

INFO

Morin-Heights

In harmony with nature



MORIN-HIGHTS
1855

MUNICIPAL INFORMATION SPRING 2025

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Concert by The Sugar Darlings

Bringing a dynamic blend of blues, soul, funk and rock'n'roll, the quintet is composed of Miche Love on vocals, Paul Lucyk on guitar (The Franklin Electric, Midnight Miles), Kaven Jalbert on saxophone (Dawn Tyler Watson, Ben Racine Band), Neil Robinson on bass (Clere!, Étienne Fletcher Music) and Danick Tardif on drums (Trio Derek Falls).

The singer has a powerful voice that recalls the nostalgia of classic soul and gospel singers like Aretha Franklin and Etta James, with all the charms of contemporary pop, rock and funk. It's a show guaranteed to please!

On March 29 at 19:30 at Chalet Bellevue

Places are limited; register at www.morinheights.com ("Register" button), \$10 or \$5 with your citizen card.

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



ENSEMBLE, *pour la santé*

RÉSONANCE MAGNÉTIQUE (IRM)

à Sainte-Agathe à la fin 2027

Bonne année 2025 à tous les citoyens de Morin-Heights,

Les soins de santé de proximité sont un enjeu majeur dans notre région. Depuis des années, le montant investi par le gouvernement provincial ne suit pas la progression démographique et ne tient pas compte des soins requis par les visiteurs qui alimentent notre industrie récréotouristique.

La Municipalité de Morin-Heights a compris cet enjeu et a mis en place avec ses partenaires de Saint-Adolphe-d'Howard, la COOP Santé, qui permet à plusieurs de nos citoyens d'avoir un médecin de famille tout près de chez soi.

Dans cette même optique, la Fondation médicale de Laurentides aide nos professionnels de la santé locaux à accomplir leur mission de bien soigner nos citoyens en leur fournissant des équipements nécessaires à l'hôpital régional situé à Sainte-Agathe-des-Monts.

Maintenant, une opportunité unique se présente à nous. Le gouvernement du Québec est prêt à payer les techniciens et radiologistes requis pour opérer une machine d'imagerie à résonance magnétique (IRM) à l'Hôpital de Sainte-Agathe, si la communauté paye l'appareil.

La Fondation Médicale s'est donc donné la tâche colossale de ramasser les 3 millions de dollars nécessaires pour son acquisition, et ce, dans les trois prochaines années.

Je vous demande, citoyens de Morin-Heights, de démontrer votre générosité, encore une fois, en donnant ce que vous pouvez à cette campagne de financement. Ensemble, nous pouvons accomplir cet important projet!



Votre dévoué, Tim Watchorn, ing.
Maire de Morin-Heights

Happy New Year 2025 to all the citizens of Morin-Heights,

Local health care in the Laurentians is a major concern. For years, the amounts invested by the provincial government have not followed the rise in population, nor has it taken into account the services needed by the visitors that support our tourism industry.

The Municipality of Morin-Heights decided to do something about this problem and, with our partners from Saint-Adolphe-d'Howard, created the Health COOP that gives family doctors to many citizens in our community.

The Fondation Médicale des Laurentides does the same at the regional level. It helps our local medical professionals accomplish their mission by providing the necessary equipment at the hospital in Sainte-Agathe-des-Monts.

We now have a unique opportunity. The provincial government is ready to pay for the technicians and radiologists required to operate a magnetic resonance imaging machine (MRI) at the Sainte-Agathe Hospital if the community pays for the equipment. Therefore, the Fondation Médicale des Laurentides has set itself the colossal task of raising the 3 million dollars required to buy the machine over the next three years.

I ask you, the citizens of Morin-Heights, to demonstrate your generosity once again by giving what you can to this fundraising campaign.

Together, we can make this project a reality!

Yours truly, Tim Watchorn, ing.
Mayor of Morin-Heights



FONDATION MÉDICALE
DES LAURENTIDES
ET DES PAYS-D'EN-HAUT



100%
des dons
iront à
l'IRM !

Pour participer à la campagne de la résonance magnétique

Voici mon don :

☐ 100\$ ☐ 150\$ ☐ 200\$ \$

J'effectue mon don par :

☐ Reçu par courriel ☐ Reçu par la poste

☐ Chèque (à l'ordre de la Fondation médicale des Laurentides et des Pays-d'en-Haut)

☐ MasterCard ☐ VISA

Dons en ligne à fondationmedicale.com

Numéro de la carte

Date d'expiration

Signature

Retourner par la poste au

50 RUE CORBEIL, SAINTE-AGATHE-DES-MONTS
QUÉBEC J8C 1X2

Tél.: 819 323-4565 poste 8

Nom

Prénom

Adresse

Municipalité Code postal Numéro de téléphone

Adresse courriel (pour recevoir votre reçu)

News from the Mayor



Dear fellow citizens,

I would like to tell you about the changes on the horizon which coincide with the arrival of spring.

The first is the merger of the Morin-Heights and Saint-Adolphe-d'Howard fire departments. This 20-year

agreement, which welcomes St-Adolphe's firefighters into our department, benefits both municipalities. We will increase our capacity to recruit firefighters, and St-Adolphe will benefit from the level 1 first responder service (Morin-Heights is already level 3), with the possibility of advancing according to the training that will be offered to their firefighters. Both municipalities remain responsible for their own buildings and vehicles. Both municipalities will also benefit from major savings in purchasing. This is a concrete example of the benefits of pooling services when both partners are in favour. Welcome, St-Adolphe firefighters, to our brigade!

The second major change you've probably noticed is the substantial increase in the assessment roll. The Municipality has made every effort to limit your tax increase to the minimum, specifically, the inflation rate of 1.8%. On January 20, the MRC des Pays-d'en-Haut gave a presentation to Morin-Heights residents regarding the changes to the assessment roll. Those who were unable to attend the presentation can consult the document on the municipal website (www.morinheights.com/Budget-2025). If you are convinced that your value on the roll is incorrect, you have until April 30 to contest it with the MRC.

The third point concerns the opening of our seniors' home, *Habitat Morin-Heights*. Construction is going well, but the opening date may be postponed somewhat due to construction labour constraints. I'm told the new opening date should be June 1. We will keep you informed of developments. We have also received an additional \$25,000 from

the Government of Canada to purchase outdoor recreational equipment. A big thank you to our MP, Stéphane Lauzon, and his team! This will be a wonderful living environment for our community's seniors.

Finally, enjoy spring skiing and outdoor activities in Morin-Heights. We are blessed to live in such a beautiful environment!

