

# INFO

## Morin-Heights

In harmony with nature



**MORIN-HEIGHTS**  
1855



### Les journées de la culture

#### **Concert by Judy Diez d'Aux and her musicians** **September 30, 19:30 at Chalet Bellevue**

Musicians from the Montreal and Laurentian regions invite you to enjoy an evening of jazz music, featuring compositions by Claude Bolling, J.S. Bach and Billy Kerr and performances by local flutists Judy Diez d'Aux and Billy Kerr, as well as Nancy Newman (on contrabass flute), Hugo Larenas (on guitar), Eric Lagacé (on contrabass), Vincent P. Ravary (on percussion), and John Roney (on piano). Meet and chat with the musicians after the show! Limited places. **Online registration required at [www.morinheights.com](http://www.morinheights.com)** (under tab "Online services").

#### **Exhibition of Artwork by Roger Lemay and Meeting with the Artist**

**October 1, 10:30**

The exhibition "*Écouter son émotion*" by Morin-Heights' artist Roger Lemay will end with a meeting where you can discuss with the artist about his artistic approach and work. You'll be able to ask him questions and learn more about his main source of inspiration: all the different wounds, whether visible or hidden.

(continued on page 13)

#### MUNICIPAL INFORMATION

#### **FALL 2023**

SEPTEMBER / OCTOBER / NOVEMBER  
VOL. 26 NO 4

**13** Randall Spear's show

**17** Halloween

**02** news

**08** municipal services

**09** collections calendar

**13** activities

**22** classes

## News from the Mayor



Fellow citizens,

I hope you have been able to enjoy all the local summer activities such as Shakespeare-in-the-Park, the Story-Walk, the concerts at Lummis Park and the Superfolk Festival. Congratulations to all the organizers of this great program! Unfor-

tunately, for the first time ever, we had to cancel our Canada Day activities at the very last minute. Incessant thunderstorms, heavy rainfall, a power failure and finally a tornado warning got the better of our determination!

I would also like to highlight the work of two volunteer organizations that support our young athletes: FC Morin-Heights and the *Club de vélo des Pays-d'en-Haut*. The parents who get involved give our children a chance to experience the great things in life by learning the discipline of training as well as the joy and pride of being part of a team. Congratulations to all of you!

At the time of writing, we are completing the process of acquiring the land from the Basler family and the *Congrégation Notre-Dame-du-Bon-Pasteur* property. This is another step towards protecting and developing 90 acres of land near the centre of the municipality for community use.

The call for tenders for Habitat Morin-Heights, our 30-unit housing project for residents aged 75 and over, is scheduled for the week before the construction holiday. With increased funding from federal and provincial governments, we are confident that construction should begin within the next few months. We are keeping our fingers crossed that bids come in on budget.

We are currently preparing a comprehensive development plan for Basler Park and the area around Chalet Bellevue. The acquisition of the building belonging to Basler Enterprises now gives us free rein to make the park more beautiful and

user-friendly. We will organize a presentation to the public once the plans are ready.

Our plan to revitalize the village centre in partnership with *Rues Principales* has also been completed, and the plans will soon be available on our website. The first stage will begin this year with the addition of decorative lighting and street furniture. We have received a grant of approximately \$800,000 from the federal government to carry out this project.

Enjoy autumn, its beautiful colours and all our outdoor activities. We are privileged to live in such a beautiful environment!

Tim Watchorn, ing.  
Mayor

### Animal Control

Article 9.6 of municipal by-law 503 on animal control stipulates that no animal may be left unattended in an automobile.



# CITIZEN CARD DISCOVER IT!



## Citizen Card

### Why Get a Citizen Card?

It allows you to register online for our activities and to benefit from reduced rates or free access offered to residents for:

- Course programming
- Cultural activities
- Events and shows
- Free access to outdoor tennis and pickleball courts
- Access to Lummis Park
- Access to a library card
- Access and registration to the Pays-d'en-Haut Sports Center
- and much more!

Please note that we are currently tracking the frequency of use of our recreational services across the territory. For this reason, when you arrive at one of our parks, we will ask you to show us your citizen card and let us know which activity you chose. This will allow us to obtain a more detailed statistical portrait in order to improve our services.

**Information:** [www.morinheights.com/citizen-Card](http://www.morinheights.com/citizen-Card)

## Knitting trees

Thanks to the generosity of many knitters, more than 100 items (tuques, mittens, socks and scarves) were hung on our knitting trees last winter. All these knitted goods have been distributed to regional schools.

We'll be planting our trees once again on Friday, November 3 at Chalet Bellevue, the Town Hall and the library, where they will remain until the beginning of January. We'll "harvest" the knitted goods once the trees are full - surely just in time for Christmas - to distribute them to less fortunate families in the region.

So, knitters: grab your needles!

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



## Next editions!

### WINTER EDITION

December 1, 2023 to March 15, 2024

#### Deadline:

October 3, 2023

#### Distribution:

November 23, 2023

Visit [www.morinheights.com](http://www.morinheights.com) to sign up for our email newsletter to receive last-minute announcements, important reminders, and details on current programming!



## Kindness, the language of the heart!

**PLACE DES CITOYENS - Sainte-Adèle (999 boul. de Sainte-Adèle)  
Wednesday October 18, 2023 - 13:00 to 20:00 - Free Admission**

Several community organizations looking for volunteers will have booths at this fair, offering a wide variety of volunteer positions to be filled. Those interested in learning more about volunteering or in becoming a volunteer will benefit from enriching conversations with representatives from recruiting organizations. This event is a great opportunity to learn more about the organizations that interest you, the services they offer, and the kind of volunteers they need.

**For further information:** *Entraide bénévole des Pays-d'en-Haut* (450 229-9020) or visit [www.entraidebenevolepdh.com](http://www.entraidebenevolepdh.com)

## Annual Grants for Community Organizations

The Municipality of Morin-Heights invites non-profit groups and organizations to submit their 2023 requests for financial and technical assistance. Foreseeing community needs allows Council to set aside the necessary funds in its annual budget.

The form must be completed and returned by **October 15, 2023**. Council will analyze requests and send out replies by the end of February.



## Association des Personnes Handicapées Intellectuelles des Laurentides

APHIL is an organization whose mission is to offer a living environment, activities and workshops that foster the autonomy, professional development and civic involvement of individuals aged 5 to 80 years with an intellectual disability.

