



# INFO- PINCOURT

Fall 2023, vol. 39



bciti+



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[www.villepincourt.qc.ca](http://www.villepincourt.qc.ca)

# TOWN COUNCIL 04



## A Word From the Mayor

Dear citizens,

Throughout the summer, several projects and work have been carried out, including:

- P-Town Plaza
- Outdoor pickleball courts
- Roadworks on Shamrock and Regent.
- Mural at the swimming pool.

Thank you for your cooperation. These projects were important and major. It is a real joy for me to see the evolution of Pincourt.

In Pincourt, there is something for everyone. Citizens are at the heart of our thinking and decisions. The calendar of this new season offers several sports, social, and cultural activities.

I wish you a wonderful fall and a good start to the school year. Be careful when approaching schools. Let's take care of each other.

I look forward to crossing paths with you in Pincourt!

Claude Comeau, Mayor  
c.comeau@villepincourt.qc.ca  
514 453-8981, Ext. 325



**Hugo Gendreau**  
**District: 1**  
h.gendreau@villepincourt.qc.ca  
438 601-3838



**Denise Bergeron**  
**District: 2**  
d.bergeron@villepincourt.qc.ca  
514 808-6257



**Sam Ierfino**  
**District: 3**  
s.ierfino@villepincourt.qc.ca  
438 257-1134



**Diane Boyer**  
**District: 4**  
d.boyer@villepincourt.qc.ca  
438 397-7226



**Claudine Girouard-Morel**  
**District: 5**  
c.girouard-morel@villepincourt.qc.ca  
514 501-0245



**René Lecavalier**  
**District: 6**  
r.lecavalier@villepincourt.qc.ca  
514 646-0720

## INAUGURATIONS OF THE INFRASTRUCTURES



PLAZA  
**P**town

**New outdoor  
pickleball courts**

**New petanque  
courts**

**1st mural from the  
Arts Integration  
Program**



## HERITAGE BENCH PROGRAM

The purpose of this program is to highlight the contribution of an individual who has left their mark on the municipality and/or to commemorate a loved one who has lived in Pincourt, through the use of a public bench.

For complete program details, please contact :  
- Mr. Simon Grenier, Project Manager, General Management;  
- s.grenier@villepincourt.qc.ca.

To consult the Heritage Bench Program Policy, visit the following Web page: Heritage Bench Program.

## PINCOURT ARTS INTEGRATION PROGRAM

The Town of Pincourt has set up the Program for the Integration of Mural Arts into the Urban Landscape (PIA).

The PIA aims to position Pincourt as a place for the arts, as well as offering a unique living environment of which its citizens will be proud.

**Artists, schools, businesses, churches and institutions ... this program is for you!**

All community partners are invited to submit their ideas. Calls for projects will go out in fall 2023, with work scheduled to begin in summer 2024.

**Watch our platforms for the launch of the call for projects**



## PUBLIC SECURITY

The road safety campaign continues this fall for a safe return to school. At the beginning of classes, Public Safety officers will be present near the schools, to meet with you. Let's all be vigilant and safe!

## FIRE SERVICE

This year, Pincourt teams that also serve City of Notre-Dame-de-l'Île-Perrot will hold an open house at the new fire station (26):

**Date: October 14, 2023**

**Time: 11 a.m. to 4 p.m.**

**Address: 1301, boulevard Don-Quichotte J7V 5V6, Notre-Dame-de-l'Île-Perrot**

**Fire Prevention Week** will be held from **October 8 to 14, 2023**, under the theme "Being a responsible citizen!"

## URBANISM

A new by-law has been issued for the use of pesticides on the territory of the Town of Pincourt. The new by-law came into effect on June 1, 2023.

For more information and to consult the new by-law, visit the Town's website, Pesticides section: [bit.ly/3Y6JwJ2](https://bit.ly/3Y6JwJ2).



# USEFUL REMINDERS

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## COUNCIL MEETINGS

At Council meetings, elected representatives come together to make decisions for the benefit of the town in the form of by-laws or resolutions.



If necessary, the Council may also call special meetings during the year.

- **2nd Tuesday of every month, at 7 p.m.**
- **René-Fournier Room, Omni-Centre (375 Boul. Cardinal-Léger)**

September 12 | October 10 | November 14 | December 12

Special meeting - Adoption of the 2024 budget: to be confirmed.

## LICENCE : CATS AND DOGS

It is your responsibility to obtain a permanent non-transferable license for the lifetime of your dog or cat. This mandatory measure helps establish a registry of pets in Pincourt.

**License cost:** \$30 (non-divisible and non-refundable)

### How to obtain a license

You must fill out the online form [Animal Registration](#). Please return the duly filled out form:

- **By e-mail:** [taxes@villepincourt.ca](mailto:taxes@villepincourt.ca)
  - **In person,** at Town Hall
  - **At Town Hall,** in the drop box at the entrance of the building;
  - **By mail:** Pincourt Town Hall, 919 chemin Duhamel, Pincourt, Québec, J7W 4G8.
- You will receive a metal tag by mail or in person, which your animal must wear at all times.



## INSTALLATION OF SEASONAL CARPORT

Only one seasonal carport is allowed per lot, from October 15, 2023 to April 15, 2024.

## WATER METER - Because water is precious, use it wisely!

The Town of Pincourt would like to find out about the water consumption habits of its residents. In order to do so, we are asking for your participation in order to obtain a **significant sampling of the entire territory of Pincourt.**



In the current context, periods of drought are causing problems for the production and distribution of drinking water. A good way to see how much drinking water we actually use is with a water meter. **Are you interested in this project?**

Would you like to have a water meter at home?

**If so, please contact the Public Works and Infrastructures Department by e-mail at [garage@villepincourt.qc.ca](mailto:garage@villepincourt.qc.ca) for full details.**

## RECREATIONAL VEHICLE STORAGE

After November 1, 2023, the following recreational vehicles ARE NOT allowed in the front yard:

- Campers
- Trailer tents
- Boats
- All-terrain vehicles
- Motor homes
- Trailers

## WINTER INCENTIVE PARKING

In anticipation of winter, it is possible to purchase a parking permit for one of the sites available.

**Cost of permit: \$50 per car**

**Payment method:** cash, cheque or Interac

**Permit validity:** for the current winter season

If you have any questions, please contact Public Security at 514 453-8981, ext. 203.

By e-mail at [securitepublique@villepincourt.qc.ca](mailto:securitepublique@villepincourt.qc.ca).

# COLLECTIONS 2023 calendar

**JANUARY 2023**

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

**FEBRUARY 2023**

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

**MARCH 2023**

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

**APRIL 2023**

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

**MAY 2023**

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

**JUNE 2023**

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

**JULY 2023**

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

**AUGUST 2023**

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

- Food waste
- Recycling
- Garbage
- Bulk Waste
- Branches
- Special Recycling Collection Schedule: December 27

- Green waste
- Cardboard : January 2, July 3
- Christmas Tree: week of January 9

**GARBAGE** You must place your garbage in the black bin provided by the Town. It is recommended that you place your garbage bin at the curb the day before collection, as of 9:00 p.m., to avoid missing the truck on your street.

