



Otterburn P A R K

NOT TO BE MISSED

Special Events

INFO OTTERBURN PARK
DECEMBER 2022
Volume 32 | Number 4

DETAILS, PAGE 10



COMMUNITY ORGANIZATIONS

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INFO OTTERBURN PARK

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A WORD FROM THE MAYOR,



Dear fellow citizens,

With winter upon us, we can look forward to the return of some heart-warming traditions. It's time for skates and hot chocolate!

The traditional Guignolée fundraiser will be held on Sunday, December 4. If you have some time to help during the event, please join us! Stay up to date with all the details by visiting the City's website or page 10.

On December 17, don't miss the Christmas parade organized in collaboration with our firefighters and many local partners. We are pleased to participate in these events with you. We wish you a bright and merry Christmas and 2023!

For the Municipal Council,

MÉLANIE VILLENEUVE

Mayor

mvileneuve@opark.ca

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VACANT POSITION

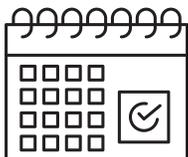
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Councillor – District 6
district6@opark.ca



CITY COUNCIL

HOLDING OF REGULAR MEETINGS

DATE	TIME
December 19 January 16, 2023 February 20, 2023	7:30 p.m.

The City Council's regular meetings are held in the main hall of the Pointe-Valaine cultural and community centre at 85 Oxford Street in Otterburn Park.

2023 TAXES

PAYMENT DATES
February 27 April 12 June 7 September 14

Only one statement of account for unpaid municipal taxes will be sent to you after the fourth annual installment. You can make your payment electronically through your financial institution's website. Simply enter the Ville de Otterburn Park as a supplier. The reference number to use is the service number indicated on your four detachable payment coupons at the bottom of your tax bill. Enter all digits without the F and with no spaces.

REGIONAL ECOCENTRE

We would like to remind you that there is no longer a waste depot at the Technical Services office located at 120 Bellevue Street. If you need to dispose of building materials or waste not accepted in the usual bulky items or garbage pick-ups, go to the regional ecocentre at 60 Fisher Street in Mont-Saint-Hilaire. Visit mrcvr.ca to find out which items are accepted and what fees apply depending on the type of waste.

PICK-UP OF NATURAL FIR TREES

Please note that there will be a special pick-up for natural Christmas trees on January 13, 2023.

Please place your fir tree at the curb only the evening before the pick-up, starting at 6:00 p.m. Be sure to remove all decorations, hooks and icicles.

STREETLIGHTS

With the days getting darker, remember that if the area in which you live is not lit by a streetlight, you must ensure the safety of the neighbourhood with your personal lighting. Please ensure that your light is fully operational.

STORAGE OF RECREATIONAL VEHICLES

A maximum of two recreational vehicles with a maximum length of 10 metres may be stored or parked per property at a minimum distance of one metre from the side lines and rear lines of the property and three metres from the curb or sidewalk.

Between November 1 and March 31 of the following year, the storage of any recreational vehicle or similar equipment is only permitted in the side yard or rear yard.

Between April 1 and October 31 of the same year, the parking of a single recreational vehicle or similar equipment may be authorized in the parking area of the property, in the front yard or in the secondary front yard.

However, the parking of a second recreational vehicle or similar equipment is only permitted in the side yard or rear yard.

To obtain the full regulatory information on this topic, please visit opark.ca > Municipal By-laws > Seasonal Storage.

TEMPORARY CAR SHELTER

Starting on November 1, residents can install their temporary car shelter (structure and canvas) and snow fences.

REMINDER

Only one shelter is allowed per property. It must be erected in the parking area or driveway and must not exceed a height of four metres and an area of 50 square metres. A distance of 0.5 metres from the lateral property line is also required.

To ensure everyone's safety, car shelters must be located outside the visibility triangle and two metres from the sidewalk or concrete strip. In the absence of these, a minimum distance of three metres from the shoulder is required.

SNOW FENCES

They can be installed from November 1 to April 15 of the following year and must be located within the boundaries of the property and 2 m from a fire hydrant.

