

FROM EAST

TO WEST

WINTER 2015 / 2016



*Cultural and
Sports Program*
PIERREFONDS - ROXBORO



Pierrefonds
Roxboro

Montréal



Dimitrios Beis
Borough Mayor
Member of the Executive Committee Responsible for Procurement, Sports and Recreation, and Communities of Diverse Origins

Jim

I hope you found our new magazine useful and that this will enable you to easily access all our cultural and sport activities in your borough.

Among the winter activities, we suggest a wide variety of sports. I hope you will join us on February 7th to celebrate Winter Fun; a day of sporting festivities and activities for the entire family from East to West in your borough. It is not to be missed! I am inviting you to reserve the date. Hoping to meet you then!

For those who love music, theater or literature, there are prestigious concerts, pleasing performances, storytelling, lectures, as well as educational and participatory workshops offered. For March break week, we are suggesting a Musical Session with Les Jeunesses Musicales workshops and a concert; an opportunity to discover and enjoy music.

Again, I encourage you to participate in the sportive, cultural, or social development activities of your borough. It is the occasion to get to know your neighbours and develop the sense of belonging in Pierrefonds-Roxboro.

*Hoping to see you at one of the activities!
I wish everyone a great year 2016!*

Festival Petits bonheurs

Toddler
**cultural
rendez-vous !**

*From May,
5th at 15th, 2016*



Photo : Michel Pinault

WINTER FUN!



**Two places
to celebrate!**

**ALEXANDER
PARK**

14899, Oakwood

GRIER PARK

17760, Meloche

**Sunday,
February 7**

11 a.m. to 3 p.m.

Activities for the whole family, dogsledding, carriage ride, sledding, shinny hockey and free skating (bring your skates, helmet and sled), hot chocolate, taffy on the snow, soup and cookies

TICKETS

Several options are available to you

- > REGISTRATION
- > TICKETS
- > PASSES FOR FREE ENTERTAINMENT

• IN PERSON
BUREAU ACCÈS MONTRÉAL (no service charge)
 13665, boul. de Pierrefonds - Pierrefonds (QC) H9A 2Z4
Schedule of Bureau Accès Montréal
 Mondays to Thursdays: 8 a.m. to 5 p.m.
 Fridays: 8 a.m. to 12 p.m.
 Opportunity to purchase individual tickets, if available, at the theater, 45 minutes before showtime.

• BY PHONE 311 (no service charge)

• RESEAU ADMISSION (service charge)
 1 855 790-1245 / www.admission.ca

• PASSES (in person only)
 Maximum of two (2) passes/person per presentation (except for shows for youngsters - four (4) passes). Available in person only at the mentioned date. Tickets are valid up to 10 minutes before indicated time. All passes are available at the Pierrefonds and Roxboro libraries.

• SUBSCRIPTION

15% DISCOUNT
 with the purchase of 3 THREE DIFFERENT SHOWS!

FREE A PAIR OF TICKETS
 for a show of your choice with the purchase of two (2) subscriptions!

10% DISCOUNT
 Upon presentation of the Acces Montréal card with purchase of tickets at regular price, in person only (excluding subscriptions and seniors / students prices)

Want to know more about our cultural events?

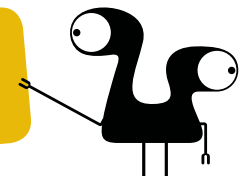
Visit: pierrefonds-roxboro@ville.montreal.qc.ca

• VENUES
 Pierrefonds Cultural Center
 13850, boul. Gouin Ouest
 East Community Center
 9665, boul. Gouin Ouest
 Ste-Suzanne Church
 9501, boul. Gouin Ouest

Thanks to all our partners



LIMITED PLACES
PASSES REQUIRED
 available as of
 February 15, 2016



SPRING BREAK CHILDREN AND FAMILY

ATELIER BRICO-MUSIQUE HARPE-MARACAS

Jeunesses Musicales Canada
Tuesday, March 1st, 2016 > 1:30 p.m.

Location: East Community Centre
3 to 6 years old

Children explore the melodious sound of the harp. Letting their creativity run free, they build a unique harp from Madagascar, which combines strings and percussion. The workshop concludes with the children staging a concert filled with colourful sounds!