**RECYCLING** Recycling is collected every Monday. Materials accepted in the recycling bin: [tricycle-mrcvs.ca/en/recyclage/](http://tricycle-mrcvs.ca/en/recyclage/)

**FOOD WASTE** Food waste is collected every Wednesday. Details and frequently asked questions: [villepincourt.qc.ca](http://villepincourt.qc.ca) (Citizen's Services/Public Works/Collections)

**BULK WASTE** Bulk waste collection is held on the 4th Friday of the month. Materials accepted: bathtubs, showers, sinks, furniture and mattresses, carpets, toilets.

**GREEN WASTE** Accepted waste: garden waste, flower bed waste, grass and leaves, grass clippings, small branches less than 1 cm in diameter. Leaf collection will take place from May to November, every 2 weeks, on Wednesdays.

**BRANCHES** Branch collection takes place every 4th week of the month. Branches must be placed at the curb by Monday morning. Due to high demand, the collection of branches may take place over several days. The large end of the branches must be facing the street.

**SEPTEMBER 2023**

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

**OCTOBER 2023**

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

**NOVEMBER 2023**

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

**DECEMBER 2023**

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



[www.villepincourt.qc.ca](http://www.villepincourt.qc.ca)



Photographe: CRDphoto  
Claudia Romero-Dneprovski

# RECREATION CULTURE COMMUNITY

# 4

## PINCOURT Library



**Located at:** 225, Pincourt Blvd., Pincourt QC J7W 9T2  
(inside the Chêne-Bleu High School)

### REGULAR SCHEDULE

Monday: 9 a.m. – 8:30 p.m.

Tuesday: 9 a.m. – 8:30 p.m.

Wednesday: 9 a.m. – 8:30 p.m.

Thursday: 9 a.m. – 8:30 p.m.

Friday: 9 a.m. – 5 p.m.

Saturday: 10 a.m. – 4 p.m.

**INFORMATION :** 514 453-8981, ext.214 or [bibliotheque@villepincourt.qc.ca](mailto:bibliotheque@villepincourt.qc.ca)

### BOOK CLUB FOR ADULTS

Meeting to share literary favorites.

Mixed, adults

**French: 3rd Tuesday of each month, 7 to 8:30 p.m.** (with Carole Chamberland)

**English: 3rd Wednesday of each month, 7 to 8:30 p.m.** (with Zarina and Sarah)

### STORY TIME

Story time in pyjamas and crafts

Mixed, ages 2 to 5

(with accompanying adult)

**In French: 1st Wednesday of each month, at 6:30 p.m.** (with Stacey Monk)

**English: 1st Tuesday of each month, at 6:30 p.m.** (with Kristy Boisvert)

### TEEN BOOK CLUB

Meeting to share literary favorites, hosted by Carole Demers

Mixed, teen

Mixed, teen

**2nd Wednesday of each month, 12:15 to 1:15 p.m.**

## NAUTICAL CENTER AND FUN GAMES RENTALS

Various boats are available for rental (kayaks, paddleboards, pedalos and a canoe).

Priority will be given to Pincourt residents.

Identification will be required.

Participants will be required to fill out rental and information forms.

No reservations. First come, first served.

**Payment methods accepted: debit, credit or cash.**

Loan of games (Free) (ID required)

### SCHEDULE\*

<b>After-season</b> Until October 1, 2023*	<b>Saturday and Sunday:</b> 10 a.m.-6 p.m. <b>*Monday September 4:</b> 10 a.m.-6 p.m.
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**VAUDREUIL SOULANGES**  
**ACCÈS-LOISIRS**  
PROGRAM

We offer **free** recreational activities in your region!

### HOW DO I REGISTER ?

By completing our online application form at [www.accesloisirsvs.ca](http://www.accesloisirsvs.ca) or by making an appointment during the registration period.

### WHO IS ELIGIBLE ?

All children, adults and seniors whose family income is below the following threshold :

Number of people	Family income
1 person living alone	\$ 27 514 or less
2 persons	\$ 34 254 or less
3 persons	\$ 42 111 or less
4 persons	\$ 51 128 or less
5 persons	\$ 57 989 or less
6 persons	\$ 65 401 or less
7 persons or more	\$ 72 814 or less

Source: Statistic Canada Income Threshold for regions of 500,000 population.

### WHAT MUST I PROVIDE ?

For each adult in the family, you must have :

- ✓ Notice of assessment from provincial or federal government (2021) **or** Claims booklet for income security recipients
- ✓ Proof of residence with address: driver's license, tax invoice or recent bill



Complete our online application form at [www.accesloisirsvs.ca](http://www.accesloisirsvs.ca)

## REGISTRATION PERIODS 2023

📅 Fall : September 9 to 12, 2023

### 3 WAYS TO REGISTER

- 1 Online at [www.accesloisirsvs.ca](http://www.accesloisirsvs.ca)
- 2 By phone at **450 217-2177 ext 1** (Saturday, January 14, March 25 and September 9 between 9 a.m. and noon)
- 3 By scheduling a **registration appointment in person\***, by contacting **450 217-2177 ext 1**

FOR MORE INFORMATION ABOUT THE **ACCÈS-LOISIRS PROGRAM**

[www.accesloisirsvs.ca](http://www.accesloisirsvs.ca)  
450 217-2177, ext 1

\* Please note that there are no longer any physical registration points.



# PHYSICAL ACTIVITIES

### IMPORTANT :

For physical and socio-cultural activities offered by the Town, please register online, via **Sport-Plus**.

**Information: 514 453-8981, ext. 229**

Residents: September 5 to 15, 2023 | Non-residents: September 11 to 15, 2023 (Additional fee of \$10)



## ABS, CORE AND LEGS



<b>DESCRIPTION</b>	Intense, effective training.
<b>CATEGORY</b>	Mixed, 16 years +
<b>SCHEDULE</b>	Monday and Wednesday: 8:30 -9:30p.m.
<b>DURATION</b>	September 18 to December 18 (No class on October 9: Thanksgiving and October 30: Halloween) (12 weeks)
<b>COST</b>	160 \$
<b>LOCATION</b>	Omni-Centre
<b>REGISTRATION</b>	Online via Sport-Plus Additionnels fees of 10\$ for non-residents Limited places.



<b>CATEGORY</b>	Preballet : 4-5 years old	Ballet 1 : 6-8 years old	Ballet 2 : 9 years old +
<b>SCHEDULE</b>	Mond.: 5 p.m.	Mond.: 6 p.m.	Mond.: 6 p.m.
<b>DURATION</b>	September to December		
<b>COST</b>	150 \$	160\$	160 \$
<b>LOCATION</b>	Omni-Centre		
<b>REGISTRATION</b>	Sara Abbott: 514 886-1774		

## CLASSICAL-BALLET / JAZZ BALLET

## BASKETBALL

<b>DESCRIPTION</b>	Our mission is to teach basketball and instill life values such as : perseverance, teamwork, discipline, respect and sportsmanship. This is achieved through inter-city programs and a house league.
<b>INFORMATION REGISTRATION</b>	<ul style="list-style-type: none"> <li>• Michel Bento: 514 774-1663</li> <li>• Shannon Pelly: 514 703-5006</li> <li>• CBOCAVALIERS@gmail.com</li> <li>• cavaliersbasketballouest.ca</li> </ul>



# PHYSICAL ACTIVITIES

## COURTS RESERVATIONS: BADMINTON AND PICKLEBALL



Download the booking procedure.