PARKING AT NIGHT

From December 1 to March 31, between 2 a.m. and 7 a.m., parking on the street is prohibited. This allows us to better clear snow as a result of the precipitation.

WINTER CAMPAIGN

This winter, THANK YOU for helping our snow removal crew make our streets safe!

- Put your bin on the street only on the morning of the collection and be careful to put it in the yard and not on the street.
- Shovel snow from your driveway onto your property instead of pushing it down the street, ditch or sidewalk.
- Remove snow from the fire hydrant near your property.
- Respect the ban on parking your vehicle on the streets at night, between 2 a.m. and 7 a.m., until March 31.

Snow removal equipment is imposing, and it plows and throws snow. You should be careful when passing it by staying away from the street, especially if you are on foot. To be effective, the equipment must operate at between 30 km/h and 40 km/h. Please be patient if you follow them!

EDMOND AUCLAIR, A MULTIFACETED MAN

By Alain Côté



Edmond Auclair
(Donald Auclair Archives)

Edmond Auclair is one of the important people in the history of Otterburn Park. He made his mark on the City's and even the region's economy and sports activities, as well as municipal political life. Born in Saint-Hilaire in 1907, the son of farmer Samuel Auclair, Edmond belonged to one of the pioneer families of the parish. He grew up on the mountain where his father had taken up residence in 1904.

As of the late 1930s, Edmond became very involved in sport. In Otterburn Park, he coached a women's softball team. There he met June Rose, and in spring 1940 the couple entered into a marriage contract before notary Joseph-Edouard-Martial Desrochers. In 1943, he became co-coach of the St-Hilaire Hockey Club with Henri Halde. In 1948, Edmond Auclair, businessman and avid skier, teamed up with other enthusiasts of this sport to found the Mont St-Hilaire Ski Club, of which he became the first president. For many years, he contributed financially to the maintenance of the trails and ski tow.

In September 1938, Edmond Auclair bought from Adjutor St-Jean the Pointe-Valaine hotel located in Saint-Hilaire on the banks of the Richelieu River, between Connaught and Oxford avenues. During World War II, it was the busiest place in the region. On January 5, 1945, he sold the hotel to Louis-Philippe Brassard, a restaurateur living in Saint-Hubert. During a visit to the Pointe-Valaine Hotel, George Arthur Savoy met Edmond Auclair and told him about his plan to build an institute for epileptics. Auclair praised the site at the bottom of one of the cliffs of Mont Saint-Hilaire. The view of the valley is magnificent. On November 28, 1944, George A. Savoy purchased the land from Ovila Delage on behalf of the non-profit corporation Foyer pour Épileptiques.

According to Donald Auclair, Edmond's son, his father's meeting with George A. Savoy, an industrialist from Saint-Jean-sur-Richelieu, was influential in the decision.

The two men later formed a company to buy and sell land in Otterburn Park. This corporation lasted until George A. Savoy's death in 1951. According to his son, Edmond Auclair continued this association with Harold J. Savoy, George A. Savoy's son. For several years, Edmond Auclair is said to have sat on the board of directors of the Foyer Savoy. Also, according to Donald Auclair, Mr. Savoy, Sr., encouraged Edmond to work in the real estate business. Savoy and Auclair bought land in Otterburn Park from Spiller, which led Auclair to create his own construction company on June 26, 1957, called Apple Valley. He was the president, Jean Charbonneau was vice-president, and Roméo Plante was the secretary. The company was located at 145 Place Courcelles, Mont-Saint-Hilaire, until its dissolution on May 21, 1983.

In 1948, Edmond Auclair entered politics, became a city councillor, and then he was elected mayor of Otterburn Park. During his long reign, from 1952 to 1977, he maintained tight control over the City's finances while ensuring its harmonious development. He was certainly one of the most prominent personalities in Otterburn Park.

Edmond Auclair died at the Montreal Jewish Hospital on March 6, 1988, aged 80. His funeral service was held at St. Andrews Church, Belœil, and his ashes were buried in Marieville.

