

# INFO

## Morin-Heights

In harmony with nature



**MORIN-HIGHTS**  
1855

### MUNICIPAL INFORMATION

#### SPRING 2020

MARCH / APRIL / MAY  
VOL. 23 NO 2

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### Morin-Heights Family and Environment Festival

Saturday, May 30<sup>th</sup>, at the Morin-Heights Elementary School, from 10:00 to 14:30 (canceled in case of rain)

Animation, inflatable games, discovery kiosks, fire truck, etc. Like the municipal Facebook page to get all the details!



### PLACE

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

### Place aux 50 ans et mieux Day

For eight years now, the municipal Recreation Services from our MRC have been organizing a day of activities for citizens who are 50+ at *Hôtel du Mont Gabriel* in Sainte-Adèle, **Place aux 50 ans et mieux**. The theme this year will be "In Techno Mode!". **Join us on May 4<sup>th</sup>, from 9:00 to 16:15!**

Tickets will be on sale at Chalet Bellevue between April 6<sup>th</sup> and May 1<sup>st</sup> (**\$20, buffet included**). Hurry, tickets are limited!

**Information:** 450 226-3232, ext. 132

# News from the Mayor



Dear fellow citizens,

At this time of year, we are busy planning our summer and fall projects, and here is a brief overview:

Firstly, to fully benefit from available grants, we have postponed the moving of both skating

rinks towards Basler Park until summer 2020. A new chalet for skaters will be built nearby. We await the Ministry of the Environment's approval in order to proceed with the extension of the Chalet Bellevue parking lot as well as its lighting project.

We have received good news regarding the affordable housing project for autonomous and semi-autonomous seniors. The new Habitat Morin-Heights will, therefore, be financed by two levels of government. The preparation of plans and estimates should be done this year in order to proceed with its construction in 2021. The first residents should be able to move in 2022. The access road and the extension of the aqueduct conduit to supply the project will be done this summer. We invite all seniors interested in living in Habitat Morin-Heights to add their name to a waiting list at the Town Hall.

We will expedite the installation of the semi-buried containers at many strategic areas within the municipality in order to allow for part-time residents to dispose of their residual waste without having to leave their bins by the road during the week.

Speeding cars, trucks, and motorcycles, along with the noise they emit, are a growing concern for all Morin-Heights residents. We are working closely with the *Sûreté du Québec* and Ministry of Transport representatives, and our citizens to find a solution to these problems. Last December, Council adopted a specific budget to control speeding. This summer, you will notice actions taken in the more problematic areas.

I want to remind you that an excellent way to remain current with the news and activities is to join the Municipality's Facebook page. Another

digital tool will soon be implemented to be able to accelerate emergency communications to citizens. We will keep you informed of the details before its implementation.

In keeping with the same theme, a generator will be installed at Chalet Bellevue in order to render it completely autonomous during a power outage or other emergency. The Municipality chose the Chalet Bellevue as the location to accommodate you in the case of an emergency. There are showers, and a functional kitchen should you need them. Should the chalet be closed because of a minimal number of citizens in need, an emergency telephone number will be posted at the main entrance, should you require assistance.

In closing, I invite all of you to participate in large numbers to the upcoming events, namely the Children's Fishing Day, as well as the Family and Environment Festival.

I hope that this winter has been less challenging than the last and remember that you live in one of the most beautiful and friendly communities of the Laurentians!

Regards,

Tim Watchorn, ing.  
Maire



facebook.com/  
MunicipaliteMorinHeights



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





## Conference by Équiterre: «The best garbage is the one we don't produce»

Marie-Laure Riel from Équiterre has been invited by the Municipality of Morin-Heights to present a conference (in French) on source reduction to consume better and make informed choices. At Chalet Bellevue on **Saturday, March 21<sup>st</sup>** at 11:00. Free!

### Information:

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



On fait le "POIS" dans notre région!  
Parce que "MANGER" c'est essentiel!

### Garde-Manger des Pays-d'en-Haut

The *Garde-Manger* offers food aid 50 weeks a year to people living in precarious situations. *La Fouillerie* is managed by the *Garde-Manger*; we encourage the public to participate by donating their used items and thus providing customers with valuable items. ALL profits go to the *Garde-Manger des Pays-d'en-Haut*.

### La Fouillerie, thrift store

28 rue Bennett, 450 644-0087

### Opening hours:

Thursday: 10:00 to 15:00 • Friday: 10:00 to 15:00

First Saturday of the month: 9:00 to 14:00

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



### Try your public transport!

Travel safely between St-Jérôme and Mont-Tremblant. It's easy, reliable, and very affordable.

**Information:** [www.linter.ca](http://www.linter.ca) or 1 877-604-3377


### Provincial tax credit for the replacement of septic systems

Did you know that there is a Quebec Government tax credit that can reach up to 20% of eligible expenses (municipal permit, soil study, etc.) that exceed \$2,500 for the replacement of septic systems? This Revenu Québec program is available for a main residence or a chalet (some conditions apply) and is valid for the 2017 to 2022 taxation years. For all the details on this program, consult Services Québec at the following address:

[www4.gouv.qc.ca/FR/Portail/Citoyens/Evenements/acheter-renover-maison/Pages/credit-assainissement-eaux-usees.aspx](http://www4.gouv.qc.ca/FR/Portail/Citoyens/Evenements/acheter-renover-maison/Pages/credit-assainissement-eaux-usees.aspx).

**The Coop santé has a dynamic team whose priority is patient service.  
Our actions are always oriented towards accessibility!**

### **IN 2018-2019:**

- 1,596 people obtained a family doctor in our two clinics
- 10 280 appointments were made in the past year
-  166% of doctors' presence at the Morin-Heights clinic

If you do not have a family doctor, you must register with the Government's orphan client desk. When a doctor takes on new patients, the Québec Family Doctor Finder sends registered patients.

- Through Internet at [www.gamf.gouv.qc.ca](http://www.gamf.gouv.qc.ca)
- By phone at 1-844-834-4263

### **TOGETHER WE CAN MAKE THINGS PROGRESS!**

#### **Are you part of our team?**

Become a member now and register directly on our website at [www.coopsante.org](http://www.coopsante.org).