If you would like to reserve a court to play on, please follow the procedure below:

1. Go to the Town's website: [villepincourt.qc.ca](http://villepincourt.qc.ca)
2. Move your mouse over the **Leisure and Culture tab**
3. Click on **Register for courses and activities**
4. Click on **REGISTRATION**

### BADMINTON FREE

### PICKLEBALL FREE

<b>DESCRIPTION</b>	Three lots available at the Omni-Centre. Priority to Pincourt residents.
<b>CATEGORY</b>	Mixed
<b>SCHEDULE</b>	Badminton: Sunday : 1 to 5 p.m. Pickleball: Tuesday : 1 to 5 p.m.
<b>DURATION</b>	Badminton: Starting September 10 Pickleball: Starting September 12
<b>COST</b>	8 \$/court/hour
<b>LOCATION</b>	Omni-Centre
<b>RESERVATIONS</b>	<b>Reservations required.</b> Clean espadrilles required. Bring your own equipment.



<b>DESCRIPTION</b>	Exercises adapted to people aged 50 and over.
<b>CATEGORY</b>	Mixed, 50 years +
<b>SCHEDULE</b>	Monday, Wednesday : 12 - 1p.m. and 1:15 -2:15 p.m.
<b>DURATION</b>	September 18 to December 13 décembre (No class: Monday, October 9, Thanksgiving and October 30: Halloween) (12 weeks)
<b>COST</b>	90\$
<b>LOCATION</b>	Omni-Centre
<b>REGISTRATION</b>	Online via Sport-Plus Additional fee of \$10 for non-residents Places are limited.

**LET'S KEEP  
MOVING!  
LET'S KEEP  
KEEP  
MOVING!**



## CARDIO- INTERVAL



# PHYSICAL ACTIVITIES

<b>DESCRIPTION</b>	Designed to target each muscle group (strength and endurance)
<b>CATEGORY</b>	Mixed, 16 years +
<b>SCHEDULE</b>	Monday and Wednesday: 7:15 -8:15 p.m.
<b>DURATION</b>	September 18 to December 13 (No class: Monday, October 9, Thanksgiving and October 30: Halloween) (12 weeks)
<b>COST</b>	160 \$
<b>LOCATION</b>	Omni-Centre
<b>REGISTRATION</b>	Online via Sport-Plus Additional fee of \$10 for non-residents Places are limited.



<b>DESCRIPTION</b>	Floor gymnastics to the rhythm of the music in duets and trios. Programs for all levels, from recreational to competitive. The motto of Les Gymnastes de l'Île is Safety, fun and improvement.
<b>INFORMATION REGISTRATION</b>	Eva Rucka: 514 425-0803 Facebook: LesGymnastesDeLlile <a href="mailto:gymnastesdelile@gmail.com">gymnastesdelile@gmail.com</a>

## ACROBATIC GYMNASTICS

## GYMNASTICS AND ACROBATIC RECREATIONAL SPORTS

<b>DESCRIPTION</b>	Gymini offers classes in artistic gymnastics, acrobatic gymnastics, cheerleading, parkour, tumbling and trampoline, circus and motor development.
<b>COST</b>	Visit <a href="http://www.clubgymini.org">www.clubgymini.org</a> . Pincourt residents receive a \$20 discount when registering for recreational courses
<b>REGISTRATION</b>	Online at <a href="http://www.clubgymini.org">www.clubgymini.org</a>
<b>INFORMATION</b>	450 455-3141 or <a href="http://www.clubgymini.org">www.clubgymini.org</a>



# PHYSICAL ACTIVITIES



<b>DESCRIPTION</b>	Indoor gym field hockey offered by the Pincourt Indoor Hockey League
<b>CATEGORY</b>	Men, 18+ years
<b>SCHEDULE</b>	Sunday: 8:45 a.m. to 12:45 p.m.
<b>DURATION</b>	Fall/Winter
<b>COST</b>	120 \$ + 40 \$ deposit for sweater
<b>LOCATION</b>	Omni-Centre gymnasium
<b>REGISTRATION</b>	Alexandre Lemoyne: 514 462-0593 and/or alexlemoyne@hotmail.com

## INDOOR FIELD HOCKEY

## HOCKEY MINOR

<b>DESCRIPTION</b>	Youth field hockey practice and development.
<b>CATEGORY</b>	
<b>SCHEDULE</b>	www.hmip.org
<b>DURATION</b>	
<b>COST</b>	
<b>LOCATION</b>	Local arenas: MacDonald (Ste-Anne-de-Bellevue) Cité-des-Jeunes (Vaudreuil-Dorion)
<b>REGISTRATION</b>	www.hmip.org and/or registrar@hmip.org



<b>DESCRIPTION</b>	Self-defense techniques offered by the "Judo Dojo Perrot Shima" club based on coordination, speed and the laws of balance. Certified Sport Étude.
<b>CATEGORY</b>	Children, 5 -17 years      Adults, 18 years +
<b>SCHEDULE</b>	
<b>DURATION</b>	www.judoperrotshima.ca
<b>COST</b>	
<b>LOCATION</b>	Ste-Rosa-de-Lima Church
<b>INFORMATION REGISTRATION</b>	Richard Proulx: 514 781-4294 or ricmahjud@gmail.com Accredited by Judo Québec

## JUDO

## KARATE

# PHYSICAL ACTIVITIES

<b>DESCRIPTION</b>	Day and evening classes with no participation limit, depending on group and level. Over 35 years of association with local recreation departments.
<b>INFORMATION REGISTRATION</b>	Jean-Pierre Trahan: 514 814-5452 www.sankukan.ca jeanpierretarahan@sankukan.ca

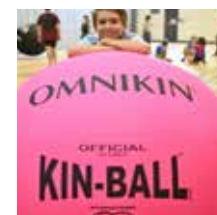


Photo Credit: Omnikin Inc.

<b>DESCRIPTION</b>	Are you between 9 and 12 years old (inclusive) and want to try a sport that's out of the ordinary? Here's the perfect recreational activity for you!
<b>INFORMATION INSCRIPTION</b>	coordination.s-o@kin-ball.qc.ca Phone number: 450 218-7999 Facebook: Association de kin-ball Sud-Ouest

## KIN-BALL



<b>DESCRIPTION</b>	Nordic walking is a physical activity that's great for the heart, body and mind! It's a great way to invest in your health, and it works.	
<b>CATEGORY</b>	Adults	
<b>SCHEDULE</b>	Tuesday: 9 - 10 a.m. (Inter.) <b>and/or</b> 10:30 to 11: 30 a.m. (Beginner)	Thursday: 10 to 11 a.m. <b>and/or</b> 6 to 7 p.m.
<b>DURATION</b>	Sept. 19 to Dec. 5 (12 weeks)	Sept. 21 to Dec. 7 (12 weeks)
<b>COST</b>	132 \$ for 1 class 244 \$ for 2 classes	
<b>LOCATION</b>	Bellevue Park, meeting point at Bellevue Chalet.	
<b>INFORMATION REGISTRATION</b>	Online via Sport-Plus Additional fee of \$10 for non-residents Places are limited. Action -Santé - Diane Pagé: 514 453-7193 dianeptvq@yahoo.com Stick rental \$24/session, payable to the at first class. Bring running shoes and water bottle..	