Yours truly,

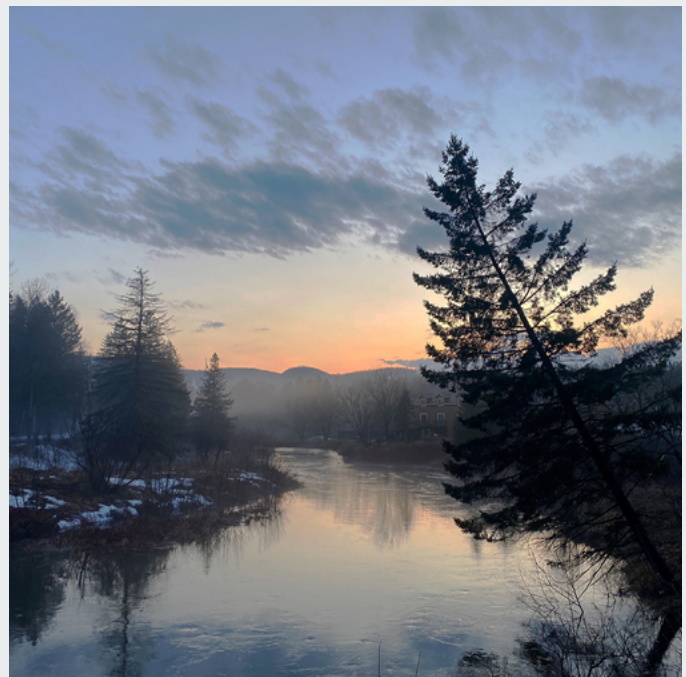
Tim Watchorn, ing.
Mayor

Recognition 2025

The Municipality of Morin-Heights is proud to celebrate the significant milestones of some of its employees. The Council extends heartfelt congratulations to each of them!

Normand Forget > 10 years of service

Monique Roy > 10 years of service



Membership and Citizen Cards

Reminder

The membership card and citizen card allow you to register online for our activities and benefit from the reduced or free rates offered to residents.

Morin-Heights residents, residents of towns and municipalities within the *MRC des Pays-d'en-Haut* and people who do not live within the MRC territory can obtain a card directly from Chalet Bellevue (27 rue Bellevue), 7 days a week, from 9:00 to 16:00.

Keep your membership card

Don't forget to keep your citizen's card or membership card, which is renewable and valid for two years. It will come in handy when you buy your cross-country ski passes or snowshoe passes. Your passes can be downloaded directly onto your card. A \$5 fee is charged for any card lost or renewed before its expiry date.

Statistics

We're continuing to track the frequency of use of our various recreational services on our territory. So, when you arrive at our parks or trails, we'll ask you to show us your citizen card or membership card and tell us what activity you've done. This will enable us to obtain a more detailed statistical portrait with a view to improving our services.



Information:

www.morinheights.com/Citizen-Card



“One Square at a Time – Laurentians”

“One Square at a Time – Laurentians” is a collective project aimed at raising funds for two women's shelters for victims of domestic violence (**La Citad'Elle**, Lachute and **La Maison d'Ariane**, Saint-Jérôme) and **La Colombe**, a day center for women, Sainte-Agathe. Knitting and crocheting enthusiasts across the Laurentians are invited to knit or crochet 50 cm × 50 cm (20 in. × 20 in.) squares and drop them off at the Lachute, Sainte-Agathe, Saint-Jérôme or Morin-Heights library by the end of August. Once the squares have been collected, local knitters will assemble them into shawls. The shawls will be exhibited for sale at the Chalet Bellevue on **Sunday, October 5th, 2025**, at a cost of \$30.00 each (cash only). All profits will be distributed equally among the three above-mentioned shelters. “One Square at a Time – Laurentians” invites you to do your part to help women in need. Please address any questions to **Monique Bélisle**, at 514 608-2323 or mg.belisle@sympatico.ca. Thank you for supporting our project.



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 Contest

Now is the time to showcase your most beautiful local images!

Submit your finest snapshots to karyne.bergeron@morinheights.com for a chance to win a gift card from a local shop! The winner will be announced in the upcoming bulletin.

To be accepted, your photos must:

- have a minimum size of 1 MB
- be free of rights.

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

The previous edition's contest winner, **Renald Fortin**, won a \$75 gift card from Le Solstice restaurant, located at 719 chemin du Village. Congratulations!

Next Issues!

SUMMER EDITION

June 1 to August 15, 2025

Deadline: March 31, 2025

Distribution: May 26, 2025

FALL EDITION

August 15 to December 1, 2025

Deadline: June 4, 2025

Distribution: : August 12, 2025

WINTER EDITION

December 1, 2025, to March 15, 2026

Deadline: September 25, 2025

Distribution: November 25, 2025

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

www.morinheights.com

If you belong to the English-speaking community, live in the Laurentians, and want your voice heard to thrive in an inclusive society, you should become an official 4Korners member!

4Korners works toward empowering the regional partners and the Laurentian English-speaking community to improve service access. We aim to connect individuals with programs and services to meet their identified needs in a secure and inclusive environment.

The organization also offers a wide range of activities that focus on healthy lifestyles and mental health, foster creativity, improve employability, and provide support for youth, families, individuals, seniors, and caregivers of people 65 years and older.

<https://4korners.org/event-calendar/>

For more information: info@4korners.org • 450 974-3940 • <https://4korners.org>



Taxibus Morin-Heights: Practical, Affordable and Available on Demand!

Simplify your trips with our taxibus service! For only \$6 per trip, take advantage of economical, local and inter-municipal public transportation.

Book at least 24 hours in advance by calling 1 877 604-3377 or 819 774-0485, or online via our website. Take advantage of a reliable service for travelling to school, appointments or any activities.

An ecological and affordable transportation service tailored to your needs!

For more information and itineraries:
www.transportlaurentides.ca

Taxibus: for simplified mobility!



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.

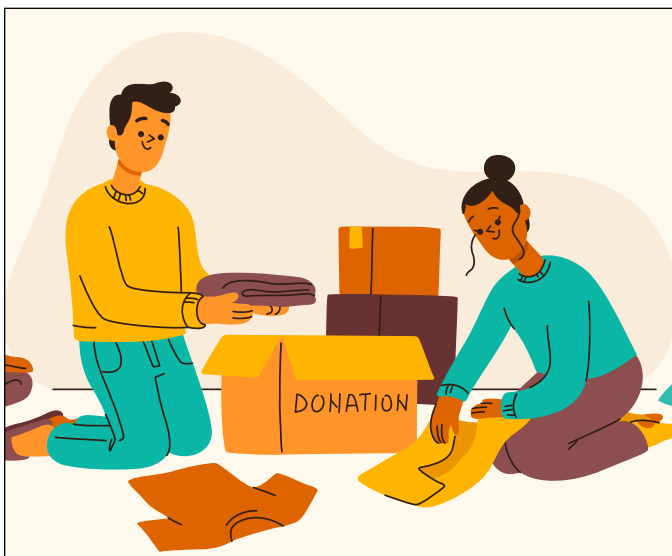
Our group occasionally hosts community events, and our monthly meetings feature insightful presenters who share valuable information on business-related topics (in English). We gather one evening each month from 19:00 to 20:30 at Chalet Bellevue.

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 offers English-Speaking support services to cancer patients, caregivers and their families in the Laurentian Region. Free monthly meetings are held at Chalet Bellevue (27 Bellevue) or online via ZOOM. Upcoming meetings: March 15, April 19, May 17. 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.