**Email:** [info@aphil.ca](mailto:info@aphil.ca)

**Telephone:** 819 326-5202 • 819 774-0423

**Address:** 62 rue Préfontaine Est  
Sainte-Agathe-des-Monts  
(Québec) J8C 1S2

**Opening Hours:** Tuesday to Friday, 9:00 to 17:00

**Website:** <https://aphil.ca/>

**Facebook Page:** <https://www.facebook.com/APHILpage/>

## The Laurentian Carpooling Mobile Application: Netlift

Do you want to reduce your expenses and your environmental footprint? The Netlift carpool app is for you!

### For more information:

Inter des Laurentides Customer Service:  
1 877 604-3377

Website: [jarrivelaurentides.ca](http://jarrivelaurentides.ca)



Association Historique de  
**Morin Heights**  
Historical Association

## Heritage Awards Dinner

**Saturday, November 4 at 18:00 at Chalet Bellevue**

Each year, the Morin-Heights Historical Association organizes a dinner to honour a personality who has significantly contributed to the preservation of local history, as well as a citizen of Morin-Heights who has faithfully preserved the architectural integrity of a historic building. This evening is an opportunity to celebrate our history while enjoying a fine meal and fun with friends and neighbours. Tickets to this event are available for purchase on the municipal website.



## Voluntary Conservation & Environmental Connectivity

Mark your calendars! Ruisseau Jackson Protected Natural Area (RJANP) and the Forest Cover Subcommittee of the Morin-Heights' Environmental Advisory Committee (EAC or CCE) invite you to an information session on private land conservation options and environmental connectivity. This event is presented by the organization *Eco-corridors laurentiens*.

**On Saturday September 23, at 8:45 at Chalet Bellevue** (27 rue Bellevue)

8:45: Coffee

9:00 to 10:00: Presentation and Q&A

The presentation will inform participants about various conservation options to help them preserve the natural features of their properties. Topics include ecological gifts, conservation agreements and related tax incentives.

A voluntary \$20 contribution is suggested.

**Information:** [ruisseaujackson.org](http://ruisseaujackson.org) or  
[info@ruisseaujackson.org](mailto:info@ruisseaujackson.org)  
438 340-1768

## Laurentians Cancer Support Group

The group offers English-speaking support services to cancer patients, caregivers and their families in the Laurentians. Free monthly meetings are held at Chalet Bellevue (27 Bellevue) or online via Zoom. Donations are welcome (tax receipts provided).

For more information about the group's services, meetings, and guest speakers, contact June Angus by phone at **450 226-3641** or by email at [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca).

## Photo Contest

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

The winner will receive a gift card from a local shop. Send your favourite photos to: [karyne.bergeron@morinheights.com](mailto:karyne.bergeron@morinheights.com).

The winner will be announced in the next issue of this bulletin.

**Your pictures must have a minimum size of 1 MB and be free of rights.**

Please note that selected photos will be kept in our municipal image bank and may be used to illustrate our various communication tools or ads.

The contest winner from the previous edition is Julie Brown, who won a \$75 gift card to Marché Vaillancourt, 878 chemin du Village. Congratulations!



Photo: Julie Brown

## Comité des partenaires famille des Pays-d'En-Haut

Are you parents who just arrived in the *MRC des Pays-d'En-Haut*? Would you like to learn more about the services and activities offered to families in your community? Have you recently had a baby?

### Enjoy a free VIP visit for parents!

A liaison agent will welcome you and provide information for you and your family. You will also receive a welcome bag.

### Subscribe to the *Info-Famille* bulletin

The bulletin is sent twice per month, informing you of family-oriented activities in your community.

### Information and registration:

[visitesvip.pdh@gmail.com](mailto:visitesvip.pdh@gmail.com)  
450 275-9894

Follow us on Facebook!



## Trinity Anglican Church Welcomes You

Are you new to Morin-Heights and looking to join a welcoming Christian congregation? Are you asking questions about your existence? Would you like to join a non-judgmental group searching for spiritual answers? Did the pandemic reveal a gap in your life? If so, come join a community of local people seeking answers to life's big questions and learning together, following the teachings of Jesus.

Everyone is most welcome to attend our in-person or Zoom services **every Sunday at 11:00** as well as our special events. You can also join us for Evening Prayer at 17:00 every weekday when seekers from across the Laurentians gather for a 30-minute online service on Zoom.

Trinity Anglican Church, now featuring a new accessible pathway, ramp, and entrance, is located at 757 Village Road and is part of the Anglican Church of Canada and the worldwide Anglican Communion.

Email us for Zoom links or information at [trinitychurch.morinheights@gmail.com](mailto:trinitychurch.morinheights@gmail.com).

Visit our Facebook page @Trinity Anglican Church Morin Heights, and our website at <https://www.montreal.anglican.ca>.

**Please join us, you'll be welcomed!**

## A New Life for the MHES Garden

Thanks to a new partnership between Morin-Heights Elementary School (MHES) and the local gardening organization Tournenvert, students got some much-needed assistance to restore the school's vegetable garden and to help it become a thriving part of the school community.

Last spring, Tournenvert volunteers took care of the initial garden prep with some much-appreciated help from the Municipality of Morin-Heights, who provided some tools, materials and the assistance of a couple of horticulturists to get the gardens ready for planting. By the end of May, a group of Tournenvert volunteers worked with the school's 230 or so students who came out to plant everything from cucumbers and tomatoes to pumpkins and beans.

The school's community garden is part of the MHES Wild School Project. The garden provides a learning environment integrated into the school's curriculum as students become aware of their personal impact on their environment while they

learn about the natural world, pollinators, and local ecosystems. The garden also serves as a starting point in learning about bigger issues such as food security and climate change.

The collaboration with MHES is a perfect fit for Tournenvert, a non-profit organization and member of the *Fédération des Sociétés d'Horticulture et d'Écologie du Québec*. The group has been active in the horticulture, ecology and environment sectors of the *MRC des Pays-d'en-Haut* since 1989. Their membership is comprised of avid gardening volunteers from the area.

While the MHES community garden has been evolving over the years, it was always a challenge to maintain it over the summer months. This new association with Tournenvert strives to overcome this obstacle. If you have a passion for gardening and some volunteer time to spare late this summer or fall, please contact Micheline at Tournenvert directly by calling 450 226-1252.



