



VILLE DE
PINCOURT

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VILLEdePINCOURT

Special edition

RECREATION
activities

NEW
FAMILY YOGA
(FREE)
RÉCRÉAVÉLO-ZVP

info- PINCOURT

Municipal newsletter
SUMMER 2019, VOLUME 28



YOUR TOWN COUNCIL POLITICS



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To see the complete profile of your councillors, visit:
www.villepin court.qc.ca/en/16/town-council.

COUNCIL MEETINGS, 7 p.m., Omni-Centre
Next council meetings for 2019:

- May 14
- June 11
- July 9



YOUR TOWN NEWS

NEW REGULATION IN EFFECT PLASTIC BAG BAN IN RETAIL STORES

On April 22, in honour of Earth Day, the Town of Pincourt adopted a new by-law prohibiting the use of single-use plastic shopping bags on its territory.

By banning plastic bags in retail stores, the Town of Pincourt is following in the footsteps of the municipalities of Greater Montreal by doing its part and contributing to the global collective environmental initiative by encouraging consumers and retailers to adopt eco-responsible behaviour.

WHAT'S THE REASON FOR THE BAN ON SINGLE-USE PLASTIC BAGS?

Between 1.4 and 2.7 billion shopping bags, mainly made of plastic, are distributed each year in Quebec. Only 14% of these bags are recycled. The ban on single-use plastic bags aims to reduce the impact of plastic bags on the environment.

BAGS TARGETED BY THE BAN

The ban applies to the distribution of plastic shopping bags less than 50 microns thick and also covers oxo-biodegradable, biodegradable and compostable bags.



GOALS

In practical terms, the plastic bag ban aims to:

- Support reduction at the source.
- Encourage the use of reusable and recyclable bags.
- Reduce the number of abandoned plastic bags in terrestrial and marine ecosystems.
- Stem the volume of bags sent to landfills entirely by 2025
- Harmonize municipal regulations over the MMC's territory.

REMEMBER TO BRING YOUR REUSABLE BAGS WITH YOU WHEN YOU GO SHOPPING!

PLASTIC LIFE CYCLE

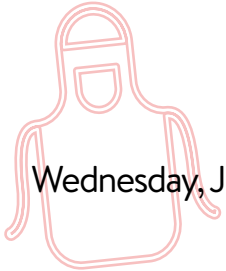


BBQ WEDNESDAYS



At 7 p.m., Desjardins Kiosk of Olympique Park, Free

Recipes online: www.villepincourt.qc.ca



Wednesday, June 26, **SHRIMP**
With House of James Mitchell
Pairing: Vignoble Le Bourg des Cèdres
Tasting: Sous Les Oliviers

Wednesday, July 3, **GUINEA FOWL SUPREME**
With Domaine de la Templerie
Pairing: Microbrasserie Le Castor
Tasting: Sous Les Oliviers

Wednesday, July 10, **CHICKEN**
With La Courbe restaurant
Pairing: Vignoble Le Bourg des Cèdres
Tasting: Sous Les Oliviers

Wednesday, July 17, **"LOUP MARIN" (seal)**
With L'Artisan de la mer
Pairing: Microbrasserie Le Castor
Tasting: Sous Les Oliviers

Wednesday, July 24, **MINI-BURGERS (sliders)**
With "Belle & la Boeuf" in Vaudreuil
Pairing: Vignoble Le Bourg des Cèdres
Tasting: Sous Les Oliviers

Wednesday, July 31, **BANH-MI SANDWICH (Vietnam)**
With Patate & Persil
Pairing: Microbrasserie Le Castor
Tasting: Sous Les Oliviers



DOOR PRIZES



ATTEND CULINARY WORKSHOPS WITH OUR CHEF



TASTINGS (LIMITED QUANTITIES)

CELEBRATIONS IN PINCOURT

Friday, August 9

NEW-EVENING FOR TEENAGERS

DJ/PERCUSSIONS NIGHT WITH LADY BEATS (Time to be determined)



Mélissa Lavergne, multi-percussionist, and DJ Abeille will set the bar high, while duo Lady Beats will set the tone for Firemen's Day the next day.

Teenagers and young adults will love the techno atmosphere and percussion beats of the DJ/Percussion show.

**Saturday, August 10
FIREMEN'S DAY
12:30 to 11 p.m.**

- Emergency vehicles parade
- Animation at Bellevue Park
- GIRLS WANNA HAVE FUN! and SuperNOVA show
- BEM fireworks



RECREATION AND CULTURE

RELAY FOR LIFE

Friday, May 24, 7 p.m. to 7 a.m.

