

INFO

Morin-Heights

In harmony with nature



MORIN-HIGHTS
1855

MUNICIPAL INFORMATION

SPRING 2024

MARCH / APRIL / MAY
VOL. 27 NO 2

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Simplement Jazz 2.0 Concert

On April 27 at 19:30, at Chalet Bellevue.

Renowned double bass player **Michel Donato** is teaming up with guitarist Robert Ménard and saxophonist Michel Dubeau for an evening of jazz standards (continued on page 16).



News from the Mayor



Dear fellow citizens,

I was recently going over my text for the Spring 2023 Info Morin-Heights and I'd like to take this opportunity to highlight the progress we've made over the past year.

The modernized urban planning by-laws have been adopted and are being applied. The harmonious development of our municipality and the protection of our wetlands and forest cover are now well in hand for the future!

The purchase of 35 acres from the Basler family and the acquisition of 57 acres from Domaine Castel Marie were also completed in 2023. This is a further step towards the conservation of natural environments and the expansion of public areas in our municipality.

The project to install a wastewater treatment system in the village center is progressing, and we are working closely with the various ministries to find the maximum possible subsidies to reduce costs. The project will go ahead if, and only if, the costs are reasonable for citizens in the center of the village. We'll keep you informed as developments unfold.

As some of you may have seen, construction has begun on Habitat Morin-Heights, a 30-unit residential project for seniors. More than five years of work with various government bodies have finally paid off. Morin-Heights seniors aged 75 and over will now be able to remain here. The entire community is proud of this achievement, which should open its doors in late 2024 / early 2025. To learn more about this project, consult the dossier on the citizen portal (<https://citoyen.morinheights.com>). You'll find a description of the project, a layout plan, and an architectural rendering of the building. Then, if you'd like to be put on the list for an apartment, call the Town Hall (450 226-3232, ext. 110) and we'll take care of you.

The addition of decorative lighting and street furniture on chemin du Village has also begun and should be completed this summer. This work has received a grant of \$660,720 and will give the downtown area a facelift.

The renovation of the library has also been completed, creating a much more airy and user-friendly space. More than 700 citizens are currently members and are discovering the modernized services. I invite you to subscribe!

Finally, the Lac Peter dam will be refurbished this summer, and grant applications to the PRACIM program have been submitted for the fire station expansion project.

We often have the impression that everything is slow in the municipal world and that achievements do not always come to fruition... I think you can see that the hard work and perseverance of your municipal council and our dedicated employees are producing concrete results for the citizens of Morin-Heights.

I would like to thank them all!

Tim Watchorn, ing.
Mayor

Recognition 2024

The Municipality of Morin-Heights is proud to celebrate the significant milestones of some of its employees. The Council is pleased to recognize the work accomplished by these employees throughout their years of service and extends heartfelt congratulations to every one of them!

Olivier Rondeau Lapierre > 25 years of service

Michel Grenier > 15 years of service

Josée Aubin > 10 years of service

Gaël Chiron de le Casinière > 10 years of service

François Duchesne > 10 years of service

Maxime Lépine > 10 years of service

Patrick Marier > 10 years of service

Linda Zinchewich > 10 years of service

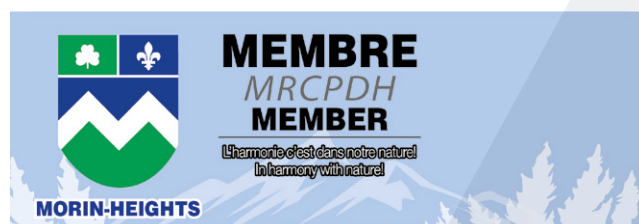
Citizen & Membership Cards



Why Do I Need a Citizen Card?

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

- course offerings
- cultural activities
- events and shows
- free access to our outdoor tennis and pickleball courts
- access to our mountain bike trails
- access to Lummis Park
- to obtain a library card
- access to and registration at the *Centre Sportif Pays-d'en-Haut*
- and much more!



MRC Membership Card

The MRC membership card is free for the residents of towns and municipalities throughout the *MRC des Pays-d'en-Haut* interested in participating in Morin-Heights activities at discounted rates.



Non-Resident Membership Card

Non-residents of the *MRC des Pays-d'en-Haut* interested in participating in Morin-Heights activities are invited to request their non-resident free membership card.

Keep Your Membership Card

Remember to retain your membership card, which is valid for two years. It is essential for renewing your cross-country ski/snowshoe passes next year. Your passes can be downloaded directly onto your membership card. A \$5 fee is charged for any card lost and renewed before its expiry date.

Statistics

We keep track of the frequency of use of our recreational services among different user groups (residents, non-residents, etc.). Therefore, when you arrive in our parks, or our patrol comes across you on the trail, you will be asked to show them your membership card and tell them what activity you participated in. It will allow us to gather a more detailed statistical picture to help us improve our services.

Information: www.morinheights.com/Citizen-Card



Animal Control

How to Report an Incident

If you witness any disturbance or nuisance in your neighbourhood, such as a stray dog, excessive or persistent barking, aggressive canine behaviour, or instances of animal neglect or cruelty, you must report it to the SPCALL. All complaints are confidential.

You can call the SPCALL seven days a week, between 9:00 and 18:00, at 819 326-4059 or toll-free:

1 866 960-SPCA (7722)

Do not hesitate to call 911 for any urgent situation outside the SPCALL's service hours.

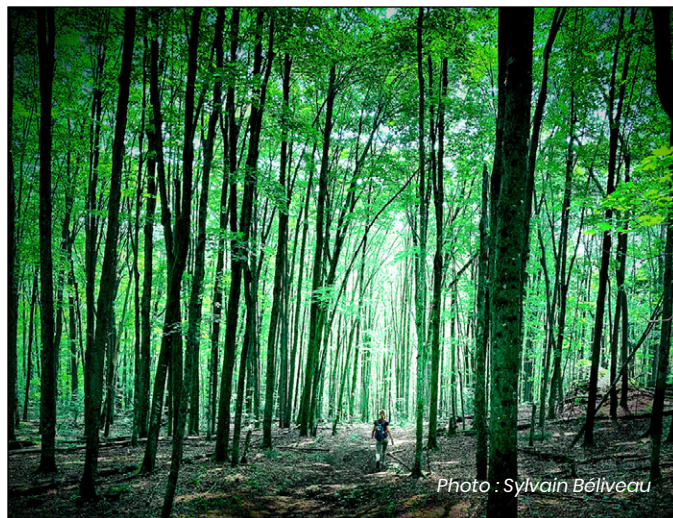


Photo : Sylvain Béliveau

Photo Contest

Share your finest snapshots, whether capturing local landscapes, activities, events, or cheerful Morinheighters! The winner will receive a gift card from a local shop. Submit your favourite photos to karyne.bergeron@morinheights.com.