# Town Planning and Environment

## Vegetation on Shorelines

Autumn is a good time to start or continue revegetating your shoreline. As of the end of August, rainfall and the return of cool weather help conserve sufficient moisture in the soil to promote plants' long-term development. Before the first frost, autumn is the ideal time to plant certain species of trees, shrubs and herbaceous plants, including:

- Silver maple (*Acer saccharinum*) and its cultivars
- Allegheny serviceberry (*Amelanchier laevis Wiegand*)
- Virginia creeper (*Parthenocissus quinquefolia*)
- Ninebark (*Physocarpus opulifolius*) and its cultivars

Vegetation bordering an aquatic environment plays an essential role in preventing erosion, retaining nutrients from the land, and regulating the water's temperature. In Morin-Heights, the municipal by-law requires that vegetation within 15 metres of the shoreline of a lake or watercourse be left in its natural state. If this is no longer the case, the first 5 metres from the shore must be revegetated. The use of fertilizers and pesticides is also prohibited on municipal territory.

Whatever species you choose to revegetate your riparian strip, it's essential to be well informed to select those best suited to your

terrain and to avoid those that could be invasive. A list of plants recommended for revegetating riparian strips in Quebec is available on the Morin-Heights website, under the Environment tab's *Lakes, rivers, wetlands and all bodies of water*. (<https://www.morinheights.com/Lacs-cours-d-eau-et-milieux>, in French).

### References:

Comité de bassin versant de la rivière Gatineau (s.d.). Dossier de revégétalisation des berges. (COMGA - dossierreboisementdesberges.pdf)

CRE Laurentides (2013). La bande riveraine : le bouclier des lacs! Online [[http://crelaurentides.org/wp-content/uploads/2021/07/Bande\\_riveraine\\_capsule.pdf](http://crelaurentides.org/wp-content/uploads/2021/07/Bande_riveraine_capsule.pdf)]

Fédération interdisciplinaire de l'horticulture ornementale du Québec (2013). Guide de bonnes pratiques - Aménagement et techniques de restauration des bandes riveraines Online [[https://www.sadl.qc.ca/wp-content/uploads/2015/05/FIHOQ\\_guide\\_2013\\_web\\_spread.pdf](https://www.sadl.qc.ca/wp-content/uploads/2015/05/FIHOQ_guide_2013_web_spread.pdf)]

Text provided by:

Daphné Gagnon-Fee,  
Liaison officer, Soutien technique des lacs

Conseil régional de l'environnement des Laurentides  
(CRE Laurentides)

[www.crelaurentides.org](http://www.crelaurentides.org)

## Septic Tank Emptying

The Town Planning and Environment Department would like to remind you that the emptying of your septic tank must be carried out in accordance with provincial regulation Q-2, r.22:

- Every two (2) years for residences occupied on a permanent basis
- Every four (4) years for residences occupied less than 180 days per year, with a declaration of seasonal occupancy status (using the form provided)

Please note that proof, in the form of an invoice, must be sent to the Municipality:

- By e-mail: [service.urbanisme@morinheights.com](mailto:service.urbanisme@morinheights.com)
- By mail or dropped off: Town Hall, 567 chemin du Village, Morin-Heights, J0R 1H0



# Collections Calendar

## SECTOR 2-YELLOW

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

Place bulky items by the road on the evening of Sunday September 10. The pick-up truck will pass by once on your road at the beginning of the week.

Place bulky items by the road on the evening of Sunday October 15. The pick-up truck will pass by once on your road at the beginning of the week.

## SECTOR 3-GREEN

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

Place bulky items by the road on the evening of Sunday September 10. The pick-up truck will pass by once on your road at the beginning of the week.

Place bulky items by the road on the evening of Sunday October 15. The pick-up truck will pass by once on your road at the beginning of the week.

### Ecocentre

The inter-municipal Ecocentre is located at:  
**2155 Jean-Adam Road**, Saint-Sauveur, J0R 1R2






It is open every day from 7:30 to 16:45, except Wednesdays.

[www.vss.ca/services-aux-citoyens/services/ecocentre](http://www.vss.ca/services-aux-citoyens/services/ecocentre)  
[ecocentre@vss.ca](mailto:ecocentre@vss.ca)  
 450 227-0000, ext. 3200



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

### 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



### INFO-COLLECTE

1 855 PDH-RECY  
 450 229-8052  
[infocollecte@mrcpdh.org](mailto:infocollecte@mrcpdh.org)



## Reminders

- Remember to change the batteries of your smoke detectors when we go back to Standard Time in November.
- Fire Prevention Week runs **from October 8 to 14, 2023.**

# Morin-Heights Fire Department and First Responders



## Prepare an Emergency Kit to Keep at Home

Always have an emergency kit on hand at home containing items that household members will need to make it through the first three days of an emergency. Store your emergency kit in a backpack or a bin in an easily accessible location. Verify its contents annually and replace the batteries and bottled water as needed, as well as any non-perishable food that has expired.

### Below are the seven essential items that your emergency kit should contain:

- Drinking water (6 litres per person)
- Non-perishable food (for at least 3 days)
- Hand can opener
- Battery-operated radio and replacement batteries
- Headlamp or flashlight and replacement batteries or a wind-up (hand crank) flashlight
- Candles, a lighter or matches
- First aid kit containing antiseptics, analgesics, adhesive bandages, sterile gauze pads, scissors, etc.

## Prepare an Emergency Kit to Keep in Your Vehicle

Keep an emergency kit in your vehicle in the event of a breakdown, an accident or as a precaution during the winter.

### If you become trapped in your vehicle:

- Call 911.
- Stay calm and remain in your vehicle.
- Turn on your vehicle's hazard lights.
- Limit the use of your vehicle's battery by alternating between using the lights, heater and radio.
- If it is dark out, turn on the vehicle's cabin light in order to be visible to first responders.
- Move your limbs to stimulate blood circulation and avoid falling asleep.
- Be alert to symptoms of hypothermia.

### If you must turn on the vehicle's engine to keep the cabin warm, follow the guidelines below to prevent carbon monoxide poisoning:

- Make sure that nothing is blocking the vehicle's exhaust pipe (snow, etc.)
- Crack open the window on the side against the wind before starting the engine
- Allow the engine to run for about 10 minutes every 30 minutes.

Before you drive anywhere, verify road conditions on the Québec 511 website or by calling 511.

If road conditions are difficult, don't be on the road unless it is absolutely necessary.



