

INFO

Morin-Heights

In harmony with nature



MORIN-HEIGHTS
1855

MUNICIPAL INFORMATION

WINTER 2022-2023

DECEMBER / JANUARY / FEBRUARY / MARCH
VOL. 25 NO 5

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Spring Break Fun

Free!

FEBRUARY 26 TO MARCH 4

Activities at Basler Park, Tuesday, February 28 to Thursday, March 2, 11:00 to 15:00

- Enjoy our fun GPS rally « Flocon d'or » (details p. 16)
- Music
- Snacks around the fire
- Mascots
- Special activities
- Popcorn and cotton candy booth

At the library

- Storytime for all, Wednesday, March 1, 10:00 to 11:00*
- Workshop: "In spring, animals wake up", Saturday, March 4, 10:30 to 12:00*

At Chalet Bellevue

- **Les Pères Péту** live show, Sunday, February 26, 11:00 to 12:00
- Family LEGO workshop and special snack, Tuesday, March 28, 17:15 to 18:45*
- Parent & Children Yoga Workshop, Thursday, March 2, from 10:00 to 11:00*

*REGISTRATION IS REQUIRED FOR SOME ACTIVITIES

From **February 6** (10:00) to **February 24** (16:00) •

Online, in person or by phone • Hurry, places are limited!

For information: 450 226-3232, ext. 132

Check our Facebook page or our website in February for all details!



News from the Mayor

Dear fellow citizens,

The holiday season is upon us and reminds us of the importance of enjoying beautiful moments with our loved ones during this wonderful time of celebration. I hope

that all of you will be able to take advantage of it. Let's also think about those who, unfortunately, for various reasons, will be alone and will not have the privilege that we have.

Winter also reveals the most beautiful landscapes that Morin-Heights has to offer. Words fail us every year to describe the splendid environment in which we live. I am always amazed by the beauty of the winter landscape. It's a great time to be outside, in the fresh air, practice sports, and participate in events and activities that are offered here, close to home.

Winter is also a time of great excitement for the Municipality. There are many activities, and our Recreation, Culture and Community Life Department is working hard to offer you an exciting program in addition to the usual activities such as cross-country skiing, snowshoeing, fatbike, hiking, sliding, skating and field hockey.

We will also be very busy preparing the 2023 budget. A special edition will explain the provisions of the budget in detail. However, I want to remind you that this preparation involves many people, including elected officials and many municipal employees. Our main challenge will be, like all Quebec municipalities, to deal with the consequences of the significant inflation of the past year. Rest assured that we are making every effort to limit the impact of this on your tax bills.

Several citizens have questioned us on the issue of the dog park's opening hours. As some of you may have noticed, it is very popular, and we are very happy about it. However, in order to preserve the quality of life of the citizens of the sector, we have chosen to allow it to be open every evening until

18:00. This is a necessary choice to reconcile the needs of the users with those of the surrounding residents. It also seems to me that this is a compromise that is acceptable to all.

During the first weeks of 2023, we should obtain the certificates of conformity from the *MRC des Pays-d'en-Haut* allowing our new urban planning by-laws to come into effect. I would like to take a few lines to underline the exemplary way the entire adoption process was carried out. Together, we have found the necessary consensus to gather everyone around a planning program that is representative of our vision for the development of our territory. It is bold and forward-looking. I am very proud of this achievement which culminates after two years of hard but necessary and useful work. I would like to thank all the citizens who participated in one way or another in the preparation and adoption of the urban planning by-laws. I would also like to thank the entire municipal team, in particular our Director of Urbanism and Environment, Jennifer Durand, and all the employees of the department for their dedication, professionalism, involvement and concern for a job well done. I am equally proud of the quality of the debates that marked the consultations. What can I say about the significant participation we saw! This demonstrates your sense of belonging and your deep attachment to Morin-Heights. Thank you for showing it day after day.

I am pleased to see that there is a great deal of activity in our municipality. Of course, we are evolving positively, and the economic activity is still vigorous despite certain slowdowns noted elsewhere. This is a sign that we are still attractive. We are working on many projects right now, and we will make sure to bring them to completion.

We are continuing to prepare the budgetary aspects of the wastewater treatment project (sanitary sewer), as well as the plans and specifications to be submitted to the Quebec government for a grant that should allow for the financing of close to 75% of the eligible costs of the project.

Council will also prioritize the first projects that will follow up on the report and the revitalization plan for the village core. We will soon see the installation of new lighting and street furniture, similar to what

you can see on the portion of Watchorn Road that the Municipality redid last year.

Now a few words about our traffic action plan. Our efforts to limit speed on our roads are paying off, as the numerous data collected with our speed displays demonstrate the many improvements we have made over the past three years. We will continue our efforts to enforce speed limits. Secondly, our noise awareness campaign, particularly in the village core, has reached an impressive number of road users, and the various means we have used to achieve our objectives are having a significant impact. We are receiving testimonials from citizens who say they have seen a positive change, and we are therefore moving in the right direction. Our sound level meters, an innovation of the Municipality, will also allow us to collect useful data on the noise generated in the areas concerned.

In 2022, we have made significant investments in the municipality's infrastructure. I would like to congratulate the Public Works and Infrastructure team for the quality of the work done in coordinating all the projects carried out. This contributes to increasing the quality of services offered to the population.

Finally, I can assure you that we are all very motivated as we enter the new year 2023. There are many challenges ahead of us, and the issue of affordable housing will certainly be at the forefront of our minds. The MRC's Housing Summit, held very recently, showed beyond any doubt the importance of our getting more involved in this issue. We are aware, as you are, of the very significant increase in property values, and we are concerned about what the future holds for young people who want to settle in Morin-Heights. We have made our first foray into housing with the Habitat Morin-Heights project, which is scheduled to begin construction in late 2023. Housing for younger people will certainly need to be addressed in the coming months.

Yours truly,



Tim Watchorn, ing.
Mayor of Morin-Heights

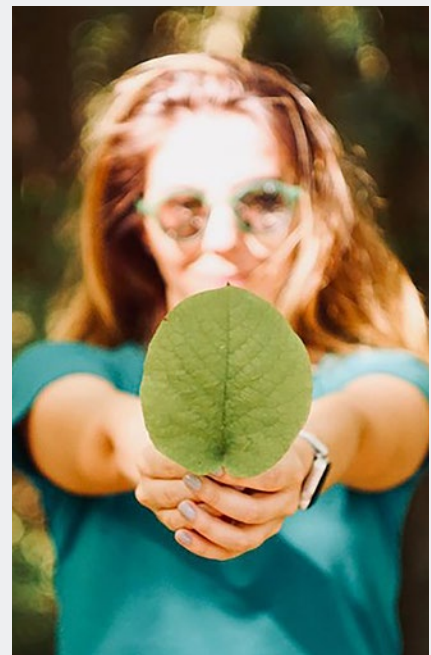
News from the EAC

The Environmental Advisory Committee, in pursuit of its objectives to protect the environment of the municipality and through the participation of its citizens, has created sub-committees for each of the priority environmental sectors it has chosen to work on.

