefit from this program, you must bring proof of your revenue. Find out more by getting in touch with your local Recreation department (450 226-3232, ext. 132).

Pick-up Hockey for children 5 to 15 years old

We are looking for a head coach. If you are interested, contact Catherine Maillé at loisirs@morinheights.com.

This free recreational hockey program offers children 5* to 15 years of age (as of September 30th, 2021) an opportunity to play traditional pick-up hockey at the local outdoor skating rink.

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

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.

Since this program is free, places are limited, and hockey is a sport where team spirit is fundamental, your children's presence to all games is key.

A full 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 4th, ice and weather conditions permitting, at the Basler Park rink, 99 chemin du Lac-Écho. The program ends on February 26th.

Ice conditions: 450 226-3232, ext. 122 or on the municipality's website at www.morinheights.com/Patinoires-Skating-Rinks

Online registrations only, starting 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 10th. Following this date, all remaining places in the program will be filled with non-residents, first come, first served.

Information: chaletbellevue@morinheights.com or 450 226-3232, ext. 132.

Youth Sports Refund Policy

The Municipality of Morin-Heights refunds the difference between the non-resident and resident fees up to a maximum of \$200 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.

A completed request is mandatory for refunds and must be submitted at the latest sixty (60) days following the beginning of the activity. Refunds 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 Chalet Bellevue.



Inter-municipal agreement

An inter-municipal agreement between Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson et Saint-Sauveur allows citizens from these seven towns to register in the following **activities offered in this agreement** without paying non-resident pricing. The purpose of this agreement is to promote courses that do not reach the minimum number of participants required for the start of the course with the help of the citizens of the participating towns and thus provide greater access to a variety of services.

Registration process

Follow the registration procedures of the municipality that offers the activity of your choice. Proof of residency will be required to register with each municipality. We suggest that you consult the website or contact the town concerned to find out their registration procedures, dates, schedules, costs, and availability. The terms and conditions of reimbursement are those in effect in the municipality offering the activity.

INFORMATION

Municipality of Piedmont:
450 227-1888, ext. 223 /
piedmont.ca

Municipality of Saint-Adolphe-d'Howard:
819 327-2626, ext. 1 /
stadolphedhoward.qc.ca