### **SERVICES IN MORIN-HEIGHTS**

#### **Dre Lisa-Marie Tassé**

(Family doctor)

#### **Dre Vanessa Gatti**

(Family doctor, walk-in clinic)

#### **Dre Eveline Gagné**

(Family doctor)

#### **Dr François Mercier**

(Walk-in clinic)

### **WALK-IN CLINIC IN MORIN-HEIGHTS**

(2 rue Meadowbrook)

Tuesday from 13:00 to 17:00

Saturday from 10:00 to 12:00

\*Appointments given on-site at 8:00 (Tuesday) and 9:00 (Saturday)

The schedule is subject to change, visit our website before coming to the clinic.

### **PHYSIOTHERAPIST**

Audrey Dubé • [www.physiotherapieactive.com](http://www.physiotherapieactive.com)

Monday and Wednesday by appointment

450 822-5714

### **OSTEOPATH**

Caroline Proulx • [carolineproulxosteopathie.com](http://carolineproulxosteopathie.com)

Tuesday by appointment

450 820-1624

### **PSYCHOLOGIST (\$)**

Jacqueline Gravel

Thursday by appointment

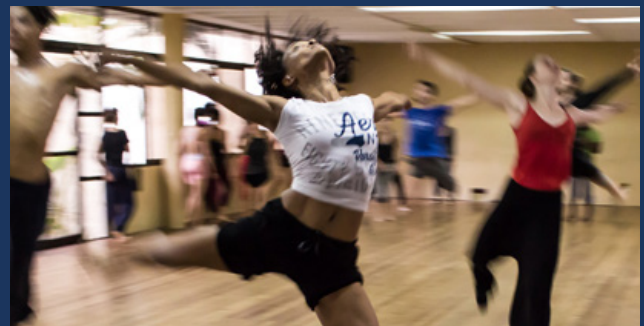
450 280-1545

Subscribe to our NEWSLETTER at [www.coopsante.org](http://www.coopsante.org)

819 327-3534 / 450 644-0522

### **INSTRUCTORS WANTED!**

We are looking for instructors to offer different courses to our population: French, cardio, Zumba, dance, etc. If you are a qualified, bilingual instructor, please send us your resume and a short description of your course at [loisirs@morinheights.com](mailto:loisirs@morinheights.com).



## Do you need Meals on Wheels?

You have just left the hospital, you are weak and cooking, even just heating soup seems monumental, you are mourning a death, you are depressed, you are in treatment; your newborn baby is very demanding, as a caregiver you are exhausted?

Why not take a break from the kitchen once or twice a week? Spoil yourself and have a good, lovingly prepared, hot meal delivered to your home including soup, main meal, and dessert for only \$6. Is it worth depriving yourself of a home-cooked meal until better days return?

If you are tempted, ask the following organizations:

- *Entraide Bénévole* at 450 229-9020;
- *La Rencontre* of Ste-Marguerite-du-Lac-Masson at 450 228-8606;
- Community Resources Sophie in Wentworth-Nord and Lac-des-Seize-Îles at 450 226-2419 ext. 29.

**Seniors' Table Communication Committee:**  
450-340-0520

## STAND UP! Fall Prevention Program

Free program offered in English and brought to you by **4 Korner's** Family Resources Center and **Table des aînés des Pays-d'en-Haut**:

- / It is designed to prevent falls and fractures among independent seniors living at home.
- / STAND UP! helps improve seniors' quality of life by building their confidence in managing falls and enabling them to stay physically active.
- / It is led by a qualified professional and designed to ensure participants' safety and adapted to their capabilities.

On Mondays from 13:30 to 14:30 and Thursdays from 13:30 to 15:00, from March 23 to June 11 at Chalet Bellevue (27 rue Bellevue).

To register:

josephine@4kornerscenter.org or 450 974-3940 (option 8)

**Free!**



## Marteau et Plumeau

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

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

**450 229-6677**

**marteau-plumeau.com**





# Town Planning and Environment

## 2019–2021 *Fleurs du Québec*



Good news! The Municipality maintains its 4 "Fleurs" and obtains a special mention for the library and Lummis Park. Once again, we would like to salute the passion, creativity, and dedication of Ms. Sylvia Fendle and Mr. Gilles Saulnier for designing all the flower beds which contribute greatly to the embellishment of the environment we live in.

## Charging stations for electric vehicles



We are proud to announce that the Municipality is now part of the Electric Circuit, the largest public charging network for electric vehicles in Quebec. The service areas are equipped with 240-volt terminals, two at the Chalet Bellevue, and two at the municipal library (membership card required). [lecircuitelectrique.com](http://lecircuitelectrique.com)

## Temporary Shelters

With our hard winters, temporary shelters are undoubtedly useful. However, when spring comes, they become an eye-sore, so we ask residents to please respect the following deadlines: May 1<sup>st</sup> to remove the protective tarp from the structure, and May 15<sup>th</sup> to dismantle the structure. These provisions are in effect for all temporary winter shelters, regardless of their location on the property or their use. In addition, compliance with the regulations greatly simplifies the inspector's work.

## Tree Cutting Permits

Cutting a tree on private property, including dead and sick trees, requires a permit, which can be obtained free of charge. Please note that an inspection needs to be done beforehand to assess the validity of your request. A permit is not required for pruning trees.

### Street sweeper – Public works

Because we live in the Laurentians, a considerable amount of sand and stones ( $\frac{1}{4}$ ) is spread on roads because of the icy conditions. We sweep the streets in late spring, but unfortunately, we can't pick up material that can be propelled on your land during the winter. **Do not leave piles of sand on the shoulder**, as our sweeper is not built to pick them up. This could cause the equipment to break.

## Septic Installation: Maintenance

For the optimal functioning of your septic system, preventive maintenance is recommended to preserve the quality of the environment. For this purpose, for tanks fitted with a prefilter (second cover), it is recommended to rinse it once or twice a year to remove suspended solids. Also, your septic tank has to be emptied every two years for permanent residents, and every four years for seasonal residents (180 days or less per year). Provide a copy of the receipt to the Municipality within 45 days following the date of emptying.

For owners of an advanced secondary or tertiary septic system such as Bionest, Écoflo, Enviro-septic, etc., you must be bound at all times by an annual maintenance contract from the system's manufacturer and provide a copy to the Municipality.

## Before Excavating: Info-Excavation

Before digging into the ground, think "Info-Excavation" and consult the site: [www.info-ex.com](http://www.info-ex.com). It is a free service for individuals and entrepreneurs that will locate where various underground networks are installed to avoid possible service interruptions. Your safety and the safety of workers are at stake.