The sub-committees are the following:

- * Forest
- * Water
- * Biodiversity
- * Pollution
- * Optimal quality of life

These five sub-committees are made of 5 to 6 participants who work as a team to formulate suggestions, proposals, solutions and actions that will ultimately help protect our environment.





MA MOBILITÉ, MA LIBERTÉ !

New schedule in effect for Inter and Taxibus

The new Inter schedule is available since August 15. It is available in buses, at points of sale, and on the web at www.linter.ca.

Note that the taxibus schedule is available exclusively on the web. For more information: 1 877 604-3377.

Municipal Child Protection Charter

At the October meeting, Council adopted the Municipal Charter for the Protection of Children. In memory of Aurore Gagnon, the child martyr, the 100th anniversary of her death, and other child victims of abuse, it was proposed that municipalities, as governments of proximity, take concrete actions to foster and promote the protection of children. Actions that will contribute to stopping these tragic and unacceptable events due to neglect and abuse of children and that adhere to the values of caring and benevolence.

By adhering to this charter, the Municipality of Morin-Heights commits to providing a safe living environment for all children, to listening to children by offering them places and opportunities to



Why a citizen card?

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

- Resident rates for courses and activities;
- Cultural activities;
- Events and shows;
- Access to the snowshoe and fatbike network;
- Obtaining a library card;
- Access and registration to the *Centre sportif Pays-d'en-Haut*;
- and much more!

Information:

www.morinheights.com/carte-citoyenne

express themselves freely and in confidence, to taking actions to prevent abuse and to see to the promotion of the help resources available on the territory, as well as to integrating into its planning, actions that foster the development of the full potential of children.



www.morinheights.com



Photo: Guy N. Pelletier

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 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. 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 contest winner from the previous edition is **Guy N. Pelletier**, who won a \$50 gift certificate from Amérispa Spa Nordique Morin-Heights, located at 160 chemin Watchorn. Congratulations!



Animal Control

How do I file a report?

If you witness a situation in your neighbourhood that is a source of nuisance, such as a stray dog, excessive barking, a dog exhibiting aggressive behaviour, etc., or if you witness an animal that is a victim of negligence or cruelty, you must report it to the SPCALL. The complaint will be confidential.

To reach the SPCALL 7 days a week, between 9:00 and 18:00: 819 326-4059 or toll-free 1-866 960-SPCA (7722).

For any urgent situation outside of service hours, call 911.

Knitting Trees

Mittens, scarves, tuques, neck warmers; our knitting trees are starting to bear fruit! Please continue to feed them with your knitted items for children. Once your items are finished, take them to the library, Town Hall, or Chalet Bellevue, and hang them on the trees that will be in place until early January.

As we did in the past years, we will “pick” the trees when they are full and distribute the knitted goods to less-fortunate families in the region through the *Garde-Manger des Pays-d'en-Haut* and some elementary schools. So knitters, pick your needles and get to work!

For more information, contact Monique Bélisle at 514 608-2323.

Economic Development

Entrepreneurship at the heart of our MRC

The Economic and Territorial Development Department of the *MRC des Pays-d'en-Haut* (SDÉT) is the main entry point for entrepreneurs to realize their business projects and access various support services. The SDÉT offers follow-up, technical and financial support services to entrepreneurs during the different phases of their business development (start-up, expansion, consolidation or succession).

General services

- Guidance in the preparation of a business plan and projected financial statements
- Evaluation, business diagnostic and follow-up
- Information, consultation, orientation and business financing
- Strategic watch in entrepreneurship
- Advice and support on exporting, succession, business immigration and social economy
- Training and workshops events
- Promotion of the territory and its local businesses

Stay informed about the economic development news and activities from our territory by subscribing to our newsletter at lespaysdenhaut.com/services-aux-entreprises.

Do not hesitate to contact us for more information or to talk with our professionals!



**MRC des
Pays-d'en-Haut**

1014 rue Valiquette
Sainte-Adèle, Québec, J8B 2M3
info@mrcpdh.org
450 229-6637 • lespaysdenhaut.com



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

Health and Friendship

The Health and Friendship activity is held **every second Tuesday from 13:00 to 14:30**. A volunteer nurse is waiting for you to measure your blood sugar and blood pressure. She can also provide you with advice and reassurance about general health concerns. You simply have to show up at the scheduled time. You can stay for a coffee, chat and make friends!

Entraide provides this service for free; however, it gladly accepts all donations.

Next Dates:

December 13, 2022

January 10, 2023

February 14, 2023

March 14, 2023

Location:

Cosy Corner
831 chemin du Village
Morin-Heights

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 know the services and activities offered for families in your community? Do you have a new baby?

Enjoy a free VIP visit for parents!

A liaison agent will welcome you and provide information for you and your family. A welcome bag will be given to you.

Subscribe to the Info-Famille bulletin

The bulletin is sent twice per month, informing you of your community's family activities.

Information and registration:

visitesvip.pdh@gmail.com
450 275-9894

Follow us on Facebook!



www.morinheights.com

Public Works

The Municipality is seeking the population's cooperation to respect the municipal instructions and regulations for the winter period and thus allow our snowplows to intervene quickly and effectively this winter.

Streets Snow Removal

Snow removal and the spreading of abrasive are the main activities of the Public Works Department during winter. The speed of execution of these activities improves safety on our streets. For this reason, we remind you that when removing snow from driveways, parking lots and pedestrian walkways, you must deposit snow on your private land and not on the Municipality's land so as not to interfere with snow removal operations. It is your responsibility to notify your private contractor. Anyone who contravenes this by-law is liable to a minimum fine of \$ 100 for a first offence (By-law 569 2019). **Remember that parking is prohibited on all public roads, under the penalty of a fine and the risk of being towed at your expense.**

Sanding

The mixture spread on the roads is made of sand to which 5% of salt is added and is generally applied once the snow has stopped falling. This mixture is more efficient and easier on the environment than salt alone, as salt is efficient only when temperatures range between 0°C and -15°C.

Courtesy and Respect

During snow removal operations, we invite you to show courtesy by giving way to snow removal vehicles so that they can perform safe maneuvers during their various operations. **During a loading operation, you should never overtake the convoy of trucks unless a flag person gives you permission to do so.** Likewise, compliance with the flaggers' instructions is always essential during detours since the objective remains to accelerate all snow removal activities, allowing users to regain full access to the public highway in the areas as fast as possible.

Sidewalks Snow Removal

Snow removal on sidewalks and widening of roads is done with various vehicles and a snowblower. By-law 401 (available online) allows snow blowing on private properties.

Temporary Winter Shelters and Property Markers

Be sure to set up your temporary winter shelter and markers on your property. The structures and markers installed in the street right-of-way interfere with snow removal operations and slow down the work of operators. Opt for wood or fibreglass poles since metal poles can damage snow removal equipment causing significant costs and delaying work. In addition, if breakages are caused to structures located within the municipal right-of-way, the Municipality cannot be held responsible for the damage because it is the citizens' responsibility to respect this area.