Photo : Jeunesses Musicales Canada

ATELIER MÉTALLOPHONE

Jeunesses Musicales Canada
Wednesday, March 2nd, 2016 > 10 a.m.

Location: East Community Centre
3 to 6 years old

In the spirit of discovery, children will explore and experiment with the metallophone, a melodious percussion instrument. They will also be asked to associate the notes with different emotions, which they will act out together in small groups.



Photo : Jeunesses Musicales Canada

HEAD IN THE CLOUDS Jeunesses Musicales Canada

Théâtre familial (English)
Friday, March 4th, 2016 > 7 p.m.

Location: East Community Centre
3 to 6 years old

Since she was a little girl everyone said Annabelle had her head in the clouds. She never believed them until one day, as she was listening to the birds sing, wings suddenly started to grow out of her back. Become enchanted by the diverse sounds of her harps.



Photo : Gunther Gampfer

FREE OF CHARGE

DADA

Théâtre de l'Aubergine
Children and family (French)
Friday, January 22, 2016 > 7 p.m.

Location: East Community Center
5 to 12 years old
Cost for all : \$ 2.00

Leopold Minute, a clockmaker by profession, repairs, adjusts and reconditions watches, clocks and alarm clocks. Lost in a daydream, he is then suddenly filled with a sweet insanity that he expresses through dance, juggling and acrobatics.



Photo : Théâtre de l'Aubergine

DES TÉNÈBRES VERS LA LUMIÈRE I Musici de Montréal

Classical music
Sunday, February 7, 2016 > 2 p.m.

Location: Pierrefonds Cultural Centre

BEETHOVEN : String Quartet No. 11 in F minor "Serioso" (op. 95).
 FRANZ SCHUBERT : String Quartet No. 14 in D minor, "Death and the maiden" (D. 810)
 This event has received the financial support from the Conseil des arts de Montréal en tournée.



Photo : Roger Proulx

FREE OF CHARGE
PASSES REQUIRED
 available as of
 January 21, 2016

ALLÉGORIES DE RUELLES

Magnitude6
Music
Friday, February 12, 2016 > 7:30 p.m.

Location: East Community Center

As genuine urban explorers, Magnitude6 musicians and composer Julien Robert criss-crossed the island of Montreal in search of new soundscapes during their five creative residencies.

They present their rhythmic and unconventional view of the city in the «Allegories de ruelles» concert that combines music, digital audio broadcasting and video projection.

Students attending the elementary school Perce-Neige participated in this artistic project.



Photo : Catherine Abraham

FREE OF CHARGE
PASSES REQUIRED
 available as of
 January 28, 2016

DUBÉ DU BOUT DU BIC Théâtre Bouches décousues

Children and family (French)
Friday, February 19, 2016 > 7 p.m.

Location: East Community Centre

4 years old and up
Cost for all : \$ 2.00

Dubé du bout du Bic is a musical excursion where the river thinks it's a sea and where islands teem with stories. You will discover a rabbit hiding in the rocks and where waves play tag with the beluga whales.



Photo : Louise Leblanc

CARACTÈRE HÉBRAÏQUE

Orchestre Métropolitain

Classical Music

Friday, February 26, 2016 > 8 p.m.

Location: Sainte-Suzanne Church
9501 boul. Gouin Ouest

36 to 64 years old: \$17.00

18 to 35 years old: \$15.00

Senior/Student/Minor: \$ 14.00

The unifying pride of the Jewish people will be portrayed through the music of Bruch, Prokofiev, Bloch and Oppenheim, by conductor Airat Ichmouratov, the ensemble Magillah and cellist Yegor Dyachkov, great Québec talent whom we have the pleasure of welcoming back after several years of absence.

A program honouring the Hebrew identity over several eras.

This event has received the financial support from the Conseil des arts de Montréal en tournée.



Photo: Polina Fedorova



Photo: Pierre-Yves Gagnon

LE JARDIN DE BABEL

Théâtre de l'Œil

Children and family Français

Friday, March 18, 2016 > 7 p.m.

Location: East Community Centre

4 to 8 year olds

Today for Babel, everything is upside down. In his garden, sheep graze the clouds and rabbits grow like carrots. This puppet show filled with songs and characters with wacky behavior challenges the conventional ideas about our world.