The winner will be announced in the upcoming bulletin.

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

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

Congratulations to the previous edition's contest winner, **Sylvain Béliveau**, who won a \$75 gift card from Café Mickey's!

Next Editions!

SUMMER EDITION

June 1 to August 15, 2024

Deadline: April 1, 2024

Distribution: May 24, 2024

FALL EDITION

August 15 to December 1, 2024

Deadline: June 6, 2024

Distribution: August 14, 2024

WINTER EDITION

Dec. 1, 2024 to March 15, 2025

Deadline: September 27, 2024

Distribution: November 22, 2024



L'Antr'Aidant, a regional non-profit organization located in the Laurentians dedicated to enhancing the well-being and living conditions of caregivers for adults and seniors, offers a support group for English-speaking caregivers through Zoom every second-last Thursday of the month from 9:30 to 11:30. On March 21, the theme will be *Emergency or Priority: Understanding the Difference*. For more information and registration, do not hesitate to call 579 888-0211, ext. 121 or e-mail ligne.accueil@lantraidant.com. To see all the activities and programs offered for free, visit lantraidant.com.

Laurentian Business Women's Networking Group

If you are an entrepreneur or business owner seeking connections with fellow local businesswomen, consider joining our fantastic group. We exchange ideas, offer support, and help promote each other's services.

Our group occasionally hosts community events, and our monthly meetings feature insightful presenters who share valuable information on business-related topics (in English). We gather one evening each month from 19:00 to 20:30 at Chalet Bellevue in Morin-Heights. For more information, do not hesitate to contact Lori Leonard at 450 224-7472 or leonard.lori@outlook.com.



Laurentian Region Cancer Support Group

The group provides support services in English to cancer patients, caregivers, and their families in the Laurentian Region. Free monthly meetings are held at Chalet Bellevue (27 rue Bellevue) or online through ZOOM. Donations are welcome (tax receipts provided).

For more information about the group's services, meetings, and guest speakers, do not hesitate to contact June Angus at 450 226-3641 or cancer.laurentia@yahoo.ca.



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



Tax Clinic

Offered for FREE by our volunteers
for people with lower income

From March 4th to April 19th, 2024

Eligible income thresholds:

• An adult	35,000 \$
• A couple	45,000 \$
• An adult with a child	45,000 \$
• Each additional dependent	2,500 \$

Starting February 5th, 2024 anyone interested and eligible to receive this service must register by calling us:

450-229-9020

Town Planning and Environment

March 22: World Water Day

Each international day serves as an opportunity to educate the public on themes related to important issues such as fundamental rights, sustainable development, and health. These days allow the United Nations, public authorities, and civil society to coordinate awareness-raising activities and mobilize resources. This year, the theme of World Water Day is “Water for Peace.”

Cooperation on water issues creates a positive ripple effect, promoting harmony, prosperity and resilience in the face of everyday challenges.

We must realize that water is a resource to be used and fought for—a fundamental human right, intrinsic to all aspects of life.

To safeguard the quality of our drinking water, its sources, and our lakes, rivers, and streams, here are some recommended habits and practices to adopt or continue:

- Use phosphate-free cleaning products, widely available in stores.
- Replace toxic products, such as bleach, with homemade products, easily found through online research.
- Consider using rainwater for watering your lawn or wait for rain.
- Do not spread any fertilizers if you reside near a watercourse.
- Regularly maintain and have your septic systems checked.
- Clean your boats and water sports equipment to prevent contamination.

Source: <https://www.un.org/en/observances/water-day>



Septic Tank

Our Town Planning and Environment Department wants to remind you that it is mandatory to empty your septic tank per provincial regulation Q-2, r.22:

- every two years for permanently occupied residences;
- every four years for residences occupied less than 180 days per year, with a declaration of seasonal occupancy status (using the form provided).

You must provide proof of emptying by sending an invoice to the Town Planning and Environment Department:

- By e-mail: service.urbanisme@morinheights.com; or
- By mail or in-person to the Town Hall, at 567 chemin du Village, Morin-Heights, J0R 1H0

Nothing is More Alive Than a Dead Tree

During this spring cleaning season, the Forest Subcommittee of the Morin-Heights' Environmental Advisory Committee (EAC) urges us to refrain from removing dead wood, particularly in forested areas. "Leave as much dead wood and branches on the ground," advise scientists. Deadwood plays a vital role in supporting forest ecosystems. As fallen trunks and branches decompose, they contribute to nutrient cycling, enrich soil, and foster a diverse microbial community. Moreover, deadwood also helps maintain soil moisture and lower temperatures. It also provides habitats for various organisms, from insects to fungi, and serves as an essential nesting and feeding grounds for wildlife.

Interesting fact: decaying wood acts as a carbon sink, aiding in mitigating climate change by storing carbon. Preserving dead wood is crucial for sustaining biodiversity and ensuring the overall health of forests and water bodies. As a bonus, it adds to the natural aesthetics of the environment!

Are you interested in learning more and celebrating spring? Join us for a guided walk led by passionate experts. This free activity will help its participants realize nothing is more alive... than a dead tree!

When: Saturday, May 18, from 10:00 to 12:00

Where: Basler Park

Your experts:

Kim Marineau, *Éco-corridors Laurentiens*

Dan Kneeshaw, Centre for Forest Research, UQAM

Gilles Saulnier, municipal councillor and member of the Environmental Advisory Committee

Mathieu Régnier, Ruisseau Jackson Natural Protected Area



Adiantum pedatum growing on moist, humus-rich or dead wood-rich Morin-Heights soil. Credit: Ruisseau Jackson (RJANP)

Effective communication with your neighbours is the key to good cohabitation!

If you are disturbed by a neighbour's behaviour, consider talking with them first. Explain the issues affecting your quality of life and see if there is a way to address them amicably. They may be unaware of the impact their actions have on you.

Surprisingly, the Municipality receives approximately a hundred complaints about neighbourhood nuisances yearly. Before filing a complaint or contacting the Municipality or the police, we encourage you to attempt to communicate with your neighbours.

Here are some tips to help maintain harmony with your neighbours: tolerance, respect, consideration, and discussion are key principles to keep in mind!

For more information and tips on being a good neighbour, please refer to the link provided below:

https://morinheights.com/IMG/pdf/fiche_informations_-_bon_voisinage_-_2023_ang.pdf

Reminder

The presentation on Lyme disease and toxoplasmosis by Dr. Lena Measures, an initiative of the AEC Biodiversity subgroup, will take place on Saturday, March 16, at the Chalet Bellevue.