Private Property

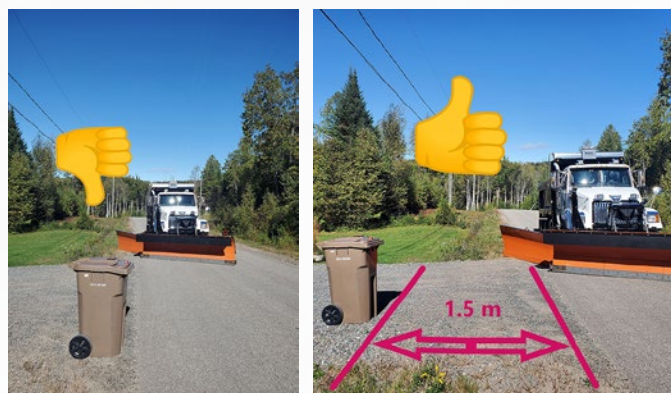
Whether there is a fence, a hedge or a flower bed in front of your property, it is important to protect it in the fall. Note that the first metre within your property line, not from the curb or the ditch, must remain free of any installations or structures. This clearance is required primarily for snow removal operations. This principle also applies to garbage, recycling, and compost bins.

All owners remain responsible for their landscaping installations bordering a road, and the Municipality will not accept any liability claims for damages incurred to these structures or plants.

Curb Collection

At all times, it is important to place the bins at the curb only on collection day; extra care must be taken in the winter.

In winter, your cooperation is key regarding the collection and snow removal operations. Your bin must be placed in your driveway at no more than 1.5 metres from the road to avoid being knocked over by the snowplow. **Fallen bins cannot be emptied.**



Collections Calendar

SECTOR 2-YELLOW

DECEMBER 2022							JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5*	6	7				1	2	3	4				1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12*	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
25	26	27	28	29	30	31	29	30	31					26	27	28					26	27	28	29	30	31	

* Additional recycling pick-up on January 5. The brown bin will be picked-up on the January 12.

SECTOR 3-GREEN

DECEMBER 2022							JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6*	7				1	2	3	4				1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13*	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
25	26	27	28	29	30	31	29	30	31					26	27	28					26	27	28	29	30	31	

* Additional recycling pick-up on January 6. The brown bin pick-up will be held on the January 13.

Caption

-  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
-  Change in pick-up day
-  No garbage pick-up

lespaysdenhaut
recyclent.com

 **MRC des**
Pays-d'en-Haut

INFO-COLLECTE

1 855 PDH-RECY

450 229-8052

infocollecte@mrcpdh.org

Ecocentre

The inter-municipal Ecocenter is located at
2125, chemin Jean-Adam, Saint-Sauveur,
450 227-2451, ext. 3200.

Opening hours

April 1 to November 30: open daily (except
Wednesday), 7:30 to 16:15

December 1 to March 31: open Tuesday to Saturday,
7:30 to 11:45 and 13:00 to 16:00

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

Town Planning and Environment

Moving forward: New by-laws and Town Planning Program

Finally! We are approaching the final stages of the new town planning program and by-laws coming into force. The municipal council members, the Director General and the Director of the Town Planning and Environment Department have been working on this huge file for about two and a half years. The new Town Plan Program of the Municipality of Morin-Heights will allow us to update our land use practices to have healthy and sustainable habits to better respond to today's issues and needs while ensuring the preservation of our environment for years to come.

The orientations and objectives outlined in the Town Plan Program are focused on improving our citizens' quality of life, creating complete living environments, accessibility to businesses and services of first necessity, directing developments towards sectors of lesser impact, protecting natural habitats and landscapes of our magnificent municipality, all the while remaining a proximity governance having at heart the listening and well-being of its residents.

Once again, the Municipality is taking a big step forward, and we are proud of the work accomplished!

An eco-responsible Christmas

The season of giving is approaching! As you start to think about your gift list, why not also think about the kind of gift that lasts not just for a season, not even for a lifetime, but forever? If you are wondering how you can help conserve and protect the wonderful natural environment that surrounds us here in Morin-Heights, you will be interested to learn that you can do so by donating land. Owners of untouched land who are anxious to prevent the destruction of endangered species and protect biodiversity, or simply to avoid the loss of our beautiful woodlands, can do so by means of Private Stewardship through a land transfer/gift for conservation to a recognized conservation group (Conservation Nature Canada, Écocorridors Laurentiens, and others). It is also possible to maintain ownership but to grant an easement or conservation servitude. In both cases, legal agreements protect the land in perpetuity for conservation purposes. Land gifts for conservation give not only to the community and

More ideas for an eco-responsible Christmas!

- Buy and give a local or eco-friendly gift, such as one made by a local artisan, an electronic gift card, an experience, or offer your time!
- Opt to use reusable packaging and avoid single-use wrapping paper.
- Reduce the amount of prepared food to avoid waste.
- Avoid turning on decorative lights for long periods, and remember to turn off lights at night.

The Town Planning and Environment Department team wishes you **happy holidays and best wishes for the year 2023!**



future generations but give back in terms of a tax credit based on the value of the land. Most land in the Laurentians is privately owned. Thus Private Stewardship through land gifts is the only way that we, as a society, will be able to meet conservation targets in heavily privatized forests of southern Quebec.

Why not give back to nature the lasting gift of conservation? For more information, please contact Daniel Kneeshaw at kneeshaw.daniel@gmail.com. Mr. Kneeshaw is a member of the Forest Subcommittee affiliated with the EAC.

Library

The municipal library is located at 823 Village Road and is closed on statutory holidays. Library membership is free for all residents.

Hours:

Tuesday to Friday: 10:00 to 18:00

Saturday: 9:00 to 17:00

Information:

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

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 Z'animés, presented by the library

To ensure that you have a place, please register through the municipal website: www.morinheights.com. We will be happy to assist you with the registration process if necessary!

A Christmas Story (in French)

DECEMBER 17, 10:30, FOR CHILDREN

The magic of Christmas is coming to the library! Listen to the beautiful stories of the holiday season with Gloria Prenafeta.

Toulouse-Lautrec: the man, the artist, the work (in French)

AVAILABLE FOR VIEWING ON OUR YOUTUBE CHANNEL FROM FEBRUARY 10 TO 23

Sylvie Coutu presents an innovative artist who marked his time: Henri de Toulouse-Lautrec. Characterized by great inventiveness, sinuous rhythms and flat colours, his work broke with the styles of the past and paved the way for the artistic avant-gardes to come.

In spring, animals wake up (in French)

MARCH 4, 10:30, FOR CHILDREN

Come meet zoologist Hélène Caron and explore animal diversity! This educational and fun presentation invites you to fuel your curiosity about the mystery of hibernation. Would you dare to become a zoologist in action for a memorable scientific workshop?

The Virtues of Fine Herbs (in French)

MARCH 11, 10:30, FOR ADULTS

What are the thousand and one virtues of herbs used in cooking? Would you like to incorporate them into your garden or grow them on your balcony? Discover the properties of several plants that are sometimes already in your pantry or your flower bed and that are so interesting for their numerous benefits on different body systems.

