

# INFO

## Morin-Heights

In harmony with nature



**MORIN-HEIGHTS**  
**1855**

### MUNICIPAL INFORMATION

**FALL 2025**

AUGUST / SEPTEMBER / OCTOBER /  
NOVEMBER

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### Outdoor Concert – *Le Climatologue* by Mathieu Bourret

Don't miss this **free concert** presented by the pond at Domaine Castel Marie! In this interactive show, pianist and composer Mathieu Bourret uses spontaneous improvisation to set the emotion or mood of the moment into music, creating a work of art that is constantly evolving. In addition to performing his compositions, he calls on the audience for inspiration, using themes or notes played by the audience to create unique and amazing compositions. Enjoy privileged access to the artist's "inner landscapes" and "weather conditions!"



**Saturday, September 20** (postponed to September 21 in case of rain) at Domaine Castel Marie (900-910 Route 364). Parking is limited at the park, so we encourage everyone who can, to come by bike or on foot via the Aerobic Corridor, which is the fastest way to get to the concert venue. You can also park in the Morin-Heights Camping and Cabins parking lot, which is located near the Aerobic Corridor entrance on Bennett Street.

(continued on page 13)



## Word from the Mayor



Fellow citizens,

Autumn is slowly approaching, and I hope you have enjoyed the many activities offered by the Municipality this summer. Whether it's the eco-family celebration, the children's fishing day,

Canada Day, the concerts at Lummis Park, or the Studio Morin-Heights Tribute concert, the many exhibitions or the upcoming Superfolk Festival, it's been a great summer!

We were able to get plenty of exercise thanks to our broad range of physical activities and classes, including tennis, pickleball, cycling, trail walking, soccer and more. Keeping fit in Morin-Heights!

A new feature at the library is the loan of board games. Come by to have a look at the collection!

I would like to offer my warmest congratulations to our outgoing mayor, Tim Watchorn, on his election as the first Member of Parliament for the new *Pays-d'en-Haut* riding. On behalf of myself and my colleagues on the municipal council, I would like to sincerely thank you for all your years of work for our community. You have always listened and found the best solution, in the interest of the citizens of Morin-Heights. **A BIG THANK YOU!**

I am proud to announce that the 2024 fiscal year ended with an operating surplus of \$464,303, thanks to a significant increase from real estate transfer taxes and tight management of the operating and investment budgets. This enables us to maintain taxes at a very respectable level, which compares favourably with all Quebec municipalities.

The Municipality has produced its first "Parks, Green Spaces and Trails Master Plan" in collaboration with the *Institut des territoires*. It is aimed at providing the Municipality with a working tool for planning our recreational areas in the short term. In particular, it proposes a 2025-2030 action plan focusing on four areas:

1. Optimize the potential of existing parks, green spaces and trails.
2. Improve access, connectivity and sustainability of the trail network.
3. Improve park and trail information, signage and awareness.
4. Develop and maintain recreational areas as part of a sustainable development approach.

I invite you to consult the document containing a wealth of very interesting information on the citizen portal in the major projects section and on our website.

Finally, we chose the French gentile *HAUT-MORINOISE* and *HAUT-MORINOIS* to designate the people who live in the Municipality. This choice was made for two reasons: firstly, the survey presented to the population gave this name a 38-vote lead. Then, the *Commission de toponymie du Québec* analyzed the three proposals in terms of the form, conciseness, clarity, and consonance, and recommended "Haut-Morinois." It evokes its French consonance and inventiveness with its reference to the height of the Laurentian Mountains!

I would like to remind you that the municipal elections will be held on November 2. Do you appreciate your municipality and would like to get involved, take on a new challenge or make a positive contribution to our living environment? I invite you to consult the municipal and *Elections Québec* websites for further information.

I wish you all a wonderful autumn and hope that you take advantage of all of the proposed activities and spend some memorable time outdoors!

**Louise Cossette**  
Mayor



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

## Laurentian Business Women's Networking Group

If you are an entrepreneur who would like to meet other business women, join our wonderful group. We share, encourage and promote each other's services. Sometimes, we also organize community events. We also have skilled presenters at our meetings, which are held in English, to offer information on a wide variety of business topics. We meet one evening a month, from 19:00 to 20:30, at Chalet Bellevue.

For more information, contact Lori Leonard:  
450 224-7472 • [leonard.lori@outlook.com](mailto:leonard.lori@outlook.com)

## Knitting Trees

Thanks to the generosity of several knitters, our knitted trees from last winter received over 100 knitted items of all kinds: hats, mittens, socks, and scarves! These knitted items were distributed to various schools in the area, and we thank you warmly for your generosity and creativity.

It is therefore with great joy that we will once again plant our trees at the Chalet Bellevue, and the municipal library, starting on Saturday, November 1. We will strip them of their treasures each time they are full and hold a special "harvest" just before Christmas, with the goal of distributing the knitted items to local needy families. The trees will remain in place until early January.

So, knitters, get your needles ready!

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



## La Veillée Boréale, 4<sup>th</sup> Edition: Outdoor Concert in Morin-Heights!

On September 4, from 19:00 to 22:00, at Lummis Park, come and soak up local music and mingle with other people.

**On the program:** talented musicians, microbrewery drinks, a campfire, and good company.

*La Veillée Boréale*, a warm and cozy event created by the *CJE des Pays-d'en-Haut* and presented by *Place aux jeunes Les Pays-d'en-Haut*.

### It's FREE!

Visit us on Facebook

**@placeauxjeuneslespaysdenhaut** for all the details.

### **CJE des Pays-d'en-Haut**

22 Goyer Street, Saint-Sauveur, QC, J0R 1R0  
450 227-0074 • [info@cjepdh.ca](mailto:info@cjepdh.ca)  
[www.cjepdh.ca](http://www.cjepdh.ca)

Facebook: @CJEPDH

Instagram: [cje\\_pdh](https://www.instagram.com/cje_pdh)

Photo credit:

Charlotte B.-Domingue – *Photographe d'aventures*

## Farmers' Market

The Farmers' Market is open every Friday, until October 31, from 13:00 to 18:00, in Basler Park (99 Lac-Écho Road).