Lyme Disease, Deer, and Ticks

In French: 13:30

In English: 14:30

Toxoplasmosis and Domestic Cats

In French: 14:00

In English: 15:00



Spotlight on Local Flora and Fauna

INDIGO BUNTING (*Passerina Cyanea*)

This beautiful bird jewel visited one of my bird feeders in 2019 near Peter Lake in the Blue Hills area. In late May 2023, two males visited. The male Indigo bunting is intensely blue, and the female is brown with a faintly streaked breast. Blue is relatively rare in nature (for more information: “Why is the colour blue so rare in nature?”).

The Indigo bunting, about the size of a large chickadee, eats tiny seeds, grains, berries, buds, and a wide variety of insects and spiders foraging in vegetation near the ground. They frequent edges of habitats (fields, roads, streams, forests), preferring shrubby and weedy areas where they nest. In Québec, a nest is constructed in May by the female alone – the male does not assist. Three to four eggs are laid, and the young hatch in 12 to 13 days. The female, and sometimes the male, feed the nestlings with insects, spiders and berries. The young fledge leave the nest in 9 to 12 days but are fed by the parents for an additional two weeks before they are off on their own. A second brood may be produced with a different male.

Breeding distribution is shown on the map in orange, wintering distribution in blue, and areas frequented only during migration in yellow. Indigo bunting is abundant throughout their range and is increasing in Québec, mainly found in southern Québec, west to the Outaouais and east to the

City of Québec. Recent surveys suggest they are moving further north with climate change. Threats include loss of habitat due to intensive agriculture, reforestation, frequent mowing of roadsides, increasing urbanization, collisions with vehicles and illuminated buildings, especially during migration (many songbirds migrate at night), and predation by domestic cats as buntings often forage on the ground.

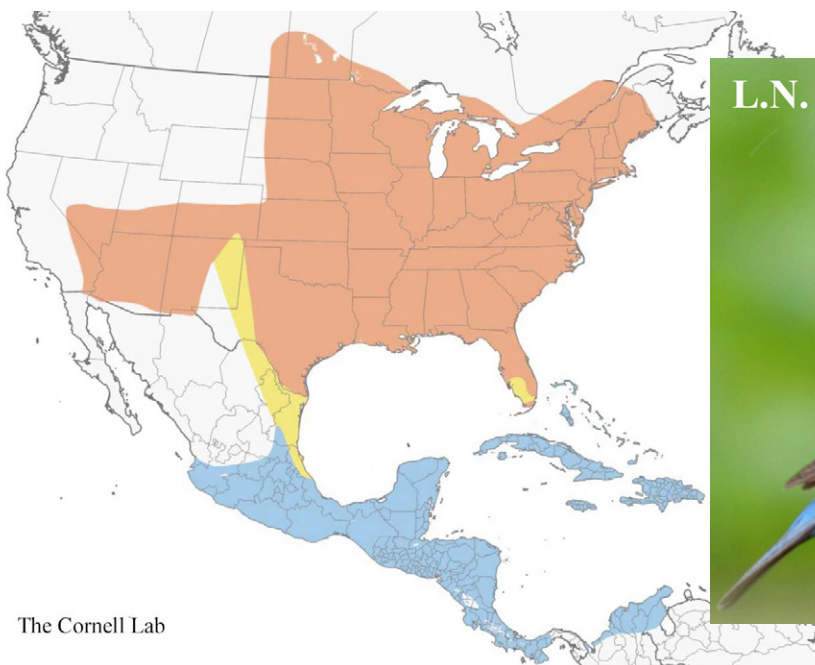
If you wish to help Indigo buntings, you can:

- Provide mixed bird seed in clean feeders in early spring
- Provide natural shrubs, hedges and weedy areas for cover and nesting
- Close curtains or blinds at night during spring and fall migration
- Use only LED motion detector lights outdoors
- Apply small self-adhesive dots at two-inch intervals on windows to prevent bird collisions
- And, importantly, always keep cats indoors.

For more information, visit the “Facebook Morin-Heights Nature” page and the Cornell Lab of Ornithology website

By Dr Lena Measures

Biodiversity subcommittee of the Morin-Heights’ EAC



L.N. Measures

Collections Calendar

2024

APRIL 2024							MAY 2024							JUNE 2024						
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				1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						

2024

APRIL 2024							MAY 2024							JUNE 2024						
D	L	M	M	J	V	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						

Pick-up problem?

Broken bin ?

A form is available:

www.lespaysdenhautrecyclent.com



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

infocollecte@mrpcdh.org

1 855 PDH-RECY or
450 229-8052



With the free application *Ça va où?*,
you'll know where things go!

<https://cavaouwebapp.recyq-quebec.gouv.qc.ca/>



Recycling (blue bin)



Organic (brown bin)



Garbage (black bin)



Bulky items



No garbage pick-up

Ecocentre

The inter-municipal Ecocentre is located at:
2125 chemin Jean-Adam, Saint-Sauveur

Opening Hours

From April 1 to November 30: Opened daily
(except Wednesdays) from 7:30 to 16:15.

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

[www.vss.ca/services-aux-citoyens/services/
ecocentre](http://www.vss.ca/services-aux-citoyens/services/ecocentre)

ecocentre@vss.ca • 450 227-0000, ext. 3200

www.morinheights.com



Morin-Heights Fire Department and First Responders

Carbon Monoxide

Carbon monoxide, or CO, is an odourless and invisible toxic gas. It does not irritate the eyes or respiratory tract, making smell an ineffective tool for preventing carbon monoxide poisoning.

When inhaled, carbon monoxide enters the bloodstream, displacing oxygen and causing tissue damage, posing severe health risks.

The effects of carbon monoxide poisoning vary depending on:

- the concentration of carbon monoxide in the air;
- the duration of exposure;
- a person's sensitivity to the gas;
- a person's overall health condition;
- the frequency of exposure over time.

Symptoms

The symptoms of carbon monoxide poisoning can vary depending on the severity of the exposure.

Common symptoms of mild poisoning include:

- headache;
- fatigue;
- nausea;
- vomiting;
- dizziness;
- vision disturbances;
- difficulty concentrating;
- loss of consciousness.



If you experience these symptoms:

- ➔ Exit the area and head outside: leave the door open when leaving the premises to ventilate the area thoroughly.
- ➔ Dial 9-1-1 or call the Quebec Poison Control Center at 1 800 463-5060.
- ➔ Await clearance from a firefighter to return inside, even for a few minutes.
- ➔ You must seek medical attention to treat the carbon monoxide poisoning.

If you have no symptoms of poisoning but the alarm goes off:

- ➔ If feasible, promptly shut off the fuel supply.
- ➔ Exit the area and head outside: leave the door open when leaving the premises to ventilate the area thoroughly.
- ➔ Dial 9-1-1.
- ➔ Await clearance from a firefighter to return inside, even for a few minutes.
- ➔ Avoid operating your fuel-burning appliances if you suspect a malfunction until a qualified individual has inspected them.