NEW ACQUISITIONS

The library keeps its collection up to date! Here is an overview of our new books:

Reckoning / Catherine Coulter
Haven / Emma Donoghue

The Housekeeper / Joy Fielding

This Is How We Love / Lisa Moore

The Half Life of Valery K / Natasha Pulley

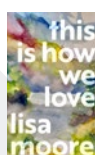
Portrait of an Unknown Woman / Daniel Silva

Girl, Forgotten / Karin Slaughter

The Poet's House / Jean Thompson

Harlem Shuffle / Whitehead

Black Dog / Stuart Woods



www.morinheights.com



Morin-Heights Fire Department and First Responders

Clearance of exits

In the event of a fire, being able **to evacuate your home quickly** is essential. In winter, the accumulation of snow or ice in your exits can interfere with evacuation.

- After each snowfall, remove snow from your exits, balconies, patio, and windows. In a fire, you and your family may have **less than three minutes** to leave your home safe and sound. Imagine the precious seconds you would lose if the exit you had to use during a fire was snowy! Also, you must clear your exits from **bulky items** such as toys, shoes, school bags, shovels, snowblowers, barbecues, stored garden furniture, etc.
- Make sure windows are cleared of snow and thawed. A window blocked by ice can prevent escape. More so, ensure that windows that can be used as emergency exits are accessible from the inside to a young child and that the child knows how to open and access them.
- Plan a meeting point accessible in winter and visible to firefighters upon their arrival. Also, Make an evacuation plan for your home and practice evacuating with your family members to increase your chances of getting out safe and sound in a fire.
www.quebec.ca/en/public-safety-emergencies/emergency-situations-disasters-and-natural-hazards/evacuate-your-home/home-evacuation-plan-fire.
- Inform your municipality if the fire hydrant near your residence is not cleared of snow.

Reminders

- > Have you thought about changing the batteries in your smoke detectors when you set your clocks back?
- > Don't forget to have your chimney swept!
- > **The Garde-Manger des Pays-d'en-Haut's Guignolée will take place on Saturday, December 10. Be generous!**

Civic number

The civic number of a building is not a decorative or useful element only for the mail. This number is the main reference for quickly locating a place by emergency responders, day or night.

A clearly visible civic number allows emergency services to locate a building more quickly and thus save significant delays.

Outdoor Network

Events Calendar

- *Première Neige* Race at Sommet Morin Heights : on December 2 and 3
- Torchlight snowshoe hike at Basler Park: on January 28
- *Fest'hiver* and the 51st Viking Loppet: on February 19 and 20
- Palliaccio's hike under the stars at Basler Park: on February 25
- *Coupe Québec* at Sommet Morin Heights: on March 24, 25 and 26



The network: more than 160 km of cross-country ski, snowshoe and fatbike trails within your reach

Cross-country skiing: Whether for classic, skate or backcountry skiing, we have trails that allow you to take a nature break from various access points.

The trails on the Viking Club territory (chemin Jackson) are also accessible; however, parking is reserved for their members.

Snowshoeing: Several trails nearby (Basler Park, Bouleaux sector, Sommet Morin Heights). You will find views of lakes, mountains, and ice rocks! Depending on the conditions, it is possible to walk with crampons.

Fatbike: About fifteen kilometres are accessible; the passage of snowshoers maintains them.

Conditions and opening of the trails: Want to know the conditions? Visit morinheights.com/Outdoors. An update and the date of the last mechanical maintenance are made daily. Some conditions do not allow the use of the trails in order to preserve their quality or restoration; please respect these instructions when notices are issued. In addition, some trails have been modified. It is crucial to respect signage and private properties.

Ski school: It will be possible to take a cross-country ski initiation lesson or to master specific techniques! Equipment rental is available. By reservation at 450 226-3232, ext. 132. The site for the ski lessons is located at 185 rue Bennett.

Equipment rental:

Cross-country skiing: the rentals are located at 50 ch. du Lac-Écho at the Aerobic Corridor Pavilion. For skating equipment, the rentals are located at 185 rue Bennett.

Snowshoeing: at Basler Park's parking booth at 99 ch. du Lac-Écho.

Reminder about dogs: Dogs are allowed on snowshoe trails only and must be on a leash. Walking your dog at the Canine Corridor on chemin du Midi or the dog park at 100 ch. du Lac-Écho is also possible.

Pricing

- Seasons passes can be purchased online.
- No charge for children 17 years old and under.
- Access to the snowshoe and fatbike trails is free upon presentation of the citizen card (info on p.4)
- Details : www.morinheights.com/Outdoors

Landowners / Ski or snowshoe trails: Do you own a property with a municipal cross-country ski or snowshoe trail on it? Come to Chalet Bellevue (27 rue Bellevue) to receive free VIP passes for you and two of your guests (transferable guest passes).



www.morinheights.com

Service Centers

WELCOME CENTERS	SERVICES OFFERED AT EACH WELCOME CENTER	ACTIVITIES STARTING AT EACH CENTER	OPENING HOURS
Chalet Bellevue 27 rue Bellevue	<ul style="list-style-type: none"> • Waxing room • Ticket office • Restrooms • Showers • Rest area 	<ul style="list-style-type: none"> • Classic cross-country skiing • Snowshoeing • Fatbike 	9:00 to 16:00, Friday to Sunday*
Aerobic Corridor Pavillion 50 ch. du Lac-Écho	<ul style="list-style-type: none"> • Ticket office • Restrooms • Rest area • Rentals (classic skis) 	<ul style="list-style-type: none"> • Classic cross-country skiing • Skate skiing • Snowshoeing • Fatbike 	9:00 to 16:00
Basler Park 99 ch. du Lac-Écho	<ul style="list-style-type: none"> • Restrooms • Rentals (snowshoes) 	<ul style="list-style-type: none"> • Classic cross-country skiing • Sliding • Snowshoeing • Fatbike 	9:00 to 16:00
Sommet Morin Heights 185 rue Bennett	<ul style="list-style-type: none"> • Ticket office • Restrooms • Rest area • Rentals (snowshoes, classic and skate cross-country skis) 	<ul style="list-style-type: none"> • Classic cross-country skiing • Skate skiing • Nordic cross-country skiing • Snowshoeing • Fatbike 	9:00 to 16:00, Thursday to Monday
Des Bouleaux Park 19 rue des Bouleaux	<ul style="list-style-type: none"> • Restrooms 	<ul style="list-style-type: none"> • Nordic cross-country skiing • Snowshoeing 	9:00 to 16:00

*Open daily during the holiday season (December 23, 2022, to January 3, 2023) and for Spring Break (February 24 to March 5, 2023)



Cultural Programming

Lux Hodie Concert

A performance by Lux Hodie women's choir, directed by the great **Karen Young**, presented at the Chalet Bellevue on Sunday, December 18, at 15:00.

The group offers a repertoire of sacred and nativity songs from various origins; an invitation to settle down for the Christmas season! Lux Hodie is composed of six beautiful female voices, a harpist, and a contrabassist. They will perform Celtic, Irish and Aboriginal Christmas songs and music, rearranged by Karen Young for this choir of six voices.

Sopranos:

Isabelle Young and Angèle Trudeau

Mezzo-sopranos:

Karen Young and Rebecca Bain

Altos:

Linda Morrison and Annie Poulain

Accompanied by:

Harpist Éveline Grégoire-Rousseau

Contrabassist Normand Guilbeault

Limited seating, registration required through www.morinheights.com («Online Services» menu, «Online Registration» submenu): \$5 or free with a citizen card.