GARDE-MANGER DES PAYS-D'EN-HAUT

FOOD AND CLOTHING ASSISTANCE

TO MAKE
A DONATION



The Garde-Manger des Pays-d'en-Haut is a non-profit organization established since 1995. We provide food and clothing assistance to vulnerable individuals in the MRC des Pays-d'en-Haut.

FOR INFORMATION/REGISTRATION FOR THE FOOD COUNTER IN MORIN-HEIGHTS

📞 450 227.3757 | 450 229.2011 Monday to Thursday
8:30 a.m. to 4 p.m.

@ info@gardemangerpdh.ca

🌐 gardemangerpdh.ca

To receive food assistance, each person is assessed according to their socio-economic situation.



LA FOUILLERIE
VÊTEMENTS & ARTICLES DE MAISON USAGÉS
USED CLOTHING & HOUSE ITEMS

The Fouillerie is managed by the Garde-Manger. We sell used clothing, household items and toys at low prices, which are donated by citizens of the region.

ALL PROFITS GO DIRECTLY TO THE GARDE-MANGER DES PAYS-D'EN-HAUT.

Open | Thursday and Friday 9 a.m. to 3 p.m.
1st Saturday of the month 9 a.m. to 2 p.m.

28 Bennett Street, Morin-Heights | 450 644-0087

www.morinheights.com



A Ton of Activities at the CJE des Pays-d'en-Haut!

You want to find a job, get involved in your community, or are you simply looking for advice to help you in your career? You are at the right place!

We are here to support you and guide you through your professional or personal journey. And to offer you a ton of activities on top of that!

And you know the best thing about it all? It's **FREE**.

Register online to participate or make an appointment!

Our contact details:

22 rue Goyer, Saint-Sauveur, QC, JOR 1R0

Phone: 450 227-0074

Email: info@cjepdh.ca

Website: www.cjepdh.ca

Facebook: @CJPDH

Instagram: cje_pdh



VOLUNTEERS WANTED

ACCOMPAGNIÉ MEDICAL TRANSPORT

Are you a resident of one of the following municipalities and would like to accompany our beneficiaries to medical appointments ?

Sainte-Marguerite du Lac-Masson
Morin-Heights
Piedmont
Saint-Adolphe d'Howard
Wentworth-Nord
Lac des Seizes-Iles

reimbursement of .50\$ per kilometer travelled
Meal allowance
Mandatory criminal background check

BE PART OF A DYNAMIC TEAM OF
VOLUNTEERS!



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

450-229-9020

actionbenevole@entraidebenevolepdh.com



Urban Planning and Environment

The Municipality of Morin-Heights is proud to announce the creation of a fund specifically dedicated to the environment for the year 2025! The goal of this \$ 25,000 fund is to support environmental projects, whether related to adaptation, awareness, or any other initiative aimed at protecting our environment.

Whether it's for studies, research, awareness and educational activities, structural actions, environmental events, or nature preservation projects, this fund will support initiatives that benefit our community and environment.

As part of this fund, the Municipality is introducing a participatory budgeting system, allowing citizens to play an active role in the decision-making process regarding how the funds will be allocated this year.

The deadline for submitting your projects is April 1, 2025; send them to the following e-mail address: jennifer.durand@morinheights.com.

Your proposals should be addressed to the Environmental Advisory Committee (EAC), which will be responsible for analyzing the proposals, selecting the projects, and making recommendations to the municipal council.

The key points? All submitted projects must be of public interest and have a positive impact on all Morinheighters and our territory. These projects must be carried out within the territory of Morin-Heights and comply with the Urbanism Plan as well as the Environmental and Transition Policy. Non-profit organizations and public organizations with an address in Morin-Heights are also eligible to submit their ideas or projects.

Now it's your turn: we look forward to your ideas!

The amount allocated to this fund will be determined annually based on the budget planning. It will, therefore, depend on financial availability and approval by the municipal council. This support is provided without any guarantee of annual renewal.

Spring is fast approaching, and with it, the summer season. It is now time to think about emptying your septic tank to ensure its proper functioning throughout the summer. We would like to remind you that it is the property owner's responsibility to submit proof of the septic tank pump-out to the following address: service.urbanisme@morinheights.com. Please make sure to complete this step to avoid any issues.

The Urban Planning and Environmental Department is pleased to share an overview of its activities for the year 2024:

- **693** permits and certificates issued
- **60** new construction permits
- **59** PIIA (site planning and architectural integration) files and minor variances
- **972** zoning or special project analysis requests.

We would like to warmly thank all our citizens for their diligence, collaboration, and commitment to sustainable and harmonious development within our community!



www.morinheights.com

Collection Calendar

2025

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

2025

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



Pick-up problem? Broken bin?
www.lespaysdenhautrecyclent.com
infocollecte@mrpcdh.org
 450 229-8052



- Recycling (blue bin)
- Organic (brown bin)
- Garbage (black bin)
- Bulky items
- No garbage pick-up



www.morinheights.com

Ecocentre

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

Opening Hours

From December 1 to March 31: open from Tuesday to Saturday, from 7:30 to 16:00.

From April 1 to November 30: open every day (except Wednesdays), from 7:30 to 16:45.

www.vss.ca/services-aux-citoyens/services/ecocentre • ecocentre@vss.ca • 450 227-0000, ext. 3200

Public Works

Planned Work this Spring:

Gravel Road Levelling

This work is essential to maintain the quality of the unpaved roads. However, it cannot be done too early in the spring. The team will prioritize the most problematic areas and continue operations on all its unpaved streets. To minimize the amount of dust, motorists must reduce their speed on these roads.

Spring Potholes

The arrival of spring in Quebec usually brings many potholes on the roads. As every year, the Public Works Department conducts a «pothole operation» to maintain and repair holes in the streets following the freezing/thawing cycle that, each spring, puts a strain on our road infrastructure.

As this operation takes a long time, we recommend that you slow down and be vigilant. You can report a dangerous pothole by calling 450 226-3232, ext. 144, via the citizen portal at citoyen.morinheights.com/en or via the Voilà app.

Numbered roads are administered by the *Ministère des Transports et de la Mobilité durable du Québec* and not by the Municipality. If you notice a pothole on routes 329 and 364, please report it directly to *Transports Québec* by dialling 511.

Street Sweeping, Pavement Marking and Signalling Installation

As soon as the weather permits, streets, sidewalks and bike paths are cleaned up to get rid of the last traces of winter.

We would like to remind you that the territory of Morin-Heights has more than 75 km of paved traffic routes. Our teams do their best to proceed as quickly as possible, but the duration of the sweep operation depends on weather conditions since it is impossible to carry out the street sweep when it rains.

When this is complete, we will proceed with the marking of the road surface, the maintenance of the signage and the installation of speed attenuators ("Ped-Zone" signs).

We thank our citizens for their cooperation and patience in this challenging spring task!