Olympique Park

Animation, shows and night walk for research against cancer.

Info: www.relaispourelavie.ca

"PERFO PLEIN AIR" COURSES (FAMILY)

Spend time with friends or family and improve your fitness. During your session, increase your cardiovascular endurance, complete an obstacle course and improve your agility.

Date: June 8 (Olympique Park) Training 1: 9:30 a.m.

Training 2: 10:30 a.m. (minimum age: 7 years old)

NEIGHBOURS' DAY IN PINCOURT

Saturday, June 8

Saturday, June 8 is Neighbours' Day in Pincourt and all across Quebec. Organize your own neighbourhood event and the "Comité Ville en Santé" may offer you a financial assistance.

Attend our information session on May 22 at 7 p.m. at the Omni-Centre, and submit your request before May 29.

Information and form:

514 453-8981, ext. 273, or c.corriveau@villepincourt.qc.ca

BOUGEBOUGE SURF AND TURF ÎLE PERROT

Sunday, June 9, Pointe-du-Moulin Historical Park

Running races, Bike and Run, Bootcamp, kayak and Stand Up Paddle Board.

Registration: www.bougebouge.com

"LA GRANDE MARCHE SUR L'ÎLE"

Sunday, October 20

This fall, "JE BOUGE - MARCHE SANTÉ" will become the "GRANDE MARCHE SUR L'ÎLE", in collaboration with the "Grand défi Pierre Lavoie". Details to come and registration on "Grand défi Pierre Lavoie" web site.

INTERCULTURAL FESTIVAL
in collaboration with Desjardins

Saturday, June 1, 2 to 8 p.m.
Desjardins Kiosk

Discover the different cultures of the world!

PINCOURT LIBRARY

225 Pincourt Blvd. • Phone: 514 425-1104, ext. 6244

Summer schedule

Monday to Thursday: 10 a.m. - 8:30 p.m.

Friday: 10 a.m. - 5 p.m.

Saturday*: 10 a.m. - 4 p.m. (*Closed from July 6 to August 31)

Story time and Crafts (in English)

On Wednesdays May 9 and June 13, at 10 a.m.

Adult Book Club (in French)

On Tuesdays May 21 and June 18, at 7 p.m.

In the Art of Summer Exhibit, 11th edition

July 5 to 26,

Pincourt, Marie-Uguay and Guy-Godin libraries

Summer exhibit of artworks made by local artists.

TD Summer Reading Club

This activity is designed to promote their love of reading and maintain their skills throughout the summer.

A reading kit and surprises will be given to each participant upon registration.

For: children of 16 years old and less

(children of 0-5 years old: parents must commit to read them several stories)

Registration: June 10 to August 16, at the library

Closing party: August 24, 1:30 to 3:30 p.m.

Paul-Émile-Lépine Community Centre, L'Île-Perrot

MONDAYS IN THE PARKS

Every Monday, from June 24 to August 12, from 6 to 8 p.m.

Get to know your neighbors and your neighborhood parks.

Every Monday, follow our entertainment team from park to park. Makeup, inflatable games, refreshments, and more!