Information:

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



Association Historique de
Morin Heights
Historical Association

Local Documentary Film

The **Morin-Heights Historical Association** presents «**Music: the Official Language of Morin-Heights**», a film depicting the history of music in Morin-Heights.

The official premiere is on Saturday, December 3, at 14:00, at the Chalet Bellevue.

Free admission for MHHA members, **\$5** for non-members.



Joyful Noise Choir

Christmas concert and the reading of the poem «The Christmas Canoe», Wednesday, December 14, 19:00 at United Church, located at 831 chemin du Village.

VILLAGE NOISE MORIN-HEIGHTS

Be on the lookout a few days before Christmas and let yourself be charmed by the street carollers!



www.morinheights.com



Knitting Group

The knitting group meets 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!

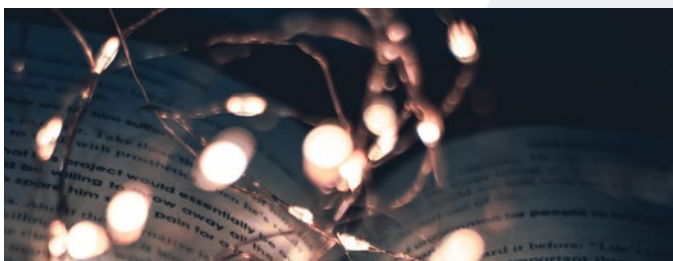
Meetings are held at Chalet Bellevue on the first and third Thursdays each month from 13:00 to 16:00. You are welcome for the full three hours or less, depending on your availability.

This is an informal group, no need to sign up or book. Join us to work, share and chat; all you have to bring are your supplies! Contact Monique Bélisle at 514 608-2323 if you have questions.

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. Members are asked to contribute \$25 a year to cover the cost of books. For more information, please contact Jane Philibert at 450 226-6947 or janephil@cogocable.ca.

The club suggestion for this season is «**Lessons in Chemistry**» by Bonnie Garmus.



www.morinheights.com

((SiriusXM))
PRESENTS

FESTIVAL
SUPERFOLK
Morin-Heights

AUGUST 18-19-20, 2023

GET 50% OFF
IF YOU BUY YOUR PASSES BEFORE THE NEW YEAR!
QUANTITIES ARE LIMITED. CANNOT BE COMBINED WITH ANY OTHER PROMOTIONS

DETAILS AT SUPERFOLK.CA

Logos: Canadian Council of the Arts, MRC des Pays d'en Haut, Hydro Québec, tempo, NAT CROCHIL, BOUTIQUE



Concert by BLACK UMFOLOSI

blackumfoliosimusic.com

SuperFolk presents Black Umfolosi on December 7 at 20:00 at Chalet Bellevue (doors open at 19:30).

Tickets: \$30 available at Chalet Bellevue or via www.morinheights.com («Online Services» menu, «Online Registration» submenu)

Information: Penny Rose 450 226-2746 or pennyrose@superfolk.ca

We thank all of our loyal patrons and hard-working volunteers for making our fall production of «Perfect Timing» by Kristi Kane a resounding success!

As we launch our 2023 Season, save these dates for our events at Chalet Bellevue at 19:00 (complete details will be available on our website shortly):

- January 25: Cold play reading, so anyone can join in to read a few lines or sit back and listen.
- February 22: Annual General Meeting followed by a short play reading. Open to all, but only TMH members for 2023 are eligible to vote.
- March 29: Rehearsed play reading complete with costumes and props, sounds and light – but scripts still in hand.

Please contact us if you want to get involved on stage, behind the scenes, or even as part of our board of directors. There are numerous ways that you can volunteer to become part of our thriving local English community theatre troupe – just let us know you are interested! For more information or to inquire about getting involved, call 579 765-3999, email theatremorinheights@gmail.com, or visit our website theatremorinheights.ca.



French-language Reading Club (CLEF)

The *Club de lecture en français* continues its monthly meeting. The club meets at Chalet Bellevue every fourth Tuesday monthly from 13:30 to 15:30 to discuss reading: new finds, books we re-read, and favourites.

For more information: Monique Bélisle, 514 608-2323



Le Flocon d'Or: GPS Rally

Free!

This winter, enjoy the great outdoors and live an experience that will transport you to a parallel world where you will have to put on your adventurer boots!

Legend has it that only once every 100 years does an extremely rare eight-pointed golden snowflake fall from the sky. According to the research of the great adventurer Strombolini, the golden snowflake will only appear to those who prove to the forest guardians that they possess and master the eight essential values of a good adventurer!

Think you're up to the task? Get ready to complete a GPS rally filled with challenges, riddles, and games.

Be aware, you will have 80 minutes before the snowflake disappears for another 100 years!

- * **WHEN:** January 13 to March 13
- * **WHERE:** On a snowshoe trail in our outdoor network, starting at Basler Park
- * **FOR WHO:** Families with children between the ages of 7 and 12
- * **DURATION:** 60 to 80 minutes
- * **NO REGISTRATION NECESSARY:** Free access at your convenience. For an experience full of surprises, we recommend keeping your distance from other families!
- * **YOU WILL NEED:** a cell phone and your snowshoes!

Outdoor recreational field hockey program (mixed ages 8 to 15)

Free!

January 10 to February 28, 2023
(8 weeks, weather permitting)

AGE*	SCHEDULE	LOCATION
8 to 10 years old	Tuesday – 18:30 to 19:30	On the large skating rink at Basler Park
11 to 15 years old	Thursday – 19:00 to 20:30	

* The age of the children is calculated as of September 30, 2022

USEFUL INFORMATION

- **Prerequisite:** ability to skate.
- **Required equipment:** helmet with grill, elbow pads, hockey gloves, ice skates, shoulder pads, shorts, neck protector, leg pads, jockstrap with cup, stick, and socks.
- **A coach** will be present to help the youth with stick skills and skating techniques.
- **The presence of the participants** is important for the team spirit and the coach's organization, even during the practices. Thank you for your commitment!
- **Registration** is ongoing until Sunday, January 8 (16:00), depending on availability.

BY INTERNET: Go to www.morinheights.com and click on the «online services» menu and «online registrations» submenu.

BY PHONE at 450 226-3232, ext. 132 or IN PERSON at the Chalet Bellevue from Monday to Sunday from 9:00 to 16:00.

Morin-Heights residents have priority over non-residents until December 9. After that, the remaining spots will be offered to non-residents.

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

We are looking for a coach
(monetary compensation offered).

Football Club Morin-Heights

SOCCER REGISTRATIONS 2023 online as soon as February. Visit: www.fcmorinheights.com or in person on Sunday, March 12, 2023, from 13:00 to 15:00 at Chalet Bellevue (27 rue Bellevue).

Information:

450 226-0011 or info@fcmorinheights.com

Grassroots: introduction to soccer for the little ones

Introductory soccer program for ages 4 to 8 (born between 2015 and 2019) from June 10 to August 26, 2023. Twelve Saturday mornings at Morin-Heights' soccer field (647 chemin du Village). Includes full uniform (socks/shorts/shirt) and soccer ball.