# Outdoor Activities

## 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. This fall, watch your step with fallen leaves on the trails!

## Construction of New Trails or Obstacles Without Authorization

It is forbidden to build modules, obstacles, or new trails without the Municipality's approval. Before proceeding, it is essential to notify us of your projects to receive the necessary authorizations as these could affect the safety of users and/or medical assistance provided by emergency services.

## Respect for Private Property

It is important to note that closed trails may be located on private property. We are not authorized to allow their use outside of the operating season and so access is prohibited.

## 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 at the intersection of Route 364 and rue du Midi.



## Condition of Trails

You can consult the status of the trails on the municipal website: [morinheights.com/outdoors](http://morinheights.com/outdoors)

## Pricing

Pricing is available on our website.



## Renovation of the Municipal Library

From August 28 to November 4, the library will be closed to undergo upgrading and refurbishment. For more information about this project, please visit [morinheights.com/Library](http://morinheights.com/Library).



# Library

Remember that library membership is free for all residents. An opportunity not to be missed!

## Opening Hours:

Tuesday to Friday: 10:00 to 18:00

Saturday: 9:00 to 17:00

\*Closed on holidays.

## Contact:

823 chemin du Village

450 226-3232, ext. 124

bibliotheque@morinheights.com

mabiblioamoi.ca

We invite you to reserve your documents in advance on mabiblioamoi.ca or by email at bibliotheque@morinheights.com. For returns, the book chute is always accessible on the side of the building.

## Les lettres attachées (in French)

To secure your spot, please register through the Municipality's website: [www.morinheights.com](http://www.morinheights.com). We will be happy to assist you with the registration process if necessary!

Take part in a live creative workshop via video-conference, where a seasoned author will suggest writing exercises to create a work of art. After an interview with host Nicolas Ouellet, the special guest will prompt you with a few exercises while revisiting the spirit of their work in the process.

Afterwards, you'll have the chance to win the prize for the best work by submitting it. Visit the *Lettres attachées* website for details.

### Workshop with comic book artist Michel Rabagliati

September 23, 14:00, for adults

### Workshop with novelist Jocelyne Saucier

October 21, 14:00, for adults

### Workshop with poet Marie-Andrée Gill

November 25, 14:00, for adults



## Les Z'animés, presented by the library (in French)

To secure your spot, please register through the municipality website:

<https://www.morinheights.com>. We will be happy to assist you with the registration process if necessary!

### Introduction to London Architecture

AVAILABLE FOR VIEWING ON OUR YOUTUBE CHANNEL FROM SEPTEMBER 29 TO OCTOBER 12

London has a wealth of iconic, pioneering and avant-garde buildings. Despite its rich past, recent constructions demonstrate that modern London has not lost any of its architectural audacity.

### Fantômes et frissons !

OCTOBER 28, 10:30, FOR KIDS

To get ready for Halloween, drop by the Chalet Bellevue and listen to two scary stories! Gloria Prenafeta is back with colourful tales and a fun craft activity.

### Zoologiste en action: Animals Prepare for the Winter !

NOVEMBER 11, 10:30, FOR KIDS

Discover how animals prepare to survive our Quebec winters! Some

animals decide to head south, but most stay with us through the snowy season. Do they all have the same strategies for getting ready when autumn arrives? Live animals are part of this event.

### The Life and Work of Marc-Aurèle Fortin

AVAILABLE FOR VIEWING ON OUR YOUTUBE CHANNEL FROM NOVEMBER 24 TO DECEMBER 7

A devotee of the revered theme of the Quebec landscape, Marc-Aurèle Fortin continually renews his craftsmanship and techniques in order to sing his hymn to nature in a variety of ways.



# Cultural Program



The year 2023 marks the 40<sup>th</sup> anniversary of the founding of **Arts Morin-Heights**. As announced earlier, Arts Morin-Heights is holding two exhibitions this year. Our spring show was a great success and we're hoping our September show will be equally – or even more – successful!

## Details:

- Friday, September 8 to Sunday, September 10, 2023, from 10:00 to 16:00 at Chalet Bellevue
- Vernissage on Saturday, September 9, from 14:00 to 16:00
- For information, contact Ginette Fontaine by phone at 450 226-3832 or 514 913-2087 or by email at maagfontaine@hotmail.com.

Each of the artists will be present throughout the show. You are warmly invited to the vernissage. We hope many of you will attend and enjoy this special end-of-summer exhibition.

## Randall Spear Solo Concert: “Folk Influences”

Born in Montreal and raised on folk music by his Irish grandfather, Randall Spear is proud to present songs from his new recording, “Hurting Songs”, as well as covers of songwriters who have inspired him, such as Bob Dylan, Neil Young, Tom Petty, and Gordon Lightfoot. An intimate concert for all to enjoy.

**November 17, 19:00 at Chalet Bellevue.** Seating is limited and registration is required online at [www.morinheights.com](http://www.morinheights.com) (under the “Online services” tab, submenu “Online registration”). Cost: \$5 or free with citizen card.

**Information:** [chaletbellevue@morinheights.com](mailto:chaletbellevue@morinheights.com) or 450 226-3232, ext. 132

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



## Les journées de la culture

(continued from front page)



## Our Community in Pictures October 1, 13:00 at Chalet Bellevue

The Morin-Heights Historical Association (MHHA) will prepare an exhibit of historical paintings of Morin-Heights accompanied by photographs of the same scenes from past and present. The featured works will be by Michael Rubbo, Edwin Holgate (reproductions) and Judy Rogers, with a short introduction of Edwin Holgate's paintings by Ginette Fontaine from Arts Morin-Heights. We will also have a display of t-shirts from events over the years as a testament to our sense of community.

## Staged Play Reading October 1, 14:15 at Chalet Bellevue

**Theatre Morin-Heights** our English-language community theatre group, will present a staged play reading at Chalet Bellevue. “Nickey’s Café”, written by local playwright David Sherman, is set in a small-town café and the story fits perfectly with this year’s theme: community.

**Information:**  
[chaletbellevue@morinheights.com](mailto:chaletbellevue@morinheights.com)  
or 450 226-3232, ext. 132



# Cultural Program



## Visual Arts Exhibition: Roger Lemay – *Écouter son émotion*

The Municipality of Morin-Heights is pleased to present the works of local artist Roger Lemay for the first time.

**The exhibition will run from September 15 to October 1<sup>st</sup> at Chalet Bellevue. A vernissage open to all will be held on September 16, from 17:00 to 20:00.**

For information on an activity hosted by Roger Lemay, see the *Journées de la culture* details (page 1).