# PHYSICAL ACTIVITIES



<b>DESCRIPTION</b>	For swimmers looking to develop competitive swimming and aquatic skills. Offered by <i>Club de Natation Les Citadins de Vaudreuil-Dorion</i> .
<b>CATEGORY</b>	Mixed, 5 years +
<b>SCHEDULE</b>	
<b>DURATION</b>	<a href="http://www.lescitadinsnatation.com">www.lescitadinsnatation.com</a>
<b>COST</b>	
<b>LOCATION</b>	Cité-des-Jeunes Pool, at Vaudreuil-Dorion
<b>INFORMATION REGISTRATION</b>	<a href="mailto:info@lescitadinsnatation.com">info@lescitadinsnatation.com</a>

## INDOOR SWIMMING (CLUB)

## FIGURE SKATING

**INFORMATION INSCRIPTION** Consult the Town's Website: [www.cparv.org](http://www.cparv.org)



<b>DESCRIPTION</b>	The Trois-Lacs Speed Skating Club caters to young people of all ages in the Vaudreuil-Soulanges and Salaberry-de-Valleyfield areas.		
<b>CATEGORY</b>	Pingouins	Competition 2	Competition 1
<b>SCHEDULE</b>	Sunday: 9 to 9:45 a.m.	Sunday: 9:45 to 10:35 a.m. Monday: 5:15 to 6:25 p.m. Thursday: 4:45 to 5:40 p.m.	Sunday: 7:30 to 8:50 p.m. Monday: 6:35 to 7:50 p.m. Tuesday: 5:15 to 6:45 p.m. Thursday: 5:50 to 6:50 p.m.
<b>DURATION</b>	September 5, 2023 to April 4, 2024		
<b>COST</b>	<a href="http://cpv3lacs.org">cpv3lacs.org</a>		
<b>LOCATION</b>	Vaudreuil-Dorion Arena		
<b>INFORMATION REGISTRATION</b>	Stephanie Denault: 514 980-5585 <a href="http://www.cpv3lacs.org">www.cpv3lacs.org</a> and/or <a href="mailto:info@cpv3lacs.org">info@cpv3lacs.org</a> and/or <a href="https://www.facebook.com/CPV.3Lacs">www.facebook.com/CPV.3Lacs</a>		

Photo Credit : Club de Patinage de Vitesse des Trois-Lacs

# PHYSICAL ACTIVITIES



## PICKLEBALL

<b>DESCRIPTION</b>	A happy mix of tennis, badminton and table tennis. Come and try it out!
<b>CATEGORY</b>	Mixed 18 years +
<b>SCHEDULE</b>	To be determined
<b>DURATION</b>	End of september to beginning of May
<b>COST</b>	To be determined
<b>LOCATION</b>	Omni-Centre and Chêne-Bleu High school
<b>INFORMATION REGISTRATION</b>	Pierre Besner: 514 453-8944 Limited places.



**DESCRIPTION** Cours de natation et bains libres  
**INFORMATION INSCRIPTION** Merci de consulter le site Web pour plus d'informations : [ville.vaudreuil-dorion.qc.ca/fr/piscine-interieure](http://ville.vaudreuil-dorion.qc.ca/fr/piscine-interieure)

## SWIMMING POOL INDOOR VAUDREUIL-DORION

## SWIMMING POOL INDOOR COLLÈGE JOHN ABBOTT

**DESCRIPTION** Swimming lessons and open swims  
**INFORMATION INSCRIPTION** For more information on the programs offered, please visit the John Abbott College Pool website or call: 514 457-6610, ext. 5325, and/or [sportsandrecreation.johnabbott.qc.ca](http://sportsandrecreation.johnabbott.qc.ca)



**DESCRIPTION** Recreational, pre-competitive, competitive programs. An evaluation is required for pre-competitive and competitive groups..  
**CATEGORY** Mixed, 5 years + (able to swim 2.5 m alone in deep water)  
**SCHEDULE** [www.cpv3lacs.org](http://www.cpv3lacs.org)  
**DURATION** 10 weeks  
**COST** To be determined  
**LOCATION** Piscine de la Cité-des-Jeunes, Pavillon J, Vaudreuil-Dorion (400, boul. St-Charles)  
**INFORMATION REGISTRATION** For residents AND non-residents  
Isabelle D'Amour, coordinator 450 319-0355  
[info@cpvd.ca](mailto:info@cpvd.ca)  
Website: [www.cpv3lacs.org](http://www.cpv3lacs.org), Facebook : Club de Plongeon Vaudreuil-Dorion

## DIVING

# PHYSICAL ACTIVITIES



<b>DESCRIPTION</b>	League organized for senior tenpin bowlers, in a friendly and relaxed atmosphere. Bilingual group.
<b>CATEGORY</b>	Mixed, 50 years +
<b>SCHEDULE</b>	Tuesday: 1 to 3:30 p.m. (From August 30)
<b>COST</b>	15 \$/week
<b>LOCATION</b>	Salon de Quilles Pincourt
<b>INFORMATION REGISTRATION</b>	Donald Clune: 450 455-0789 Kathy Tavera: 514 453-9730

## BOWLING

## CROSS-COUNTRY SKIING

# PHYSICAL ACTIVITIES

<b>DESCRIPTION</b>	Nearly 30 kilometers of groomed and marked trails. Trails can be accessed directly from Pincourt, Notre-Dame-De-L'Île-Perrot and L'Île-Perrot, as well as from the welcome chalet at Centre Plein Air Fatima.		
<b>CATEGORY</b>	Family resident	Individual resident	Senior resident (50+)
<b>SCHEDULE</b>	Free		
<b>DURATION</b>	Season 2023-2024		
<b>COST</b>	20 \$ before November 26	15 \$ before November 26	12 \$ before November 26
	25 \$ after November 26	18 \$ after November 26	15 \$ after November 26
<b>LOCATION</b>	Woodlands of central Île Perrot (several accesses available)		
<b>REGISTRATION</b>	Early registration (reduced rate) : Faubourg de l'Île Shopping Center (Pincourt) - November 23 and 24, 6 p.m. to 9 p.m.; - November 25, 10 a.m. to 5 p.m.; - November 26, 12 p.m. to 4 p.m.		
	By mail (postal charges add. \$2) : Skieurs de l'Île, 129 Martel, Pincourt, Qc, J7W 8E6		
<b>INFORMATION</b>	And, at the Centre de Plein Air Notre-Dame-de-Fatima, when the trails open, or online as of December 1, 2023 ( <a href="http://www.mon-camp.ca">www.mon-camp.ca</a> ).  Pierre Levac: 514 453-8592 skieursdelile@hotmail.com <a href="http://www.lesskieursdelile.blogspot.com">www.lesskieursdelile.blogspot.com</a> Facebook/Les Skieurs de l'île		