Carbon Monoxide Detector

A carbon monoxide detector emits an audible alert within a home if there is an elevated level of carbon monoxide, also known as CO. This warning system enables swift response, helping to prevent carbon monoxide poisoning and potentially save lives. All carbon monoxide alarms must adhere to Canadian standards and display the "ULC" logo from the Underwriters Laboratory of Canada.

The most prevalent type of carbon monoxide detector is battery-powered. Opt for models equipped with lithium batteries, offering a lifespan of up to ten years.

The electric carbon monoxide detector is available in two models: one plugs into a power outlet, and the other is permanently installed by an electrician.

There are also combination models of carbon monoxide and smoke detectors. These must be installed following the same guidelines as smoke detectors.

Where to install alarms in your home?

Carbon monoxide alarms should be audible by all occupants when activated. It is advisable to install the detector:

- on every floor, including the basement;
- in the hallway near the bedrooms;
- in any room where someone sleeps with the door closed;
- near the stairs;
- near the garage door attached to the house.
- in the room above the garage attached to the house.



Identification of Your Property

Your property's civic number serves a crucial purpose beyond mere decoration. It aids emergency responders in quickly identifying your residence, either day or night.

A clearly visible civic number enables emergency services to locate buildings swiftly, reducing potential delays. Municipal regulations mandate that all structures display a civic number appropriately visible at all times from the traffic lane and situated at least three meters from the front property line.



Outdoor Network

Trail Maintenance

To ensure that our trails are ready to welcome mountain bikers and hikers for the upcoming summer, we will organize a few volunteer labor chores in May. As these activities are weather-dependent, visit our website at www.morinheights.com/plein-air for updates on scheduled dates.

To sign up as a volunteer, do not hesitate to send your contact information to velo@morinheights.com

End-of-Winter Event

On **Saturday, March 23**, at Basler Park, holders of cross-country ski season passes for the 2023-2024 season can take advantage of complimentary ski waxing services. This service is available for those preparing their skis for seasonal storage or looking to enhance their ski glide.

Aerobic Corridor Pavilion

For more information on when the trail will open and the Pavilion's hours and services, visit corridoraerobique.ca.

Mountain Biking and Hiking Trails

People are always eager to start biking again in the spring, but please respect the closure signs and the 24-hour rule. Letting the trails dry out completely in the spring is best to avoid erosion. We will post notices on the municipal website (morinheights.com/outdoors) and at the network's welcome sites.

Chalet Bellevue is accessible to those who practice outdoor sports. There's a seating area and bathrooms with showers. The Aerobic Corridor Pavilion and Basler Park have tool stations for bikes. For more information on the 2024 rates, visit our website's "Outdoors" section.

Société de Plein Air des Pays-des-Pays-d'en-Haut (SOPAIR)'s Code of Ethics for Mountain Biking, enforced in our network

- 1) Ensure you have a trail map, wear a helmet, respect your capacities, and carry a repair kit.
- 2) Do not ride on closed trails. They are closed for a reason.
- 3) Do not ride on heavy rain days and for the next 24 hours to prevent trail erosion.
- 4) Always ride on existing open trails to respect the natural surroundings.
- 5) Bring back your garbage. Leave no trace.
- 6) Be careful when passing others and always be courteous. Smaller groups (ten or fewer) are preferred.
- 7) Yield to ascending cyclists and pedestrians, always. Ride slowly in busy areas.
- 8) Do not make new trails or perform unauthorized work. Obtain permission from landowners or managers before any maintenance activity.
- 9) Respect private property boundaries where applicable. Riding on private property is a privilege—not a right. Be grateful for the landowners' generosity.

Respect for Private Properties

Most cross-country ski trails are open exclusively during winter, from December 1 to April 15. Come spring, it is imperative to respect these dates to prevent the permanent closure of access to these trails. Be advised that **not all our trails are accessible during summer**. For current season maps and trail conditions, visit our website's "Outdoors" section.

To obtain maps of accessible trails, visit www.morinheights.com/Maps.

Dogs Reminder

Dogs are forbidden on the Aerobic Corridor but are accepted on a leash on other walking trails. Feces must be picked up and discarded in a garbage bin upon your return. For everyone's safety, you must always keep your dog leashed.

For a secure environment and opportunities for socialization with other dogs, consider using the Canine Corridor and Dog Park. When using the Canine Corridor, please stay on the dedicated trail and do not use other paths for entry or exit. We thank you for your cooperation.

Canine Corridor: At the intersection of rue du Midi and Route 364

Dog Park: 100 chemin du Lac-Écho (opening hours 10:00 to 18:00)



www.morinheights.com

Important Numbers

Town Hall:

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

Phone: 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
mutation@morinheights.com
pleinair@morinheights.com
service.urbanisme@morinheights.com
ssi@morinheights.com
taxes@morinheights.com
travauxpublics@morinheights.com

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

450 227-6848

Animal Control:

1 866 960-7722 • www.spcall.ca

Citizen Portal:

<https://citoyen.morinheights.com>



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



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



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



t.me/morinheights

Emergency 9-1-1:

Public Works (evenings,
nights, weekends, and
holidays) — Fire — Police
— Ambulance — Emer-
gency Measures

Photos: Paul Mackay and Aldo Cigoli

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www.groupetriton.com

Library

The municipal library is closed on statutory holidays. Library membership is free for all residents.

Hours: Tuesday to Friday: 10:00 to 18:00
Saturday: 9:30 to 16:30

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

823 chemin du Village
bibliotheque@morinheights.com
mabiblioamoi.ca

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



Les Z'animés, presented by the library

To reserve your place, please register through the Municipality's website: www.morinheights.com. We will gladly assist you with the registration process if needed!

Easter Storytime (in French)

MARCH 30, 10:30, FOR CHILDREN

As time passes and the days lengthen, spring is approaching! Get ready for Easter celebrations with the return of Gloria Prenafeta, bringing her magical and sweet stories. The fun will continue with a craft activity afterward.

The Brass Charm

APRIL 24, 10:00, FOR CHILDREN

What is your most precious treasure? This heart-warming narrative, inspired by the real-life experiences of author Monique Polak's mother, will explore themes of kindness and determination. This bilingual activity concludes with a creative art project.

Introduction to Japanese Art (in French)

AVAILABLE ON YOUTUBE FROM MAY 10 TO MAY 23

From Japanese prints to calligraphy and garden art, this introductory course explores the diversity and cultural richness of the Land of the Rising Sun. Landscapes, secular and spiritual scenes, and inspired works will comprise the rich and varied corpus during these highly exotic encounters.

Storytime with Tina

MAY 11, 10:30, FOR CHILDREN

Come and listen to a Storytime in Shakespeare's language! Two amusing stories will capture the attention of the little ones! Stay afterward for a story-related activity (game, craft, song).