Lemay draws his inspiration from wounds, both in the human and natural world. The artist's aim is not to create gloomy works, but rather to create works that resonate with the observer's wounds and calls for reflection. Lemay will mainly be presenting paintings and sculptures, including some very large-format works for the first weekend only.

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



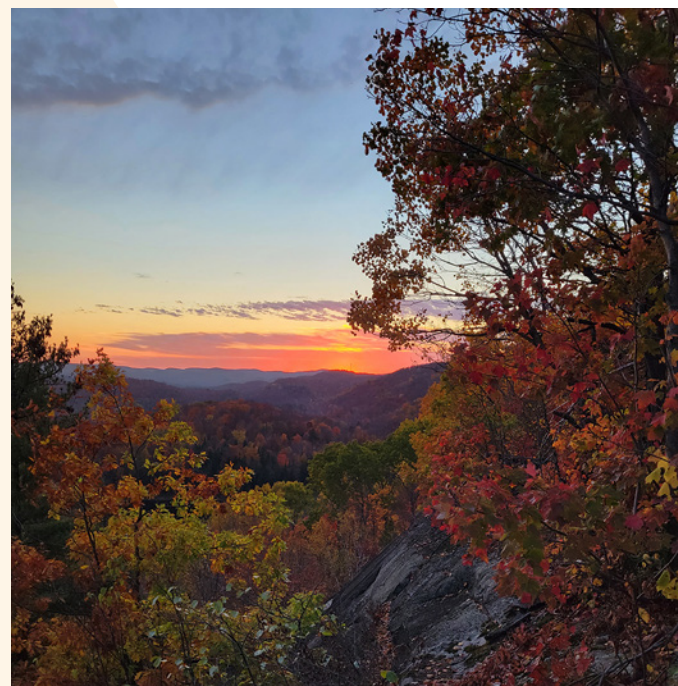
## Theatre Morin Heights Presents!



Save the date for our Main Stage Production at Chalet Bellevue from **October 18 to 22**, a play that will blend drama with a comedic twist! Especially when times are tough, we need to find some humour in life's ups and downs! The show is cast, and rehearsals are now underway. Let us know if you would like to volunteer behind the scenes. Tickets for four evening performances and two matinees go on sale mid-September. Check out [theatremorinheights.ca](http://theatremorinheights.ca) for details.

For *Les Journées de la Culture* on October 1<sup>st</sup>, TMH will present a staged play reading at 14:15 at Chalet Bellevue. We are currently casting, so let us know if you want to be part of this show. It only involves a few rehearsals and is a great way to appear onstage with your script in hand, a few props and some stage directions, complete with lights and sound effects. Of course, any show needs an audience, so if acting is not your thing, come, sit back, relax and enjoy!

For more information or to get involved with Theatre Morin Heights, call 579 765-3999, email [theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com) or visit our website [theatremorinheights.ca](http://theatremorinheights.ca).



## Laurentian Reading Club

Enjoying reading, ideas, and each other's company since 1959.

The Laurentian Reading Club meets on the third Tuesday of every month from September to June, at 13:00 at Chalet Bellevue in Morin-Heights. Why not join us for lively discussions of books and other readings? Our meetings are held in English.

Members are asked to contribute \$25 annually to cover the cost of books. For more information, please contact Jane Philibert at **450 226-6947** or by email at [janephil@cgocable.ca](mailto:janephil@cgocable.ca).

Recommended book: "Peace by Chocolate" by Jon Tattrie.

.....

## French-Language Reading Club / Club de lecture en français (CLEF)

The French-Language Reading Club holds monthly meetings at Chalet Bellevue every fourth Tuesday of the month from 13:30 to 15:30 to discuss new finds, books we rediscover, and favourites.

### For information about the club:

Contact Monique Bélisle at 514 608-2323.

.....

## Knitting group

The knitting group now meets every Thursday to knit, chat and share ideas. And it's not just for knitters: anyone who enjoys crochet, embroidery or other needlework is welcome!

Meetings are held at Chalet Bellevue in Morin-Heights from 13:00 to 16:00. You are welcome to join us for the full three hours or just part of the time, depending on your availability.

This is an informal group – there is 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.

## Les Stations Éphémères

The *MRC des Laurentides* and the *MRC des Pays-d'en-Haut*, in collaboration with the community, 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 consists of presenting a pop-up artistic creation in the spirit of land art at six stations along the Aerobic Corridor, between Morin-Heights and Amherst, while integrating several types of media (crafts, sculpture, painting, etc.). The creations will be completed during the month of August, and the pop-up exhibitions will run until Thanksgiving.

Explore the Aerobic Corridor on foot or by bike to discover all six stations!

For further information, please visit [corridoraerobique.ca/stations-ephemeres/](http://corridoraerobique.ca/stations-ephemeres/)

.....

## Porcupine 15 is on the loose!

On May 28, the Morin-Heights Historical Association launched the latest edition of Porcupine, the journal of local history. This issue features an article on Chief Ernie Woods, an introduction to the artists of Morin-Heights, an in-depth look at the recent history of the development of Lake Anne, and a tribute to our benefactor, Bunny Basler. This must-have issue is available online at: <https://morinheightshistory.org/porcupine/> or in person at the Legion Flea Market and at Euro Coiffeur, 568 Village Road.





Accès-Loisirs Québec

## Accès-Loisirs Pays-d'en-Haut

Following its implementation in participating towns (Sainte-Adèle, Saint-Sauveur, Morin-Heights, Sainte-Anne-des-Lacs, Piedmont and Sainte-Marguerite-du-Lac-Masson), the **Accès-Loisirs Québec program** is offered in the Pays-d'en-Haut region.

This program offers low-income individuals aged 0-99 the opportunity to participate in leisure activities free of charge, in a respectful and confidential manner. This opportunity enables our citizens to break their isolation and become socially active, in a respectful and confidential environment, on equal footing with all other citizens.

Registration for fall activities will take place on **Monday, September 11 from 13:00 to 16:00** at the *Garde-manger des Pays-d'en-Haut* in Sainte-Adèle and **Wednesday, September 13 from 9:30 to 11:00** in the Saint-Sauveur church basement.

To be eligible for the program, proof of income is required at registration.

To learn more about this program, please call 450 226-3232, ext. 132.

## Mayor's BBQ

Save the date on **Sunday, September 10**, and meet the members of your Municipal Council at our barbecue event! A light meal will be served by your Mayor Tim Watchorn and your councillors, and there will be activities on site for the whole family!