## Construction and Renovation Permits – Be informed!

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

Also note that in some areas within the Municipality, mainly in the village core, renovation and construction work is governed by a by-law regarding architectural integration. Work to be done has to be evaluated by the Town Planning Committee (CCU) and recommended to the Council for approval. Allow for additional delays when planning your projects in these sectors.





# Collections Calendar



- Recycling (blue bin)
- Organic (brown bin)  
Collection every two weeks from October to May
- Garbage (black bin)
- Bulky items
- Change in pick-up day



## INFO-COLLECTE

1 855 PDH-RECY

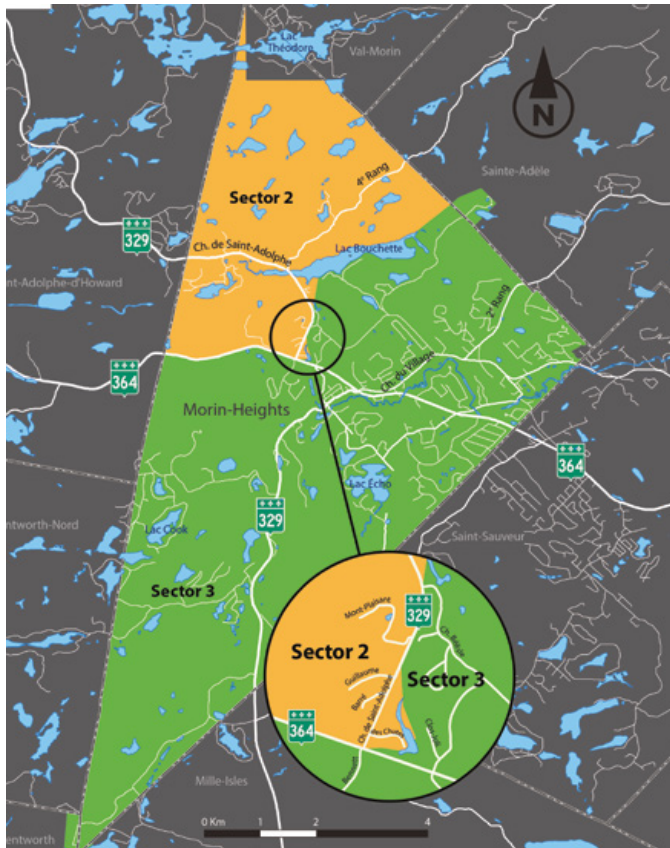
450 229-8052

infocollecte@mrcpdh.org

SECTOR 2	MARCH 2020							APRIL 2020							MAY 2020						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	7				1	2	3	4						1	2
	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
	29	30	31					26	27	28	29	30			24/31	25	26	27	28	29	30
Place bulky items by the street on the evening of May 10 <sup>th</sup> . The pick-up truck will come by once Monday 11 <sup>th</sup> or Tuesday 12 <sup>th</sup> .																					

SECTOR 3	MARCH 2020							APRIL 2020							MAY 2020						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	7				1	2	3	4						1	2
	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
	29	30	31					26	27	28	29	30			24/31	25	26	27	28	29	30
Place bulky items by the street on the evening of May 10 <sup>th</sup> . The pick-up truck will come by once Monday 11 <sup>th</sup> or Tuesday 12 <sup>th</sup> .																					



## Ecocentre

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

### OPENING HOURS

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

**From April 1 to November 30:** Monday to Sunday, from 7:30 to 16:00.

For more information, including the maximum amount of materials allowed and accepted materials, contact them directly.



## Reusable bottles

Reusable bottles identified with our municipal logo are on sale at Chalet Bellevue for \$12.

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





# Morin-Heights Fire Department and First Responders



## Clearance of Exits

In the event of a fire, it is essential to be able to **evacuate your home quickly**.

- / In a fire, you and your family may have **less than three minutes** to get out of your home unharmed. Imagine the precious seconds you would waste if the exit you had to use in a fire was cluttered or snowy! Clear your exits of any bulky items such as toys, shoes, school bags, shovels, snowblower, barbecue, stored garden furniture, etc. During winter, remove snow from your exits and balconies, your terrace, and your windows. Make sure windows are not only cleared but thawed. A window trapped by ice can prevent evacuation.
- / Plan a meeting point (also accessible in winter) and visible to firefighters as soon as they arrive.
- / Make sure that the windows that can be used as emergency exits are accessible from the inside for a young child and that the child knows how to open and access them.
- / Prepare an evacuation plan for your home and practice evacuating with family members to increase your chances of escaping unharmed in a fire.
- / Check that the civic number of your residence is visible at all times from the road to facilitate emergency response in the event of an emergency.
- / Inform your municipality if the fire hydrant located near your residence is not cleared of snow.
- / Inquire whether your home childcare provider or daycare center has an emergency exit other than the main door and whether the emergency exits are clear.
- / Check if older family members, experiencing a loss of autonomy, are aware of the risk of fire and if their emergency exits are cleared at all times.

## Warning!

- / Hot ashes give off carbon monoxide; that's why they should be stored outside the home or garage.
- / Never use a vacuum cleaner to collect hot ashes.

## Hot Ashes

Each year, there is an average of 140 building fires caused by improper disposal of hot ashes. Statistics show that in most cases, the container was unsuitable, or the storage was inadequate. This heat source is among the top ten heat sources identified by firefighters when investigating the causes and circumstances of fires.

## Here's how to get rid of your fireplace ashes safely:

- / Empty the ash from the fireplace regularly.
- / Dispose of hot ashes in a metal container with a raised bottom and a metal lid.
- / Place the container outside on a non-combustible surface.
- / Keep a minimum distance of one meter between the metal container and the walls of the house, garage, shed, and any other combustible material such as a hedge or a tarp.
- / Ashes should be placed in this container at least four weeks before being disposed of in the organic material bin.
- / Before transferring the ashes to another type of container, make sure that they are completely cool. Brew the ashes regularly to make sure no heat is released.
- / For extra precautions, keep the ashes throughout the winter season and dispose of them only in the spring.