Municipality of Sainte-Anne-des-Lacs:
450 224-2675, ext. 262 /
sadl.qc.ca

City of Sainte-Adèle:
450 229-2921, ext. 7244 /
ville.sainte-adele.qc.ca

City of Sainte-Marguerite-du-Lac-Masson:
450 228-2543, ext. 221 /
lacmasson.com

City of Saint-Sauveur:
450 227-2669, ext. 420 /
ville.saint-sauveur.qc.ca

YOUTH

Classical Ballet
Sainte-Anne-des-Lacs

Contemporary Dance
Sainte-Adèle

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

Dance
Sainte-Anne-des-Lacs

Family Saturdays
(1 workshop/month, 6 +)
Piedmont

Floor Hockey
Sainte-Adèle

Hip Hop Dance
Sainte-Adèle,
Sainte-Anne-des-Lacs
and Saint-Adolphe-
d'Howard

Judo
Saint-Sauveur

Literary Workshop
(21/10/23) Piedmont

Mad Science
Sainte-Adèle

Scottish Dance (6 +)
Morin-Heights

PARENT-CHILDREN

ABC of Sports
Saint-Sauveur

**Mother & Baby
Massage Course**
Piedmont

Stay Safe Course (8-12 y.o.)
Sainte-Adèle

ADULTS

Cardio Latino
Morin-Heights

Cardio Swing
Morin-Heights

English Conversation
Morin-Heights

**Essentrics Aging
Backwards**
Morin-Heights

Fitness
Saint-Adolphe-
d'Howard

Fitness Centre
Sainte-Marguerite-du-
Lac-Masson

Fitness Class (60 +)
Piedmont

**Flexibility, Strength,
and Mobility**
Saint-Adolphe-
d'Howard

**Gentle African Dance
and Gumbouts**
Morin-Heights

Gypsy Dances
(55 +/gentle)
Piedmont

Gypsy Dances
(intermediate) Piedmont

Hatha Yoga
Morin-Heights

How to Use Your iPad
Sainte-Anne-des-Lacs

Line Dancing (beginner)
Sainte-Anne-des-Lacs

Meditation
Sainte-Anne-des-Lacs,
Sainte-Marguerite-du-
Lac-Masson

**Middle Eastern
Dances** (55 +/gentle)
Piedmont

**Middle Eastern
Dances** (intermediate)
Piedmont

Painting and Creativity
Morin-Heights

Prenatal Courses
Piedmont

Qi Gong
Morin-Heights,
Sainte-Adèle

Qi Gong Yoga
Saint-Adolphe-
d'Howard

Soft Gym
Piedmont

Solo Latino
Morin-Heights

Spanish (all levels)
Sainte-Adèle,
Morin-Heights

Stretching
Piedmont

Stretching and Toning
Sainte-Anne-des-Lacs

**Tai chi, Meditation
and Stretching**
(beginner) Piedmont

Vini Yoga
Saint-Adolphe-
d'Howard

Yoga
Saint-Adolphe-
d'Howard

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

Yoga on a Chair
Sainte-Anne-des-Lacs

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

Zumba
Saint-Adolphe-
d'Howard

Zumba Gold
Sainte-Anne-des-Lacs

For a complete schedule of the classes offered in Morin-Heights, please see pages 21-24.

Course Schedule

FOR INFORMATION OR REGISTRATION, COMMUNICATE WITH THE INSTRUCTOR

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

Alpine Cardio

From the mountain to the floor mat, you will work your cardio, toning, endurance and flexibility! The perfect complement for all your outdoor activities this fall!

Location: Chalet Bellevue

Rate: R: 10-class card \$125 or \$15 per class
NR: 10-class card \$155 or \$17,50 per class

Day: Monday 8:45 to 9:45

Dates: September 13 to December 20 (13 weeks)
- no class on Thanksgiving-

Instructor: Andr ea Beaulieu
450 822-7486
espiritpin@gmail.com

Stretch & Strengthen

Eliminate pain, improve posture and overall mobility in a relaxing and joyful environment.

Location: Chalet Bellevue

Rate: **

Day: Tuesday 9:00 to 10:00

Dates: September 14 to November 30 (12 weeks)

Instructor: Lisa McLellan
450 560-2803
lisamclellan07@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 per session

Day: Tuesday 10:30 to 11:45

Dates: Session 1: September 14 to October 26 (7 weeks)
Session 2: November 2 to December 14 (7 weeks)

Instructor: Michelle Gendron / 450 712-6834
mich.gendron@yahoo.ca / ecoledetaichilibre.com

Essentrics

Strengthening of muscles by extension. Improves posture and increases flexibility. Open to all ages. Small groups for a better experience. 15 to 90 years old. Registration required, limited places!

Location: Chalet Bellevue

Rate: R: \$165 / NR: \$185

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

Dates: September 13 to December 15 (14 weeks)

Instructor: Ginette Ouimet (certified Essentrics instructor level 4) / 450 543-0308
essentricsavecginette@gmail.com
essentricsavecginette.vpweb.ca

Essentrics Aging Backwards

Prevents, slows, and heals the ageing of the body. For people with stiffness related to atrophy, progressive or severe limitations, chronic pain, or those starting to exercise after a sedentary period. Small groups for a better experience. 15 to 90 years old. Registration required, limited places!

Location: Chalet Bellevue

Rate: R: \$165 / NR: \$185

Day: Monday 9:30 to 10:30

Dates: September 13 to December 15 (14 weeks)

Instructor: Ginette Ouimet (certified Essentrics instructor level 4) / 450 543-0308 / essentricsavecginette@gmail.com
essentricsavecginette.vpweb.ca

English Conversation

Course for beginners, adults, and seniors.