Competitive Programs:

Competitive programs from U9 to U21 and a local senior league. The season starts in mid-May and ends around the end of August.

Are you passionate about soccer?

Become a referee!

Requirements:

- Have a good knowledge of soccer;
- Be 14 years of age or over;
- Be in good physical condition.

Advantages:

- Attractive income;
- Training offered;
- Flexible hours.

Contact our Referee in charge today:
eric.lemieux.soccer@gmail.com

Our latest news

Our annual AGM took place on October 1. We are proud to introduce you to the team that will work for you from now on to ensure another great season to come:

- Nadine Boutin, president
- Dominick Burelle, vice-president
- Valérie Gagné, treasurer
- Claudia Gratton, secretary
- Tania Courte, registrar
- Mickael Rasson, technical director
- Neve Lauzon, grassroots director
- Éric Lemieux, referees manager
- Andy Simon, manager equipment
- Russell Perry, web manager
- Sarah Kroll, administrator

Outdoor Skating Program

Every Saturday from
January 7 to February 25
(weather permitting) at the
municipal rink for eight weeks.



LEVEL	SCHEDULE	COST
Beginner (4-5 years old)	9:45 - 10:30	R: \$55 • NR: \$65
Intermediate (6-8 years old)	10:45 - 11:45	R: \$60 • NR: \$70
Intermediate and advanced (9-12 years old)	12:00 - 13:15	R: \$60 • NR: \$70

- R = resident NR = non-resident
- Child's age is calculated as of January 1, 2023
- Child's level will be determined at the first class
- **REGISTRATION from December 1 (from 10:00) to Sunday, January 8 (16:00)**

BY INTERNET: Go to www.morinheights.com and click on the
«online services» menu and «online registrations» submenu.

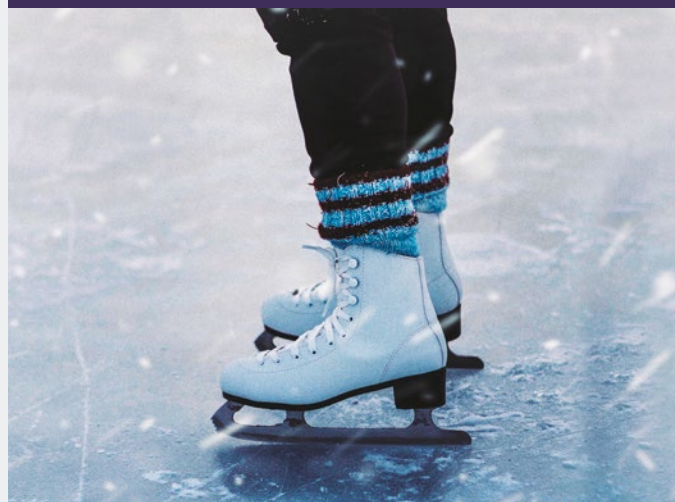
BY PHONE at 450 226-3232, ext. 132 or IN PERSON at the Chalet
Bellevue from Monday to Sunday from 9:00 to 16:00.

Required equipment:

- / Helmet, knee and elbow pads
- / Protective eyewear or a helmet with a grill or visor
is recommended for younger ones
- / Water-resistant gloves or mittens

**We are looking for an instructor to teach
the basics of skating to the very young
and figure skating to the eldest.**

Contact us at:
chaletbellevue@morinheights.com



Outdoor skating and sliding at Basler Park

Come out and enjoy winter activities at our facilities
located at Basler Park! (99 chemin du Lac-Écho).

Skating rinks

There will be a small free-skating rink, a large NHL-
size rink, and two trailers and heated washrooms.
Skate holders will also be available for your use.
The hours of operation, depending on weather
conditions, are:

- Sunday to Thursday from 9:00 to 21:00
- Fridays and Saturdays from 9:00 to 22:00

PLEASE NOTE: Some periods for the skating rinks
are reserved for free skating, activities or courses
organized by the Recreation Department. Consult
the schedule posted inside the trailers or on our
website for availability.

Sliding

To make it even more enjoyable, bring your crazy
carpet or sled and go on our specially designated
sliding hill!

Firepit

A fire pit will also be set up on the site, during peak
periods, for those who would like to warm up a
bit. Bring your marshmallows, hot chocolate, and
blankets for a lovely moment!

**During the season, to find out the
ice conditions:**

**450 226-3232, ext. 122 or
[www.morinheights.com/
Patinoires-Skating-Rinks](http://www.morinheights.com/Patinoires-Skating-Rinks)**



www.morinheights.com

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 new refund form is available on the municipal website under the «Online Services» menu, submenu «Forms» or at the Chalet Bellevue and must accompany all requests.



Pays-d'en-Haut Sports Centre

Winter Program 2022–2023

SESSION :

January 9 to March 19, 2023 (10 weeks) –
Swim for Life Program

January 9 to March 2, 2023 (12 weeks) –
Fitness Program

FREE LEVEL EVALUATION:

To choose the right level at the time of registration, come to the Centre sportif Pays-d'en-Haut, where our experts will be available to evaluate the swimmer and recommend the appropriate level according to age and swimming skills.

Free service without appointment, according to the following evaluation schedule:

- Thursday, November 17 and 24, from 17:30 to 19:00
- Friday, November 18 and 25, from 17:30 to 19:00
- Saturday, November 19, from 14:00 to 18:00



www.morinheights.com

REGISTRATION:

Note: Before registering for the Swim for Life Program, please know that transfers will not be guaranteed after the session begins.

- From December 4 to 18, 2022 for *MRC des Pays-d'en-Haut* residents (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 December 19, 2022, to January 4, 2023, for all.
- From December 4, 2022, to January 4, 2023, you can register online at www.centresportifpaysdenhaut.com or in person at 252 boul. Sainte-Adèle in Sainte-Adèle, according to the following schedule:

From December 4 to the 23, 2022 From December 27 to the 30, 2022 January 3 and 4, 2023	9:00 to 20:00 From Monday to Friday 9:00 to 17:00 Saturday and Sunday
December 24, 25, and 26, 2022 December 31 and January 1, and 2, 2023	CLOSED

For additional information:

www.centresportifpaysdenhaut.com

Phone: 579 202-1722

Trinity Anglican Church

Please join us for services and free special events! Everyone is most welcome to attend services **every Sunday at 11:00**, plus all upcoming special events at Trinity Anglican Church.

Every weekday at 17:00 on Zoom

Join us for Evening Prayer at 17:00 every weekday to listen to how God calls us to action through Scripture. For the Zoom link, contact the Reverend Tania Lesack at tania.lesack@gmail.com or 514 607-0414.

November 28 to December 19, online

Advent by Zoom

Join us on Mondays beginning November 28 for our Advent study, «Singing the Journey to Christmas», looking at favourite Christmas carols, how they relate to Scripture, and what insights they might give us into the nature of God and our journey as followers of Jesus. For more details, or if you would like to lead one of the sessions and present your favourite carol, contact Tania.

Saturday, December 17, from 13:00 to 15:00

Christmas at Trinity

Come enjoy Christmas games and crafts for the young and young at heart.