## Parks and Trails

### Closing and Opening of the Network

As we all know, come spring, everyone is eager to get on their bikes, but please respect the trail network **24-hour rain rule** by not biking on the trails as the damage can be extensive if the ground has not thoroughly dried out. It is best to let the trails dry entirely in the spring to avoid erosion. The opening date will be posted on our website ([morinheights.com/Outdoors](http://morinheights.com/Outdoors)), at Chalet Bellevue, at Basler Park, and the Aerobic Corridor Pavillion.

Chalet Bellevue will be open to our network's users. Services include restrooms with showers, a workshop area, and a bike wash. Please note that the Aerobic Corridor building at 50 ch. du Lac-Écho will serve as a toilet block only.

We ask you to make sure that the trail you take is accessible during the summer season; it is important to respect access to private property.

### Mountain Bike Trail Update

This season, work will take place on the Triangle and Salzbourg trails. These operations will go on all summer long, so follow directions and be safe. Your cooperation is appreciated!



### Photo contest

Share your best shots!

It could be local landscapes, local activities or events, or Morinheighters who are all smiles! The winner will receive a \$50 gift card from a local shop. Send your favorites shots to: [karyne.bergeron@morinheights.com](mailto:karyne.bergeron@morinheights.com).

Your pictures must have a minimum weight of 1 MB. If you want to submit more than one or two photos, we ask that you send them through [wettransfer.com](http://wettransfer.com), a free and user-friendly website. Pictures received for this contest must be free of rights, and will be kept in our municipal bank of images and could be used to illustrate our different communication tools or ads.

The winner of the contest from the previous edition is **Roger Lauzon**, who wins a \$50 gift certificate from La Fouine Restaurant located at 139 ch. Watchorn. Congratulations!







## Free activity!

**Last chapter of the Geology Conference** at the library on April 4 at 11:00. This presentation focusses on the Laurentians landscape with its numerous lakes, rivers, forests, and its fauna and flora.

### Information:

450 226-3232, ext. 132



**BIBLIOAIDANTS**™

BIEN INFORMÉS.  
MIEUX AIDER.



**Ma BIBLIO à moi,**  
c'est mes revues numériques  
disponibles en tout temps.

**Et c'est GRATUIT!**



## Municipal Library

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

### Opening hours

Tuesday and Thur.:	from 13:00 to 16:00
Wednesday:	from 10:00 to noon and 14:00 to 16:00
Friday:	from 19:00 to 21:00
Saturday:	from 10:00 to 14:00
Sunday:	from 11:00 to 13:00

**Information:** 450 226-3232, ext. 124

### NEW ACQUISITIONS

#### Novels

Jami Attenberg  
All This Could Be Yours

David Baldacci  
A Minute to Midnight

Tracy Chevalier  
A Single Thread

Lee Child  
Blue Moon

Michael Connelly  
The Night Fire

Jane Harper  
The Lost Man

Marlon James  
Black Leopard, Red Wolf

Delia Owens  
Where the Crawdads Sing

Peter Robinson  
Many Rivers to Cross

#### Non-fiction

Elton John  
Me

Harley Rustad  
Big Lonely Doug: The Story of One of Canada's Last Great Trees

Linden MacIntyre  
The Wake: The Deadly Legacy of a Newfoundland Tsunami

#### Youth

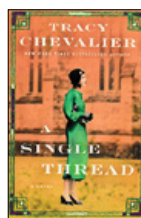
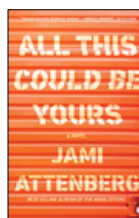
Maggie Stiefvater  
The Dreamer, T.I.: Call Down the Hawk

Terry Milne  
Anxious Charlie to the Rescue

America's Test Kitchen Kids  
The Complete Cookbook for Young Chefs

Chelsea Clinton  
Don't Let Them Disappear

Dr. Seuss  
Dr. Seuss's Horse Museum





## Laurentian Reading Club

The Laurentian Reading Club has been meeting every month for over 60 years for lively discussion of books and reading. Meetings are held in English. We have room just now for a couple more members. For more information, please contact Jane Philibert at 450 226-6947 or janephil@cgcable.ca.

## French-language Reading Club (CLEF)

The Club de lecture en français pursues its monthly meetings. The club meets at the library every fourth Tuesday, from 13:30 to 15:30, March to June, to discuss reading: new finds, books we re-read, and favorites. For information about the club, contact Monique Bélisle at 450 226-8464.



Association historique de Morin-Heights  
Morin Heights Historical Association  
CP / P.O. Box 2693  
Morin Heights, Qc, Canada J0R 1H0

[morinheightshistory.org](http://morinheightshistory.org)



MHHA, in conjunction with the **Quebec Anglophone Heritage Association**, will be hosting a presentation on the “**History of skiing in the Laurentians**”. **James Jackson, Laurentian Ski Hall of**

**Fame inductee**, will describe the development of the cross-country ski network that became the birthplace of skiing in North America. A variety of maps will be presented, showing the expansion and changes to a vast network of trails that have endured for almost 100 years. The event will take place **at 13:30 on Sunday, April 19, at the Chalet Bellevue**. Entry will be free for members and \$5.00 for non-members; donations are welcome.



## Theatre Morin-Heights

Rehearsed play reading at the Royal Canadian Legion on Wednesday, March 25, at 19:00. Free!

**NEW! Theatre Morin Heights Youth Troupe will present Shakespeare's Macbeth on May 2 and 3 at the Chalet Bellevue. Stay tuned!**

To volunteer, join or renew your membership, or find out about our latest activities, visit us online at [theatremorinheights.ca](http://theatremorinheights.ca), email [theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com) or call 579 765-3999.

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





## Arts Morin Heights presents Ginette Fontaine's EXPO FRUITS

A radical change in her production, usually consisting of trees and landscapes, these paintings emerge from an accident that happened in her studio in 2012. You are invited to the vernissage to find out more!

The show will take place at Chalet Bellevue, from May 23<sup>rd</sup> to the 30<sup>th</sup>, regular opening hours; **vernissage on the 23<sup>rd</sup>, from 14:00 to 16:00.**



## Bilingual Creative Writing Workshop

Join a group that meets at the library every Saturday, from 10:00 to 12:00, to share the pleasure of writing. Bring a pencil and paper and join them, depending on your availability!

## Creative Arts Lab (LAC)

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

The sessions will run from 13:30 to 15:30 at the Chalet Bellevue on the fourth Saturday of the month, April to June. No experience needed, open to all, informal and unpretentious!