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.



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.  
1<sup>st</sup> Saturday of the month 9 a.m. to 2 p.m.

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

## Annual Funding for Local Organizations

Non-profit organizations operating in Morin-Heights can now submit an application for financial and/or technical assistance for the 2026 fiscal year. By knowing the needs of community organizations in advance, the council can better plan its annual budget.

The form must be submitted by **October 15, 2025**, at the latest. The council will review the applications and notify applicants of its decisions by the end of February.

## Youth Excellence Grants - Sports Category

The Municipality is proud to support and recognize the excellence of young athletes aged 12 to 25, citizens of Morin-Heights, by awarding them monetary grants. The amounts awarded depend on the number of applications received and the respect of eligibility criteria analyzed by the selection committee.

The amateur athletes must meet the eligibility criteria, submit a duly completed application form (available at [www.morinheights.com](http://www.morinheights.com) under "Online Services"), and submit it before October 15, 2025.



## Public Transit... As Easy as 1-2-3!

1. Register with TACL (it's free).
2. Book your ride the day before.
3. Hop on board!

Hundreds of people do it every day.

Seven stops are available in Morin-Heights. For just \$6, you can take a taxibus and, with a transfer, board the Inter bus to reach the Saint-Jérôme train station, Mont-Tremblant, or one of the twelve towns along the route.

Simple, affordable, and eco-friendly.

[www.TransportLaurentides.ca](http://www.TransportLaurentides.ca) – 819 774-0485

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





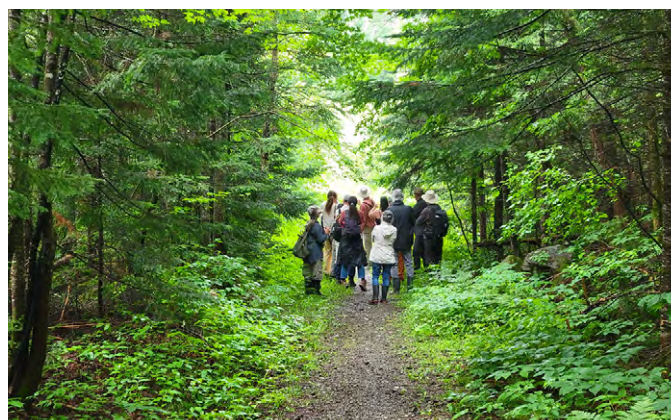
## “One Square at a Time – Laurentians”

“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*, in Lachute and *La Maison d’Ariane*, in Saint-Jérôme) and La Colombe, a day centre for women, in 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 libraries by the end of August. Once the squares have been collected, local knitters will assemble them into shawls.

You are all invited to Chalet Bellevue for the shawl sale on Sunday, October 5. All proceeds will be divided equally among the three organizations mentioned above. The shawls will be on display from 13:00 to 14:00 and will go on sale between 14:00 and 16:00 for \$30 each (cash only). “*Un carré à la fois – Laurentides*” invites you to do your part for women in need!

Please address any questions to Monique Bélisle at 514 608-2323 or [mg.belisle@sympatico.ca](mailto:mg.belisle@sympatico.ca).

Thank you for supporting this project.



## Photo Contest

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

Submit your finest snapshots to [karyne.bergeron@morinheights.com](mailto: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, Mathieu Régnier (RJANP), won a \$75 gift card from Anorak – Broue Pub/Brasserie, located at 2 Meadowbrook Street.

Congratulations!

## 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 Street) or online via ZOOM. Upcoming meetings: September 20, October 18, November 22, December 13. 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](mailto:cancer.laurentia@yahoo.ca).

## 2025 Municipal Elections

We remind the owners of an immovable, who are not domiciled on the Municipality's territory, that they can apply to be registered on the Morin-Heights electoral list by filling out the form sent to them with their tax bill. The form is also available on the municipal website in the Elections 2025 section.

The Act Respecting Elections and Referendums in Municipalities states that elections are to be held every four years, on the first Sunday of November. The electoral period will begin on September 19, 2025.

Those interested in working for the elections are invited to consult our website at [www.morinheights.com](http://www.morinheights.com) under the Elections 2025 menu and fill out the online job application form. You may also contact us by email at [elections@morinheights.com](mailto:elections@morinheights.com) or, for additional information, at 450 226-3232, ext. 110.

Public notices will be posted as required by the Act at the Town Hall, the post office and the municipal library. They will also be available under "PUBLIC NOTICES" at [www.morinheights.com](http://www.morinheights.com).



The electoral calendar is as follows:

<b>Friday, September 19, 2025</b>	<b>First day</b> for filing a statement of candidacy
<b>Friday, October 3, 2025, 16:30</b>	<b>Last day</b> for filing a statement of candidacy Proclamation of the candidates elected unopposed
<b>Saturday, October 11, 2025</b>	Public notice revision of the electoral list
<b>Tuesday, October 14, 2025, 10:00 to 20:00</b>	<b>First day</b> to request a registration or a striking off from the voters' list to the Commission for review of the list of electors at the Town Hall
<b>Thursday, October 16, 2025, 10:00 to 20:00</b>	<b>Last day</b> to request a registration or a write-off from the voters' list to the Commission for review of the list of electors at the Town Hall
<b>Tuesday, October 21, 2025, 8:30 to 16:30</b>	End of work of the Commission on the revision of the list of electors at the Town Hall
<b>Thursday, October 23, 2025</b>	Public notice of poll
<b>Sunday, October 26, 2025, noon to 20:00</b>	<b>Advanced voting</b> at Chalet Bellevue, 27 Bellevue Street
<b>Friday, October 31, 2025</b>	<b>Last day</b> to receive mail-in ballots
<b>Sunday, November 2, 2025, 9:30 to 20:00</b>	<b>Voting day</b> at Chalet Bellevue, 27 Bellevue Street
<b>Sunday, November 2, 2025, 20:00</b>	Counting of votes Vote census
<b>Friday, November 7, 2025</b>	Proclamation of the elected candidates
<b>Saturday, November 15, 2025</b>	Swearing in of the elected candidates, if there is no dispute



# Town Planning and Environment

## Acting for the Environment: Smart Actions to Take This Fall

Autumn is more than just a season of change — it's a key opportunity to take concrete action for the environment, both individually and as a community. As the leaves fall and nature slows down, it's the perfect time to prepare our green spaces, rethink our habits, and contribute to a more sustainable future.