## RINGUETTE

<b>DESCRIPTION</b>	Learn to skate with the Association de ringuette des 4 cités. Program for new players aged 4 to 7. 40% discount for new players born in 2014 and 2015.
<b>INFORMATION REGISTRATION</b>	Write to them via Facebook/4cites <a href="http://www.ar4c.kreezee-sports.com">www.ar4c.kreezee-sports.com</a>



Photo Credit : Association de ringuette des 4 cités

## SOCCER RECREATIONAL AND COMPETITIVE

<b>INFORMATION REGISTRATION</b>	For details of our 2023-2024 activities, please refer to our website at <a href="http://www.fctroislacs.com">www.fctroislacs.com</a>
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<b>DESCRIPTION</b>	Program adapted for children aged 6 to 12 with autism, Down's syndrome or trisomy 21.
<b>INFORMATION REGISTRATION</b>	Please contact Philip Manning at 438 321-1564 or <a href="mailto:philippe@prosetautism.ca">philippe@prosetautism.ca</a>

## TENNIS PROSET (ADAPTED)

# ARCHERY

## PHYSICAL ACTIVITIES

**INFORMATION REGISTRATION** For more information about the Perrottdamois Archers, please their Website: <http://www.archersperrottdamois.com>



Photo Credit : FADOQ - Viactive

**DESCRIPTION** Physical activity sessions with gentle, adapted exercises that help maintain and develop fitness. Routines designed by FADOQ experts.

**CATEGORY** 50 years +

**SCHEDULE** Monday: 10:30 to 11:30 a.m.

**DURATION** September 18 to December 18 (No class on October 9: as de cours le 9 octobre : Thanksgiving and October 30: Halloween)

**COST** 20 \$ + 25 \$ equipment purchases

**LOCATION** Omni-Centre

**INFORMATION REGISTRATION** Lucie Gascon: [activites@ccavs.ca](mailto:activites@ccavs.ca) or 1 855 510-3548, ext.225

# VIACTIVE EXERCISES

# FRIENDLY VOLLEY-BALL LEAGUE

**DESCRIPTION** The Pincourt Volleyball League offers friendly mixed games, with a focus on participation and sportsmanship. Wednesday evenings are available for competitive players. A trial and evaluation are required for access.

**CATEGORY** Mixed, 18 years +, multi-levels

**SCHEDULE** Wednesday: 8:30 pm to 10:30 pm (Competitive)  
Friday: 8:30 pm to 10:30 pm (Friendly)

**DURATION** 30 weeks

**COST** 60 \$

**LOCATION** Chêne-Bleu High School

**INFORMATION REGISTRATION** Julien Marleau: 514 755-0833  
[volleyballpincourt@gmail.com](mailto:volleyballpincourt@gmail.com)



## PHYSICAL ACTIVITIES

# WOMEN'S VOLLEYBALL



**DESCRIPTION** Intermediate recreational volleyball

**CATEGORY** Women, 16 years +

**SCHEDULE** Tuesday: 8 p.m. to 10 p.m.

**DURATION** From september 5 (30 weeks)

**COST** 75 \$

**LOCATION** Omni-Centre

**INFORMATION REGISTRATION** Caroline Bédard: 514 771-0412  
Audrey-Ann Goulet: 514 622-7256

# YOGA



**DESCRIPTION** Positions and breathing exercises to maintain physical health and improve flexibility. (Hatha yoga)

<b>CATEGORY</b>	Multiples levels	Beginner 16 years +	Inter. / Av. 16 years +	Chair yoga Mixed adults
	Mixed, 18 years +			
<b>SCHEDULE</b>	Mon.-wed.: 10:30 a.m. to 12 p.m.	Tuesday: 6 to 7:15 p.m.	Tuesday: 7:30 to 9 p.m.	Friday: 10:30 a.m. to 12 p.m.
	Monday: Sept.18 to Dec. 11	Sept. 19 to Dec. 12 (12 weeks)	Sept. 19 to Dec. 12 (12 weeks)	Sept. 22 to Dec. 1
<b>DURATION</b>	Wed.: Sept. 20 to Dec.6 (12 weeks)	(No classes October 31 : Halloween)	(No classes October 31 : Halloween)	
	(No class Oct. 9 : Thanksgiving)			
<b>COST</b>	165 \$ resident	85 \$ resident	95 \$ resident	75 \$ resident
<b>LOCATION</b>	Omni-Centre Bring your yoga mat			
<b>INFORMATION REGISTRATION</b>	514 453-8981, ext.229 Additional fee of \$10 for non-residents. Limited places			



## ZUMBA GOLD



# PHYSICAL ACTIVITIES

<b>DESCRIPTION</b>	Move to a happy mix of Latin music, salsa, meringue
<b>CATEGORY</b>	Mixed, 50 years +
<b>SCHEDULE</b>	Friday: 12 p.m. to 1p.m. or 1:15 p.m. to 2:15 p.m.
<b>DURATION</b>	Friday, September 22 to December 8 (12 weeks)
<b>COST</b>	45 \$
<b>LOCATION</b>	Omni-Centre
<b>INFORMATION REGISTRATION</b>	Online via Sport-Plus Additional fee of \$10 for non-residents Places are limited.



## GOLDEN AGE (FRENCH CLUB)

# SOCIAL ACTIVITIES

<b>DESCRIPTION</b>	Cultural and social activities organized by the <i>Club de l'âge d'Or de Pincourt</i>		
<b>CATEGORY</b>	50 years +		
<b>SCHEDULE</b>	Regular meetings Wednesday : 1 to 4 pm	Bowling League Friday: 9:30 a.m. to 12:30 p.m.	Dance classes Thursday : 10 a.m. to 12 p.m.
<b>LOCATION</b>	Omni-Centre	Salon de Quilles de Pincourt	Omni-Centre
<b>DURATION</b>	September to May		
<b>COST</b>	10 \$ fee when joining the club or renewing membership cards.		
<b>REGISTRATION</b>	On site, when it opens on September 6, 2023.		
<b>INFORMATION</b>	Diane Boyer at d.boyer@villeepincourt.qc.ca		



# SOCIAL ACTIVITIES

<b>DESCRIPTION</b>	Cultural and social activities organized by the <i>Second Mile Club</i>
<b>CATEGORY</b>	50 years +
<b>SCHEDULE</b>	Meetings every Thursday 2 to 4 p.m. Dinner once a month 6 to 10 p.m.
<b>DURATION</b>	September to June
<b>COST</b>	15 \$
<b>LOCATION</b>	Omni-Centre
<b>REGISTRATION</b>	Heather MacDonald 514 453-5238
<b>INFORMATION</b>	Jeannie: 514 901-1014, Christine: 514 208-3577 Suzanne: 450 455-1048



## SECOND MILE (ENGLISH CLUB)



<b>DESCRIPTION</b>	Workshops offered in Pincourt: embroidery, quilting, knitting, weaving, etc. A group of women concerned with women's living conditions, the family and the transmission of craft and cultural heritage.
<b>CATEGORY</b>	Women, 14 years +
<b>SCHEDULE</b>	Monday evening
<b>DURATION</b>	September to June
<b>LOCATION</b>	Église Notre-Dame-de-Lorette
<b>COST</b>	35\$/year
<b>INFORMATION REGISTRATION</b>	Josée Giroux, President, at: 514 922-1673 (after 3:30 p.m.) jozeegiroux@gmail.com or facebook.com/cercldepincourt