Automated Call Services

We would like to remind you of the importance of registering for the automated call service or, if you are already registered, updating your information. This means of communication is fast and effective, especially during emergencies such as a water pipe failure or unplanned work. To register:

<https://portailcitoyen.cauca.ca/home>



Library

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

823 chemin du Village • 450 226-3232, ext. 124
bibliotheque@morinheights.com • mabiblioamoi.ca

Opening hours: Tuesday to Friday: 10:00 to 18:00 • Saturday: 9:30 to 16:30

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



Les Z'animés, presented by the library

To ensure that you have a place, please register through the Municipality's website: www.morinheights.com.

Lettres attachées with Yves P. Pelletier

MARCH 15, 14:00

Take part in a live creative workshop via videoconference, where Yves P. Pelletier will suggest writing exercises to create a humorous text. For details, visit the *Lettres attachées* website.

19th-century Painting: From Impressionism to Post-Impressionism

AVAILABLE FOR VIEWING FROM MARCH 28 TO APRIL 11

The precursors of all the avant-gardes of the 20th century, Impressionism and Post-Impressionism shook the traditional foundations of art at the end of the century. By studying this irresistible ascent to modernity, we can identify the great figures of Monet, Renoir, Cézanne, Gauguin, Van Gogh and others, all of whom produced works of unprecedented formal freedom.

Easter Storytime

APRIL 19, 10:30

Time flies, the days grow longer, and spring is just around the corner! For the Easter celebrations,

Gloria Prenafeta returns with stories full of magic and sweetness! A craft activity will follow.

Playdough for the Bath

MAY 17, 10:30, REGISTRATION MANDATORY

This workshop offers you a unique experience combining creativity, skin care and respect for the planet. Shape shapes, animals or even little monsters with your special bath modelling clay!

The Ruisseau Jackson by Jean-Louis Courteau

MAY 31, 11:30, CHAPEL AT CASTEL-MARIE PARK

Come to the great eco-family gathering of Morin-Heights. Join the Ruisseau Jackson Association (RJANP) for a reading by Jean-Louis Courteau. Travel on his poetic words to discover Ruisseau Jackson, a natural protected area that is representative of the richness of the local environment. The author will be available to discuss his writings on the Laurentians. A unique literary experience that's sure to please everyone!

New Releases

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

At a Loss for Words / Carol Off

Clive Cussler: The Heist / Jack Du Brul

To Die For / David Baldacci

We All Live Here / Jojo Moyes

Eddie Winston is Looking for Love / Marianne Cronin

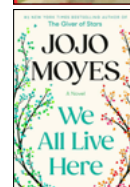
The Granddaughter / Bernhard Schlink

The Big Empty / Robert Crais

Bad Liar / Tami Hoag

Flashback / Iris Johansen

Open Season / Jonathan Kellerman





Morin-Heights Fire Department and First Responders

Chimney Sweeping

The wood heating season is coming to an end! Consider having your chimney swept now by a certified chimney sweep. They will be able to detect if it is damaged and comply with installation standards. Don't forget to do a visual check in the fall before using it again!

Chimney sweeping helps prevent fires.

It also allows:

- To prevent carbon monoxide poisoning by allowing better evacuation of smoke and toxic or harmful gases.
- To eliminate soot and flammable deposits (creosote) which have accumulated in the chimney.
- Optimize the efficiency of the heating device and save fuel.
- It is up to the chimney sweeping professional to detect the presence of breakage or deterioration of the heating system and its components.

Why should we sweep in the spring?

The chimneys of **wood-burning** appliances must be swept at least once a year, preferably in spring, because:

- The deposits are easier to dislodge at this time since they are still dry, while they become more and more humid and resistant during the summer.
- This gives the owner time to make the necessary repairs before the cold season arrives.
- Chimney sweeping carried out in the spring helps to reduce the backflow of odours and fine particles into the house during the summer season when drafts can cause a reverse draft in the chimney.

What is creosote?

Creosote is a deposit formed by smoke resulting from incomplete combustion or poor combustion of wood. It clings to the walls of the chimney and is very flammable. Only a professional chimney sweep can remove it effectively.

How to prevent the formation of creosote?

It is impossible to completely prevent the formation of creosote when burning wood. However, it is possible to limit your training by adopting these few good habits:

- start your stoking with fiery flames (bright heat);
- burn dry wood;
- use small logs. They will burn cleaner, thus forming less creosote.

Fire in Soil and Plants

Did you know that potting soils are enriched with several combustible materials and often contain very little actual soil?

Did you know that an unextinguished cigarette butt can burn for more than three hours?

Many people know that it is important to put out your cigarette, but most do not fully understand the importance of doing so safely. In most flowerbeds, it is not uncommon to see a pile of cigarette butts. These cigarette butts can ignite soils and planters with devastating consequences. To prevent a fire from occurring, put out your cigarette butts in an ashtray and not in flower boxes, mulch or any other area of vegetation!