To find out more, visit our website and the Municipality's official Facebook page.

### Contact:

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

## Youth Excellence Grants - Sports Category

The mission of this municipal policy is to recognize the excellence of young residents aged 12 to 25 who contribute to the enhancement of Morin-Heights' sporting life. The amateur athlete must meet the eligibility criteria and submit a duly completed application form (available at Chalet Bellevue or online at [www.morinheights.com](http://www.morinheights.com) under the "Online Services" tab, under the submenu "Forms") **by October 15, 2023.**





## Halloween

This year, Morin-Heights will be celebrating Halloween with a dinosaur theme. Families are invited to explore the “Jurassic Corridor”, which will be decorated and animated for the occasion between 16:00 and 19:30 on October 31. Fun and scary dinos will entertain visitors of all ages!

Village Road will be closed for the duration of the festivities between Route 364 and Watchorn Road. Businesses and organizations that would like to join the festivities in the village centre and offer candy are invited to notify us of their interest by October 1 at the following e-mail address: chaletbellevue@morinheights.com. Residents of the village centre are also invited to contact us so that we can concentrate activities on Village Road and create a festive atmosphere.

### Dinosaur-Themed Pumpkin Decorations

We have a challenge for you this year! Decorate a pumpkin in keeping with the “Jurassic Park” theme! These will be used to decorate the Aerobic Corridor on Halloween night. Whether your pumpkin is carved or decorated, you can bring it to Chalet Bellevue between Saturday, October 28 and Monday, October 30, between 9:00 and 16:00 To allow us to create a beautiful exhibition, we ask artists to sign their name to identify their pumpkin. Participants will be entered in a draw!



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



### Cross-Country Ski Competitive Program (10 Years and Up)

Cross country ski technique instruction, training and competitions (X classes)

SCHEDULE: Tuesdays from 18:30 to 20:00 and Sundays from 9:00 to 11:30

START DATE: Depending on the groups, between September and November

LOCATION: 185 rue Bennett, Morin-Heights (Sundays) and 655 rue Fillion, St-Jérôme (Tuesdays)

PROGRAM DETAILS AND REGISTRATION:

[www.fondeurslaurentides.ca](http://www.fondeurslaurentides.ca)

Registration opens in September 2023

CONTACT:

[info@fondeurslaurentides.ca](mailto:info@fondeurslaurentides.ca)

579 888-2005 • 450 712-5478

### Jackrabbit Program (6-10 years)

Jackrabbit national cross country ski program (8 classes of 1.5 hours)

SCHEDULE: Sunday, 9:00 or 11:00

START DATE: January 2024

LOCATION: 185 rue Bennett, Morin-Heights

COST: \$200

PROGRAM DETAILS AND REGISTRATION:

[www.fondeurslaurentides.ca](http://www.fondeurslaurentides.ca)

Registration opens in September and ends on December 1, 2023

CONTACT:

[ecoledeski@fondeurslaurentides.ca](mailto:ecoledeski@fondeurslaurentides.ca)

579 888-2005

## Inter-Municipal Youth Field Hockey League

This free recreational hockey program offers children 5 to 15 years of age (as of September 30, 2023), who know how to skate, an opportunity to play field hockey in their community on an outdoor rink, completely free of charge!

One practice session and one match per week, **every Tuesday or Thursday.**

Novices\* (5-6 year-olds): 17:30 to 18:30

Atom (7-10 year-olds): 18:30 to 19:30

Pee-wee (11-13 year-olds): 19:45 to 20:45

Bantam\* (14-16 year-olds): Monday 19:30 to 20:30 and Wednesday 19:30 to 21:00 (schedule to be confirmed)

\*If the minimum number of registrations is met, a team will be formed for this age group.

The field hockey program emphasizes team spirit, fun and participation. Games are mostly held at the municipal skating rink, with the exception of a few exhibition games and inter-municipal matches which will be organized within the MRC.

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

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

**The program will start on Thursday, January 9,** ice and weather conditions permitting, at the Basler Park rink, 99 chemin du Lac-Écho. The program ends on February 22. **Ice conditions:** 450 226-3232, ext. 122 or online at [www.morinheights.com/Patinoires-Skating-Rinks](http://www.morinheights.com/Patinoires-Skating-Rinks)

**Online registrations only, starting on September 11 until December 8 at [www.morinheights.com](http://www.morinheights.com)**

(under the "Online Services" tab, then "Online Registrations"). Places are limited\*\*.

\*\*Priority will be given to Morin-Heights' residents up to December 8. Following this date, all remaining places will be filled with non-residents on first come, first served basis.

**Information:** [chaletbellevue@morinheights.com](mailto:chaletbellevue@morinheights.com) or 450 226-3232, ext. 132.

### WE'RE LOOKING FOR YOU!

Coaches and volunteers needed! If you'd like to get involved with the league in Morin-Heights, contact the person in charge at: [eliane.charbonneau@morinheights.com](mailto:eliane.charbonneau@morinheights.com).



## Maison de la famille des Pays-d'En-Haut

The *Maison de la Famille* offers many activities to families residing in the MRC des Pays-d'En-Haut area:

- Rest area
- Y'app ("Y'a personne de parfait")
- Délîma (Development of the parental relationship)
- Café-causerie (Coffee & conversation)
- Collective kitchen
- Learning support (for children 6 to 12 years of age)
- Preteen and teen parent group **New!**
- Baby-talk lunches
- Mon sac à dos, mes amis (My backpack, my friends)
- ...and a ton of other family activities and outings!

450 229-3354

[Info@maisondefamille.com](mailto:Info@maisondefamille.com)

[Maisondefamille.com](http://Maisondefamille.com)

*Maison de la famille des Pays-d'En-Haut* on

Facebook

## Club optimiste de la Vallée de Saint-Sauveur

**A variety of activities for youth & children**

**Information:**

[www.facebook.com/cluboptimistevss](http://www.facebook.com/cluboptimistevss)

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

C.P. 4, Saint-Sauveur (Québec) J0R 1R0



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



## F.C. MORIN-HEIGHTS

### What a great start to our summer!

#### Acknowledgements:

A very special thank you to this season's volunteers, coaches, educators and referees who pass on their passion for soccer to players of all ages. The future of our club continues to be very promising. We also wish to thank each and every one of you, dear parents and athletes, for renewing your trust in us year after year.