This event has received the financial support from the Conseil des arts de Montréal en tournée.



Photo: Michel Pinault

FREE OF CHARGE

PASSES REQUIRED
available as of
March 3, 2016.**RENAUD PARADIS**

jazz Franco!

Jazz and blues

Friday, April 1st, 2016 > 7:30 p.m.

Location: Pierrefonds Cultural Centre

36 to 64 years old: \$15.00

18 to 35 years old: \$ 13.00

Senior / Student / Minor: \$ 12.00

French songs from here and abroad performed by Renaud Paradis with the help of three big names of jazz music under the musical direction of Philippe Noireault.



Photo: Olivier Arsenault

**4 SAISONS -
4 VIOLES DE GAMBE**

Les Voix humaines

Classical Music

Sunday, April 10, 2016 > 2 p.m.

Location: Pierrefonds Cultural Centre

Since 1985, Les Voix humaines have been thrilling audiences around the world with bold musical performances for violas da gamba. With this concert, they will present The Four Seasons by Vivaldi, as you have never heard them played before.

This event has received the financial support from the Conseil des arts de Montréal en tournée.



Photo: Thobias Haynes

FREE OF CHARGE

PASSES REQUIRED
available as of
March 3, 2016.**ARTISTS... Participate
in the 31st edition of the
Pierrefonds-Roxboro
art contest**

The Pierrefonds-Roxboro Borough is pleased to invite all artists of the Island of Montreal to participate in the 31st edition of the 2016 Pierrefonds-Roxboro Art Contest.

Amateur Category (amateur artists: children, teenagers, adults or seniors) - painting, watercolour, drawing and mixed techniques

Professional Category (professional artists aged 18 years old and up) - painting, watercolour, drawing and mixed techniques

Registration forms will be available soon on our website:
ville.montreal.qc.ca/pierrefonds-roxboro
and entries must be returned to us by mail only no later than

FRIDAY, APRIL 8, 2016

If you need further information, please do not hesitate to contact Lyne Duclos at **514 624-1114**

**FRÉDÉRIC BACK :
GRANDEUR NATURE**

Les Films du 3 Mars

Cinema (French)

Friday, April 22, 2016 > 7:30 p.m.

Location: East Community Centre

This documentary presents a portrait of one of the greatest animated film directors: Frédéric Back was awarded 2 OSCARS (The Man Who Planted Trees). You will discover the amazing artistic universe of this great ecology advocate who remains as passionate and, above all, always inspiring.

Presented as part of International Earth Day.

This event has received the financial support from the Conseil des arts de Montréal en tournée.



Photo: Phare-Est Média

FREE OF CHARGE

PASSES REQUIRED
available as of
April 7, 2016**ANDRÉ LE NÔTRE
EN SES JARDINS**LE FESTIVAL
INTERNATIONAL DU FILM
SUR L'ART (FIFA)

Cinema (French)

Thursday, May 19, 2016 > 7:30 p.m.

Location: East Community Centre

André Le Nôtre (1613-1700), the mastermind behind the remarkable park at Versailles, invented landscape art in the seventeenth century. Le Nôtre transformed landscape into a balanced, controlled work of art, forever revolutionizing the way nature is arranged

This event has received the financial support from the Conseil des arts de Montréal en tournée.

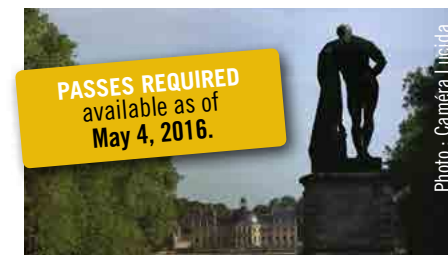


Photo: Caméra Lucide

PASSES REQUIRED
available as of
May 4, 2016.

FREE OF CHARGE

**POP CORN
FRIDAY**TORBEN & SYLVIA
FIFEM

Cinema (French)

Friday, April 15, 2016 > 7 p.m.

Location: East Community Centre

6 years old and up

Torben wishes for only one thing in life: to be the best apple, and to finish in a supermarket, in the produce section! But his dream will fly away when he catches a lovely worm, called Sylvia. Thus begins a long journey filled with delicious adventures ...