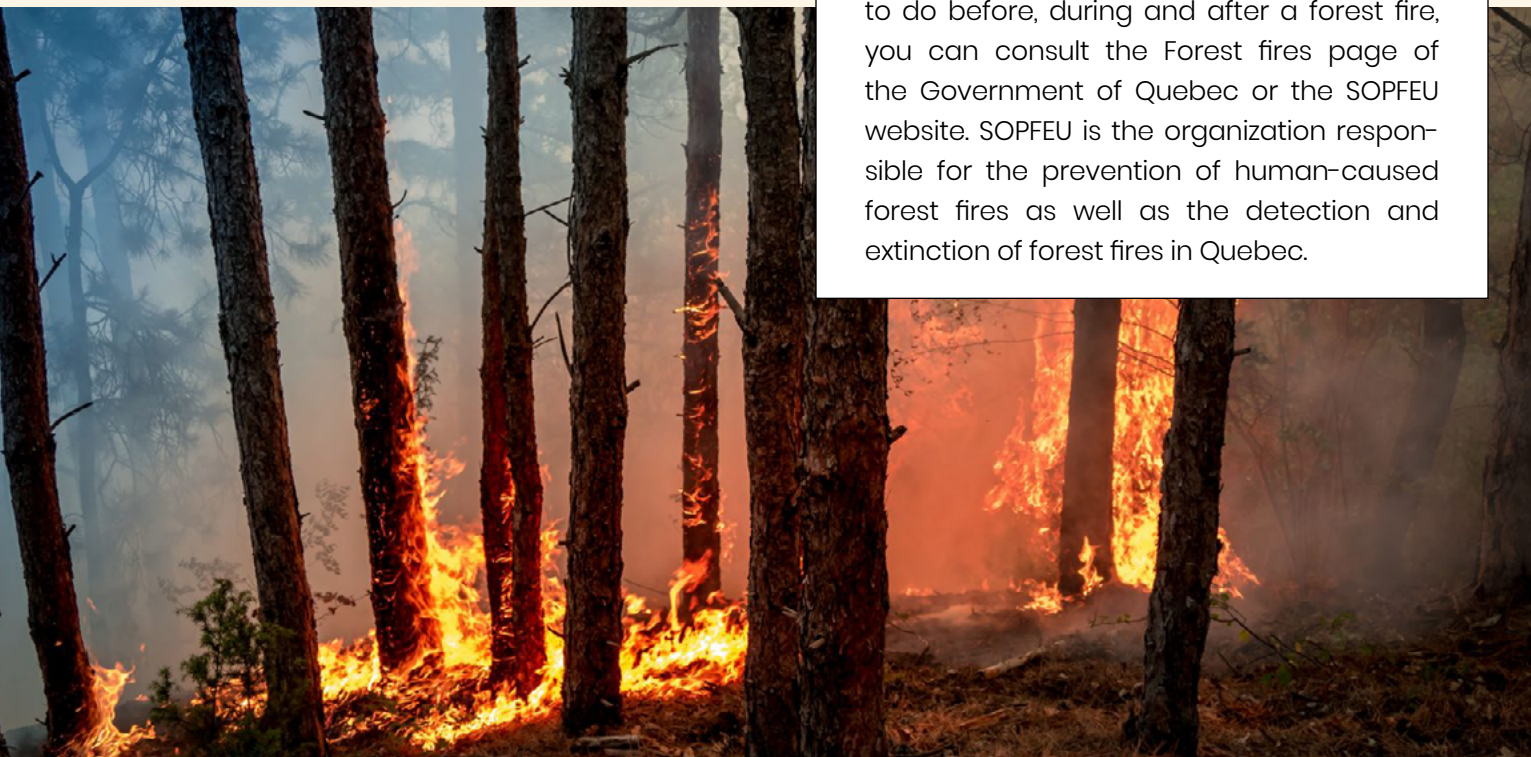
Forest Fires

Forest fires are frequent in Quebec and are often caused by humans. If you are an outdoor enthusiast or live in a forested area, you should take preventive measures to avoid starting forest fires. These can cause considerable material loss and even death.

In Quebec, for forest fire management:

- always respect municipal regulations relating to outdoor fires;
- do not smoke in or near the forest;
- check if a notice prohibiting the lighting of open fires is in force in your area.

For more information and to know what to do before, during and after a forest fire, you can consult the Forest fires page of the Government of Quebec or the SOPFEU website. SOPFEU is the organization responsible for the prevention of human-caused forest fires as well as the detection and extinction of forest fires in Quebec.



Time Change: Check your Smoke Alarm!

Change your clock. Check your alarm.



The Fire Department recommends that you take advantage of this moment to check the proper functioning of your smoke alarms. You must test their proper functioning, ensure that they are installed in the right place, on each floor of your home, validate that they are less than 10 years old, and replace the batteries if necessary. It's a small gesture that can make a big difference. Please note that it is mandatory to have a functional and compliant smoke alarm under municipal regulations. If you don't have one, install one immediately.

Smoke alarms save lives!

Outdoor Network

Work Bees

To prepare our trails to welcome mountain bikers and hikers this summer, there will be a few work bees scheduled. As these events are weather-dependent, please check our website at www.morinheights.com/outdoors for upcoming dates.

To register as a volunteer, please send your contact information to velo@morinheights.com

Upcoming Events

On **Saturday, March 29, from 10:00 to 14:00**, at Basler Park, 2024-2025 cross-country ski season pass holders can have their skis waxed free of charge before seasonal storage or to improve the glide of their skis. The membership card will be required to benefit from the offer.

Coupe Québec at Sommet Morin Heights on **March 28, 29 and 30**. For more information, visit www.fondeurslaurentides.ca.

Aerobic Corridor Pavilion

To find out the opening hours of the pavilion during the summer season, consult the following website: www.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. It is best to let the trails dry out completely in the spring 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 are restrooms and bathrooms with showers. The Aerobic Corridor Pavilion and Basler Park have tool stations for bikes.

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

- 1) Get a map of the trails, wear a helmet, respect your capacities, and have a repair kit.
- 2) Do not ride on closed trails. If they are closed, it is for a good 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 environment.
- 5) Bring back your garbage. Leave no trace.
- 6) Be careful when passing others and always be courteous. Travel in small groups of ten people or less is preferable.
- 7) Yield to ascending cyclists and pedestrians, always. Ride slowly on a busy trail.
- 8) Do not make new trails or perform unauthorized work.
- 9) Respect private property where applicable. Riding on private property is a privilege and not a right. Be grateful for the generosity of the landowners



Respect for Private Property

Most of the cross-country ski trails are accessible only in the winter, from December 1st to April 15th. Come spring, it is imperative to respect these dates to ensure that access to these trails does not become permanently closed. **Not all our trails are accessible during the summer season.** Please visit the Outdoor page on the Municipality's website to view maps and trail conditions for the current season. To obtain maps of accessible trails, please visit www.morinheights.com/Maps.

Reminder Regarding Dogs

Dogs are forbidden on the Aerobic Corridor but accepted **on a leash** on other walking trails. Feces must be picked up and discarded in a garbage bin upon your return. To ensure safety for everyone, please always keep your dog on a leash.

The Canine Corridor and Dog Park are the preferred choices to walk your dog in total security or to have him socialize with other dogs.

Canine Corridor: located at the intersection of Midi Road and Route 364

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

Important Numbers

Town Hall:

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

Telephone: 450 226-3232

Telecopieur: 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:

citoyen.morinheights.com



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



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



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



t.me/morinheights

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

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www.groupetriton.com

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 15.



Day camp for 4 to 15 years old • Regular schedule, from 9:00 to 16:00
Online registration only through piedmont.ca

For Morin-Heights' residents: April 1 at 10:00
For non-residents (based on availability): April 15 at 10:00



Day Camp for 4–12 Years Old

(4 y. o. as of June 24, 2025)

ENTIRE SUMMER (8 weeks)

June 25 to August 15, 2025	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$830	\$805	\$780
non-residents	\$1,500		

PER WEEK

Wednesday to Friday (week 1 – June 25 to 27, 2025)	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$80	\$75	\$70
non-residents	\$138		

PER WEEK

Monday to Friday (weeks 2 to 8 – June 30 to August 15, 2025)	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$133	\$128	\$123
non-residents	\$230		

Day Camp for 13–15 years old

(13 y. o. before Sept. 30, 2025)

3 DAYS PER WEEK

Wednesday–Thursday–Friday (week 1 – June 25 to 27, 2025) • Tuesday–Wednesday–Thursday (weeks 2 to 8 – June 30 to August 15, 2025)	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$153	\$148	\$143
non-residents	\$250		

Daycare 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 (8 weeks)

June 25 to August 15, 2025	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$241	\$231	\$231
non-residents	\$285		

PER WEEK

Wednesday to Friday (week 1 – June 25 to 27, 2025)	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$23	\$18	\$18
non-residents	\$32		

PER WEEK

Monday to Friday (weeks 2 to 8 – June 30 to August 15, 2025)	1 st child	2 nd child	3 rd child
Piedmont and Morin-Heights' residents	\$37	\$32	\$32
non-residents	\$52		

OTHER FEES

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

Cancellation refund policy: No refunds will be issued after April 15 unless accompanied by a medical letter. However, a 20% administrative fee will apply.