### 1. Plant Trees: An Investment for the Future

Fall is the ideal time to plant trees. The soil is still warm, and seasonal moisture helps new roots settle in before winter. Planting a tree provides shade, purifies the air, supports biodiversity, and enhances our living spaces.

### 2. Compost Fallen Leaves

Instead of throwing away fallen leaves, compost them or use them as mulch to protect your plants from the cold. Leaves naturally enrich the soil and reduce the need for chemical fertilizers. Composting is a simple and effective way to cut down on waste while feeding the earth.

### 3. Prepare Your Garden for Winter

Fall is a great time to care for your vegetable garden, sow certain perennials, divide bulbs, and protect the soil. Covering the ground with mulch or plant residues helps prevent erosion and preserves underground biodiversity during the winter months.

### 4. Reduce Energy Consumption

As temperatures drop, consider improving insulation, sealing windows, and maintaining heating systems. Small actions can have a big impact on your energy bill — and your environmental footprint.

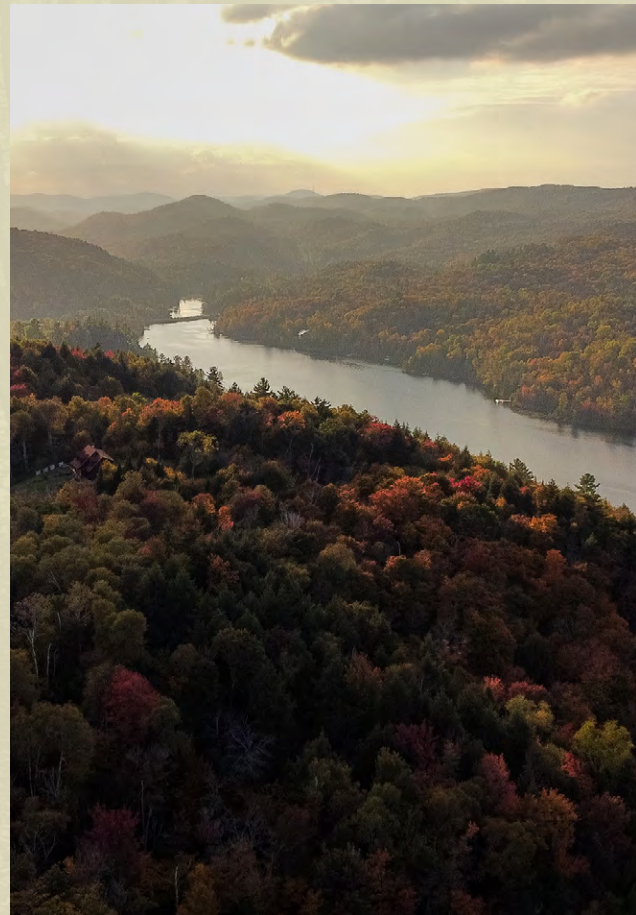
### 5. Support Local Wildlife

Autumn is an important season for many animal species, preparing for winter. Leaving parts of your garden «wild» — with piles of leaves, branches, or untamed hedges — offers shelter to insects, birds, and small mammals.

Installing birdhouses, insect hotels, or sowing fall-blooming plants can also help local biodiversity. These simple actions support urban ecosystems and reconnect us with the nature around us.

### Let's Cultivate Better Habits Together

The Municipality encourages everyone to adopt these small, sustainable actions. By acting now, we can help build a healthier, more resilient, and vibrant environment for generations to come.





# Outdoor Network

## Condition of Trails

You can consult the status of the trails on the municipal website:

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

Aerobic Corridor conditions:

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

## Mountain Biking

Please respect the signage regarding closed trails and the 24-hour rule after heavy rain to preserve the condition of the trails. Also, this fall, be careful with the presence of leaves on the trails!

## Construction of New Trails or Obstacles

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

## Respect for Private Property

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

## Reminder of Dog Regulations

Dogs must always be on a leash. It is important to bring your dog waste bags back and not leave them in the forest. If you have not already done so, we invite you to discover the Canine Corridor, located at the intersection of Road 364 and du Midi Street, or the dog park, located at 100 Lac-Écho

Road. Opening hours of the dog park are from 10:00 to 18:00, 7 days a week.

## Winter Pricing

Pricing will be available on our website and at the Chalet Bellevue this fall. Membership for 2025-2026 winter activities (cross-country skiing, snowshoeing and fatbike) will be available for purchase online at [www.morinheights.com](http://www.morinheights.com) or in person at Chalet Bellevue.

## New Developments

We're delighted to invite you to explore the brand-new hiking trail now available at Domaine Castel-Marie. The trailhead is clearly marked from the main parking lot and is approximately 1.5 km long.

## Events

- Regional mountain bike race at Basler Park on August 18. For more information, visit [www.velopaysdenhaut.ca](http://www.velopaysdenhaut.ca).
- A maintenance chore will be held on our bike, cross-country ski and snowshoe trails, on Sunday, October 19, from 9:00 to 13:00. More information will be available closer to the date on [www.morinheights.com/plein-air](http://www.morinheights.com/plein-air).
- Ski waxing workshop on November 29 from 9:00 to 12:00. Places are limited, registration required starting September 15 at [www.morinheights.com](http://www.morinheights.com) under the "Online services" menu.