For more information, visit the Facebook page **LaboLACMorinHeights**.

## Joyful Noise Choir Spring Concert with MHES Elementary School Choir

The Joyful Noise Choir will crown its season with a **concert on May 31 at 15:00**, at United Church (831 ch. du Village). The concert is free, donations to the Church are welcome!

**Information:** Penny Rose at 450 226-2746 or pennyrose@jenanson.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 in the Library's Remembrance Hall on the second and fourth Thursdays, from March to June, 13:00 to 16:00. You are welcome for the full three hours, or less, depending on your availability.

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

The next **World Wide Knit in Public Day** will take place on Saturday, June 13. Save this date! All the details in the next Info Morin-Heights.

# Day Camp

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

## REGISTRATIONS at Piedmont's Town Hall (670 rue Principale)

Friday, April 3 from 18:00 to 20:00 or  
Saturday, April 4 from 8:00 to 15:00 or  
Monday, April 6 from 8:30 to 16:00

### To validate the registration, you must bring:

- / a proof of residence
- / two recent photos of your child
- / the medical insurance card number of your child
- / your social insurance number (for relevé 24)
- / the payment for one-third of the total amount, by cheque, cash, or debit card to be paid upon registration. Balance payable in two equal installments by post-dated cheques made to the "Municipalité de Piedmont", dated May 6 and June 8, 2020.

No refund in case of abandonment for registration to Campuces, outings, and daycare.



## Camp for 5 to 11-year-olds

Tuesday, June 25 to Friday, August 14,  
from 8:45 to 16:15

	1 <sup>st</sup> child	2 <sup>nd</sup> child	3 <sup>rd</sup> child
June 25 and 26	\$50	-	-
Full summer	\$475 *	\$445 *	\$425 *
Weekly	\$125 *	\$120 *	\$115 *

**One outing per week** (price of the outings are not included); the day camp will be open during outings, except for outings to Parc Aquatique.

*\*After April 24, prices will be increased by 10%.*

Additional week August 17 to 21	1 <sup>st</sup> child	2 <sup>nd</sup> child	3 <sup>rd</sup> child
	\$105	\$100	\$95

## Daycare 5 to 11-year-olds

From 7:30 to 8:45 and 16:15 to 18:00

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

**5-day card** : \$35 per child (purchase at registration)

	1 <sup>st</sup> child	2 <sup>nd</sup> child	3 <sup>rd</sup> child
Full summer	\$145	\$125	\$125

## Teen Club 12 to 14-year-olds

Tuesday, June 25 to Thursday, August 13

(hours to be determined depending on the outings)

\$45(\*) basic fee payable at registration.

Several outings every week, cost to be confirmed with the list of outings.

*(\*) After April 24, prices will be increased by 10%.*

## Counsellor-in-Training Program

Monday to Friday, July 6 to July 30

	Basic fee
Piedmont or Morin-Heights residents	\$140
Non-residents	\$155

**Questions?** Mary-Ann Delcourt, recreation technician • 450 227-1888 ext. 230 or techloisirs@piedmont.ca

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





## Accès Loisirs des Pays-d'en-Haut Program

Following the implementation of the program in the participating cities (Sainte-

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

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

Registration for the spring season will be on **Wednesday, April 1<sup>st</sup>, from 17:00 to 20:00** at Maison de la Famille, located at 480 rue des Capucines in Ste-Adèle. To benefit from this program, you must bring proof of your revenue. Find out more by getting in touch with your local Recreation department (450 226-3232, ext. 132).

## La Rochelle Preschool

Only bilingual preschool in the Laurentians for children aged 3 to 5 years old, Monday to Thursday from 8:45 to 13:00 or from 8:45 to 15:30 at Morin-Heights Elementary School (647 ch. du Village).

Continuous registrations for 2020-2021; all preschool fees are tax-deductible.

For more information, please contact us at 450 821-2566 or

**prematernellelarochellepreschool@yahoo.ca.**



## Laurentian Region Cancer Support Group

The group offers English-speaking support services to cancer patients, caregivers, and their families in the Laurentian region. Free monthly meetings are held at Chalet Bellevue (27 rue Bellevue). 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**.

## "Building Resilience to Bounce Back Better" Workshop

### Building Resilience to Bounce Back Better® (B3) Introduction to the science of resilience

**Module 1:** Growth Mindset: From Judgment to Curiosity

**Module 2:** Leveraging Positivity & Befriending Negativity

Would you like to be able to cope with life's numerous challenges better? Do you want to learn how to better control your thoughts and emotions in stressful situations?

Come and discover the basic skills of resilience by participating in this workshop (in English) on Friday, May 29, from 9:30 to 15:30 at Chalet Bellevue.

Cost: \$100 (+tx) including participant material, coffee/tea, muffins, light lunch

**Jeannette Lalonde and Mary Morency**  
**www.coachingretraite.ca**

jeannette.lalonde@coachingretraite.ca  
514 653-6425

mary.morency@coachingretraite.ca  
514 235-7310



### Lecture by Dr. Brian Goldman

PALLIACCO presents THE POWER OF KINDNESS: Why Empathy Is Essential in Everyday Life, Healthcare, and Palliative Care at Home, a lecture in English by Dr. Brian Goldman, on Sunday, April 26, 14:00, at the *Église de Saint-Sauveur*.

Free admission: voluntary contributions accepted. Tax receipt for donations of \$20 or more. Book sale: The Power of Kindness: Why Empathy Is Essential in Everyday Life, by Dr. Goldman (\$20, tax included). Book signing, wine & cheese, and presentation of the services available to the anglophone community from Palliacco and the *CISSS des Laurentides*.

Registration and donations online at [www.palliacco.org](http://www.palliacco.org) or by phone at 1 855 717-9646.



F.C. MORIN-HEIGHTS

### Football Club Morin-Heights

**Regular program for 8 to 18-year-olds**, last chance to register for the summer season online at [www.fcmorinheights.com](http://www.fcmorinheights.com).