WINTER RECREATION PROGRAM

SPORT, RECREATION AND CULTURE COMMITTEE

Congratulations Julie-Anne!

Congratulations to Julie-Anne Ranger-Beauregard on receiving the Françoise-Graton award, which rewards one or more artists whose work or performance boldly combines the notions of art and education.

Ms. Ranger-Beauregard received this award for her play *Quatre filles*, based on the novel *Little Women* by Louisa May Alcott, directed by Louis-Karl Tremblay and produced by Théâtre Denise-Pelletier.



The jury praised the richness of the language, the judicious choices of adaptation that embrace modernity, while validating the voice of each of the Four Girls and the plurality of possibilities of human existence. A play with a multigenerational reach that elevates and celebrates self-assertion with finesse and intelligence, in a fluid style that pulses with life, it offered rich raw material for the performers and the team of the show.

Playwright, writer and screenwriter, Julie-Anne Ranger-Beauregard is a graduate of the National Theatre School of Canada and the École nationale de l'humour. This season, in collaboration with the author, she adapted the novel *Manikanetish* by Naomi Fontaine into a play for the Duceppe theatre.

The Sport, Recreation and Culture Committee

OUTDOOR ICE RINKS

CENTRE EDMOND-AUCLAIR

630 Mountainview St.

Tel.: 450 536-0288

(during business hours)

- Free hockey for children and adults
- Public skating

DUNCAN-CAMPBELL PARK

1517 Ozias Leduc Road

Tel.: 450 536-0291

(during business hours)

- Free hockey for children and adults
- Public skating
- Ice ring

The weekend schedule applies during Christmas break, pedagogical days and spring break. In case of bad weather, check the City's website for any temporary closures of the rinks due to poor ice conditions.

Regular schedule

Monday to Thursday: 2 p.m. to 9 p.m.

Friday: 2 p.m. to 10 p.m.

Saturday and Sunday: 10 a.m. to 10 p.m.

The schedule may vary depending on weather conditions.

Visit the City's website or the official Facebook page for more details.

WINTER 2023 PROGRAM

COURSES AND WORKSHOPS

DATE	TIME	ACTIVITY	CLIENTELE	PLACE	COST	DESCRIPTION
Jan. 25, 2023	From 2 p.m. to 3:30 p.m.	Demystifying anxiety	Seniors	Centre Marcel-Lacoste	Free	A workshop specially designed for seniors to demystify what anxiety is, how it manifests itself and how to tame it.
Feb. 11, 2023	9 a.m. to 2 p.m.	Ready to stay home alone	Ages 9 to 13	Centre Marcel-Lacoste	\$40	This course teaches young people aged 9 to 13 basic first aid and the skills they need to stay safe at all times, whether they are at home or in the community.
Feb. 19, 2023	10:30 a.m. to 11:30 a.m.	Voice and story-telling	Ages 2 to 6	Centre Marcel-Lacoste	Free	From a theme, the sounds that surround us or those that can be found in the story, the children are led to play with their voices in a directed way by reproducing and exploring sounds in all forms in a spirit of play.
Feb. 25, 2023	8:30 a.m. to 4:30 p.m.	Savvy Guardians	Ages 11 to 15	Centre Marcel-Lacoste	\$45	Offered with Atout Plus Inc., training partner of the Canadian Red Cross. It helps develop the skills needed to keep children safe.
Feb. 27, 2023	From 2 p.m. to 3:30 p.m.	LGBT. . . What?	Ages 9 to 99	Centre Marcel-Lacoste	Free	Want to know more about the acronym for emotional, sexual and gender diversity (LGBT+)? Come and learn, either alone or with family or friends, how to distinguish between sexual orientation, gender identity and gender expression.
March 1, 2023	1:30 p.m. to 3:30 p.m.	Improv	Ages 10 to 17	Centre Marcel-Lacoste	Free	Do you want to test your improvisation skills? You will be guided by a professional actor and expert improviser.
March 11, 2023	10:30 a.m. to 11:45 a.m.	Digital well-being in the family	Ages 10 to 99	Centre Marcel-Lacoste	Free	A workshop for the whole family to reduce the potentially harmful effects of the digital environment; help youth feel good about their relationship with technology; develop critical thinking and conscientious use of digital technology.