New Releases

The library keeps its collection up to date! Here's a glimpse of what's new:

The Little Liar/Mitch Albom

The Secret/Lee Child

Resurrection Walk/Michael Connelly

The Watchmaker's Hand/Jeffery Deaver

Trust/Herman Diaz

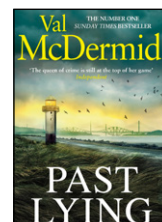
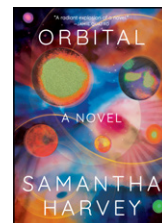
The Syrian Ladies Benevolent Society/
Christine Estima

The Exchange/John Grisham

Orbital/Samantha Harvey

Past Lying/Val McDermid

Above the Salt/Katherine Vaz



Day Camp

Piedmont's Campuces, accredited by the Association des Camps du Québec, will welcome Morin-Heights' children this summer at **Mont Habitant** (12 chemin des Skieurs, Saint-Sauveur) from June 25 to August 16.



CAMPUCES
PIEDMONT

Day camp for 4 to 14 years old • Regular schedule, from 9:00 to 16:00
Online registration only through piedmont.ca

For Morin-Heights' residents: March 19 at 10:00

For non-residents (based on availability): April 16 at 10:00



CAMP DE JOUR
MUNICIPAL
CONFORME

Day Camp for 4–12 Years Old

(4 y. o. as of June 24, 2024)

ENTIRE SUMMER

June 25 to August 16	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' Residents	\$810	\$785	\$760
Non-residents	\$1,500	\$1,500	\$1,500

PER WEEK

Tuesday to Friday (Week 1 – June 25 to 28)	1 st child	2 nd child	3 ^e enfant
Piedmont and Morin-Heights' Residents	\$105	\$100	\$95
Non-residents	\$185	\$185	\$185

PER WEEK

Monday to Friday (Weeks 2 to 8 – July 1 to August 16)	1 st child	2 nd child	3 ^e enfant
Piedmont and Morin-Heights' Residents	\$130	\$125	\$120
Non-residents	\$230	\$230	\$230

Day Camp for 13–15 years old

(high school grade 1 done – 13 y. o. before Sept. 30, 2024)

PER WEEK

Tues. to Thurs.	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' Residents	\$150	\$145	\$140
Non-residents	\$250	\$250	\$250

Daycare for 4–12 Years Old

From 7:00 to 9:00 and 16:00 to 18:00

After 18.00, there will be a lateness fee of \$1 per minute per child.

ENTIRE SUMMER

June 25 to August 16	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' Residents	\$235	\$225	\$225
Non-residents	\$280	\$280	\$280

PER WEEK

Tuesday to Friday (Week 1 – June 25 to 28)	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' Residents	\$28	\$23	\$23
Non-residents	\$40	\$40	\$40

PER WEEK

Monday to Friday (Weeks 2 to 8 – July 1 to August 16)	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' Residents	\$35	\$30	\$30
Non-residents	\$50	\$50	\$50

OTHER FEES

Camp T-shirt	\$20
Additional fees for registration after June 1 (per child/for the entire summer/per transaction)	\$25

Registration requires proof of residency (driver's license, tax account, utility account [cable, phone]). **Cancellation refund policy:** No refunds will be issued after April 15 unless accompanied by a medical letter. However, a 20% administrative fee will apply.

Questions? 450 227-1888 ext. 230 or techloisirs@piedmont.ca

www.morinheights.com



Piedmont's Campuces

JOB OFFERS — SUMMER 2024

We Are Looking for Passionate Animation Enthusiasts!

Piedmont's *Campuces* Day Camp program seeks dynamic and creative individuals to join its animation team.

Do you dream of spending your summer in an enchanting setting while leading groups of children? Do you enjoy teamwork and have a sense of initiative?

We want to meet you!

Are you available from **JUNE 25 to AUGUST 16** (inclusively, during weekdays) and for team training on weekends in late May and June?

Interested candidates are invited to send their resume to emploi@piedmont.ca.

ASPIRING MONITOR PROGRAM (AMP)

Date

From June 25 to August 16, 2024
Tuesday to Friday, from 9:00 to 16:00

Prerequisites

Must be 15 years old before September 30, 2024

Registration

Starting on March 12, 2024, on the website: piedmont.ca

Cost

Free

For more information

450 227-1888, ext. 230
mpaquette@piedmont.ca

Cultural Programming (continued)

Simplement Jazz 2.0 Concert

Throughout his career, Michel Donato has collaborated with legends like Oscar Peterson, Art Blakey, Bill Evans, Charles Aznavour, Jacques Brel, Félix Leclerc, Karen Young, Louis Hayes, Lorraine Desmarais, Joe Morello, Oliver Jones, Ginette Reno, Zoot Sims, Benny Carter. He is also a member of the Order of Canada.

Join us to admire the talent of this great double bass player, accompanied by his two accomplices.

When: April 27 at 19:30

Where: Chalet Bellevue.

Admission: \$5, or free with your citizen card.

As seating availability is limited, you must register through our website at www.morinheights.com (under "Registration").

For more information, do not hesitate to call 450 226-3232, ext. 132, or email us at chaletbellevue@morinheights.com

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NEW PERSPECTIVES Exhibition by Atelier de l'Île Val-David!

The Municipality of Morin-Heights is proud to present the "New Perspectives" art exhibition from May 17 to 26, presented by *Atelier de l'Île Val-David*. An opportunity to see the work and engage with 14 printmaking artists and their surprising production, exploring the ART OF THE FOLD.

Vernissage (wine and cheese) and artist talk by curators Louise Bloom and Elizabeth Whalley on Friday, May 17, at 19:00 at Chalet Bellevue.

Learn about *Atelier de l'Île* and the opportunities available for you to learn printmaking, digital techniques, and state-of-the-art photo printing (equipment available to students and artists).

www.morinheights.com

Laurentian Reading Club

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

Join us for our monthly meetings every third Tuesday from September to June at 13:00 at Chalet Bellevue. Dive into lively conversations about books and various literary works. Our meetings are held in English.

Members are kindly requested to contribute \$25 annually to cover the cost of books. For more information, do not hesitate to contact Jane Philibert at 450 226-6947 or janephil@cgcable.ca.

Recommended book: *The Fraud*, by Zadie Smith

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

The *Club de lecture en français* continues its monthly meetings. Club members meet at Chalet Bellevue every fourth Tuesday of the month, from 13:30 to 15:30, to discuss reading: discovering new books, rediscovering old favourites, and sharing personal recommendations.

For more information, do not hesitate to contact Monique Bélisle at 514 608-2323.

Knitting Group

The knitting group gathers for a cozy session of knitting, conversation, and creative exchanges. It is not just for knitters; anyone who enjoys crocheting, embroidery, or other needlework is also welcome!