ASPIRING CAMP COUNSELOR PROGRAM (PAM)

If you're 15 years old and fascinated by the world of day camps, this program is for you!

We're offering you the chance to develop your leadership skills with the Campuces team. In this program, you'll learn about animation techniques for children of all ages, day camp group management, games and songs, teamwork and communication.

What's more, PAM includes a practical internship. This allows you to apply your new skills in a day camp, under the supervision of a Campuces counselor.

Why do the PAM?

In addition to the incredible experience, the aspiring camp counselor program will give you a strong advantage in job interviews at *Campuces de Piedmont*.

Each participant will receive a camp shirt and participate in weekly outings. Our enchanting site will give you the chance to experience a great summer, by the lake and at the foot of Mont-Habitant.

Campuces de Piedmont is proud to encourage the young generation, which is why we hire our aspiring counselors as young as 16 and trained counselor assistants as young as 15.

Date

From June 25 to August 15, 2025
Tuesday to Friday, from 9:00 to 16:00

Prerequisites

Must be 15 years old before September 30, 2025

Registration

Starting on March 25, 2025, on the website:
piedmont.ca

Cost

Free

For more information

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

Piedmont's Campuces JOB OFFERS — SUMMER 2025

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?

Are you available from **JUNE 25 to AUGUST 15** (inclusively, during weekdays) and for team training on weekends in late May and June? **We want to meet you!**

Positions offered

- Day camp counsellors for ages 4 to 15;

Requirements

- Must be at least 16 years old
- Have passed or completing the *Diplôme d'aptitude aux fonctions d'animateur* (DAFA) training
- First aid and CPR certification or attend training scheduled for June (date to be confirmed).

Tasks

- Ensure the well-being and safety of young participants
- Lead and supervise sports, cultural, educational, artistic and outdoor activities
- Help organize special activities
- Plan daily activities as part of a team
- Administer first aid in the event of injury

Conditions

We offer competitive salaries starting at \$18.50/hr, a dynamic and friendly work environment, and an outstanding team, all of which will help you have a memorable summer.

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

ASSISTANCE PROGRAM

Does your child have special needs and are you concerned about his or her successful integration into day camp? Now is the time to apply for your child's accompaniment service. You'll find all the documents and information you need to complete your application on piedmont.ca.

The deadline for submitting your child's file is March 30, 2025.

For more information on the program:
mpaquette@piedmont.ca.

Cultural Programming

(continued)



Tribute Concert to Piazzolla

Astor Piazzolla was born in 1921 in Mar del Plata, Argentina. Our guest duo of guitar and cello will take you on a journey to the sounds of Piazzolla's greatest youthful inspirations: from Bach to Ginastera, via Bartók and the great jazz musician Ellington. Explore the musical and inner journey of the 20th-century's greatest tango composer.

With: **Dominique Beauséjour-Ostiguy, cello** (David Tecchler cello, 1704 and Pierre Simon bow, c. 1855) and **Christ Habib, guitar**

On April 12, at 19:30, at Chalet Bellevue.

Limited seating; reservations required at www.morinheights.com ("Registration" button): \$10 or \$5 with a citizen card.

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

Laurentian Reading Club

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

The Laurentian Reading Club meets on the third Tuesday of every month, from September to June, at 13:00, at Chalet Bellevue. Members are asked to contribute \$25 a year to cover the cost of books. For more information, please contact Jane Philibert at **450 275-2491** or janephil@cgocable.ca.

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

The French-Language Reading Club continues its monthly meetings. We discuss new finds, books we rediscover, and favourites. Meetings are held at Chalet Bellevue every fourth Tuesday of the month from 14:00 to 16:00.

For information about the club, Monique Bélisle at **514 608-2323**.

Knitting Group

The knitting group meets 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!

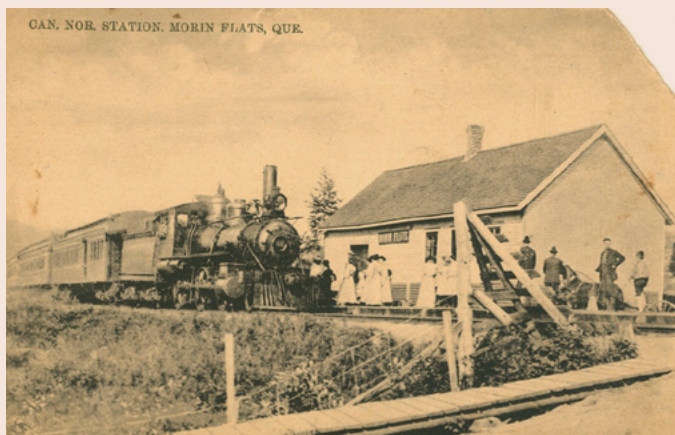
Meetings are held in Morin-Heights' library every Thursday from 13:00 to 16:00. You are welcome for the full three hours or for part of the time, depending on your availability.

This is an informal group; no need to sign up or book. All you have to bring are your supplies. Contact Monique Bélisle at **514 608-2323** if you have questions.

www.morinheights.com



Association Historique de
Morin Heights
Historical Association



When Did the Last Train Leave the Morin-Heights Station?

The first train arrived in Morin-Heights in March 1895, whereas the last train departed May of what year? The railway gave our village a big boost, transporting lumber and potash to the city, bringing skiers and summer tourists to our growing village of lakes, ski terrain and boarding houses. In winter, the railway was the only way to visit; it was not until the late 1940s, after WW2, that the roads were plowed to allow the arrival of cars.

To find out the missing answer at the beginning of the paragraph, and more... visit our website at www.morinheightshistory.org/history-of-morin-heights.

Check Out our Winter Themed Display at Chalet Bellevue

We have a display area just inside the entrance of the Chalet, which changes with the seasons. Check out our "Winter" themed display before we change to a "Railway" theme coming soon.

For more information or to inquire about getting involved, visit our website at

www.morinheightshistory.org or email us at **mhha98@hotmail.com**. Follow us on Facebook, **Morin Heights Historical Association**.



Coming This Spring

TMH is proud to present a free play reading and

a major spring production for the first half of the TMH 2025 Season. Save the dates for these exciting upcoming events!

Staged Play Reading – March 26

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 26, 19:00, at Chalet Bellevue. Cash bar. Sit back, relax and enjoy! If you want to get involved with future readings, let us know.

"The Lie" by Florian Zeller – April 30–May 4

"The Lie" is a comedy about truth. A play by Florian Zeller with Denis L'Abbé and Corina Lupu in principal roles, directed by Noel Burton. In the street, Alice has caught one of her friend's husbands with another woman and is faced with a nagging dilemma: should she tell her friend what she saw? The closer the viewer thinks they are to the truth, the further they are from it. Tickets are \$25 and go on sale late March. Six performances at Chalet Bellevue.

Fall Production – November 12-16

As Chalet Bellevue is not available due to municipal elections in late October and early November, we had to push back the dates of our fall production. Regretfully, many of you may be away at that time. We apologize. For those who are available to volunteer on stage or backstage, please let us know so that we can firm up programming.