Reception	Services	Activities	Hours
Chalet Bellevue 27 Bellevue Street	Registration, citizen card, ticketing, washrooms, showers, drinking water, rest area, parking	Classes, room rental	9:00 – 16:00
Aerobic Corridor Pavilion 50 Lac-Écho Road	Toilet, rest area, drinking water, parking, bike wash	Biking, hiking, picnic area	9:00 – 16:00
Basler Park 99 Lac-Écho Road	Toilet, drinking water, rest area, equipment rental, parking	Pétanque, tennis, pickleball, mountain biking, hiking, picnic area	Summer Hours
Des Bouleaux Park 19 des Bouleaux Street	Toilet, parking	Hiking	9:00 – 16:00
Domaine Castel-Marie 900 Road 364	Toilet, parking	Hiking, picnic area	9:00 – 16:00



# Collections Calendar

## SECTOR 2-YELLOW

SEPTEMBER							OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	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						

## SECTOR 3-GREEN

SEPTEMBER							OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	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						

## BULKY ITEMS

Place accepted bulky items by the road on the  
SUNDAY EVENING.  
They will be picked up at the beginning of the week.  
Items placed during the week will not be picked up.

### Ecocentre

The inter-municipal ecocentre is located at 2125 Jean-Adam Road, Saint-Sauveur.






It is open daily (except Wednesdays) from 7:30 to 16:45.

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

[ecocentre@vss.ca](mailto:ecocentre@vss.ca)

450 227-0000, ext. 3200

### Legend

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

[lespaysdenhaut  
recyclent.com](http://lespaysdenhautrecyclent.com)



### INFO-COLLECTE

1 855 PDH-RECY

450 229-8052

[infocollecte@mrcpdh.org](mailto:infocollecte@mrcpdh.org)

# Morin-Heights Fire Department and First Responders



To prepare for fall and winter, here are a few recommendations from the Morin-Heights Fire Department.

Check whether you are due to have your chimney swept before you even need to heat your home. We strongly recommend that you have your chimney swept twice a year. It's also important to make sure your chimney sweeping is carried out by certified professionals. Make sure you have a carbon monoxide alarm.

We'll be changing the time on November 2, 2025, so don't forget to change the batteries in your smoke alarm. If your smoke alarm is more than 10 years old, you'll need to replace it. If you need to change it, we strongly recommend you to buy smoke alarms with a lithium battery. The lithium battery will last as long as your smoke alarm, so you won't have to change the battery every time the clock changes.

Please be careful with your power supply. Do not overload your outlets with multiple extension cords.

This year, Fire Prevention Week will take place from October 5 to 11, 2025. We'll be at the IGA in Morin-Heights, and we'll get back to you with the exact date(s) we'll be there. This will be a good time to visit us, and we'll be happy to answer any questions you may have.

**The Municipality has acquired a new fire engine that meets current standards and will serve our citizens for the next 20 years!**





# 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

## Coordinates:

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

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

## Board Games

The library is adding a brand-new collection of board and card games! For toddlers, older children, strategists, and the astute, the whole family is invited to get together and enjoy! Maximum of one game per subscription card, including puzzles.

## New Releases

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

Fire on the Horizon/ Wilbur Smith  
The Tenant/Freida McFadden  
One Golden Summer/Carley Fortune  
Presumed Guilty / Scott Turrow  
The Summer Guests / Tess Gerritsen  
Careless People / Sarah Wynn-Williams  
The Emperor of Gladness / Ocean Vuong  
Song of Summer / Jane Rosen  
Unrest / Gwen Tuinman  
Other Maps / Rebecca Morris  
The Pretender / Jo Harkin  
Strangers in Time / David Baldacci

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



**To ensure that you have a place, please register through the Municipality's website: [www.morinheights.com](http://www.morinheights.com). We will be happy to assist you with the registration process if necessary!**

## Workshop to Create an Artistic Herbarium SEPTEMBER 27, 10:30

Let your imagination run wild! The artistic herbarium will have you manipulating mysterious forest objects to create breathtaking shapes! This fun and educational workshop is presented by *Table Forêt Laurentides*.

## The Écolo-héros Present Halloween! OCTOBER 25, 10:30

A night of ghosts, witches and spells, Halloween is a holiday that requires preparation! In this special story hour, you'll discover much more than just a scary story, guaranteed! Come one, come all for lessons straight from the Eco-Heroes grimoire! Presented by Virginie Mineault of Nature-en-nous.

## Art History: The Life and Work of the Great Jean-Paul Riopelle (in French)

AVAILABLE FOR VIEWING FROM NOVEMBER 4 TO 18

On the occasion of Jean-Paul Riopelle's 100<sup>th</sup> birthday, meet the Quebec painter in the company of art historian and lecturer Sylvie Coutu. A unique and convivial opportunity to discover one of the most influential Canadian artists of the twentieth century.



# Cultural Programming



## Les journées de la culture

**From September 26 to 28, under the theme “Culture That Does You Good”**

- Our Anglophone theatre troupe is celebrating its 40<sup>th</sup> anniversary! See page 15 for details of the activities planned for Saturday, September 27, starting at 13:00 at the Chalet Bellevue. Come celebrate with us!
- The Morin-Heights Historical Association is exhibiting! Throughout the *Journées de la culture* weekend, our local association will be setting up a temporary exhibition at Trinity Church. Be sure to stop by! Details in page 16.
- Artist Barbara Berlin is continuing her eponymous exhibition at Chalet Bellevue and will be there on Sunday, September 28, from 13:00 to 14:30 to chat and answer your questions. Come and meet this passionate *grande dame*! Details on page 13.



### Lu & Relu Caravan

On Sunday, September 28, the Lu & Relu Literary Caravan will be parked at Chalet Bellevue from 10:00 to 16:00 with a selection of books for sale at low prices. Stop by and stock up on books for the beautiful fall evenings ahead!

### Workshop ‘Creating an artwork’ offered by Arts Morin-Heights

Artist Ginette Fontaine will present a short photo lecture on the various stages of creating a work of art.

You will then be invited to create your own sketches following the same steps.

At the library on Friday, September 26, at 16:30. Materials required: paper and felt-tip pens.

**For lovers of words and books of all ages, the *Association des auteurs des Laurentides* is offering two free workshops (advance registration required) on Sunday, September 28, at Chalet Bellevue (in French).**



### “Why Tales: Inventing Stories!”

**Writing workshop for children (aged 8 and over) at 10:30 with writer Madeleine Fortier.**

When children ask questions about the world around them, we can answer them rationally or scientifically, or better yet, we can encourage them to come up with their own answers! During this activity, children will learn a simple method they can use later, and we will invent a story together.