COURSES AND WORKSHOPS:

Registration required by logging onto Sport-Plus.

TO REGISTER FOR COURSES AND WORKSHOPS:

1. Go to opark.ca, click on “Loisirs, Inscription” [recreation, registration], then sign up.
2. Select “Inscription aux activités” [activity registration] at the top right.
3. Select the member you want to register.
4. Select the program.
5. Select the activity at “Niveau” [Level].
6. Click on the “Ajouter au panier” [Add to cart] button through the desired activity.
7. Click on the shopping cart (flashing red) at the top of the page.
8. Choose the payment method and proceed with the payment.

RECREATION PROGRAM

ACTIVITY	SCHEDULE	LOCATION/DATES	REGISTRATION/INFORMATION
Badminton	Monday 7:30 p.m. to 9:30 p.m.	Mountainview School January 9 to May 15	Mountainview Badminton Club Brian Stanley - 438 406-5995 brianstanleyhome3@yahoo.com
Pickleball	Tuesday 7 p.m. to 9 p.m.	Mountainview School January 10 to May 9	Vallée-du-Richelieu Pickleball Club Maurice Boulanger – 450 467-1196 boulanger.maurice@videotron.ca
Cosom Hockey Kids aged 9 to 11	Sunday 1 p.m. to 2 p.m.	Mountainview School January 8 to March 19	Les Retro-Actifs de Beloeil Geneviève Deladurantaye - 514 808-4883
Cosom Hockey Adults	Thursday 7:30 p.m. to 9 p.m.	Mountainview School January 12 to April 6	
Karate	Monday, Tuesday and Wednesday 6:30 p.m. to 8:30 p.m.	École Notre-Dame 1 January 16 to March 22	École de karate Sankudo Francine Sarrasin - 450 464-4853 info.op@sankudo.ca sankudo.ca
Tamjams evenings	Wednesday 7 p.m. to 9:30 p.m.	Centre Marcel-Lacoste January 11 to May 3	Art et musique pour tous Éric Lafontaine - 450 775-5233 ericlafaf@gmail.com
Fadoq	Tuesday and Thursday 9 a.m. to 4:30 p.m.	Centre Marcel-Lacoste Resumption on January 5	Fadoq d’Otterburn Park 450 339-3150 info@otterburnpark.fadoqry.ca otterburnpark.fadoqry.ca
Yoga	Thursday 7 p.m. to 8 p.m.	École Notre-Dame II January 12 to April 13	Daphnée Roy-Langelier droylangelier@gmail.com Facebook: www.facebook.com/Daphneeyoga Instagram: daphneeyoga

Special Events



CHRISTMAS ACTIVITY

Date: Saturday, December 10 from 10:30 a.m. to 2:30 p.m.

Location: Royal Canadian Legion
318 Connaught Street

The Ville d'Otterburn Park and the Royal Canadian Legion are organizing a special Christmas event. Starting at 10:30 a.m., free coffee and hot chocolate will be served at the Vroom Café truck, which will also sell specialty coffees, sandwiches and desserts. If we have snow, we will provide you with materials to participate in a snowman contest.

The Chœur du Brouhaha will perform a Christmas show for children at 1:15 p.m. Young and old will be able to participate in a workshop decorating cookies and tree ornaments and, finally, Santa Claus will come to visit us!

FÊTE DES NEIGES [SNOW FESTIVAL]



Date: Saturday, January 21, 2023, 11 a.m. to 3 p.m.

Location: Duncan-Campbell park

Come and put yourself to the test at the gaming stations of yesteryear and games of the world. You can borrow fat bikes for a ride. You can also enjoy the Érablière Meunier booth and the beavertail truck. You'll have the opportunity to watch a fancy makeup artist at work and warm up around a fire or try Zumba with a Focus Studio instructor. That's not all. You will be amazed by an ice sculpture demonstration. Don't forget your skates to enjoy our beautiful ice rinks!