Location: Chalet Bellevue

Rate: R: \$140 / NR: \$160

Day: Monday 14:00 to 15:30

Dates: September 13 to November 22 (10 weeks)
- no class on Thanksgiving -

Instructor: Th r se Mascis - registration at www.morinheights.com
(online services / online registration)

Alpine Yoga

An all-level class where the inspiration and fluidity of the postures unite with the elements of nature. A rejuvenating moment where you will find a connection with body and mind.

Location: Chalet Bellevue

Rate: R: 10-class card \$125 or \$15 per class

NR: 10-class card \$155 or \$17,50 per class

Day: Wednesday 8:45 to 9:45

Dates: September 15 to December 15 (13 weeks)

Instructor: Andréa Beaulieu
450 822-7486
espiritapin@gmail.com

Acrylic Painting & Creativity

Theme of this session: master the language of colours (acrylic and oil). LiliFlore's courses focus on discovering your style through the exploration of different painting techniques as well as your own creativity. Beginners welcome! In case of cancellation (pandemic, storm), classes will be held on internet.

Location: Chalet Bellevue

Rate: Session 1:
R: \$268 +tx
NR: \$308 +tx
Session 2:
R: \$148\$ +tx
NR: \$170 +tx

Day: Wednesday 13:30 to 16:30

Dates: Session 1:
September 15 to November 3 (8 weeks)
Session 2:
November 10 to December 1 (4 weeks)

Instructor: LiliFlore /
514 638-5810 / liliflore.ca
liliflore.ca@gmail.com

Combo 55+

Overall functional fitness for strength, coordination, balance, and endurance. So much fun!

Location: Basler Park

Rate: **

Day: Thursday 9:00 to 10:00

Dates: September 16 to December 2 (12 weeks)

Instructor: Lisa McLellan / 450 560-2803
lisamclellan07@gmail.com

Qi Gong

Exercise that works with our vital energy to improve overall health and well-being. Deep relaxation.

Location: outdoors, weather permitting

Rate: **

Day: Thursday 10:30 to 11:30

Dates: September 16 to December 2 (12 weeks)

Instructor: Lisa McLellan / 450 560-2803
lisamclellan07@gmail.com

Tai chi Chuan Free!

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 the nervous system, and improve balance. Please join our group who enjoy practicing Tai Chi Chuan!

Location: Chalet Bellevue

Day: Saturday 9:00 to 11:00

Dates: September 18 to December 4

Info: Robert Lee / 450 227-8829

Hatha Yoga

Breathing, asana sequencing, exploration, deep relaxation, and body-mind-spirit alignment.

Location: Chalet Bellevue

Rate: **

Day: Friday 9:00 to 10:15

Dates: September 17 to December 3 (12 weeks)

Instructor: Lisa McLellan / 450 560-2803
lisamclellan07@gmail.com

Qi Gong - Do In - Meditation New!

Qi Gong is a component of traditional Chinese medicine that combines movement, meditation, and regulation of breathing to enhance the flow of energy in the body.

Location: Chalet Bellevue

Rate: R: \$180 NR: \$207

Day: Thursday 17:30 to 19:00

Dates: September 9 to November 25 (12 weeks)

Instructor: Geneviève Pepin / 514 995-8441
gene.pepin@gmail.com

“Back to back” Spanish Course

New!

Course with a small group where the content of levels 1 and 2 will be seen. Created for those who want to learn faster. Material included, 16+, limited places!

Location: Chalet Bellevue

Rate: R: \$350 / NR: \$400

Day: Thursday 8:30 to 10:00

Dates: August 19 to December 15 (18 weeks)

Instructor: Yoalli Gallegos / 819 326-7706 / laurentidescasaespagnol@hotmail.com

Spanish Conversation Club

Advanced level, for those who already know Spanish enough to express themselves in the present, past and future. The course is mainly focused on conversation and includes reading, writing, and listening activities. Material included, 16+, limited places!