Meetings occur every Thursday from 13:00 to 16:00 at Chalet Bellevue. Feel free to drop in for the whole meeting or just part of it, depending on your availability.

It is an informal gathering, so no registration or reservation is necessary – simply bring your materials and enthusiasm. If you have any questions, do not hesitate to contact Monique Bélisle at 514 608-2323.

www.morinheights.com

SUPERFOLK MORIN-HEIGHTS



SUPERFOLK Presents David Francey

**Friday, April 12, 20:00, at
Chalet Bellevue**

(doors open at 19:00)

Tickets available for
\$30 at superfolk.ca

Joyful Noise Choir

invites you to its concert
Sunday June 2nd, at 15:00

United Church, 831 chemin du Village

Info: Penny Rose 450 226-2746

Donations to the church are welcome.

New!

Recomposées

Do you enjoy hiking and theater experiences? *Recomposées* is a unique audio play (in French) that will be available in Basler Park starting on May 16.

At the mountain's base, signposts will feature excerpts from the play. Scan the QR code with your phone to access the podcast and immerse yourself in the audio piece while enjoying your walk through the park.

Through this innovative project, author Tina-Ève delves into the challenges of blended families and the unique role of stepmothers. Bring your cell phone and headphones to fully immerse yourself in the myriad of emotions experienced by modern stepmothers. Prepare to be moved by the heartfelt testimonials you will hear along the way!



Arbre/Moi Exhibition

Arbre/moi is a year-long project exploring the rapport between trees and people. The participants, who have connections with many corners of the MRC des Pays-d'en-Haut, invite you to celebrate the work they have created at an exhibition at the Chalet Bellevue. On view will be a fascinating collection of paintings, drawings, prints, poems, 3-D work, sketchbooks, and texts. The artists demonstrate the many ways in which trees inspire, console, intrigue, and nurture the humans around them.

The opening reception will take place on **Friday, April 19, from 16:00 to 19:00**. Refreshments will be served, and artists will discuss their work.

The exhibition continues until April 23.

For further information about the *arbre/moi* project, visit the blog <https://arbre-moi.tumblr.com/> or contact Elizabeth Whalley: elizabethbwhalley@gmail.com.

The participants of *arbre/moi* gratefully acknowledge the support of the Fonds culture et patrimoine of the MRC des Pays-d'en-Haut, of the Municipality of Morin-Heights, as well as the participation of the Claude-Henri-Grignon Library (Sainte-Adèle), the Saint-Sauveur Library, the Morin-Heights Library, the Wentworth-North Library, Galerie L'Apostrophe, and L'Échelon des Pays-d'en-Haut. *Arbre/moi* is organized by Elizabeth Whalley.



**Coming soon from
Theatre Morin Heights**

Play readings and a spring production highlight the first half of the TMH 2024 Season. Save the dates for these exciting upcoming events!

Staged Play Reading March 27

Love the idea of acting but not learning lines? A rehearsed and directed play reading that allows you to be on stage with a script in hand is the solution! Check out how that works at our free performance on **March 27, 19:00** at Chalet Bellevue. Cash bar. Sit back, relax and enjoy! If you want to get involved with future readings, let us know.

Three Tall Women by Edward Albee May 8-12

Spring Production! Six performances at Chalet Bellevue! **Three Tall Women** by Edward Albee was awarded the Pulitzer Prize for Drama in 1994. The play's protagonist, a compelling woman more than 90 years old, reflects on her life with a mixture of shame, pleasure, regret, and satisfaction. Our cast is already in rehearsals. Tickets go on sale in late March! Also, let us know if you would like to volunteer.

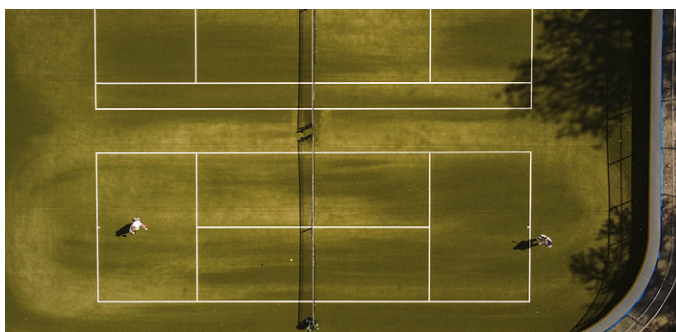


Call for actors for fall 2024

We are now recruiting actors for our major fall production set for October 23 to 27. Interested? Let us know as soon as possible. Our pool of actors will help finalize our play selection.

For more information, visit www.theatremorinheights.ca or call **579 765-3999**.

www.morinheights.com



Tennis & Pickleball

Our synthetic tennis courts and asphalt pickleball courts will reopen this spring. The courts are located at Basler Park (99 chemin du Lac-Écho).

Dive into the action and visit our municipal website for reservation procedures, rules, and all the details. Stay tuned for further information on our reopening date by following us on Facebook!

Accès-Loisirs Pays-d'en-Haut



Free activities for individuals and families with low incomes

This program provides people aged 0 to 99 living on low incomes the opportunity to

engage in recreational activities free of charge while ensuring the utmost respect and confidentiality. This opportunity enables residents of Pays-d'en-Haut to break the isolation barriers and actively participate in social activities.

REGISTRATION – 2024 SPRING SESSION

WHEN: Wednesday, March 27, from 9:30 to 11:30

WHERE: Church basement, 205 rue Principale, Saint-Sauveur

WHEN: Monday, April 8, from 13:00 to 16:00

WHERE: Garde-Manger des Pays-d'en-Haut, 100 rue Morin, Sainte-Adèle

Proof of income is required at registration to be eligible for this program.

For more information about this program, do not hesitate to call 450 226-3232, ext. 132.

www.morinheights.com



Viking Canoe Kids Summer Program

Canoe Kids ½ Day Summer Program

From June 24 to August 16, the Viking Canoë & Kayak Club offers a half-day summer camp, from 8:30 to 12:30, for children aged 6 to 11.

Campers follow Canoe Kayak Canada's national "CanoeKids" skills development program: learning safe boating practices and water safety and developing paddling skills and fitness through games and fun.

Cost: \$150/week, equipment supplied.

All programs and prices are subject to change without notice, depending on registration and demand.

Address: 160 route Principale, Wentworth-Nord (beside Pavillon Montfort).

For more information and to register:

www.canoeKayakViking.ca / canoeKayakViking@gmail.com / 450 226-1876



Mayor's BBQ

Mark your calendars for **Saturday, June 8**, for the 2024 Mayor's BBQ! Join us for a delightful, light BBQ meal, prepared by Mayor Tim Watchorn and your municipal councillors. Experience on-site entertainment and family-friendly activities!

Stay tuned for further details in our upcoming municipal bulletin.