VALENTINE'S DAY SKATE

Date: Saturday, February 11, from 4 p.m. to 8 p.m.

Location: Edmond-Auclair Park

Aren't music, mood lights, outdoor fires and hot chocolate the perfect ingredients for a romantic evening? Bring your skates and open your hearts to spend a little evening in the colours of love among lovers, friends or family.



COMMUNITY ORGANIZATIONS

OPERATION RED NOSE

After a two-year break caused by the COVID-19 virus, the steering committee of Operation Red Nose is at work to prepare the 27th season which will run from November 29 to December 31 inclusive. The station is located at 150 Prince-Arthur Street in Otterburn Park.

Operation dates in 2022

- November 25 and 26
- December 2, 3, 9, 10, 16, 17, 23, 24 and 31

In 2019, the Opération Nez rouge Vallée-du-Richelieu gave 833 people safe rides home.

This volunteer service contributes to a reduction in the number of accidents resulting in loss of life and serious and irreversible injuries. The donations collected in 2019 were distributed to organizations in the region working directly with youth.

Would you like to volunteer? Contact us! If you are alone, we will be happy to form your team.

Information

Tel.: 450 467-4011 or 514 978-7457
Gaëtan Labelle, Coordinator

FADOQ

CHRISTMAS LUNCH

FADOQ Otterburn Park and the City are pleased to announce that the traditional Christmas lunch will be back this year!

This party, offered free of charge to Otterburn Park seniors and members of FADOQ, is a great time to get together and celebrate! The participation of our sponsors will allow us to offer you a delicious turkey meal followed by a flamboyant dessert from La Cabosse d'Or.

Date: Sunday, December 18, 11:30 a.m.

Location: Centre culturel et communautaire de la Pointe-Valaine

Registration

Registration will take place on November 22. Hurry, places are limited!

- FADOQ Otterburn Park members, register with Doris Dubreuil at 450 339-3150.
- Senior citizens of Otterburn Park, contact Noémie Dubuc at 450 536-0303, ext. 291 or ndubuc@opark.ca.

It will be a real pleasure to see you again. We hope to see all of you there!

MOTHERS AND CHILDREN MORNINGS

Activities for parents while children have fun and socialize at the adjoining drop-in daycare centres.

ONLINE REGISTRATION

Starting December 22, 8 a.m.

<http://lesmatinees.com/devenir-membre>

Monday: Matinées Mères-en-forme

Drop-in daycare centres open from 8:45 a.m. to 11:45 a.m. The activity starts at 9:15 a.m., duration of 60 minutes

Cost: \$65

Tuesday: Les Matinées – Morning talks

Drop-in daycare centres open from 8:45 a.m. to 11:30 a.m. The activity starts at 9:30 a.m.

Cost: \$45

Wednesday: Matinées Mères-en-forme

Drop-in daycare centres open from 8:45 a.m. to 11:30 a.m. The activity starts at 9:15 a.m., duration of 60 minutes

Cost: \$65

Thursday: AM: Les Matinées – Morning talks

Drop-in daycare centres open from 8:45 a.m. to 11:45 a.m. The activity starts at 9:30 a.m.

Cost: \$45

Thursday PM / Friday AM and PM: Drop-in daycare centre

A room is available next to the daycare with a coffee machine available for the mother who wishes to drop off her child.

However, it is also possible for mothers to leave the building for the determined period of time to go about their business and benefit from some respite.

Cost: \$15/block of 3 hours

MEMBERSHIP CARD

(mandatory, payable with registration):

Residents of Mont-Saint-Hilaire and Otterburn Park: \$15

Non-residents: \$35

Location: Pavillon Jordi-Bonet, 99 Centre Civique Street, Mont-Saint-Hilaire

JEUNES VOIX DU COEUR

Youth choir from 6 to 17 years old.