Location: Chalet Bellevue

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

Day: Thursday 10:00 to 11:30

Dates: September 30 to December 2 (10 weeks)

Instructor: Yoalli Gallegos / 819 326-7706 / laurentidescasaespagnol@hotmail.com

Spanish Level 1

Beginner level for those who have never had contact with the Spanish language. Material included.

Location: Chalet Bellevue

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

Day: Thursday 11:30 to 13:00

Dates: September 30 to December 2 (10 weeks)

Instructor: Yoalli Gallegos / 819 326-7706 / laurentidescasaespagnol@hotmail.com

Karate

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

Location: Chalet Bellevue

Rate: The cost varies according to the duration of the registration (1, 3, 5 or 10 months)

Day: Friday 17:30 to 18:30

Dates: September to June

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

Traditional Scottish Highland Dancing

Free!

Traditional Scottish dance for 6 years old and over.

Location: Chalet Bellevue

Day: Sunday 16:00 to 17:30

Dates: September 26 to December 12

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

Cardio Swing

Fitness with swing dance movements, for everyone!

Location: Chalet Bellevue

Rate: R: \$140 / NR: \$165

Day: Thursday 9:00 to 10:00

Dates: September 9 to December 16
(15 weeks)

Instructor: Francisco De La Calleja
514 436-0567
fikomex@gmail.com

Solo Latino

Latin dance lessons without a partner, for everyone!

Location: Chalet Bellevue

Rate: R: \$140 / NR: \$165

Day: Thursday 10:30 to 11:30

Dates: September 9 to
December 16 (15 weeks)

Instructor: Francisco De La Calleja
514 436-0567
fikomex@gmail.com

Cardio Latino

Fitness with Latin dances movements, for everyone!

Location: Chalet Bellevue

Rate: R: \$140 / NR: \$165

Day: Thursday 11:45 to 12:45

Dates: September 9 to December 16 (15 weeks)

Instructor: Francisco De La Calleja / 514 436-0567 / fikomex@gmail.com

Soft African Dance and Gumboots

New!

Suitable for all levels! Classes with music on CD.

Location: Chalet Bellevue

Rate: R: \$125 / NR: \$150

Day: Saturday 11:15 to 12:30

Dates: September 18 to November 6 (8 weeks)

Instructor: Valérie Ivy Hamelin - registration at www.morinheights.com
(online services / online registration)

Ballet

Location: Chalet Bellevue

Rate: **

Day:	Tuesday	18:00 to 20:00	ballet 3 / elementary (11-y.o. and +)
	Friday	17:00 to 18:15	ballet 2 (7 to 10-y.o.)
		18:30 to 20:30	ballet 3 / elementary (11-y.o. and +)
	Sunday	9:00 to 9:45	pre-ballet (3 ^{1/2} to 5-y.o.)
		10:00 to 11:00	ballet 1 (5 to 6-y.o.)
		11:15 to 12:45	ballet 2 (7 to 10-y.o.)
		12:45 to 14:30	ballet repertoire (ballet 3 / elementary)

Dates: September to June

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

Important numbers

Town Hall

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

Telephone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com

municipalite@morinheights.com

Emails:

bibliotheque@morinheights.com
chaletbellevue@morinheights.com
comptabilite@morinheights.com
conseil@morinheights.com
loisirs@morinheights.com
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pleinair@morinheights.com
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Pays-d'en-Haut:

450 227-6848

Animal Control:

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

Photos: Paul Mackay and Tara Kirkpatrick

Legal deposit - Bibliothèque et Archives nationales
du Québec, 2021

Graphic Design:

Turquoise Design / 514 592-8153
www.turkoisedesign.com

Production:

Les Imprimés Triton / 1 888 990-3486
www.groupetriton.com