### “Writing a Detective Novel: How to Write a Successful Ending”

**Chat and writing workshop for people aged 16 and over at 13:30 with author Maurice Jean; limited places available.**

After a brief presentation of his career, the host will explain the importance of the ending in a detective novel. Participants will be given a short text and asked to write the ending. Participants will have the opportunity to share their creations.

**Come and immerse yourself in culture—  
all activities are free!**

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



# Cultural Programming

## Outdoor Concert – *Le Climatologue* by Mathieu Bourret *(continued from page 1)*

Feel free to bring a snack and something to drink, and enjoy a picnic with family or friends while you let the music carry you away in nature and enjoy this unique moment!

For people with reduced mobility, access is not easy, but not impossible. We invite you to contact us in advance for instructions.

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

## Concert *3flamencos* by Caroline Planté and her Musicians



Caroline Planté, internationally renowned flamenco guitarist and composer, is recognized for the quality and originality of her creations. She has over 30 years of stage experience and

has participated in the development, composition, and performance of several major shows, notably in Canada, the United States, several European countries, and Spain, where she was musical director of the Cruceta Flamenco troupe in Madrid for nine years.

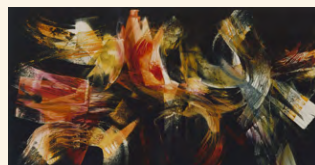
Born out of several encounters, her show *3flamencos* is a musical journey that combines modernity and tradition to the rhythm of her music and flamenco. *3flamencos* is tinged with rich moments of sharing with her wonderful collaborators: guitarist and singer Manuel Vázquez and percussionist Miguel Medina.

Come discover them on **October 4 at 19:30** at the Chalet Bellevue!

<https://carolineplante.weebly.com/>

Seating is limited; reservations required at **www.morinheights.com** (click on “Inscription”): \$5 with a citizen card or \$10 for non-residents.

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



## Exhibition: Barbara Berlin

We invite you to discover the life's work of Morin-Heights' resident Barbara Berlin and potentially purchase a painting at a great price. Through her work, she aims to take the viewers where they have never been, to possibly discover something exciting and unknown. She is passionate about colour, transparency, and translucency, and her work reflects the immediacy, spontaneity, and passion she brings to her art.

Take advantage of the first weekend to view a large selection of works that will be on display from September 18 to 21, followed by a smaller exhibition that will continue until October 12.

The vernissage will take place on September 18, from 17:00 to 19:00.

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



## Genesis Ritchot Concert

Genesis Ritchot is a singer-songwriter from Gatineau who performs indie folk and Americana music. He offers sensitive melodies carried by lyrics filled with nostalgia. Through

his songs, he explores the weight of time, childhood memories, and the complexity of human relationships. Come discover Genesis alone on stage with his guitar for an intimate and warm performance!

**Saturday, November 29 at 19:30 at Chalet Bellevue**

Seating is limited, so reservations are required at [www.morinheights.com](http://www.morinheights.com) (click on “Inscription”) starting September 5: \$5 with a citizen card or \$10 for non-residents.

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

## Cultural Programming



**Chalet Bellevue**  
27, Bellevue, Morin-Heights

**Du 12 au 14 septembre 2025, de 10 h à 16 h**  
Vernissage samedi 13 septembre, 14 h  
Tirage lors du vernissage

**September 2025, 12th to 14th, 10 am to 4 pm**  
Vernissage Saturday September 13th, 2 pm  
Draw during the opening

Since 1983 (except during the pandemic), Arts Morin-Heights has presented a selection of its members' works in various visual arts.

We go on with the tradition this year again, with five new artists among us to present a renewal in our visual arts.

The artists will be on location Friday, September 12 to Sunday, September 14, in Chalet Bellevue, accommodated to give a better appreciation of our work. You are cordially invited to the vernis-

sage Saturday, September 13 at 14:00. Draws will take place during the opening.

The new show *En Continu*, at Chalet Bellevue, will start the following week. Families and friends are welcome.

For any additional information, contact:

Ginette Fontaine at 514 913-2087 or  
maagfontaine@hotmail.com.

### French-Language Reading Club (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.

### Concerts at Lummis Park

There are still a few concerts left at Lummis Park:

- Blues Stories with Michael Nerenberg, Alain Boyer and Andrew Cowan on August 31 at 15:00.
- Morgan Moore Duo on September 7 at 15:00.
- Sarah Pagé and Jonah Fortune on September 14 at 15:00.

### 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 the library. 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**.



# Cultural Programming



**Theatre Morin Heights celebrates 40 years... The best is yet to come!**

**Saturday, September 27**

Theatre Morin Heights invites you to celebrate 40 years of English Community Theatre in the Laurentians. The festivities will take place at Chalet Bellevue.

**Doors open at 13:00** for a meet-and-greet and to view displays (photos, programs and video clips from the past).

**Festivities at 15:00 with:**

- A trip down memory lane with a guest panel
- Bursary presentation to the next generation
- Staged Play Reading
- Wine and appetizers will be served

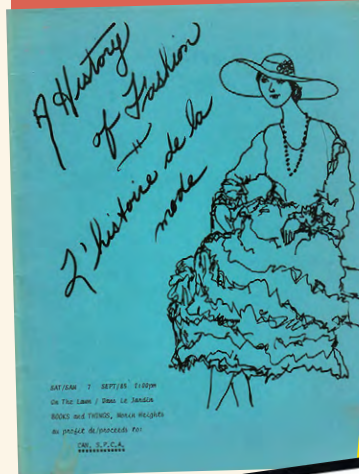
From modest beginnings in 1985, launched with a historical fashion show on the back lawn of "Books and Things," our local English community theatre troupe has offered a wide range of culturally oriented activities, including full-scale theatre productions, play readings and many other events. Over the years, hundreds of volunteers have helped to make TMH the cultural institution it is today, supported by dedicated audience members who number in the thousands. **40 years is a milestone worth celebrating!**

**The Lie is Back on November 12-16**

Following a postponement last spring, we pushed this comedy about truth by Florian Zeller to the fall. Six performances, including two matinees of The Lie are set for Chalet Bellevue. Tickets for The Lie, \$25, go on sale late September.