Your children love to sing and would like to share their passion with other young people their age?

The Jeunes Voix du Cœur choir is made for them!

Rehearsals on Tuesday evenings at the Centre culturel de Beloeil starting on January 17, 2023, for the winter session.

Registrations are open starting from mid-December on our website.

Information and registration

Phone: 514 292-6184

jeunesvoixducoeur.com

INTEGRATION SKILLS

The Fabrique numérique [digital factory] for 16-to 35-year-olds

Design of hoodies, caps, cups and other objects by learning how to operate the sublimation printer and other machines for working textiles, glass, printing, vinyl and others. Materials provided.

- November 28, 2022, from 1:30 p.m. to 3:30 p.m.

Other dates to come. Contact us to find out more!

Objectif Intégration Session for Immigrants*

The Objectif Intégration session allows you to learn more about democratic values and Quebec values expressed by the Charter of Human Rights and Freedoms, cultural codes in employment and the legal framework in the world of work.

- January 16, from 9:00 a.m. to 12:00 non
- February 13, from 6 p.m. to 9 p.m.
- March 20, from 6 p.m. to 9 p.m.

*Allowance of \$205 for eligible individuals.

Services aux entreprises de la Vallée-du-Richelieu [business services]

We can help you:

- Post your job offers
- Develop job descriptions
- Pre-screen candidates
- Obtain wage subsidies
- Support your new employees from a different culture
- In-company training to promote employment retention

Free information sessions every Friday from 11:30 a.m. to 12:00 noon

Information

Phone: 450 464-4481 | integrationcompetences.ca

PARRAINAGE CIVIQUE DE LA VALLÉE-DU-RICHELIEU

Parrainage civique is looking for volunteers who want to live an enriching human experience through matching with a person who has an intellectual disability, a mental health disorder or an autism spectrum disorder.

This type of volunteering enhances members' quality of life and helps them to actively integrate into public life. Activities can be varied: walking, cinema, board games, shopping, and cooking or restaurant meals.

The objective is to promote the integration, valorization and self-esteem of members called "godchildren." Interested? Contact us!

Information

Tel.: 450 464-5325, ext. 2
pcvr.ca

SOCIÉTÉ D'HISTOIRE ET DE GÉNÉALOGIE DE BELŒIL-MONT-SAINT-HILAIRE

TALKS – WINTER 2023

In hybrid mode, see details on shgbmsh.org

Wednesday, January 25, 7:30 p.m. – Regional prehistoric archaeology and major discoveries in Montérégie by Michel Gagné

Wednesday, March 29, 7:30 p.m. – Samuel Jacobs, father and son, merchant and seigneur, by Bruno LaBrosse.

Cost: \$10/talk. Free for members.

Video clip

By the end of the year, a video clip on Otterburn Park will be uploaded to the YouTube channel of the Société d'histoire et de généalogie. This is the 12th and final video clip in the “Did you know” series, produced for the Society's 50th anniversary.

Cahier d'histoire

Cahier d'histoire 128-129, special 50th anniversary, is sold in several stores and at the shgbmsh.org for \$10. This issue features more than 70 photos of the region, mainly from L'Œil Régional's photographic collection of the past 50 years, and celebrates the Society's 50th anniversary.

SANKUDO KARATE SCHOOL

It's already time to think about registrations for the winter season! A few places are still available for beginners, both for young people and adults. Classes will begin on January 16. Please note that classes will be given in Pavilion 2 of Notre-Dame School located at 11 Helen Street until the end of January.

The team of teachers thanks you for your continuous trust.