Thank you to the renewed generosity of the Municipality without whom we could not exist.

Many thanks as well to our main sponsors, IGA Morin-Heights and JOLY CPA Inc. with whom we have been working for several years. You are so valuable to us.

#### Announcement:

We can also confirm that our annual fundraiser, in collaboration with IGA Morin-Heights, will take place on Saturday, September 2, 2023. Join us!

#### Research:

We need YOU at the club! Several Board positions will need to be filled, such as treasurer, secretary, and director of referees. Other administrative positions are also available.

As every year, our next General Assembly will take place on the first Saturday of October, i.e., October 7, 2023. Don't miss it!

### Family Policy – Sports Activity Reimbursement

The Municipality of Morin-Heights reimburses the difference between resident and non-resident registration fees, up to a maximum of \$200 per child, per activity, per year, for activities offered within a minor field hockey association, baseball association, figure skating club, or swimming club.

To be eligible for reimbursement, activities must be organized by a town located in the Laurentians and participants must be permanent residents of Morin-Heights aged 17 years and under.

Requests for reimbursement must be submitted no later than sixty (60) days following the start date of the activity. Reimbursements will be issued at the end of the season or session.

The refund form (which must be submitted with every request) is available on the municipal website under the "Online Services" tab, under the "Forms" submenu.



Please note that, from August 27 to September 9, you can register online or in person at the following times:

**Fall Session 2023**

- **September 25 to December 3**  
(10 weeks) - *Nager pour la vie* (Swim for Life)
- **September 25 to December 17**  
(12 weeks) - AquaFitness
- **September 25 to December 17**  
(12 weeks) - Indoor Fitness

**Registration**

- **From August 27 to September 2, at the Centre sportif Pays-d'en-Haut for residents of one of the partner municipalities** (Estérel, Lac-des-Seize-Îles, Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Saint-Sauveur, Sainte-Adèle, Sainte-Anne-des-Lacs and Sainte-Marguerite-du-Lac-Masson)
- **From September 3 to 9, for all**

252 boul. de Sainte-Adèle, Sainte-Adèle (Québec)  
J8B 0K6

579 202-1722 • [www.centresportifpaysdenhaut.com](http://www.centresportifpaysdenhaut.com)

REGISTRATION DATES AND TIMES (online or in person)		
Online	August 27 to September 9	<b>9:00 to 20:00</b> Daily
In Person	August 27 to September 9	<b>9:00 to 20:00</b> Monday to Friday <b>9:00 to 17:00</b> Saturday and Sunday

**\*\*IMPORTANT NOTE\*\***

The Desjardins pools will be closed for four weeks for annual maintenance. As a result, swimming evaluations for fall registration will not be offered. We are aware of inconvenience this may cause and we request the community's understanding.

**ARENA**

For information on rink reservations and ice-time schedules for public skating, hockey, and Stick & Puck, please contact the arena manager Sylvain Descoteaux phone at 579 202-1722, ext. 8403 or by email at [sdescoteaux@cspdh.com](mailto:sdescoteaux@cspdh.com).





## Royal Canadian Legion Activities

At 127 Watchorn Road

The last flea market of the season will take place on September 9.  
Breakfast and BBQ lunch are available on site (\$).

SATURDAY, AUGUST 19

### Legion Remembrance Golf Tournament

FRIDAY, AUGUST 25

**Smoked Meat Dinner** - 17:00 to 19:00

SATURDAY, AUGUST 26

**Posa Blue Band** - 20:00

SATURDAY, SEPTEMBER 2

**Labour Day BBQ** - 18:00

SATURDAY, SEPTEMBER 16

**The Paolo Stante Band** - 20:00

FRIDAY, SEPTEMBER 22

**Smoked Meat Dinner** - 17:00 to 19:00

SATURDAY, SEPTEMBER 30

**Laurentians Quilting Show**

SUNDAY, OCTOBER 1

**Laurentians Quilting Show**

FRIDAY, OCTOBER 20

**Smoked Meat Dinner** - 17:00 to 19:00

SATURDAY, OCTOBER 28

**The Good Fellas Band** - 20:00

SATURDAY, NOVEMBER 11

**Remembrance Day**

SATURDAY, NOVEMBER 18

**West DeVille Show Band** - 20:00

FRIDAY, NOVEMBER 24

**Smoked Meat Dinner** - 17:00 to 19:00

Events are open to all! Dart games every Thursday at 15:00.

Hall rental available (info via email).

#### Contact:

legion171@cgocable.ca • www.legion171.net •  
Facebook: legion171 • Facebook page shows:  
morinheights live • 450 226-2213

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

## Inter-Municipal Agreement

An inter-municipal agreement between Morin-Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, Saint-Adolphe-d'Howard, and Sainte-Marguerite-du-Lac-Masson allows citizens from these seven towns to register **for the following courses at resident rates**. This agreement aims to promote specific courses and to offer our citizens access to a more varied range of options.

### Registration Process

Enquire directly about the registration process, dates, schedules, prices, and availability with the town offering your chosen course(s). Proof of residence is required. We suggest you contact the municipality offering the course or visit their website for information. The refund terms and conditions are determined by the town offering the course.

**The list of courses offered through this agreement for Fall 2023 is available on this webpage: [www.morinheights.com/courses-activities-offered](http://www.morinheights.com/courses-activities-offered)**

### INFORMATION

Municipality of Piedmont:

450 227-1888, ext. 230 / [piedmont.ca](http://piedmont.ca)

Municipality of Sainte-Anne-des-Lacs:

450 224-2675, ext. 262 / [sadl.qc.ca](http://sadl.qc.ca)

Municipality of Saint-Adolphe-d'Howard:

819 327-2626 / [stadolphedhoward.qc.ca](http://stadolphedhoward.qc.ca)

City of Sainte-Adèle:

450 229-2921, ext. 7244 /

[ville.sainte-adele.qc.ca](http://ville.sainte-adele.qc.ca)

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

450 228-2543, ext. 221 / [lacmasson.com](http://lacmasson.com)

City of Saint-Sauveur:

450 227-0000, ext. 4000 / [vss.ca](http://vss.ca)

Consult the complete schedule of courses offered in Morin-Heights on pages 22 to 24.

# Courses Offered

## FALL PACKAGE:

This fall, discover a wide range of low-cost physical activities available right here in Morin-Heights!