CENTRE SPORTIF
Pays-d'en-Haut

Spring 2024 Program

SESSIONS

- From **March 25 to June 2** (10 weeks) — *Nager pour la vie* (Swim for Life)
- From **March 25 to June 16** (12 weeks) — Aqua Fitness
- From **March 25 to June 16** (12 weeks) — Indoor Fitness

REGISTRATION

- **From March 10 to March 16:** Residents of partner municipalities of *Centre Sportif Pays-d'en-Haut* (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 March 17 to March 23:** Open to everyone

Please note that from March 10 to March 23, registrations can be completed either online or in person as follows:

REGISTRATION SCHEDULE (Online or in Person)		
Online	from March 10 to March 23	from 9:00 to 20:00
In Person	from March 10 to March 23	from 9:00 to 20:00 Monday to Thursday from 9:00 to 17:00 Friday, Saturday and Sunday

Training & Career

If you are interested in training courses such as lifeguard or instructor certifications, do not hesitate to contact our aquatic manager, Catherine Hétu-Barré, by email at chetu-barre@cspdh.com

To join the *Centre Sportif de la MRC des Pays-d'en-Haut*'s team, visit

www.centresportifpaysdenhaut.com/emplois/

IGA Arena

For more information on IGA Arena, do not hesitate to contact Sylvain Descoteaux at 579 202-1722, ext. 8403, or by email at sdescoteaux@cspdh.com.

Centre sportif Pays-d'en-Haut:

252 boulevard de Sainte-Adèle,
Sainte-Adèle (QC) J8B 0K6
info@cspdh.com • 579 202-1722 •
www.centresportifpaysdenhaut.com

Subscribe to the *Centre Sportif Pays-d'en-Haut*'s newsletter to be informed of the latest news.

www.morinheights.com



The Royal Canadian Legion's Activities

127 chemin Watchorn



SATURDAY, MARCH 16

St. Patrick's Dinner, 18:00

SATURDAY, MARCH 23

Live Music with Pepper Grass, 20:00

FRIDAY, MARCH 29

TGIF Smoked Meat, 17:30 to 19:00

FRIDAY, APRIL 12

TGIF Smoked Meat, 17:30 to 19:00

SATURDAY, APRIL 20

Italian Night, 18:00

SATURDAY, APRIL 27

Live Music with BH Connexion, 20:00

SATURDAY, MAY 11

Mother's Day Supper, 18:00

FRIDAY, MAY 17

TGIF Smoked Meat, 17:30 to 19:00

SATURDAY, MAY 25

Live Music with Madhouse, 20:00

The Royal Canadian Legion's Flea Market

Saturday, June 1 • Saturday, July 6

Saturday, August 3 • Saturday, September 7

All events are open to the public!

Darts every Thursday at 15:00.

Hall Rentals.

For more information:

legion171@cgocable.ca / www.legion171.net /

Facebook: legion171 / 450 226-2213



Trinity Church

Everyone is welcome to attend our in-person or Zoom services **every Sunday at 11:00**.

We are a community of local people learning and seeking answers to life's big questions together, following the teachings of Jesus. We welcome volunteers to read a lesson, organize outreach activities, or decorate the sanctuary. You can also join us for Evening Prayer at 17:00 every weekday when seekers from across the Laurentians gather via Zoom for a 30-minute online service of gratitude for the day.

Trinity Anglican Church is located at 757 chemin du Village. It is part of the Anglican Church of Canada and the worldwide Anglican Communion. You can find details on our Facebook page, "Trinity Anglican Church Morin-Heights."

For the Zoom links or information about Trinity, email the Rev. Professor Patricia G. Kirkpatrick at revprofpatricia@gmail.com or trinitychurch.morinheights@gmail.com.

Please join us. You will be welcomed.



The *Maison de la Famille des Pays-d'en-Haut* cordially invites you and your family to enjoy a sugary lunch at the Sugar Shack in Saint-Eustache on **March 26 from 10:30 to 13:00**.

You must be a member of our organization to participate in the activity. You can easily register through our Facebook page if you are not yet a member. The cost is \$15 for children aged three and above and \$30 for adults. For more information, do not hesitate to contact us at **450 229-3354**.

We look forward to seeing you!



Children's Fishing Day

Mark your calendars for Saturday, June 8, for this year's event! Stay tuned for further details in our upcoming summer municipal bulletin.

Québec Sports and Physical Activity Day

Celebrate Québec Sports and Physical Activity Day with the Municipality of Morin-Heights at Basler Park on **Saturday, May 4!** Explore and experience various sports for free. Stay tuned for further details.

Inter-municipal Agreement

An inter-municipal agreement between Morin-Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, and Sainte-Marguerite-du-Lac-Masson allows their citizens to register to **the activities offered under this agreement and benefit from the resident rate**. This agreement is intended to promote specific courses and provide residents of these municipalities and cities access to diverse activities.

Registration Procedure

Follow the registration procedure outlined by the municipality hosting the desired activity. Proof of residency is required to register with each municipality. We recommend visiting the website or contacting the respective municipality for detailed information on registration procedures, dates, schedules, costs and available spaces. Reimbursement terms are those established by the municipality offering the activity.

For the list of activities offered through this agreement for the 2024 spring session, visit www.morinheights.com/courses-activities-offered.

FOR MORE INFORMATION

Municipality of Piedmont:

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

Municipality of Sainte-Anne-des-Lacs:

450 224-2675, ext. 262 / sادل.qc.ca

Municipality of Saint-Adolphe-d'Howard:

819 327-2626 / stadolpghoward.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

See the complete schedule of activities offered in Morin-Heights on pages 24 to 26.

www.morinheights.com

First Aid Program

Course	Date	Clientele	Instructor	Time	Duration	Resident	Non-resident
Heartsaver*	May 8	Adults	Gary Schlybeurt	13:00 – 17:00	4h	\$85	\$98

Course Description

Heartsaver: This introductory training program covers CPR (cardiopulmonary resuscitation), AED (automated external defibrillator) use, and intervention techniques for choking incidents. It teaches you how to respond confidently and efficiently during a cardiac arrest emergency. Bilingual.

Course by: Soins d'Urgences Québec.

Youth Sports Program Reimbursement Policy

The Municipality of Morin-Heights offers reimbursement for the difference between the resident and non-resident registration fees, up to a maximum of \$200 per child, per activity, per year, for participation in junior ice hockey, baseball, figure skating, or swimming clubs.

A town in the Laurentians must organize activities, and reimbursement is exclusively available to permanent residents of Morin-Heights aged 17 and under.

Requests for reimbursement must be submitted no later than sixty (60) days from the activity's start date. **Refunds will be processed at the end of the season or session.**

The "Reimbursement Request" form is available at www.morinheights.com, under "Online Services," "Online Forms," or at Chalet Bellevue. One form must be completed per request.