Information

Tel.: 450 464-4853

info.op@sankudo.ca or francine.sarrasin@videotron.ca

sankudo.ca

AGE	SCHEDULE	COST
5-6 years old, beginners	Tuesday, 6:30 p.m. to 7:15 p.m.	\$120 once/week
7-9 years old, beginners and intermediates	Monday, 6:30 p.m. to 7:30 p.m.	\$125 once/week
9- to 12-year-olds, beginners and intermediates	Wednesday, 6:30 p.m. to 7:30 p.m.	\$125 once/week
Adult beginners and more	Monday and Wednesday 7:30 p.m. to 8:45 p.m.	\$140 once/week \$185 twice/week

L'ARRIÈRE SCÈNE THEATRE FOR YOUNG AUDIENCES SHOWS

WALTER EGO

Clown | Mime | 55 min
From 5 years old
December 11-14, 2022

L'ENFANT CORBEAU

Theatre | sensory-adapted performance (RSA) | 60 min
From 6 years old
February 12-15, 2023

SONGS FOR THE MUSEUM

Music | Visual art | 55-min performance
From 9 years old
January 22-25, 2023

ARCHIPEL

Puppets | Creation | Music | Dance/movement | 40 min
From 3 years old
March 5-8, 2023

Information

Tel.: 450 467-4504
arrierescene.qc.ca

GYMNASTICS CLUB ARABESQUE

Registration – Winter 2023

- From November 26 – current members
- December 3 – new gymnasts (residents)
- December 5 open to everyone
- Registration opens at 9 a.m.

Program and online registration: gymnastiquearabesque.ca

ROYAL CANADIAN LEGION AUCLAIR 121

Come and discover what the Legion has to offer this winter!

- Cribbage and darts
- Pub nights
- Bingo
- Curling rental
- Room rental

The next Bingo will be held on Friday, November 25, at 7 p.m. We hope to see you there!

Information

Tel.: 450 467-0881
auclair121.com

CENTRE DE FEMMES L'ESSENTIELLE

A place of belonging managed by and for women in the Richelieu Valley and surrounding area, l'Essentielle is open to women regardless of their age, marital status, nationality or sexual orientation. We offer services and a network of education and action according to the community's needs.

Open Monday to Thursday from 8:30 a.m. to 4:30 p.m.
Closed between 12:00 noon and 1:15 p.m. and Monday afternoons.

Information

Tel.: 450 467-3418
cfessentielle.org
Follow us on FB: CFEssentielle

MONTEREGIE EAST PARTNERSHIP FOR THE ENGLISH SPEAKING

DROP-IN ART HIVE, Tuesdays from 1pm-4pm. We will also be hosting a variety of creative workshops in our community space, for more information follow us on Facebook.

MORE DROP-IN (Community Space) - Coffee & Conversation - Moms and their 0-5 year old children meet Wednesday between 9am-11am. Come relax with other Moms and enjoy a coffee on us !

BILINGUAL CONVERSATION, Starting Thursday November 17th we will meet weekly from 2pm to 3pm in our community space. We have a few spots left so, come join us and help each other learn or improve our English-French language skills.

SENIORS DISCUSSION GROUP. Let's talk about what our Seniors need and how we can help. We are looking for partners and members to participate in these discussions. Help us serve the Seniors in our community. Meetings will be held on Wednesdays between 2:30pm - 3:30pm

SPROUTS - November 15th - February 14th, 10\$ for all 10 classes. The Sprouts program welcomes Moms and Toddlers ages 0-5. This program's goal is to mix education with fun for your little ones. This program will be held at our community space.

MOMS and TOTS YOGA , New session will start in the New Year. For more information follow us on Facebook!

TRIVIA NIGHT - Online, Join us the second Tuesday of the month at 7pm for an hour full of fun and trivia!

SENIORS SNEAKERS - Held at the Legion in Otterburn Park is an adapted exercise program starting January 16th 2023. Spots are limited so sign up now!