## CERCLES DE FERMIERES

## SOCIAL ACTIVITIES

<b>DESCRIPTION</b>	Courses offered by the renowned Academia Espanola Mistral. Several levels available.
<b>CATEGORY</b>	Level 1, 16 years +
<b>SCHEDULE</b>	Tuesday: 7 p.m. to 8:30 p.m.
<b>DURATION</b>	From September 26 to December 5 2023
<b>LOCATION</b>	Omni-Centre
<b>COST</b>	240 \$ + 77 \$ for classroom materials (txs not included)
<b>INFORMATION REGISTRATION</b>	Ricardo Dedios or Lyne Servant at 450 424-6123, academiamistral.com and/or academia.mistral2001@gmail.com



## GIRL GUIDES (IN ANGLAIS)

<b>DESCRIPTION</b>	Our program focuses on personal development, leadership, health, wellness, science and technology, music and the arts, the outdoors, the environment and community service.
<b>CATEGORY</b>	Teenage girls
<b>INFORMATION REGISTRATION</b>	Heidi Whipple: 514 425-1309 or heidi@whipple.ca

## SPANISH



Photo Credit:  
Girl Guides Canada

## HISTORY AND GENEALOGY

<b>INFORMATION REGISTRATION</b>	For details of our 2023-2024 activities, visit our website: <a href="http://www.histoireperrot.org">www.histoireperrot.org</a>
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## SOCIAL ACTIVITIES

<b>DESCRIPTION</b>	Tours, workshops and lectures organized by the Société d'Horticulture Environnementale des villes de l'île Perrot (S.H.E.Î.P.)
<b>CATEGORY</b>	For all
<b>SCHEDULE</b>	- <b>Conferences:</b> last Wednesday of the month, 7 to 9:30 p.m. - <b>Classes and workshops:</b> visit <a href="https://fsheq.com/societe-1582">https://fsheq.com/societe-1582</a> or follow us on Facebook, (SHE Ile Perrot) or write to us at <a href="mailto:sheip@sympatico.ca">sheip@sympatico.ca</a> - <b>Visit private and public gardens:</b> contact us at <a href="mailto:sheip@sympatico.ca">sheip@sympatico.ca</a>
<b>DURATION</b>	September to April (Closed in December and January)
<b>LOCATION</b>	Make sure you have the activity calendar so you don't miss a thing.
<b>COST</b>	\$30 ( individual ), \$35 ( couple ) /year
<b>INFORMATION REGISTRATION</b>	Suzanne Denis, President: 514 453-7083 Sylvie Trépanier, Secretary: 514 703-7991 <a href="mailto:sheip@sympatico.ca">sheip@sympatico.ca</a> , <a href="http://www.sheileperrot.com">www.sheileperrot.com</a> or Facebook/SHE Ile-Perrot



## HORTICULTURE

## ORNITHOLOGY

<b>DESCRIPTION</b>	The Club Ornithologique Vaudreuil-Soulanges offers more than 20 outings a year and at least 3 conferences.
<b>CATEGORY</b>	For all
<b>SCHEDULE</b>	All year
<b>DURATION</b>	Visit ornithovs/home
<b>LOCATION</b>	Vaudreuil-Soulanges and surrounding area
<b>COST</b>	Visit ornithovs/home
<b>INFORMATION REGISTRATION</b>	ornithovs/devenir-membre <a href="mailto:ornithovs@gmail.com">ornithovs@gmail.com</a>





## SOCIAL ACTIVITIES



<b>DESCRIPTION</b>	Painting for all levels at individual pace.	
<b>CATEGORY</b>	Mixed, Adults	
<b>SCHEDULE</b>	Monday: 1:30 to 4:30 p.m.	Monday: 6:30 to 9:30 p.m.
<b>DURATION</b>	September 11 to November 27 (No classes on Monday, October 9: Thanksgiving and October 30: Halloween) (10 weeks)	
<b>LOCATION</b>	Omni-Centre	
<b>COST</b>	135 \$	
<b>INFORMATION</b>	Manon Labelle 450 451-1001	
<b>REGISTRATION</b>	Online via Sport-Plus Additional fee of \$10 for non-residents Places are limited.	

### PAINTING (WORKSHOP)



### PAINTING FOR YOUTH (WORKSHOP)



<b>DESCRIPTION</b>	Basic techniques, creating textures and effects effects using recycled materials.	
<b>CATEGORY</b>	Mixed, Youth	
<b>SCHEDULE</b>	Saturday, 9 to 11 yrs: 9 to 10:30 a.m.	Saturday, 12 to 16 yrs: 11 a.m. to 12:30 p.m.
<b>DURATION</b>	September 23 to December 2 (No class on Saturday, October 7) (10 weeks)	
<b>LOCATION</b>	Omni-Centre	
<b>COST</b>	145 \$ including material costs	
<b>INFORMATION</b>	Teacher: Marie José Gélinas	
<b>REGISTRATION</b>	Registration via Sport-Plus Additional fee of \$10 for non-residents. Limited places.	



### PAINTING/ SCULPTURE

<b>DESCRIPTION</b>	<i>Mouvement d'Expression Artistique Libre (M.E.A.L.)</i> A group of local painters, sculptors and photo-graphers established in the region since 1986. Various meetings and exhibitions.
<b>INFORMATION</b>	m.e.a.l.artistes@gmail.com
<b>REGISTRATION</b>	www.mealartistes.com Facebook.com/mealartistes/



## SOCIAL ACTIVITIES



<b>DESCRIPTION</b>	Exchanges and exhibitions organized by the Club de Philatélie et Monnaie de Pincourt.
<b>CATEGORY</b>	Mixed, 7 years +
<b>SCHEDULE</b>	Thursday: every 2 weeks, 7 to 9 p.m.
<b>DURATION</b>	September 11 to November 20 (No class Monday, October 9: Thanksgiving) (10 weeks)
<b>LOCATION</b>	Omni-Centre
<b>INFORMATION</b>	Marthe Chénier, secretary, at 514 425-0764
<b>REGISTRATION</b>	

### PHILATELY & COINS

### MEALS ON WHEELS

The Centre communautaire des aînés Vaudreuil-Soulanges offers a variety of services for people aged 50 and over.

#### SERVICES OFFERED:

- Delivered Meals on Wheels: Home-cooked meal deliveries to the homes of seniors (70 +) or people losing their independence or with physical limitations. Free delivery, no tax or tip.
- Meals on wheels to go (65 +): Pick up frozen meals at 12, Curé-Cholet in Saint-Polycarpe or 1255, rue Émile-Bouchard in Vaudreuil-Dorion (by order only, ext. 227).
- Les Rendez-vous du Centre (50 +): A diversified program of activities designed to enrich intellectual, emotional, physical and social vitality.

Get your free copy of their Entre-Nous magazine, available at both service points, for full details of activities and schedules.