COGNITIVE HEALTH WORKSHOP



5 sessions

Wednesday

14:00 to 16:30

Starts April 3

Chalet Bellevue

Cost : 20 \$ Residents / 40 \$ Non-residents

Registration for the residents of Morin-Heights:

- Online www.morinheights.com
- By phone 450-226-3232 ext. 132
- In person at Chalet Bellevue

Registration for non-residents :

atelier.sante.cognitive@gmail.com



Club optimiste de la Vallée de Saint-Sauveur

Many activities for youngsters

Information:

www.facebook.com/cluboptimistevss

cluboptimistedesaintsauveur@gmail.com

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

Course Programming

Registration Begins on March 4

ONLINE: Visit www.morinheights.com and click the "Registration" button on the home page

BY PHONE: 450 226-3232, ext. 132

IN PERSON: At Chalet Bellevue, from Monday to Sunday, between 9:00 and 16:00.

Information

Do not hesitate to inquire directly at Chalet Bellevue or with the instructor for more course information.

Intermunicipal agreement

Courses marked with * are offered as part of the intermunicipal agreement.

Sports and Physical Courses

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	SESSION PERIOD	START DATE	RESIDENTS	NON-RESIDENTS
Cardio Latino*	Thursday	adults	Francisco De La Calleja	11:45 – 12:45	12 weeks	April 4	\$144	\$166
Cardio Swing*	Thursday	adults	Francisco De La Calleja	9:15 – 10:15	12 weeks	April 4	\$144	\$166
Scottish Dance (beginner)	Sunday	children and teens	Heather McNabb	16:00 – 16:30	8 weeks	April 7	free	free
Scottish Dance (intermediate)	Sunday	everyone	Heather McNabb	15:00 – 16:00	8 weeks	April 7	free	free
Latino Dance*	Thursday	adults	Francisco De La Calleja	18:30 – 19:30	12 weeks	April 4	\$144	\$166
Swing Dance*	Thursday	adults	Francisco De La Calleja	17:30 – 18:30	12 weeks	April 4	\$144	\$166
Flexi-Dance*	Thursday	adults	Francisco De La Calleja	13:00 – 14:00	12 weeks	April 4	\$144	\$166
Spring Package*	various	adults	various	various	10 weeks	April 8	\$180	\$210
Nordic walk/Yoga/Tae-boxe-Drumming/Cardio-Abdos/Solo Latino								

Sports and Physical Courses (continued)

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	SESSION PERIOD	START DATE	RESIDENTS	NON-RESIDENTS
Karate	Friday	children (5 years old+) and adults	Gilles Labelle	17:30 – 18:30	1, 3, 5 or 10 months	April 5	depends on the session length	depends on the session length

To register, do not hesitate to call Kyoshi Gilles Labelle at 450 431-1444

Solo Latino*	Thursday	adults	Francisco De La Calleja	10:30 – 11:30	12 weeks	April 4	\$144	\$166
Tai Chi Chuan (open practice class)	Saturday	adults	Robert Lee	9:00 – 11:00	12 weeks	April 6	free	free
Yoga Relaxation*	Monday	teens and adults	Carol Karuna	16:30 – 14:45	7 weeks	April 1 st	\$160	\$184
Yoga Reconnexion*	Monday	teens and adults	Carol Karuna	18:00 – 19:15	7 weeks	April 1 st	\$160	\$184

Course Descriptions

Cardio Latino: Get in shape with Latin dance moves. For everyone.

Cardio Swing : Get fit with swing dance moves, for everyone!

Scottish Dance — Beginner: Learn the basics of traditional Scottish dance. For kids and teens. No registration is required.

Scottish Dance — Intermediate: Dive deeper into traditional Scottish dance. For everyone. Registration is required.

Latino Dance: Introduction to Latin dances. No prior dance experience is required. A partner is preferred, but solo participants are welcome.

Swing Dance: Introduction to swing dances. No prior dance experience is required. A partner is preferred, but solo participants are welcome.

Flexi-Dance: Stretching program accompanied by dance music.

Karate: Enhance concentration, self-confidence, physical fitness and much more!

Solo Latino: Introduction to partnerless Latin dance classes. For everyone.

Tai-Chi Chuan: Enhance your health with regular Tai Chi Chuan practice. Registration is required.

Yoga Relaxation: Various exercises and stretches focused on core strengthening, flexibility and tension release.

Yoga Reconnexion: Breathing, meditation, mindfulness, and relaxation. You'll be guided towards listening to your body, reclaiming your breath, practicing presence, and letting go.

Tennis Courses

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	SESSION PERIOD	START DATE	RESIDENTS	NON-RESIDENTS
Initiation to Tennis*	Monday	adults	<i>La place tennis</i>	19:00 – 20:00	8 weeks	May 27	\$148	\$170
Initiation to Tennis to intermediate*	Monday	adults	<i>La place tennis</i>	10:00 – 11:30	4 weeks	May 27	\$111	\$128
Intermediate Tennis *	Wednesday	adults	<i>La place tennis</i>	10:00 – 11:30	4 weeks	May 29	\$111	\$128

Course Descriptions

Initiation to Tennis: Learn to play tennis while having fun. Suitable equipment provided. The objective is to succeed in playing points on the full court.

Initiation to Tennis to intermediate: Perfect and enhance your skills with engaging, expert instruction. The objective is to develop your full potential.

Intermediate Tennis: For players with some tennis skills. The objective is to refine your tennis knowledge, techniques and strategies, including playing points from serving.

Private lessons are available on Mondays and Wednesdays between 11:30 and 13:30, communicate with *La place tennis* to book your lesson: 438 787-6520 • benjamin@laplacetennis.com

Cultural Courses

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	SESSION PERIOD	START DATE	RESIDENTS	NON-RESIDENTS
Bridge	Monday	adults	Louise Lalonde	10:00 – 11:30	TBD	TBD	free	free
Beginner English Conversation*	Monday	teens and adults	Thérèse Mascis	13:00 – 14:30	10 weeks	April 8	\$150	\$175
Intermediate English Conversation*	Monday	adults	Thérèse Mascis	14:30 – 16:00	10 weeks	April 8	\$150	\$175
Spanish, Level 3*	Thursday	adults	Yoalli Gallegos	11:30 – 13:00	10 weeks	April 11	\$185	\$212
Spanish Conversation Club (advanced)*	Thursday	adults	Yoalli Gallegos	10:00 – 11:30	10 weeks	April 11	\$185	\$212

Course Descriptions

Bridge: Introduction to bridge play and guided sessions.

Beginner English Conversation: For novice learners.

Intermediate English Conversation: For intermediate learners.

Spanish, Level 3: For those who already know how to express themselves in the present, past and future tenses. Participants enrich their vocabulary and verb tenses to establish communication adapted to everyday life.

Spanish Conversation Club: For learners who have completed Level 2. Advanced course.