Our great ensemble cast featuring Steve Gillam, Corina Lupu, Noel Burton, and newcomer to the TMH stage Sora Olah, is already in rehearsal. In this tale of truth and lies, Alice has spotted the husband of a friend with another woman, and she 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.

To volunteer backstage or front of house, please contact us: [theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com). For more information, visit [theatremorinheights.ca](http://theatremorinheights.ca) or call 579 765-3999.



## Chorale Joyful Noise

Welcome to all who like to sing, no matter your age!

**Tuesday at 15:00, beginning September 23 – December 16, 2025, \$140**

Information and registration: Penny Rose at 450 821-3323 • [pennyrose@jenanson.com](mailto:pennyrose@jenanson.com)

See our Director's (Ian Lebofsky) website: [www.thephysicalvoice.com](http://www.thephysicalvoice.com)

# Cultural Programming

## New name, new logo, new look!



HISTOIRE — HISTORY  
MORIN HEIGHTS



Association Historique de  
**Morin Heights**  
Historical Association

We've been very busy recently, as we've given ourselves a new signature. Our new logo is a stylized version of "Barn & Tree", the signature that the Association has been using since 2006.

**In collaboration with the Municipality of Morin-Heights**, MHHA initiated a project to install visual and informative historical panels in key locations throughout the village. Each display panel features a place or events in Morin-Heights and incorporates a QR code to scan for additional information from our website. Stay tuned for the upcoming launch!

**The Porcupine Magazine 2025 Edition** is now available, featuring interesting local stories and reading. It features our "new look"; order online: <https://morinheightshistory.org/porcupine/>

**"Journées de la culture", from September 26 to 28:** The theme this year will celebrate the unique cultural richness of our community through art and culture. Visit our "POP UP Mini Museum" exhibition at Trinity Church, in the centre of the village, for the weekend.

**"Stories & Stones" Event, Saturday, October 4:** In conjunction with QAHN (Quebec Anglophone Heritage Network), a day of stories and workshops related to the cemeteries in the area will be held at Trinity Church, on Village Road.

**Annual Heritage Awards Dinner, Saturday, November 22**, at Chalet Bellevue.

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

E-mail: [mhha98@hotmail.com](mailto:mhha98@hotmail.com)

Facebook: **Morin Heights Historical Association**



### Concert "**Petits mots pour grands enfants!**" by Jérôme Charlebois and Annie Roy

A musical show featuring original songs for ages 4-12 that's sure to please the whole family! Jérôme and his partner Annie Roy will be on stage for 45 minutes with costumes, instruments and music tracks. A dynamic, festive and touching show for today's kids (in French)!

This **free** show will be presented on **October 19 at 13:30** at Chalet Bellevue!

No reservation necessary, first come, first seated!

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



# Inter-Municipal Agreement

An intermunicipal agreement between Morin-Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson, Saint-Adolphe-d'Howard, and Saint-Sauveur 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

Follow the registration procedure of the municipality offering the activity of your choice. Proof of residence is required to register with each municipality.

**The list of courses offered for fall 2025 through this agreement is available via this link:**

[www.morinheights.com/Activites-et-cours-offerts](http://www.morinheights.com/Activites-et-cours-offerts)

## INFORMATION

Municipality of Piedmont:

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

Municipality of Sainte-Anne-des-Lacs:

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

City of Sainte-Adèle:

450 229-2921, ext. 7244 /  
[ville.sainte-adele.qc.ca](http://ville.sainte-adele.qc.ca)

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

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

Municipality of Saint-Adolphe-d'Howard:

819 327-2044, ext. 241 /  
[stadolphedhoward.qc.ca](http://stadolphedhoward.qc.ca)

City of Saint-Sauveur:

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

Consult the complete schedule of courses offered in Morin-Heights on pages 21 to 24.



## Accès-Loisirs Pays-d'en-Haut

**Free Activities for People  
with Low Income**

This program offers individuals aged 0 to 99 who live on a low income the opportunity to participate in recreational activities free of charge, in an atmosphere of respect and confidentiality. This opportunity allows *Pays-d'en-Haut* residents to break out of isolation and become socially active.

## REGISTRATION – FALL SESSION

### In Sainte-Adèle :

- Monday, September 8, 13:00 to 16:00  
*Garde-Manger des Pays-d'en-Haut*,  
100 rue Morin, Sainte-Adèle
- Tuesday, September 9, 18:00 to 20:00  
Jean-Baptiste-Rolland Community Centre  
1200 rue Claude-Grégoire

### In Saint-Sauveur:

- Wednesday, September 10, 9:30 to 11:00  
Saint-Sauveur Church basement  
205 rue Principale
- Thursday, September 11, 18:00 to 19:30  
Chalet Pauline-Vanier  
33 avenue de l'Église

To be eligible for the program, you must provide proof of income when you register.

For more information about this program, please call 450 226-3232, ext. 132.

## Refund Policy for Youth Sports Programs

The Municipality of Morin-Heights will refund **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 by a minor hockey association, baseball association, figure skating club, or swimming club.

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

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

## Inter-municipal Youth Hockey League

We invite young people who wish to join the inter-municipal hockey league to register with participating towns and municipalities. After several years of effort, the Municipality of Morin-Heights is withdrawing from this project due to insufficient registrations.

Young people who register with the intermunicipal hockey league can obtain a refund of their registration fee by sending proof of payment to [chaletbellevue@morinheights.com](mailto:chaletbellevue@morinheights.com) before March 15, 2026.



**CENTRE SPORTIF**  
**Pays-d'en-Haut**

### Fall Session 2025

For more details about the upcoming 2025 fall session, visit:

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

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



## Halloween

FROM 17:00 TO 19:30

Once again this year, Village Road will be closed to traffic between Road 364 and Watchorn Road to allow young people and their families to trick-or-treat safely.

Entertainment, music, treats, and lots of surprises have been planned!

Sign up for our special workshops to learn the dance routines that will be performed that evening! Be part of the show! Details are available in the class schedule (pages 23-24).