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

Cultural Programming

Joyful Noise Choir

Invites you to our Spring Concert

Sunday, June 1 at 15:00

United Church, 831 chemin du Village

Freewill Donation for the Church.

Drawing Exhibition by Sophie Laplante

The Municipality of Morin-Heights presents Laurentian drawing artist Sophie Laplante, who is exhibiting her project "*L'étrange pyramide de l'accomplissement*" at Chalet Bellevue from March 22 to April 13. The exhibition tells the story of a sensitive, torn woman, ready to do anything to live her inner flame, but worried about the damage she leaves behind. Come and discover her spellbinding world, where her clean lines draw an emotional landscape both unique and universal.

Vernissage Friday, March 21, 17:00 to 19:00.

With the exception of the vernissage, it's best to confirm that access to the exhibition is open with our team beforehand:

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



The Royal Canadian Legion's Activities

127 chemin Watchorn



SATURDAY, MARCH 15

St. Patrick's Dinner, 18:00

FRIDAY, MARCH 21

TGIF Smoked Meat, 17:30

SATURDAY, MARCH 29

Live Music with Pepper Grass R&B Band, 20:00

SATURDAY, APRIL 5

Italian Night, 18:00

FRIDAY, APRIL 11

TGIF Smoked Meat, 17:30

SUNDAY, APRIL 20

Easter Pancake Breakfast, 9:00 to noon

SATURDAY, APRIL 26

Live Music with West deVille Show Band, 20:00

SATURDAY, MAY 10

Mother's Day Supper, 18:00

FRIDAY, MAY 16

TGIF Smoked Meat, 17:30

SATURDAY, MAY 24

Live Music with Madhouse, 20:00

The Royal Canadian Legion's Flea Market

Saturday, June 7 • Saturday, July 5

Saturday, August 2 • Saturday, September 6

All events are open to the public!

Darts every Thursday at 15:00.

Hall rentals with bar service or not.

For more information:

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

Facebook: legion171 / 450 226-2213

www.morinheights.com

GREAT GATHERING

ECO-FAMILY DAY

AT CASTEL-MARIE PARK

ACTIVITIES ON SITE

- Concert country music
- Pony carousel
- Lasso throwing game
- Inflatable game
- Educational workshop by G.U.E.P.E
Éducazoo
- Exhibitors and municipal services
- Environmental Advisory Committee
- Free hot dog lunch (veggie option)
- And much more!

SATURDAY

MAY 31*

11:00 - 15:00

**postponed to June 1
in case of rain*



**MORIN-HEIGHTS
1855**

**Bring your chairs and blankets!
And if you feel like it, put on
your cowboy boots and hat!**



450 226-3232 ext. 132



www.morinheights.com



CENTRE SPORTIF Pays-d'en-Haut



Spring Session 2025

For more details about the upcoming spring session, visit:

www.centresportifpaysdenhaut.com

And follow all the latest news about the Centre sportif's activities on its [Facebook page](https://facebook.com/centresportifpdh) (facebook.com/centresportifpdh)

Organized Pickleball

Time slots are reserved for a friendly Morin-Heights pickleball league. Open to all, join the fun and enjoy this popular sport!

How to join:

- Register free of charge for the "*Ligue amicale de pickleball*" activity via the Municipality's website and book your matches through "Hold my court" (mandatory).

Advantages:

- Be assured to play with teammates/adversaries by attending the times set for the club.
- One court available for beginners and three for intermediates.
- Keep up to date with pickleball activities throughout the year!

Booking times (starting June 1st)

Monday – Tuesday – Wednesday – Thursday and Saturday	9:00 to 12:00
--	---------------



Tennis and Pickleball Courts

Where: Basler Park (99 chemin du Lac-Echo)

Tennis Courts:

- 1 single court on synthetic surface
- 1 double court on synthetic surface

Pickleball Courts:

- 4 courts on acrylic surfaces

Rates for Free Practice (tennis and pickleball)

Category	Daily Access	Season Pass
Morin-Heights Resident	free with your citizen card	
Non-resident	\$5	\$40 per month \$100 for the summer (from June 1 to September 30)
Student 17 and under	free with I.D	

Tennis courts:

Tennis: 7 days a week, from 8:45 to 20:45

- *Pickleball :
- Sunday, Monday and Wednesday from 8:45 to 18:00
 - Tuesday, Thursday, Friday and Saturday from 8:45 to 20:45

Please note that tennis lessons, the Pickleball League and activities organized by the Municipality have priority over free practice.

Rules and Booking Procedures:

Please consult the municipal website for details, reservation procedures and regulations.

**Please note that pickleball court schedules are subject to change. Attendance will be analyzed and schedules adjusted according to the demand. The official schedule will be posted on signs near the courts and transmitted via the municipal website.*

www.morinheights.com



Viking Canoe-Kayak Club

Canoe Kids ½ Day Summer Program (6 to 11 years old): From June 25 to August 15, we offer a half-day summer camp program (Monday to Friday, from 8:30 to 12:30).

Youth Development Program (11 to 16 years old): This program runs for 4 weeks (Monday, Wednesday, Friday, from 8:30 to 12:30).

All equipment for each program is supplied. All programs are subject to change without notice, pending registration/demand.

For more information and to register:
www.canoekayakviking.ca

Email: canoekayakviking@gmail.com
Phone: 450 226-1876

Club Site: 160 route Principale, Wentworth-Nord,
Québec (beside the Pavillon Montfort)



CHILDREN'S FISHING DAY

SATURDAY, JUNE 7
CASTEL MARIE, MORIN-HEIGHTS



Starts at 7:30
Registration: \$ 5

info:
450 226-3232 ext. 132



www.morinheights.com

Family Policy – Sports Activity Reimbursement

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

Activities must be organized by a town located in the Laurentians, and reimbursement is available only to young people aged 17 and under who are permanent residents of Morin-Heights.

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

The "Reimbursement Request" form is available on the municipal website under the "Online Services" menu, "Forms" submenu, or at Chalet Bellevue and must accompany all requests.



Accès-Loisirs Pays-d'en-Haut

Free activities for low-income individuals

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

REGISTRATION – SPRING 2025 SESSION

- **WHEN:** Wednesday March 26, from 9:30 to 11:30
- **WHERE:** Church basement, 205 rue Principale, Saint-Sauveur
- **WHEN:** Monday March 31, from 13:30 to 16:00
- **WHERE:** *Garde-Manger des Pays-d'en-Haut*, 100 rue Morin, Sainte-Adèle

To benefit from the program, you must provide proof of income when you register.

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



F.C. Morin-Heights

Now in its 36th season, F.C. Morin-Heights offers a summer

soccer program for boys and girls ages 4-21, with Morin-Heights Elementary School as a home field. Our Grassroots program (ages 4-8) provides basic skills in a fun environment on Saturday mornings. The CDC program (ages 9-12) trains kids to Soccer Canada standards, with one practice per week and games on Saturdays. The Competitive program (ages 13-21) includes regional league games and practices from May to September with playoffs in the fall. No tryouts; everyone is welcome.