Call Karen at 450 226-2712 for more information.

Sunday, December 18 at 11:00

Service of Carols and Lessons

Experience one of the most glorious gatherings of the Holiday season with special refreshments to follow.

Saturday, December 24 at 22:00

Bring yourself or friends and family to a joyous Christmas Eve service.

Trinity Anglican Church is located at 757 chemin du Village and is part of the Anglican Church of Canada and the worldwide Anglican Communion.

For information and links, including Covid measures currently in place in our community, visit www.montreal.anglican.ca, our Facebook page «Trinity Anglican Church Morin Heights», or contact the Rev. Tania Lesack at 514 607-0414 or tania.lesack@gmail.com.

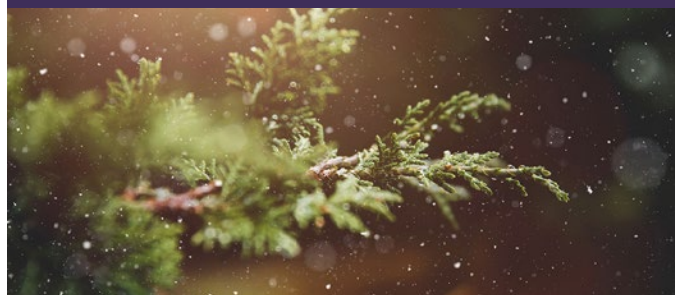
If it makes you more comfortable, you can visit this website to read a «First-Time Guide to Visiting an Anglican Church»:

www.montreal.anglican.ca/what-to-expect-in-an-anglican-church.

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 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.



Accès-Loisirs Pays-d'en-Haut

Free activities for lower-income individuals and families

The *Accès-Loisirs* program offers individuals living on low incomes the opportunity to participate in recreational activities free of charge in a confidential and respectful manner. To benefit from the program, you must present income proof when registering.

Please note that the courses offered in the program will be announced on the evening of registration.

REGISTRATION FOR WINTER SESSION 2023

- **WHEN:** Thursday, January 12, from 13:00 to 16:00
- **WHERE:** at *Garde-Manger des Pays-d'en-Haut* (100 rue Morin in Sainte-Adèle)

For more information on this program: 450 226-3232, ext. 132

www.morinheights.com

Next editions!

SPRING EDITION

March 15 to June 1, 2023

Deadline: January 23, 2023

Distribution: March 9, 2023

SUMMER EDITION

June 1 to August 15, 2023

Deadline: April 3, 2023

Distribution: May 24, 2023

FALL EDITION

August 15 to December 1, 2023

Deadline: May 31, 2023

Distribution: August 15, 2023

WINTER EDITION

December 1, 2023, to March 15, 2024

Deadline: October 3, 2023

Distribution: November 23, 2023

Visit **www.morinheights.com** to sign up for our email newsletter to receive last-minute announcements, important reminders, and details on current programming!



Holiday Schedule

The offices of the Municipality will be closed for the holiday season from **Friday, December 23, 2022, to Wednesday, January 4, 2023**, inclusively.

We wish you a warm Christmas and a joyful 2023!

www.morinheights.com

Inter-municipal agreement

An inter-municipal agreement between Morin-Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lac, Saint-Sauveur, Saint-Adolphe-d'Howard, and Sainte-Marguerite-du-Lac-Masson allows citizens from these seven towns to register **in the following selected courses at resident rates**. This agreement aims to promote courses that do not reach the minimum number of participants required to start the session and thereby allow access to a more varied service offer.

Registration process

Enquire directly about the registration process, dates, schedules, prices, and availability with the town offering your chosen class(es). Proof of residence is required. We suggest you contact the municipality offering the course or visit their website to get information. The refund terms and conditions are those in effect in the town offering the class.

Contact neighbouring cities to find out about their inter-municipal offer this winter!

FOR INFORMATION

Municipality of Piedmont:

450 227-1888, ext. 230 / piedmont.ca

Municipality of

Sainte-Anne-des-Lacs:

450 224-2675, ext. 262 / sadl.qc.ca

Municipality of

Saint-Adolphe-d'Howard:

819 327-2626 / stadolphedhoward.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:

450 227-0000, ext. 4000 / vss.ca

Consult the complete schedule of courses offered in Morin-Heights on pages 22-26.

New!

Courses offered

Registration procedures through the Recreation, Culture and Community Life Department for identified courses*:

REGISTRATION from December 1 (at 10:00) to January 8 (at 16:00)

- **BY INTERNET:** Go to www.morinheights.com and click on the «online service» menu and «online registration» submenu.
- **BY PHONE** at 450 226-3232, ext. 132 OR **IN PERSON** at Chalet Bellevue from Monday to Sunday, 9:00 to 16:00

OTHER INFORMATION

- For details on course offerings, please contact the course instructor.
- Legend: R: resident • NR: non-resident

YOUTH ACTIVITIES

Ballet

Conservatoire de ballet classique des Laurentides.

Where: Chalet Bellevue

Rate: consult the Conservatoire's website

Day:	Tuesday	18:30 to 20:30	ballet 3 / elementary (11 y.o. and +)
	Friday	18:00 to 19:00	ballet 2 (7 to 10 y.o.)
Sunday		19:15 to 21:15	ballet 3 / elementary (11 y.o. and +)
		9:00 to 9:45	pre-ballet (3 ½ to 5 y.o.)
		10:00 to 11:15	ballet 1 (5 to 6 y.o.)
		11:30 to 13:00	ballet 2 (7 to 10 y.o.)
		13:00 to 15:00	ballet repertoire (ballet 3 / elementary)

Dates: January 10 to June 19

Information and

registration: Madame Isabeau / 514 608-3381 / balletclassique.ca

Traditional Scottish Dance

Free!

Traditional Scottish dance for six years old and over.

Where: Chalet Bellevue

Day: Sunday 16:00 to 17:30

Dates: January 8 to March 12 (10 weeks)

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

Registration: *



INTERGENERATIONAL ACTIVITIES

Karate

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

Where: 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
Information and registration: Kyoshi Gilles Labelle / 450 431-1444 / lgilles.budo@gmail.com

Yoga and relaxation for parents & children

Come move, breathe, relax, and strengthen the bond with your child during this fun family yoga course! You will both leave with tools to help you manage stress and emotions while improving your physical well-being. Please bring your yoga mat.

Where: Chalet Bellevue
Rate: adults R: \$70\$ • NR: \$80
children R: \$55 • NR: \$65
Day: Saturday 10:00 to 11:00
Dates: January 28 to Feb. 25 (5 weeks)
Information: Sophie Maranda / 819 216-8454 / sophie@petitsyogis.ca
Registration: *

Ceramic painting workshop

Teaching of diverse painting techniques on ceramics through the use of various processes. For teens, adults, and seniors.

Where: Chalet Bellevue
Rate: R: \$100 • NR: \$155
Day: Saturday 14:30 to 16:30
Dates: February 4 to 25 (4 weeks)
Information: Nina Peyron
Registration: *

ADULTS ACTIVITIES

Bridge workshop for beginner and intermediate

Free!