When it comes to Halloween, Morin-Heights is the place to be! Join us on October 31 for a night of fun and festivities!

## Indoor sports

The schedule of free activities and classes offered inside the gymnasium will be posted on the Municipality's website after the start of the school year.

Indoor sessions will begin after Thanksgiving. Stay tuned! New sports will now be offered!

## Next Issue!

### WINTER EDITION

December 1, 2025, to March 15, 2026

Deadline: September 25, 2025

Distribution: November 25, 2025



## The Club Optimiste de la Vallée de Saint-Sauveur

The Club Optimiste de la Vallée de Saint-Sauveur will be having its annual spaghetti supper. This fundraising activity will be on October 16.

The supper will be held at the Golf Club of la Vallée de Sainte-Adèle.

465 Vallée-du-Golf Street in Sainte-Adèle.

The contact person is Nicole at 514 241-8701.

- Adult: \$20
- Children 0-5 years old: Free
- Children 6-12 years old: \$5
- The supper will be served between 17:00 and 20:00.

The service is done at the table. The menu: salad, bread, spaghetti, dessert, and coffee. It is possible to purchase beer or wine at the bar.

Internet: [www.covss.org](http://www.covss.org)

Email: [infos@covss.org](mailto:infos@covss.org)



**MAISON DE  
LA FAMILLE**  
des Pays-d'en-Haut



**Portes ouvertes**



Jeudi  
11  
septembre  
10h-13h



## The Maison de la Famille des Pays-d'en-Haut Welcomes You!

Located in Sainte-Adèle, the Maison de la Famille is the go-to organization for **ALL families in the MRC**.

Curious to know what happens inside a Family Community Organization? Come visit us during our **Open House!** It's the perfect opportunity to:

- Discover the activities and services we offer.
- Enjoy a **free bazaar** (yes, really – free toys and children's clothing!).
- Become a member or renew your membership (\$20/year per family).

**Save the date:** Thursday, September 11, 2025, from 10:00 to 13:00.

(Postponed to the next day in case of rain).

To learn more:

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



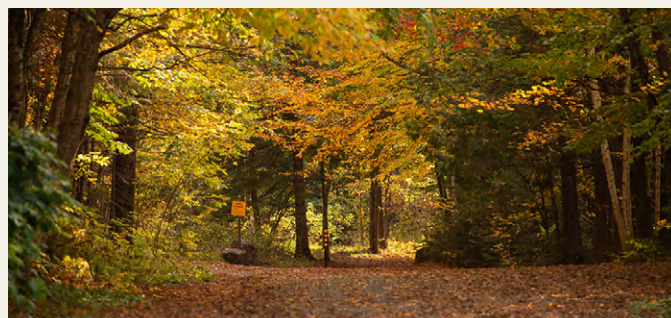
**DECEMBER 6**  
10:00 - 16:00

**DECEMBER 7**  
10:00 - 15:00

**CHALET BELLEVUE**

27 BELLEVUE STREET

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



## Legion Flea Markets

Breakfast & BBQ Lunch

September 6, 2025



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

Website: <https://www.legion171.com/>

Facebook: legion171

Music shows Facebook: morinheights live

Events are open to all.

Hall rental with bar service or not.

Contact: [secretary171@cgocable.ca](mailto:secretary171@cgocable.ca)

Info: 450 226-2213

**Saturday, August 16**

Legion Golf Tournament

**Sunday, August 17**

Bingo, 12:30 to 16:00

**Saturday, August 30**

Labour Day BBQ, 18:00

**Saturday, September 6**

Flea Market # 4

**Saturday, September 13**

Live Music TBA, 20:00

**Friday, September 19**

TGIF Smoked Meat, 17:30

**Sunday, September 21**

Bingo, 12:30 to 16:00

**Saturday, September 27 and Sunday, September 28**

Quilt Exhibition, 10:00

**Sunday, October 5**

Pancake Breakfast, 9:30 to 12:30

**Saturday, October 11**

Live Music TBA, 20:00

**Friday, October 17**

TGIF Smoked Meat, 17:30

**Sunday, October 19**

Bingo, 12:30 to 16:00

**Saturday, November 1**

Halloween Party with Madhouse, 20:00

**Saturday, November 8**

Remembrance Day Parade, 9:30

**Saturday, November 15**

Christmas Craft Fair, 10:00

**Sunday, November 16**

Bingo, 12:30 to 16:00

**Friday, November 21**

TGIF Smoked Meat, 17:30

**Saturday, November 22**

Live Music TBA, 20:00

**Friday, December 12**

TGIF Smoked Meat, 17:30



## Important Numbers

### Town Hall:

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

Telephone: 450 226-3232

Fax: 450 226-8786

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

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

### Emails:

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

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

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

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

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

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

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

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

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

### Sûreté du Québec des

### Pays-d'en-Haut:

450 227-6848

### Animal Control:

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

### Citizen Portal:

[citoyen.morinheights.com](http://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](https://t.me/morinheights)

### Emergency 9-1-1:

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

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



## PACKAGE

### DAY PACKAGE

**12 WEEKS**

**\$ 249**

residents

**\$ 287**

non-residents

### EVENING PACKAGE

**12 WEEKS**

**\$ 175**

residents

**\$ 200**

non-residents

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00 <b>Pilates</b> Mariem	8:45-9:45 <b>Cardio-Toning</b> Manon	9:00-10:00 <b>Yoga for all levels</b> Lynda	10:30 - 11:30 <b>Solo Latino</b> Francisco	9:00 - 10:00 <b>Nordik Walk</b> Jayne
18:30 - 19:30 <b>Pilates</b> Mariem	19:30 - 20:30 <b>Drumming +</b> Manon		18:30 - 19:30 <b>Cardio-Toning</b> Cardio Plein-Air	

BOTH PACKAGES

**20%** rebate

### Registration

[WWW.MORINHEIGHTS.COM](http://WWW.MORINHEIGHTS.COM)  
PHONE: 450 226-3232 (132)  
OR AT CHALET BELLEVUE

**New!**

### FALL DAY AND EVENING PACKAGES

Two packages will be offered to meet the needs of the population:

➤ **Fall day package** gives you access to five different courses (offered during the day) for one single price!