**The fall package gives you access to several different classes for one low price!**

The schedule is available online at [www.morinheights.com/courses-activities-offered](http://www.morinheights.com/courses-activities-offered)

### Ideal for people with:

- variable schedules;
- to move while socializing;
- if you want to try out different classes.

## REGISTRATION starts on August 14

### ONLINE

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

Under the “online services” menu and “online registration” submenu.

### BY PHONE

450 226-3232, ext. 132

### IN PERSON

At Chalet Bellevue from Monday to Sunday, from 9:00 to 16:00.

### INFORMATION

Get in touch with the Chalet Bellevue team or contact the instructor directly.

## Important numbers

### Town Hall

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

**Telephone:** 450 226-3232

**Fax:** 450 226-8786

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

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

### Emails:

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

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

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

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

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

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

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

[service.urbanisme@morinheights.com](mailto:service.urbanisme@morinheights.com)

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

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

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

### Sûreté du Québec des Pays-d'en-Haut:

450 227-6848

### Animal Control:

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



[www.facebook.com/  
MunicipaliteMorinHeights](http://www.facebook.com/MunicipaliteMorinHeights)



[www.instagram.com/  
municipalitedemorinheights](http://www.instagram.com/municipalitedemorinheights)



[youtube.com/  
@MunicipaliteMorinHeights](http://youtube.com/@MunicipaliteMorinHeights)



[t.me/morinheights](https://t.me/morinheights)

### Emergency 9-1-1:

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

*Photos: Paul Mackay and Ann-Julie Tremblay*

*Legal deposit – Bibliothèque et Archives nationales du Québec, 2023*

Graphic Design:  
**Turquoise Design**

Production:  
**Les Imprimés Triton** / 1 888 990-3486  
[www.groupeptriton.com](http://www.groupeptriton.com)

## Physical Activity Segment

SPORTS ACTIVITY	DAY	PARTICIPANTS	INSTRUCTOR	TIME	SESSION LENGTH	START DATE	RATE FOR RESIDENTS	RATE FOR NON-RESIDENTS
Cardio Latino	Thursday	Adults	Francisco De La Calleja	11:45 – 12:45	14 weeks	Sept. 14	\$145	\$170
Cardio Swing	Thursday	Adults	Francisco De La Calleja	9:15 – 10:15	14 weeks	Sept. 14	\$145	\$170
Fall Package	Various	Adults	Various	Various	12 weeks	Sept. 18	See online	See online

A bundle of several courses for one price! See details on the municipal website.

Family Zumba	Sunday	Adults & Children	Manon Coulombe	9:30 – 10:30	5 weeks	Sept. 17	Adults \$60 Children \$25	Adults \$70 Children \$30
Flexi-Dance	Thursday	Adults	Francisco De La Calleja	13:00 – 14:00	14 weeks	Sept. 14	\$145	\$170
Karate	Friday	Children (5 and over) Adults	Gilles Labelle	17:30 – 18:30	1, 3, 5 or 10 months	Sept. 8	Based on the length of the session	Based on the length of the session

For registration, please contact: Kyoshi Gilles Labelle 450 431-1444

Nordic Walk for All	Tuesday	Adults	Jayne Pollock	10:00 – 11:00	12 weeks	Sept. 5	\$145	\$170
Nordic Walk 65+	Tuesday	Seniors (65 and over)	Jayne Pollock	11:30 – 12:30	8 weeks	Sept. 05	\$96	\$112
Prenatal Yoga	Monday	Pregnant women (12+ weeks)	Carol Karuna	18:15 – 19:30	10 weeks	Sept. 20	\$230	\$265
Qi Gong	Thursday	Teens & Adults	Geneviève Pepin	16:30 – 18:00	12 weeks	Sept. 21	\$225	\$260
Solo Latino	Thursday	Adults	Francisco De La Calleja	10:30 – 11:30	14 weeks	Sept. 14	\$145	\$170
Tai Chi Chuan	Saturday	All	Robert Lee	9:00 – 11:00	12 weeks	Sept. 16	Free	Free
Yoga and Relaxation Parent-Child	Saturday	Adults & Children	Sophie Maranda	10:00 – 11:00	4 weeks	Nov. 4	Adults \$60 Children \$20	Adults \$70 Children \$30
Yoga for Mom and Baby	Wednesday	Adults & babies (under 6 months)	Carol Karuna	10:00 – 11:15	10 weeks	Sept. 20	\$230	\$265
Yoga-Relaxation	Monday	Teens & Adults	Carol Karuna	16:45 – 18:00	14 weeks	Sept. 11	\$252	\$290

## Cultural Segment

SPORTS ACTIVITY	DAY	PARTICIPANTS	INSTRUCTOR	TIME	SESSION LENGTH	START DATE	RATE FOR RESIDENTS	RATE FOR NON-RESIDENTS
Acrylic Painting	Wednesday	Adults	Nathalie Morel	9:00 – 12:00	8 weeks	Sept. 27	\$228	\$262
Bridge (Beginner and Beginner 2)	Monday	Adults	Louise Lalonde	10:00 – 11:30	10 weeks	Sept. 25	Free	Free
How to Care for Your Cognitive Health and Memory	Wednesday	Adults & Seniors	Geneviève L'Abbé and Nicole Ouellet	14:00 – 16:30	5 weeks	Nov. 8	\$35	\$40

Registration with our partner: [atelier.sante.cognitive@gmail.com](mailto:atelier.sante.cognitive@gmail.com)

English Conversation (Beginner)	Monday	Adults	Thérèse Mascis	13:00 – 14:30	10 weeks	Sept. 11	\$150	\$175
English Conversation (Intermediate)	Monday	Adults	Thérèse Mascis	14:45 – 16:15	10 weeks	Sept. 11	\$150	\$175
Joyful Noise Choir	Tuesday	All	Ian Lebofsky	15:00	15 weeks	Sept. 12	\$140	\$140

For information, communicate with Penny Rose at [pennyrose@jenanson.com](mailto:pennyrose@jenanson.com) or at 450 226-2746.

Scottish Dance	Sunday	All Ages	Heather McNabb	15:00 – 16:30	14 weeks	Sept. 17	Free	Free
Spanish for Beginners	Thursday	Adults	Yoalli Gallegos	11:30 – 13:00	10 weeks	Sept. 21	\$185	\$212
Spanish Conversation Club	Thursday	Adults	Yoalli Gallegos	10:00 – 11:30	10 weeks	Sept. 21	\$185	\$212