Fees start at \$225 for residents.
\$255 for non-residents.

Limited financial aid is available.

fcmorinheights.com • info@fcmorinheights.com

Inter-Municipal Agreement

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

This agreement aims to promote specific courses and to offer our residents access to a more varied range of options.

Registration Process

Enquire directly about the registration process, dates, schedules, prices, and availability with the town offering your chosen course(s). Proof of residence is required.

The list of courses offered through this agreement for Spring 2025 is available on this webpage: www.morinheights.com/coursesactivities-offered

Library

Volunteers needed to do book loans (computerized service), put books away and welcome visitors. Available on Fridays and/or Saturdays.

Skills and personal qualities required:

- **good communication skills**
- **excellent customer service**
- **functional bilingualism**

Courses Offered

REGISTRATION starts on March 12

BY INTERNET go to www.morinheights.com and click the «Registration» button on the home page
BY PHONE at 450 226-3232, ext. 132 • IN PERSON at Chalet Bellevue, 7 days a week, from 9:00 to 16:00

Information

For details on course content, contact Chalet Bellevue or the course instructor directly.

Intermunicipal Agreement

Courses identified with a star (*) are offered in the intermunicipal agreement.

Spring Package

This package gives you access to five different courses for one price!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pilates	8:45 Cardio-Toning	9:00 Yoga for all levels	10:30 Solo Latino	9:00 Nordic walk
Chalet Bellevue	Chalet Bellevue	Chalet Bellevue	Chalet Bellevue	outside

\$208 RESIDENTS / \$250 NON-RESIDENTS

10 weeks
starts: April 7 (April 16 for yoga)

Registration starts on March 12:
www.morinheights.com
450 226-3232 ext.132
or in person at Chalet Bellevue

www.morinheights.com

Physical Activities

*Courses offered in the intermunicipal agreement.

PHYSICAL ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Cardio Latino*	Thursday	adults	Francisco De La Calleja	11:45 – 12:45	12 weeks	April 3	\$156	\$180
Cardio – Toning* <i>offered in the package</i>	Tuesday	adults	Manon Coulombe	8:45 – 9:45	10 weeks	April 7	\$130	\$150
Flexi-Dance*	Thursday	adults	Francisco De La Calleja	13:00 – 14:00	12 weeks	April 3	\$156	\$180
Karate	Friday	adults	Gilles Labelle	17:30 – 18:30	1,3,5 or 10 months	ongoing	based on the length of the session	based on the length of the session
For registration, please contact Kyoshi Gilles Labelle at 450 431-1444.								
Nordic Walk* <i>offered in the package</i>	Friday	adults	Jayne Pollock	9:00 – 10:00	10 weeks	April 11	\$130	\$150
Nordic Power*	Wednesday	adults	Jayne Pollock	16:45 – 17:45	10 weeks	April 9	\$150	\$180
Pilates* <i>offered in the package</i>	Monday	adults	Mariem Valdes	9:00 – 10:00	10 weeks	April 7	\$130	\$150
Pilates on chair*	Monday	adults	Mariem Valdes	10:15 – 11:15	10 weeks	April 7	\$150 \$	\$175
Qi Gong – Do In Meditation*	Thursday	teens, adults	Geneviève Pepin	16:30 – 18:00	10 weeks	April 10	\$200	\$230
Solo Latino* <i>offered in the package</i>	Thursday	adults	Francisco De La Calleja	10:30 – 11:30	12 weeks	April 3	\$156	\$180
Tai Chi Chuan open practices	Saturday	adults	Robert Lee	9:00 – 11:00	12 weeks	April 5	free	free

*Courses offered in the intermunicipal agreement.

PHYSICAL ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Tennis 55+* introduction to intermediate	Wednesday	adults	La place tennis	10:00 – 11:30	6 weeks	week of May 19	\$200	\$230
Tennis* introduction to intermediate	Wednesday	adults	La place tennis	18:00 – 19:00	6 weeks	week of May 19	\$140	\$160
Tennis Clinic* (workshop only)	Wednesday	adults	La place tennis	9:00 – 10:00	6 weeks	week of May 19	\$140	\$160
Yoga beginners*	Wednesday	teens, adults	Lynda Dupont Yoso zen	17:15 – 18:15	10 weeks	April 16	\$130	\$150
Yoga intermediate*	Wednesday	teens, adults	Lynda Dupont Yoso zen	18:30 – 19:30	10 weeks	April 16	\$130	\$150
Yoga 65 y.o. +*	Wednesday	seniors	Lynda Dupont Yoso zen	10:00 – 11:00	10 weeks	April 16	\$130	\$150
Chair Yoga*	Wednesday	seniors	Lynda Dupont Yoso zen	11:30 – 12:15	10 weeks	April 16	\$130	\$150
Yoga for everyone* <i>offered in the package</i>	Wednesday	teens, adults	Lynda Dupont Yoso zen	9:00 – 10:00	10 weeks	April 16	\$130	\$150



Cultural Activities

**Courses offered in the intermunicipal agreement.*

CULTURAL ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Creative Workshop*	Tuesday	adults	Sophie Chatagneau	17:30 - 18:30	8 weeks	April 1	\$170	\$196
Creative Writing Workshop*	Tuesday	adults	Sophie Chatagneau	18:30 - 19:30	8 weeks	April 1	\$170	\$196
Bridge beginner and beginner 2	Monday	adults	Louise Lalonde	10:00 - 11:30	8 weeks	Feb. 20	free	free
French Course beginner 1*	Tuesday	adults	Nathalie Girard	11:00 - 12:00	10 weeks	April 15	\$140	\$168
French Course beginner 2*	Tuesday	adults	Nathalie Girard	9:00 - 10:00	10 weeks	April 15	\$140	\$168
French Course intermediate*	Tuesday	adults	Nathalie Girard	10:00 - 11:00	9 weeks	April 22	\$126	\$152
Spanish level 1*	Thursday	adults, seniors	Yoalli Gallegos	13:00 - 14:00	10 weeks	April 10	\$185	\$212
Spanish Conversation Club beginner	Thursday	adults	Yoalli Gallegos	11:30 - 13:00	10 weeks	April 10	\$185	\$212
Spanish Conversation Club advanced*	Thursday	adults	Yoalli Gallegos	10:00 - 11:30	10 weeks	April 10	\$185	\$212

Courses for Children

ACTIVITY FOR CHILDREN	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Ballet* 3-5 y.o.	Friday	3-5 y.o.	Mariem Valdes	16:15 - 17:00	10 weeks	April 11	\$190	\$218
Dance Mix* 6-10 y.o.	Friday	6-10 y.o.	Mariem Valdes	17:15 - 18:00	10 weeks	April 11	\$190	\$218
Karate	Friday	5 +	Gilles Labelle	17:30 - 18:30	1,3,5 or 10 months	ongoing	based on the length of the session	based on the length of the session

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