➤ **Fall evening package** gives you access to three different courses (offered after 16:30) for one single price!

Are you a fan of physical activity? You can sign up for two packages (day and evening) and benefit from a **20% DISCOUNT** on the total amount!

# Courses offered

## REGISTRATIONS START ON AUGUST 13

### BY INTERNET

Go to [www.morinheights.com](http://www.morinheights.com) and click the "Registration" button on the homepage.

### BY PHONE

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, please contact Chalet Bellevue or the instructor directly.

### INTERMUNICIPAL AGREEMENT

Courses marked with an asterisk (\*) are offered as part of an intermunicipal agreement (details on page 17).

## Fall Program – Physical Activities

PHYSICAL ACTIVITIES	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Cardio Latino*	Thursday	adults	Francisco De La Calleja	11:45 – 12:45	14 weeks	Sept. 11	182 \$	210 \$
Cardio Plein Air Muscle Training* offered in the evening package	Thursday	adults	Cardio Plein Air	18:30 – 19:30	12 weeks	Sept. 18	156 \$	180 \$
Cardio-Stroller*	Wednesday	adults	Cardio Plein Air	10:30 – 11:30	8 weeks	Sept. 17	104 \$	120 \$
Cardio-Tonus* offered in the day package	Tuesday	adults	Manon Coulombe	8:45 – 9:45	12 weeks	Sept. 16	156 \$	180 \$
Line Dancing Beginner 1*	Tuesday	adults	Sylvie Labelle	17:15 – 18:15	14 weeks	Sept. 16	120 \$	138 \$
Line Dancing Beginner 2*	Tuesday	adults	Sylvie Labelle	18:30 – 19:30	14 weeks	Sept. 16	120 \$	138 \$



PHYSICAL ACTIVITIES	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Drumming +* offered in the evening package	Wednesday	adults	Manon Coulombe	19:15 – 20:15	12 weeks	Sept. 17	\$156	\$180
Flexi-Dance*	Thursday	adults	Francisco De La Calleja	13:00 – 14:00	14 weeks	Sept. 11	\$182	\$210
Introduction to Nordic Walk*	Wednesday	adults, seniors	Jayne Pollock	10:30 – 11:30	8 weeks	Sept. 3	\$100	\$115
Karate	Friday	adults	Gilles Labelle	17:30 – 18:30	1,3,5 or 10 months	Sept. 5	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* offered in the day package	Friday	adults	Jayne Pollock	9:00 – 10:00	12 weeks	Sept. 19	\$156	\$180
Pilates* offered in the day and evening package	Monday	adults	Mariem Valdes	9:00 – 10:00 and 18:30 – 19:30	12 weeks	Sept. 15	\$156	\$180
Qi Gong Do In – Meditation*	Thursday	teens, adults, seniors	Geneviève Pepin	16:45 – 18:15	10 weeks	Sept. 18	\$200	\$230
Solo Latino* offered in the day package	Thursday	teens, adults	Francisco De La Calleja	10:30 – 11:30	14 weeks	Sept. 11	\$182	\$210
Tai Chi Chuan open practices	Saturday	teens, adults	Robert Lee	9:00 – 11:00	16 weeks	Sept. 25	free	free
<b>Thriller Special Halloween Choreography</b>	Monday	teens, adults	Mariem Valdes	17:30 – 18:15	5 weeks	Sept. 29	free	free
Yoga Beginner*	Wednesday	teens, adults	Lynda Dupont Yoso zen	17:15 – 18:15	10 weeks	Sept. 17	\$145	\$165
Yoga Intermediate*	Wednesday	teens, adults	Lynda Dupont Yoso zen	18:30 – 19:30	10 weeks	Sept. 17	\$145	\$165
Yoga Doux 65 y. o. and over*	Wednesday	seniors	Lynda Dupont Yoso zen	10:15 – 11:30	10 weeks	Sept. 17	\$145	\$165
Yoga Chair 75 y. o. and over*	Wednesday	seniors	Lynda Dupont Yoso zen	11:30 – 12:15	10 weeks	Sept. 17	\$145	\$165

## Fall Program – Cultural Activities

CULTURAL ACTIVITIES	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Bridge Beginners Level 2 (requirement: Level 1)	Monday	adults	Louise Lalonde	10:00 – 11:30	8 weeks	Sept. 1 <sup>st</sup>	free	free
French Course – Beginner 1*	Tuesday	adults	Nathalie Girard	11:30 – 12:30	12 weeks	Sept. 16	\$168	\$194
French Course – Beginner 2*	Tuesday	adults	Nathalie Girard	9:00 – 10:00	12 weeks	Sept. 16	\$168	\$194
French Course Intermediate*	Tuesday	adults	Nathalie Girard	10:00 – 11:00	12 weeks	Sept. 16	\$168	\$194
Spanish Level 1*	Thursday	adults, seniors	Yoalli Gallegos	13:00 – 14:30	10 weeks	Sept. 25	\$185	\$213
Spanish Conversation (intermediate)*	Thursday	adults	Yoalli Gallegos	11:30 – 13:00	10 weeks	Sept. 25	\$185	\$213
Spanish Conversation (advanced)*	Thursday	adults	Yoalli Gallegos	10:00 – 11:30	10 weeks	Sept. 25	\$185	\$213

## Fall Program – Courses for Children

COURSES FOR CHILDREN	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Ballet (+ recital) 3-5 y. o.	Friday	3-5 y. o.	Mariem Valdes	16:15 – 17:00	12 weeks	Sept. 19	\$180	\$208
Creative Dance* (+ recital) 6-9 y. o.	Friday	6-9 y. o.	Mariem Valdes	17:15 – 18:15	12 weeks	Sept. 19	\$180	\$208
Karate	Friday	5 y. o. and up	Gilles Labelle	17:30 – 18:30	1,3,5 or 10 months	Sept. 5	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.								
Thriller Special Halloween Choreography	Monday	children, teens, adults	Mariem Valdes	17:30 – 18:15	5 weeks	Sept. 29	free	free