#### Volunteers needed (Kitchen help and meal delivery)

To reach us: 450 265.3548 or 1 855 510-3548, ext. 227  
12, rue Curé-Cholet, Saint-Polycarpe  
www.centredesainesvs.com and reception@ccavs.ca



# SOCIAL ACTIVITIES



<b>DESCRIPTION</b>	Association designed to bring together people aged 55 and over to socialize over a good meal. Dance period hosted by Murielle Groulx. Raffle and door prizes
<b>CATEGORY</b>	55 years +
<b>SCHEDULE</b>	3rd Tuesday of the month, 10 a.m. to 3 p.m.
<b>DURATION</b>	September 9 to May 15
<b>LOCATION</b>	Omni-Centre
<b>COST</b>	18 \$/meal
<b>REGISTRATION</b>	Jacques Leclair: 514 425-4958
<b>INFORMATION</b>	Nicole Richard, president: 514 453-3624 Jacques Leclair: 514 425-4958

## SHARED MEALS

## SCOUTS CANADA (IN ENGLISH)

<b>DESCRIPTION</b>	Groupe 16e Ile Perrot-Pincourt offers a unique educational movement aimed at developing each young person's full potential.		
<b>CATEGORY</b>	Beavers Mixed, 5-7 yrs	Cubs, Mix., 8-10 yrs	Scouts Mixed, 11-14 yrs
<b>SCHEDULE</b>	Tuesday: 6:30 to 7:30 p.m.	Tuesday: 7 to 8:30 p.m.	Wednesday: 6:30 to 8:30 p.m.
<b>DURATION</b>	October to May/June (dates to be confirmed)		
<b>LOCATION</b>	Notre-Dame-de-Lorette School (70, Lussier Street, Pincourt)		
<b>COST</b>	350 \$		
<b>REGISTRATION</b>	Online only: <a href="http://www.myscouts.ca">www.myscouts.ca</a> , find the group <i>Scouts - 1st Ile Perrot Group</i>		
<b>INFORMATION</b>	Jennifer McIntosh: <a href="mailto:gc@1stileperrot.ca">gc@1stileperrot.ca</a> Children who are unable to pay the registration fee will not be turned away.		



Photo Credit: Girl Guides Canada

# SOCIAL ACTIVITIES

## SCOUTS (IN FRENCH)

<b>DESCRIPTION</b>	Groupe 16e Ile Perrot-Pincourt offers a unique educational movement aimed at the full development and potential of every young person.		
<b>CATEGORY</b>	Beavers Mixed, 7-8 yrs	Cubs Mixed, 9-11 yrs	Scouts Mixed, 12-17 yrs
<b>SCHEDULE</b>	Friday: 7 p.m. to 9 p.m. (end sept.-june)	Friday: 7 p.m. to 9 p.m. (end sept.-june)	Friday: 7 p.m. to 9 p.m. (end sept.-june)
<b>DURATION</b>	2 h		
<b>LOCATION</b>	Centre communautaire Paul-Émile-Lépine		To be determined
<b>COST</b>	1st child: \$200 / year 2nd child: \$185 / year 3rd child: \$170 / year Cost of camps not included.		
<b>INFORMATION REGISTRATION</b>	Franck Le Coadou: 514 320-6354 <a href="mailto:info@scoutvip.org">info@scoutvip.org</a> <a href="http://scoutvip.org">scoutvip.org</a> <a href="https://www.facebook.com/ScoutVIP">FacebookPage/ScoutVIP</a>		



# SOCIAL DEVELOPMENT

## CALL FOR PROJECTS 6TH EDITION

For the sixth year in a row, the Town of Pincourt is proud to make a fund dedicated to social development available to its citizens.

The aim of municipal social development is to build a supportive, inclusive and equitable community by forging links between individuals and building on each person's strengths. Together with residents and social development players, the city works to enhance the quality of life and fulfillment of its population, paying particular attention to the most vulnerable.

Eligibility criteria: consult the web page ([willepincourt.qc.ca/Loisirs et Culture/ Développement social](http://willepincourt.qc.ca/Loisirs-et-Culture/Développement-social))  
Project submission deadline: September 29, 2023  
Funds available: \$10,000  
**Information: Jean Sirois, [j.sirois@villepincourt.qc.ca](mailto:j.sirois@villepincourt.qc.ca) or 514 453-8981, ext. 273**



# SOCIAL ACTIVITIES

## VISUAL ARTS CLASSES



This course is offered to young people aged 14 to 18. It involves the creation of a dashboard, which is a collection of images representing our dreams, our goals and the things that make us happy. It's a tool used to clarify, focus and maintain our attention on a specific goal. Participants will use a variety of materials.

**Schedule:** Tuesday evenings, September 26 to October 31, 6 to 8 p.m.

**Location:** 2nd floor, Municipal Library

**Cost:** \$10

**Registration and information:** registration required, online or at 514 453-8981, ext. 229.



Since the beginning of the summer, amateur gardeners have been producing free container gardens in the city's parks, under the supervision of the Société d'horticulture environnementale des villes de l'île Perrot. Vegetables and herbs are offered free of charge to all citizens.

**-Location:** Parc René-Lévesque, Parc Bellevue (near the tennis clubhouse), Parc Olympique (corner of Cardinal-Léger/Boisé-du-Parc) and Parc du Suroît.

**-Thanks to SHEIP and to all amateur gardeners (citizens of Pincourt) for their contributions.**

**-Interested in joining the group?**

Contact Jean Sirois at [j.sirois@villepincourt.qc.ca](mailto:j.sirois@villepincourt.qc.ca).

## CONTAINER GARDENS

## CROC-BOUFFE BOX

A pantry-style food box was launched this summer. The aim of this new service is to provide our residents with emergency food and to enable the exchange of non-perishable food among the town's citizens.

**- LOCATION:** set up on the edge of the bike path, opposite the Chêne Bleu school, the Croc-Bouffe Box is now available.

**- Want to make a difference?**

Take the time to leave some food there to help your fellow citizens. The service is made available with the participation of the Chêne Bleu Student Parliament.

**- Information:** [j.sirois@villepincourt.qc.ca](mailto:j.sirois@villepincourt.qc.ca) .



## CITIZEN COMITEE

# SOCIAL ACTIVITIES

### Are you interested in social life?

The Town of Pincourt and its Social and Community Development is pleased to collaborate in the creation of social services and activities for the Town's citizens. To this end, the Town collaborates with the following social development committees

**Intercultural:** showcasing all the community's cultural origins

**Youth action:** Enable young citizens to create an environment they need to thrive

**Design:** Enhance the Town's appearance by revitalizing its public spaces through the integration of public art and architecture, relying on community involvement.

**Ville en santé:** Carry out community-based projects to promote the Town's cultural, economic, recreational and social development, as well as to promote physical and mental health.

**Information:** Do you have any ideas to share? If you're interested in one of these committees, please share your interest to Jean Sirois, Pincourt's social development officer, at Pincourt at [j.sirois@villepincourt.qc.ca](mailto:j.sirois@villepincourt.qc.ca).