**Grassroots Program** – initiation to soccer for children aged 4 to 7

/ Saturday mornings from June 6 to August 22 (no practice on July 25 and August 1)

/ Male and female players born between 2013 and 2016

/ At the soccer field of the Morin-Heights Elementary School from 9:00 to 10:00

/ Price: residents \$160; non-residents \$190

*For players who would like to become **referees for the 2020 season**, please register quickly places are limited; call 450 226-0011!*

## Morin-Heights Sugar Shack

On March 21<sup>st</sup> from 10:00 to 14:00, the Morin-Heights Legion will be transformed into a traditional Sugar Shack in order to raise funds to benefit the grade 6 senior class at Morin-Heights Elementary School. Come get your fill of the sumptuous traditional Sugar Shack meal and satisfy your sweet tooth with some maple taffy. Typical music and outdoor animation will complete your experience! Seating in the dining room is limited, so it is highly recommended that you reserve your ticket in advance.

**Tickets:** \$15 for adults and \$10 for children (5 to 12 y.o.)

**At the door:** \$17 for adults and \$12 for children  
There is **no charge** for children 4 and under.

You may reserve your tickets by email at [cabaneasucremh@gmail.com](mailto:cabaneasucremh@gmail.com).



## Children's Fishing Day

**At Lummis Park, Saturday, May 23<sup>rd</sup>, 8:00 to 15:00**

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

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



## Vegetarian and Organic Collective Kitchen Workshops

Participating in these workshops enables you to make new friends and to return home with a prepared dish.

You will be guided through new recipes from various diets such as keto, paleo, healthy pastries, home-baked bread, and much more! All ingredients are meticulously selected and come from organic farming.

**Dates:** Wednesday, April 1<sup>st</sup>: 13:15 to 15:15  
Wednesday, May 6<sup>th</sup>: 13:15 to 15:15  
Wednesday, May 27<sup>th</sup>: 13:15 to 15:15

**For all three workshops:** \$51 or \$21 per workshop

Welcome to mothers on maternity leave with their baby carrier.

Register before March 27<sup>th</sup> with an Interac transfer to [info@karoline.ca](mailto:info@karoline.ca).



## Day trip on Wednesday, June 3

The Municipality of Morin-Heights invites its 50+ residents, and their friends, to an outing in the Bromont area.

### Cidrerie Michel Jodoin in Rougemont

Guided tour of the cellars and facilities, where you will discover how their ciders are made. The 45-minute tour will end with a tasting of their products, and if you wish to do so, a little shopping. A 3.6 km walking trail ( $\pm$  1.5 hours) that leads to a belvedere in the mountain, where you can admire the orchards, can be an alternative for those who choose not to do the tour (hiking boots recommended).

### Lunchtime on Shefford Street in Bromont

Lunch fees are not included in the price of the trip; different restaurants will be available for you to choose from. If time permits, we will visit the *Musée du chocolat de la confiserie Bromont*.



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

## Brome County Historical Society Museum

Visit historical buildings and various exhibits related to the region over the centuries. You can, among other things, view a WWI airplane at the war museum, a birch bark canoe and other artifacts of the Abenaki at the Paul Holland Knowlton House (log house dating back to the 1800s), an exhibit recounting the foundation of the Brome County and the history of the United Empire Loyalists in the old Academy building, and also the old firehouse, where you will find the general store, the blacksmith's shop, the post office, a vintage radio exhibit and more!

### Léon Courville's Vineyard Domaine Les Brome

An exceptional rural setting, a breathtaking vista, a magnificent and modern winery. You will be captivated by its 18 hectares of vines gracing the hills overlooking Lac Brome and offering an unhindered view of mounts Orford, Glenn, Echo, Owl's Head, and Sutton. A guided tour and wine tasting in a traditionally built winery, with sophisticated equipment, and a peerless barrel cellar will make your visit a learning experience and allow you to explore the art of winemaking.

### Registration at Chalet Bellevue, prices:

Resident \$35\$ • non-resident \$45

### Transportation by luxury bus is included

(restroom, reclining seats, air conditioning, wifi, etc.)

**Information:** 450 226-3232, ext. 132



## Royal Canadian Legion Activities

Darts every Friday at 15:00, Cribbage on the first Monday of the month at 13:30, Military Whist on the third Monday of the month at 13:30. New players welcome! 127, ch. Watchorn.

**\*Hall rental at competitive pricing!\***

SATURDAY, MARCH 14  
**St-Patrick's Day Supper**, at 18:00

FRIDAY, MARCH 20  
**TGIF Smoked Meat**, from 18:00 to 19:00

SATURDAY, MARCH 28  
**Rockabilly Night with The Runaway Boys**, from 20:00 to 23:00

SATURDAY, APRIL 4  
**Italian Night**, at 18:00

SUNDAY, APRIL 12  
**Easter Brunch**, from 9:00 to 13:00

FRIDAY, APRIL 17  
**TGIF Smoked Meat**, from 18:00 to 19:00

SATURDAY, APRIL 18  
**Kim Adams & the House Cats**, from 20:00 to 23:00

SATURDAY, MAY 2  
**Classic Rock with Madhouse**, from 20:00 to 23:00

SATURDAY, MAY 9  
**Mother's Day Supper**, at 18:00

FRIDAY, MAY 15  
**TGIF Smoked Meat**, from 18:00 to 19:00

SATURDAY, MAY 16  
**The Classic J Band**, from 20:00 to 23:00

SATURDAY, MAY 30  
**Classic Rock with That's It**, from 20:00 to 23:00

**Music Shows:**  
**Facebook/ Morin Heights Live**

### Information:

[www.legion171.net](http://www.legion171.net)

[facebook.com/legion171](https://facebook.com/legion171)

450 226-2213

[legion171@cgocable.ca](mailto:legion171@cgocable.ca)

## Next edition!

To submit a text for the bulletin, send a French and an English version to [karyne.bergeron@morinheights.com](mailto:karyne.bergeron@morinheights.com).

### SUMMER EDITION

**June 1 to August 15, 2020**

Deadline: April 16, 2020

Distribution: May 28, 2020

### FALL EDITION

**August 15 to December 1, 2020**

Deadline: June 11, 2020

Distribution: August 14, 2020

### WINTER EDITION

**December 1, 2020, to March 15, 2021**

Deadline: October 8, 2020

Distribution: November 27, 2020



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



# Inter-municipal agreement

An inter-municipal agreement between Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson and Saint-Sauveur allows citizens from these seven towns to register **in the following selected courses at resident rates.**

## Registration process

Enquire directly about the registration process, dates, schedules, prices, and availability with the town offering the class (es) of your choice. Proof of residence is required. We suggest that you contact the municipality offering the course or that you visit their website to get information.