Initiation to bridge practices and guided bridge. Bilingual session and documents. This course is designed to initiate new players to join the regular sessions in the fall. IMPORTANT, we ask you to be on time! A minimum of 8 participants is required.

Where: Chalet Bellevue
Day: Monday, 10:00 to 11:30
Dates: February 13 to April 3 (8 weeks)
Information: Louise Lalonde / louisevelo@gmail.com
Registration: *

Alpine Cardio

You will work your cardio, toning, endurance, and flexibility from the mountain to the floor mat! The perfect complement for all your outdoor activities this winter!

Where: Chalet Bellevue
Rate: R: 10-class card \$125 or \$15/class
NR: 10-class card \$150 or \$17.50/class
Day: Monday 8:45 to 9:45
Dates: January 9 to April 3
– no class on February 27 –
Information and registration: Andréa Beaulieu / 450 822-7486 / espritpin@gmail.com

Sophrology

New!

Strengthen the positive side of life and harmonize your body and mind through relaxation, exercises, visualization, and movement.

Where: Chalet Bellevue
Rate: R: \$160 • NR: \$185
Day: Monday 10:00 to 11:00
Dates: January 16 to April 3 (10 weeks)
– no class on February 27 and March 13 –
Information: Suzanne Viot / 438 274-9019 / viot.suzanne@gmail.com
Registration: *

Yogalates

Fusion of yoga and Pilates with emphasis on back health, good breathing and releasing stress. Open to all!

Where: Chalet Bellevue
Rate: R: \$90 • NR: \$115
Day: Monday 16:45 to 17:45
Dates: January 23 to March 6 – no class on February 13 (6 weeks) –
Information: Daphnée Rosenberg / 819 692-1020 / holisticfitness@live.ca
Registration: *

English conversation beginner

Course for beginners, adults & seniors.

Where: Chalet Bellevue
Rate: R: \$150 • NR: \$175
Day: Monday 13:00 to 14:30
Dates: January 9 to March 13 (10 weeks)
Information: Thérèse Mascis / 450 227-9093
Registration: *

English conversation intermediate

Course for intermediates, adults & seniors.

Where: Chalet Bellevue
Rate: R: \$150 • NR: \$175
Day: Monday 14:45 to 16:15
Dates: January 9 to March 13 (10 weeks)
Information: Thérèse Mascis / 450 227-9093
Registration: *

Sophrology

New!

Enhance the positive side of life and harmonize your body and mind through relaxation, exercises, visualization, and movement.

Where: Chalet Bellevue
Rate: R: \$160 • NR: \$185
Day: Tuesday 10:00 to 11:00
Dates: January 17 to April 4 (10 weeks)
 – no class on February 28 and March 14 –
Information: Suzanne Viot / 438 274-9019 / viot.suzanne@gmail.com
Registration: *

Acrylic painting

Alternating practical exercises and personal practice to become familiar with the medium, acquire the basics, and discover one's style! For all levels. A list of equipment you will need to get will be given to you at the time of registration.

Rate: R: \$330 • NR: \$380
Day: Wednesday 13:00 to 16:00
Dates: January 18 to March 29 (11 weeks)
Information: Nathalie Candelon Morel
Registration: *

Alpine yoga

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

Where: Chalet Bellevue
Rate: R: 10-class card \$125 or \$15/class
NR: 10-class card \$150 or 17.50/class
Day: Wednesday 8:45 to 9:45
Dates: January 11 to April 5
– no class on March 1 –

Information and

registration: Andréa Beaulieu / 450 822-7486 /
espiritualpin@gmail.com

Spanish conversation

Initiation to conversation course **for beginners and intermediates** who can express themselves in the past, present, and future. This course includes reading and writing activities.

Where: Chalet Bellevue
Rate: R: \$185 • NR: \$210
Day: Thursday 10:00 to 11:30
Dates: January 19 to March 30 (10 weeks)
– no class on March 2 –

Information and

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

Spanish conversation

Spanish conversation **for advanced** students who speak fluent Spanish and understand it well. This course focuses on conversation and includes reading and writing activities.

Where: Chalet Bellevue
Rate: R: \$185 • NR: \$210
Day: Thursday 11:30 to 10:00
Dates: January 19 to March 30 (10 weeks)
– no class on March 2 –

Information and

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

Cardio Swing

Fitness with swing dance movements for everyone!

Where: Chalet Bellevue
Rate: R: \$140 • NR: \$165
Day: Thursday 9:15 to 10:15
Dates: January 12 to March 30 (12 weeks)
Information: Francisco De La Calleja /
514 436-0567 / fikomex@gmail.com
Registration: *

Solo Latino

Latin dance lessons without a partner for everyone!

Where: Chalet Bellevue
Rate: R: \$140 • NR: \$165
Day: Thursday 10:30 to 11:30
Dates: January 12 to March 30 (12 weeks)
Information: Francisco De La Calleja /
514 436-0567 / fikomex@gmail.com
Registration: *

Cardio Latino

Fitness with Latin dance movements for everyone!

Where: Chalet Bellevue
Rate: R: \$140 • NR: \$165
Day: Thursday 11:45 to 12:45
Dates: January 12 to March 30 (12 weeks)
Information: Francisco De La Calleja /
514 436-0567 / fikomex@gmail.com
Registration: *

Flexi-Danse

Stretching program with dancing music for everyone!

Where: Chalet Bellevue
Rate: R: \$140 • NR: \$165
Day: Thursday 13:00 to 14:00
Dates: January 12 to March 30 (12 weeks)
Information: Francisco De La Calleja /
514 436-0567 / fikomex@gmail.com
Registration: *

Qi Gong – Do In – Meditation

Qi Gong exercises combine movement, meditation, and regulation of breathing to enhance the flow of energy in the body.

Where: Chalet Bellevue
Rate: R: \$200 • NR: \$230
Day: Thursday 16:30 to 18:00
Dates: January 12 to March 30 (11 weeks) – no class on January 19 –
Information: Geneviève Pepin / 514 995-8441 / gene.pepin@gmail.com
Registration: *

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!

Where: Chalet Bellevue
Day: Saturday 9:00 to 11:00
Dates: January 7 to March 25 (12 weeks)
Information: Robert Lee / 450 227-8829
Registration: no registration required

Cardio Snowshoe

Structured interval training, warm-up, cardiovascular workout, and strength training with an elastic band. Stretching period at the end of each workout.

Where: Basler Park (upon presentation of your «cardio-snowshoe» card)
Rate: \$163,95 tx in.
Day: Saturday 10:00 to 11:00
Dates: January 14 to March 25 (11 weeks)
Instructors: Jean-Simon Gohier and Lynn Price
Information: Cardio Plein Air (Lyne Bissonnette) / 514 914-2858 / laurentides@cardiopleinair.ca
Registration: through www.cardiopleinair.ca

Would you like to be part of our course program?

Download the course offer form on our website under the menu «online service», submenu «online forms» and follow the steps to submit your offer.

Important numbers

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1 866 960-7722 • www.spcall.ca



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

Photos: Paul Mackay and Denis Laplante

*Legal deposit – Bibliothèque et Archives nationales
du Québec, 2022*

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

Production:
Les Imprimés Triton / 1 888 990-3486
www.groupeptriton.com