This event has received the financial support from the Conseil des arts de Montréal en tournée.

PASSES REQUIRED
available as of
March 31, 2016.

Cinéma Public Films présente

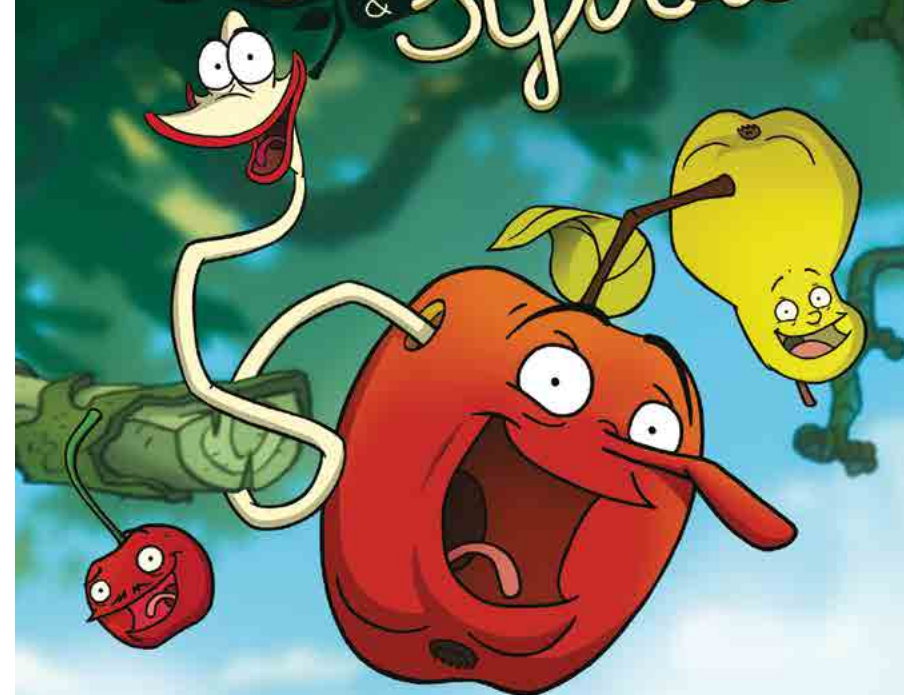
**TORBEN
& Sylvia**

Photo: Cinéma Public Films

Un film d'Anders Morgenthaler

PIERREFONDS AND ROXBORO LIBRARIES

Information about activities

ACCESS TO ACTIVITIES

Resident and non-resident library members as well as all members of the Montreal Public Libraries Network are welcome to participate in the Pierrefonds and Roxboro public libraries activities.

However, in case of limited places, priority will be given to Pierrefonds-Roxboro residents.

COST OF ACTIVITIES

All activities are free of charge unless stated otherwise. All you have to do is present your library card at the activity.

REGISTRATION

Registration prior to the activity is compulsory. Registration may be done by phone or in person.

SERVICES

LE PORTILLON Home delivery service at the Pierrefonds Library

The Pierrefonds Public Library has set up a home delivery service: "Le Portillon". Are you temporarily or permanently housebound? This service is for you! Novels, non-fiction books and talking books delivered right to your door!

SIGN UP, IT'S FREE!
PHONE 514 620-4181 EXT. 2203!



PIERREFONDS PUBLIC LIBRARY

13555, boulevard de Pierrefonds
514-620-4181 poste 2203
ville.montreal.qc.ca/pierrefonds-roxboro

BUS ROUTES

68 - 201 - 205 - 208 - 209 - 409 - 468 - 470

OPENING HOURS

Monday to Thursday: 10 a.m. to 9 p.m.

Friday: 10 a.m. to 6 p.m.

Saturday and Sunday: 10 a.m. to 5 p.m.

THE LIBRARY WILL BE CLOSED FOR THE FOLLOWING HOLIDAYS:

Good Friday: Friday, March 25, 2016

Easter: Sunday, March 27, 2016

Easter Monday: Monday, March 28, 2016

Victoria Day: Monday, May 23, 2016



ROXBORO PUBLIC LIBRARY

110, rue Cartier
514-684-8247
ville.montreal.qc.ca/pierrefonds-roxboro

BUS ROUTES

206 / 208 / 209 / 409

OPENING HOURS

Monday to Wednesday: 1 p.m. to 9 p.m.