## Refunds

The refund terms and conditions are those in effect in the town offering the class.

## INFORMATION

### Municipality of Piedmont:

450 227-1888, ext. 223 /  
piedmont.ca

### Municipality of

#### Saint-Adolphe-d'Howard:

819 327-2626, ext. 3 /  
stah.ca

### Municipality of

#### Sainte-Anne-des-Lacs:

450 224-2675, ext. 225 /  
sadl.qc.ca

### City of Sainte-Adèle:

450 229-2921, ext. 7244 /  
ville.sainte-adele.qc.ca

### City of Saint-Sauveur:

450 227-2669, ext. 420 /  
ville.saint-sauveur.qc.ca

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

450 228-2543, ext. 221 /  
lacmasson.com

## YOUTH

**ABC of sports** (4-6 y.o.)  
Saint-Sauveur

**Artisanal Chocolate Making Workshop**  
Sainte-Marguerite-du-Lac-Masson

**Contemporary danse**  
Sainte-Adèle

**Creative dancing**  
(3-5 y.o.)  
Sainte-Adèle

**Floor hockey**  
Sainte-Adèle

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

**Judo** (6+)  
Saint-Sauveur

**Learning English through games**  
Saint-Sauveur

**Piano** (individual lesson)  
Saint-Sauveur

**Scientific workshop**  
(Mad Science)  
Sainte-Marguerite-du-Lac-Masson

**Singing** (individual lesson)  
Saint-Sauveur

**Stay Safe Course**  
Saint-Sauveur

**Tennis**  
Saint-Sauveur

## ADULTS

**Artisanal Chocolate Making Workshop**  
Sainte-Marguerite-du-Lac-Masson

**Country dance**  
Sainte-Anne-des-Lacs

**Essentrics Aging Backwards**  
Saint-Adolphe-d'Howard and Morin-Heights

**Fitness & Well-being**  
Piedmont

**Fitness Centre**  
Sainte-Marguerite-du-Lac-Masson

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

**Gypsy Dances**  
Piedmont

**Introduction to meditation**  
Saint-Adolphe-d'Howard

**Judo**  
Saint-Sauveur

**Meditation**  
Sainte-Marguerite-du-Lac-Masson

**Middle Eastern Dances**  
(Baladi)  
Piedmont

**Painting and Creativity**  
Morin-Heights et Sainte-Adèle

**Piano** (individual lesson)  
Saint-Sauveur

**Pilates**  
Saint-Adolphe-d'Howard

## Qi Gong

Sainte-Adèle

**Singing** (individual lesson)  
Saint-Sauveur

**Soft Gym**  
Piedmont

**Softball men/women**  
Sainte-Marguerite-du-Lac-Masson

**Spanish** (all levels)  
Sainte-Adèle, Morin-Heights and Sainte-Anne-des-Lacs

**Stability Yoga**  
Saint-Sauveur

**Tai chi**  
Morin-Heights, Piedmont and Sainte-Adèle

**Therapeutic Yoga**  
Saint-Sauveur

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

**Yoga vini**  
Saint-Adolphe-d'Howard

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

## PARENT-CHILD

**ABC of sports**  
Saint-Sauveur

**Artisanal Chocolate Making Workshop**  
Sainte-Marguerite-du-Lac-Masson

**For a complete schedule of the classes offered in Morin-Heights, please see pages 20-22.**

# Course Schedule

FOR INFORMATION OR REGISTRATION, COMMUNICATE WITH THE INSTRUCTOR.  
R: resident NR : non-resident / \*\*: contact instructor for more information.

## Cardio Tonus

This stimulating intermediate class alternates between cardiovascular training and resistance training. The movements are simple, effective, and varied. Complete, fun, and very motivating!

**Location:** Chalet Bellevue

**Rate:** R: \$110/ 1x week  
or \$208/ 2x week  
NR: \$125/ 1x week  
or \$230/ 2x week

**Day:** Monday  
9:00 to 10:00

**Dates:** March 30 to  
May 24

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

## Tai Chi Yang Stretch and Meditation

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

**Location:** Chalet Bellevue

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

**Day:** Tuesday  
10:30 to 11:45

**Dates:** April 7 to May 19  
(7 weeks)

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



## Essentrics Aging Backwards

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

**Location:** Chalet Bellevue

**Rate:** R: \$125 • NR: \$145

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

**Dates:** April 6 to June 17 (11 weeks)

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

essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

## Essentrics

Muscular strengthening technique: balances the whole body, releases the joints, improves posture, and increases flexibility. A therapeutic technique adapted for all conditions. Small groups for a better experience. Registration required, limited places!

**Location:** Chalet Bellevue

**Rate:** R: \$125 • NR: \$145

**Day:** Monday 11:00 to 12:00 and/or 19:00 to 20:00 and/or  
Wednesday 11:00 to 12:00

**Dates:** April 6 to June 17 (11 weeks)

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

essentricsavecginette@gmail.com / essentricsavecginette.vpweb.ca

## Karate

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

**Location:** Chalet Bellevue

**Rate:** \*\*

**Day:** Friday 17:30 to 18:30

**Dates:** until the end of June

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

## Yoga and Meditation

Hatha yoga, meditation, and spiritual disciplines.

**Location:** Chalet Bellevue

**Rate:** \*\*

**Day:** Monday 16:30 to 18:30

**Dates:** April to June

**Instructor:** Louise Bloom / 450 226-5844

www.morinheights.com



## Kundalini yoga

A yoga that works on the different levels of the being from series called Kriyas, using breath, rhythm, dynamic or static postures, sound (mantras), relaxation, and meditation.

**Location:** Chalet Bellevue

**Rate:** R: \$100 / NR: \$115

**Day:** Saturday  
10:00 to 11:15

**Dates:** April 11 to May 30  
(8 weeks)

**Instructor:** Linda Corbeil  
450 660-2883  
info@ayurvedalinda.com

## Yoga Stretching

This class is specifically designed to restore your muscles' elasticity, flexibility and the oxygenation needed to keep them healthy. Yoga stretching helps the fundamental amplitude of the body. No previous experience required. For adults and seniors.