Welcome to Pincourt! The community needs you



# CALENDAR - FREE ACTIVITIES

For more information on our activities, please visit our website:

[www.villepincourt.qc.ca](http://www.villepincourt.qc.ca)

**All activities are FREE**

Info: 514 453-8981 ext. 229

## SEPTEMBER 2023

### EDUCATIONAL CONFERENCE: DRY SEED HARVESTING

In collaboration with the Société d'horticulture environnement, the towns of Île Perrot and Projet Vert de l'École secondaire du Chêne-Bleu.

**Wednesday: September 13, 7 p.m., Municipal Library**

Lyne Bellemare, lecturer, seed grower and founding owner of Terre Promise.

 Registration via Sport Plus or 514 453-8981, ext. 229.

### PROJECT WITH THE CERCLE DES FERMIERÈRES

Passing on craft heritage.

**Thursday, September 24 to November 5, 4 to 6 p.m.**  
Pincourt Library

 Registration via Sport Plus or 514 453-8981, ext.229.



### DAYS OF CULTURE

Meet Éric Ruel, producer and filmmaker filmmaker, a Pincourt native.

**Saturday, September 30, 1 to 2:30 p.m.**  
Pincourt Library

A true enthusiast, Éric Ruel founded *La Ruelle Films* with Guylaine Maroist in 2003.

He has won several awards, including the Governor General's Award, 5 Gémeaux, VIFF d'Or, and many more.

Éric Ruel also oversaw the production of the documentary *Je vous salue salope*, which was a phenomenal success both here and around the world.

**Come and meet him!**

 Registration via Sport Plus or 514 453-8981, ext.229.

## OCTOBER 2023

### CULTURAL CIRCUIT

Citizens are invited to take part in an outdoor cultural and artistic tour.

**Sunday October 1, 1 to 4 p.m.**  
Omni-Centre

### A DAY OF TALES AND LEGENDS

To mark the International Day of Older Persons, come and enjoy a show by Père Garneau.

**Sunday, October 1, 2023**  
Omni-Centre

1 p.m., representation in english  
3 p.m., representation in french

Open to all. No registration needed.  
Information [j.sirois@villepincourt.qc.ca](mailto:j.sirois@villepincourt.qc.ca)

### VOLUNTEER RECOGNITION CEREMONY

The Town of Pincourt is proud to invite all volunteers to a recognition evening to be held on **Thursday, October 5, 2023**, at the Summerlea Golf and Country Club.

Invitations and details will be sent out in early September. We thank all those who give of their time to help the community.

### QUEBEC PUBLIC LIBRARY WEEK

**October 14 to 21**  
Municipal Library

You've changed. So as your libraries!

### GRAND WALK ON THE ISLAND (PINCOURT)

**Sunday October 15**  
Olympique Park  
Warm-up at 10 a.m. Departure at 10:30 a.m.  
Online registration: [Onmarche.com](http://Onmarche.com)

# CALENDAR - FREE ACTIVITIES

### HALLOWEEN IN PINCOURT!

**Rendez-vous #1: Scary insects!**

**Library, Saturday, October 28**

Language of presentation: French

-Children's ages 3 to 12

-10:00 a.m. to 11:00 a.m.

-11:10 a.m. to 12:10 p.m.

-1:15 pm to 2:15 pm

Limited places.

 Registration via Sport Plus or 514 453-8981, ext. 229.

Participants will be called upon to discover animal species with a Halloween theme!

Scare level: suitable for elementary or high school.

**Rendez-vous #2 - Haunted Labyrinth**

**Tuesday, October 31, 5 p.m. to 9 p.m., at the**

**Omni-Centre**

Visit the haunted labyrinth and collect candy and thrills!

## NOVEMBER 2023

### USED BOOK SALE

**Saturday, November 11, 10 a.m. to 2 p.m.**

Municipal Library

Low prices for young and old, from \$0.25 to \$1.

Annual event whose profits are devoted to cultural activities.

### PINCOURT CHRISTMAS MARKET

**Saturday, November 25, 10 a.m. to 4:30 p.m.**

**Sunday, November 26, 10 a.m. to 4 p.m.**

Omni-Centre

This event is organized by the Cercles des Fermières de Pincourt. Watch local media for details.

Information: Josée Giroux at 514 922-1673 or [jozeegiroux@gmail.com](mailto:jozeegiroux@gmail.com)

### SHIEP CONFERENCE

The Société d'horticulture environnementale des villes de l'île Perrot (SHEIP) presents the following lecture:

**Wednesday, November 29, 6 p.m. to 10 p.m.:**

**The orchids**

Registration required: [sheip@sympatico.ca](mailto:sheip@sympatico.ca)

## DÉCEMBER 2023

### THE GREAT CHRISTMAS ILLUMINATION ACROSS THE TOWN

For a 2nd year, Pincourt residents are invited to bring out their best holiday decorations.

**To take part?** Decorate the facade of your home and register before December 10:

<https://forms.office.com/r/V2AaEXBeMP> ←

**Unveiling of the route on December 14.**


This activity is reserved for Pincourt residents.

**To be won: a \$100 gift basket.**

**Draw on December 11**

The winner will be contacted.

### MEET SANTA CLAUS

 **Saturday, December 2 and**  
**Sunday, December 3**

9 a.m. to 3 p.m. | Omni-Centre

Enfants âgés de 10 et moins et résidents de Pincourt.

**Reservations required from November 1, via Sport-Plus or 514 453-8981, ext. 229.**

Only those with a reservation will be able to come and see Santa.

### CRAFT WORKSHOP (ADULTS)

 **Tuesday, December 5, 7 p.m.**  
Municipal Library

Register via Sport-Plus or 514 453-8981, ext. 229.

# CONTACT US 514 453-8981

## TOWN HALL

Regular hours: Mon. to Thurs. : 8 a.m. to noon and 1 p.m. to 4:45 p.m.  
Fri. : 8 a.m. to noon.

Administration and Finance Department .....option 1  
Urban Planning Department ..... option 2  
General Management and Mayor's Office ..... option 3  
Human Resources Department ..... option 4  
Emergency and Fire Protection Department ..... option 7  
Communications Department .....option 8

## OMNI-CENTRE ..... option 6

Regular hours: Mon. to Thurs. : 8 a.m. to noon and 1 p.m. to 4:45 p.m.  
Fri. : 8 a.m. to noon.

## PUBLIC SECURITY ..... option 203

(Municipal Patrol)

## MUNICIPAL GARAGE .....option 381

Regular hours: Mon. to Thurs. : 7:45 to 11:30 a.m. and 12 to 4 p.m.  
Fri.: 7:45 to 11:45 a.m.

## ÉCOCENTRE DE L'ÎLE ..... 450 455-5434

750, Olympique Blvd., Pincourt (QC) J7W 7C8

**Current hours: visit [www.mrcvs.ca](http://www.mrcvs.ca)**

(Citizens/Environment/Ecocentre Network)

## LIBRARY ..... poste 214

### 3-1-1 LINE: OUTSIDE BUSINESS HOURS

If an incident occurs outside our office hours (**evenings, weekends and holidays**),  
**call 3-1-1 immediately.**

This line is for the following municipal interventions:  
water breaks, sewer backups, security patrols, lost, dead or stray animals, etc..

### OFFICE CLOSURE: PUBLIC HOLIDAYS

- Labour Day: September 4, 2023
- Thanksgiving: October 9, 2023