June 24
Mont-Bleu Park

July 1
Bellevue Park

July 8
Du Suroît Park

July 15
Taillon Park

July 22
Souvenir Park

July 29
Des Frênes Park

August 5
Rousseau Park

August 12
Shamrock Park


REGULAR RECREATION ACTIVITIES

ACTIVITY	SCHEDULE	COST	LOCATION	REGISTRATION
BADMINTON* Category: All <i>*Priority to Pincourt residents</i>	Monday: May 20 to August 12 Wednesday: May 22 to August 14 Mon. and Wed.: 8:30 to 10:30 p.m.	\$6 / court / hour <i>(payable on site)</i> <i>(reservation is mandatory)</i>	Omni-Centre	Reservation (Monday to Friday): 514 453-8981, ext. 229 <i>Clean running shoes. Bring your equipment.</i>
CARDIO-INTERVAL Category: Mixed 16 years +	Starts June 17 / 8 weeks Monday and Wednesday: 7:15 p.m. to 8:15 p.m.	\$105	Omni-Centre	Online from May 23 to June 7 (\$5 discount) For information: 514 453-8981, ext. 242
FAMILY YOGA Category: All	Starts June 29 / 6 weeks Saturday: 10:30 a.m.	Free	Bellevue Park	<i>No registration required.</i> For information: 514 453-8981, ext. 242 <i>Bring your yoga mat.</i>
FIT AND TONE Category: Mixed 50 years +	Starts June 24 / 8 weeks Monday and Wednesday: 9 to 10 a.m.* <i>*Schedule may vary upon temperature</i>	\$70	Bellevue Park	Online from May 23 to June 7 (\$5 discount) For information: 514 453-8981, ext. 242
KARATE Category: Mixed 7-12 years 13 years +	Starts June 25 / 7 weeks Tue. and Thu.: 7:30 to 8:20 p.m. Tue. and Thu.: 8:30 to 9 p.m.	\$85 \$115	Saint-Lazare	During the the last classes of spring session. Jean-Pierre Trahan: 514 814-5452 or jeanpierretarahan@sanskukan.ca
LINE DANCING Category: Mixed 18 years +	From July 5 to 26 Friday: 7:30 to 10 p.m.	\$5 / evening <i>(payable on site)</i>	Omni-Centre	Murielle Groulx: 450 424-4170
OBSTACLE COURSE <i>(outside)</i> Category: Mixed 14 years +	April to November Varied schedule Upon reservation (75 min.)	To be determined Exclusive discount for Pincourt residents	Chêne-Bleu High School <i>(back field)</i>	Guy Pilon: guy@obstacles.ca
RÉCRÉAVÉLO-ZVP Category: Mixed 7-12 years 7-9 years 10-12 years	From July 16 to August 1 6 classes of 90 minutes Tue. and Thu.: 9 to 10:30 a.m. Tue. and Thu.: 10:30 a.m. to 12 p.m.	\$105 (t-shirt and water bottle included)	Chêne-Bleu High School	Registration: https://centremultisports.org/activite/rereave-velo-zvp/ For information: 450 218-2821
SKATEBOARDING WORKSHOPS Category: Mixed 4 years +	Starts July 6 / 5 weeks Saturday: 1 to 3 p.m.	Free	Skatepark (next to the Omni-Centre)	<i>No registration required.</i> For information: 514 453-8981, option 6 <i>Safety equipment is mandatory.</i>
YOGA (Hatha Yoga) Category: Mixed	Starts June 17 / 8 weeks Multi levels, OUTDOOR Monday and Friday: 10 to 11:30 a.m. Multi levels, INDOOR Thursday: 7 to 8:30 p.m.	\$95 \$65	Bellevue Park Omni-Centre	Online from May 23 to June 7 (\$5 discount) For information: 514 453-8981, ext. 242 <i>Bring your yoga mat.</i>

CALENDAR SUMMER 2019

LEGEND

 If raining:
inside the Omni-Centre

 Bring your chair

All the activities are free.

JUNE 25

"POP CORDES LE VIOLON DINGUE"

7 p.m. - Desjardins Kiosk

A lively show to get the family moving.



JULY 9

THE VINYLS

7 p.m. - Desjardins Kiosk

The best Rock, Pop, R&B and Soul covers.



JUNE 27

BEATLES TRIBUTE

7 p.m. - Desjardins Kiosk

Since it was such a success in 2016, the show will return this summer.



JULY 11

CALIENTE SON

7 p.m. - Desjardins Kiosk

Feel like you are on vacation by dancing on Cuban rhythms.



JULY 2

BUBBLE SOCCER - PROJET X

6:30 p.m. - Desjardins Kiosk

Soccer in a huge clear bubble for teenagers.



JULY 16

STARLIGHT ACOUSTIC BAND

7 p.m. - Desjardins Kiosk

Listen to the greatest rock hits played by Pincourt musicians.



JULY 4

PARADOXE THE PIRATE

7 p.m. - Desjardins Kiosk

This great adventurer of the seas will share his incredible adventures with circus, juggling, balancing and magic acts.



JULY 18

NINJA COURSE

6:30 p.m. - Desjardins Kiosk

Discover the NINJA in you with the "Caravane Multisports" staff.



TO BE DETERMINED

AQUAFUN DAY

1 p.m. - Municipal pool

Free admission for this fun day at the pool.

JULY 23

FOAM PARTY (10 years +)

6:30 - 8:30 p.m.

Splash pad, Olympique Park


Exclusive night for children aged 10 and over. Have a blast jumping around and playing in an outdoor bubble bath. Come in a bathing suit!



CALENDAR SUMMER 2019

Legend

 If raining:
inside the Omni-Centre

 Bring your chair

All the activities are free.