**Location:** Chalet Bellevue

**Rate:** R: \$110/ 1x week or  
\$208/ 2x week  
NR: \$125/ 1x week  
or \$230/ 2x week

**Day:** Wednesday  
8:30 to 9:30

**Dates:** March 30 to  
May 24

**Instructor:** Andr  a Beaulieu  
450 822-7486  
espritalpin@gmail.com

## Vinyasa Flow Yoga

A dynamic yoga based on breath flow, rhythm, and alignment. 16+, maximum of 15 students.

**Location:** Chalet Bellevue

**Day:** Friday  
8:30 to 9:45

**Dates:** March 20 to  
June 5

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

## Kundalini yoga 50+

A yoga that works on the different levels of the being from series called Kriyas, using breath, rhythm, dynamic or static postures, sound (mantras), relaxation, and meditation.

**Location:** Chalet Bellevue

**Rate:** R: \$100 / NR: \$115

**Day:** Wednesday 13:00 to 14:00

**Dates:** April 15 to June 3 (8 weeks)

**Instructor:** Linda Corbeil / 450 660-2883  
info@ayurvedalinda.com

## Acrylic Painting & Creativity

LiliFlore's courses focus on discovering your style through different painting techniques as well as the exploration of your own creativity. Theme of this session: discover the possibilities offered by textures and light in acrylic paint. Beginners welcome!

**Location:** Chalet Bellevue

**Rate:** R: \$268 +tx / NR: \$308 +tx

**Day:** Wednesday 13:30 to 16:30

**Dates:** April 15 to June 3 (8 weeks)

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

## Stretch & Strengthen 60+

Improve posture, increase mobility and strength, eliminate pain in a joyful and relaxing atmosphere.

**Location:** Chalet Bellevue

**Rate:** R: \$120 NR: \$138

**Day:** Monday 10:30 to 11:30

**Dates:** April 6 to June 15 (no class on May 25)

**Instructor:** Lisa McLellan / 450 560-2803  
lisamcclellan07@gmail.com

## Photography

Session 1: Learn how to use your camera in manual mode. For beginners and intermediates, 16+. You must have your equipment.

Session 2: Improve your photos by developing your creative vision. You must be able to manage basic settings on your camera and possess your own material. 16+.

**Location:** Chalet Bellevue

**Rate:** R: \$150 NR: \$188

**Day:** session 1: Wednesday 10:00 to 12:00 /  
session 2: Wednesday 9:00 to 12:00

**Dates:** session 1: April 8 to May 13 (6 weeks)  
session 2: May 20 to June 10 (4 weeks)

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

## Tai chi Chuan

Free!

Free practice and exercise session (no teaching), no registration required. Improve health, maintain a calm and relaxed state, improve joint movements, increase blood circulation, stimulate the nervous system, and improve your balance.

**Location:** Chalet Bellevue  
**Day:** Saturday  
 9:00 to 11:00  
**Dates:** April 4 to June 27  
**Info:** Robert Lee  
 450 227-8829

## English conversation

Course for beginners, adults, and seniors. Minimum of 7 students required.

**Location:** Chalet Bellevue  
**Rate:** R: \$140 NR: \$160  
**Day:** Monday  
 14:00 to 15:30  
**Dates:** April 6 to June 8  
 (10 weeks)  
**Instructor:** Thérèse Mascis  
 450 224-8833

## Traditional Scottish Highland Dancing

Free!

Traditional Scottish dance for 6 years old and over.

**Location:** Chalet Bellevue  
**Day:** Sunday  
 16:00 to 17:30  
**Dates:** March 22 to May 17  
**Instructor:** Heather McNabb  
 514 486-3480  
 heatheramcnabb@hotmail.com

## Combo 55+

Strength training, cardio, balance, and coordination! Fun, safe, effective, and great music!

**Location:** Chalet Bellevue  
**Rate:** R: \$120 NR: \$138  
**Day:** Tuesday  
 9:30 to 10:30  
**Dates:** April 7 to June 16  
 (no class on May 26)  
**Instructor:** Lisa McLellan  
 450 560-2803  
 lisamclellan07@gmail.com

## Cardio Plein Air

A structured interval training program that combines a warm-up, cardiovascular and muscular exercises with elastic bands and exercise mats. A period of relaxation inspired by tai chi ends each workout. Required equipment: mat and elastic band.

**Location:** MHES parking lot  
**Rate:** \$164,41 (\$11,50/cours + tx.)  
**Day:** Sunday 9:30 to 10:30  
**Dates:** March 29 to June 21 (12 weeks)  
**Instructor:** Julie Raymond or Lyne Bissonnette  
 450 643-0465  
 laurentides@cardiopleinair.ca or  
 register directly at [www.cardiopleinair.ca](http://www.cardiopleinair.ca)

## Spanish Intermediate Level

We write, we read, we listen, but mostly, we speak Spanish. 16+. Material included. 16+

**Location:** Chalet Bellevue  
**Rate:** R: \$165 / NR: \$195  
**Day:** Thursday 11:15 to 13:15  
**Dates:** April 9 to June 11 (10 weeks)  
**Instructor:** Yoalli Gallegos / 819 326-7706  
 laurentidescascasapagnol@hotmail.com

## Spanish Beginner Level 2

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

**Location:** Chalet Bellevue  
**Rate:** R: \$165 / NR: \$195  
**Day:** Thursday 13:30 to 15:30  
**Dates:** April 9 to June 11 (10 weeks)  
**Instructor:** Yoalli Gallegos / 819 326-7706  
 laurentidescascasapagnol@hotmail.com

## Spanish Conversation

For those who have reached an intermediate level and want to make progress in conversation. Material included. 16+

**Location:** Chalet Bellevue  
**Rate:** R: \$165 / NR: \$195  
**Day:** Thursday 9:30 to 11:00  
**Dates:** April 9 to June 11 (10 weeks)  
**Instructor:** Yoalli Gallegos / 819 326-7706  
 laurentidescascasapagnol@hotmail.com

## Important numbers

### Town Hall

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

**Telephone:** 450 226-3232

**Fax:** 450 226-8786

**www.morinheights.com**  
**municipalite@morinheights.com**

### Emails:

bibliotheque@morinheights.com  
 chaletbellevue@morinheights.com  
 comptabilite@morinheights.com  
 conseil@morinheights.com  
 loisirs@morinheights.com  
 pleinair@morinheights.com  
 ssi@morinheights.com  
 taxes@morinheights.com  
 travauxpublics@morinheights.com  
 urbanisme@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**

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

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**Turquoise Design** / 514 592-8153  
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