INTERESTED IN ANY OF THE ABOVE ACTIVITIES?
Email info@mepec-pemca.org OR scan this QR code

Information
450 281-3732
mepec-pemca.org
info@mepec-pemca.org



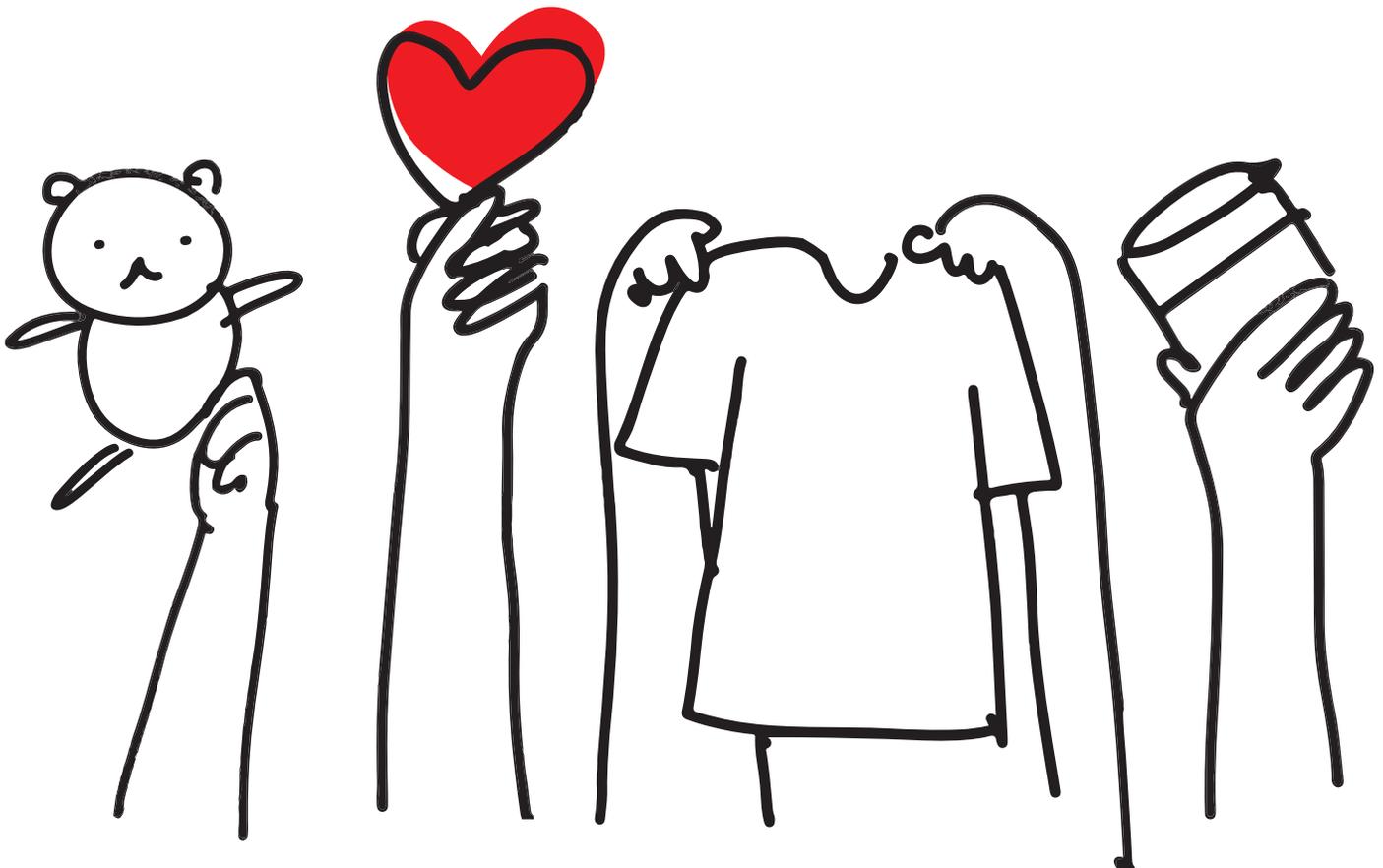
GUIGNOLÉE

MAKE A DIFFERENCE WITH US!

The City would like
to remind residents that
La Guignolée 2022
will take place on

Sunday, December 4
at the Legion (318 Connaught Street).

*Thank you
in advance for
your generosity!*





Main number: 450 536-0303

Fax: 450 467-8260

www.opark.ca

E-mail: info@opark.ca