JULY 25

FOAM PARTY (9 years -)
6:30 - 8:30 p.m.
Splash pad, Olympique Park

Exclusive night for children aged 9 years old and less. Have a blast jumping around and playing in an outdoor bubble bath. Come in a bathing suit!

JULY 30

CLAUDE THE MAGICIAN
7 p.m. - Desjardins Kiosk

ABRACADABRA! Need we say more?



AUGUST 1

CANINE APPROACH
7 p.m. - Desjardins Kiosk

Discover the canine language with Mireille Chapleau, animal behavior coach.



AUGUST 6

EDUCAZOO
7 p.m. - Desjardins Kiosk

Our popular zoo keepers are back with different animals.



AUGUST 7

RIBOULDINGUE GAME NIGHT
6:30 p.m. - Bellevue Park

Enjoy a range of board games hosted by our animators.



AUGUST 9

**DJ/PERCUSSIONS EVENING WITH
LADY BEATS - Bellevue Park (Time TBD)**

AUGUST 10



FIREMEN'S DAY
Starting at 12:30 p.m. - Bellevue Park

Pincourt annual event: emergency vehicles parade, inflatable games, GIRLS WANNA HAVE FUN! and SuperNOVA shows, and fireworks.

AUGUST 13

PARKOUR WITH GYMINI
6:30 p.m. - Desjardins Kiosk

Enjoy a challenging obstacle course prepared by the Gymini Gymnastics Club.



AUGUST 14

**COMICS AND SUPER HEROES
DRAWING WORKSHOP**
6:30 p.m. - Desjardins Kiosk

Sharpen your pencils! Come learn the basics of drawing comics.



TO CONTACT

514 453-8981

TOWN HALL

Summer schedule (June 24 to September 2):
Mon. to Thu.: 8:30 a.m. to 4:30 p.m. Fri.: 8:30 a.m. to 1 p.m.

Administration and Financial Service option 1
Urban Planning Service option 2
Town Management and Mayor's Office option 3
Town Clerk and Communication Service option 4
Emergency and Fire Protection Service option 7

OMNI-CENTRE option 6

Summer schedule (June 24 to September 2):
Mon. to Thu.: 8:30 a.m. to 4:30 p.m. Fri.: 8:30 a.m. to 1 p.m.

MUNICIPAL GARAGE extension 381

Summer schedule (June 24 to September 2):
Mon. to Thu.: 8 a.m. to 4 p.m. Fri.: 8 a.m. to 12 p.m.

LIBRARY (p. 4)..... 514 425-1104, ext. 6244

ÉCOCENTRE DE L'ÎLE option 5

750, Olympique Blvd., Pincourt QC J7W 7C8

www.mrcvs.ca/en/ecocentre-ile

Summer schedule - April 1 to November 30

Monday to Friday: 1 p.m. to 6 p.m.

Saturday: 9 a.m. to 4 p.m.

Sunday: Closed

3-1-1 LINE – OUTSIDE BUSINESS HOURS

**Monday to Friday from 4:30 p.m. to 8:30 a.m.,
Saturdays, Sundays and holidays**

For municipal services: water main breaks, sewer back-ups, etc.

OFFICE CLOSINGS – HOLIDAYS

Quebec National Day: June 24, 2019

Canada Day: July 1, 2019

Labor Day: September 2, 2019

GARAGE SALES

Second authorized weekend: **June 22-23-24, 2019.**

No permit required.

Enter your garage sale on our website's interactive map:
communication@villepincourt.qc.ca.

GREEN WASTE

Every other Monday, from May 6 to September 23.

Plastic bags are not allowed.

GARBAGE Every Monday

Holidays: The June 24, July 1, and September 2 waste pick-ups will take place as planned.

RECYCLING FOOD WASTE Every Monday

RECYCLING Every Thursday

LARGE ITEMS The 3rd Monday of every month

Accepted: sinks, showers, carpets, mattresses, toilets, bathtubs and furniture

BRANCHES The 2nd and 4th Tuesdays of every month

Put your branches at the curb the day before pick-up.

No reservations required.

ROAD WORKS

Sign up for our **Info-P** information platform to learn about the road works planned for this summer. You can also consult our **interactive map** on our website.

COOP DE L'ÎLE Home services

Do you need a helping hand with mowing your lawn, baby-sitting, painting or gardening? Call on the Coop de l'Île.

Information: 450 455-3185

TOWN MEETINGS

Next meetings in 2019, 7 p.m., Omni-Centre:

- June 11
- July 9
- August 13
- September 10
- October 8
- November 12
- December 10

Conception and writing
Town of Pincourt

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