Thursday: 10 a.m. to 9 p.m.

Friday: 10 a.m. to 6 p.m.

Saturday: 10 a.m. to 5 p.m.

Sunday: 1 p.m. to 5 p.m.

THE LIBRARY WILL BE CLOSED FOR THE FOLLOWING HOLIDAYS:

Good Friday: Friday, March 25, 2016

Easter: Sunday, March 27, 2016

Easter Monday: Monday, March 28, 2016

Victoria Day: Monday, May 23, 2016

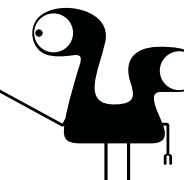
Check out the schedule for our next BOOK SALE

Location: Pierrefonds Cultural Centre

Books will be sold at \$1.00 each.



COMPULSORY REGISTRATION
at the Pierrefonds library



REGULAR ACTIVITIES

ENGLISH BOOK CLUB

Mary Soderstrom

Mondays - February 1, March 7, April 4, May 2 > 7:15 p.m.

Every month read a book suggested by our club leader, Mary Soderstrom, and share your impressions with other readers along with a good cup of coffee.

SECOND ENGLISH BOOK CLUB

Mary Soderstrom

Mondays - February 8, March 14, April 11, May 9 > 7:15 p.m.

Every month read a book suggested by our club leader, Mary Soderstrom, and share your impressions with other readers along with a good cup of coffee.

MOTS PARTAGÉS (French)

Hélène Denis

Tuesdays - January 26, February 9, February 23, March 8, March 22, April 5, April 19 > 7 p.m.

This workshop is directed primarily to Francophones as well as Non-Francophones who have a good knowledge of the French language and wish to improve it. Fifteen participants will meet to discuss a suggested book they have read. Meet interesting people and share your culture with them!

CERCLE LITTÉRAIRE (French)

Aline Apostolska

Thursdays - February 25, March 17, April 14, May 12 from 2 p.m to 4 p.m

Come and share your joy of reading in a friendly atmosphere.

LECTURES AND WORKSHOPS

UNDERSTANDING YOUR CAT'S BEHAVIOR (French)

Anne-Lise Paul

Wednesday, February 3 > 7 p.m.

Using concrete examples, discover feline behavior, as well as primary and secondary needs of cats, their modes of communication and how to interact with them. The spatial planning as well as the cleanliness and importance of litter will be discussed.



MAKE UP WORKSHOP (French) Bruno Rhéaume

Wednesday, February 17 > 7 p.m.



Come learn makeup tips and tricks with makeup artist and author of "Belles - Outils et astuces pour un maquillage réussi", Bruno Rhéaume.

THE SECRETS OF COLOURS (English)

Céline Benoît

Wednesday, March 16 > 7 p.m.

Learn how to take advantage of the effects of colours in your home, how to choose the right colour at the right place and understand their effects on the space.

THERAPEUTIC BEREAVEMENT WORKSHOP (English)

Opal Altmann

Tuesday, March 29 to May 24 > 1 p.m. Except May 3

Location: Centre culturel Pierrefonds

Participate in an eight week session workshop that will help you acknowledge and face your grief and then allow you to give yourself permission to move on.

Program: gentle stretching exercises, miscellaneous therapeutic activities, meditative relaxation to music, Circle of Friends free-flow discussion and specific theme discussion, affirmation of self. Wear comfortable clothing and shoes and bring an exercise mat or large towel.

A single registration required for the eight-week session,

HOW TO PREPARE FOR A SPORTS CONTEST (French)

Claudia Labrosse

Wednesday April 13 > 7 p.m.

This interactive conference will help you better prepare for your sporting challenge. Kinesiologist Claudia Labrosse will outline the aspects to consider to maximize pleasure and reduce the risk of injury.



RESUME WORKSHOP (English)

CRE de Pointe-Claire

Wednesday, April 20 > 1:30 p.m.

The CRE de Pointe-Claire in collaboration with the Pierrefonds Library invites you to a workshop on writing high impact professional resumes.

VOLUNTARY SIMPLICITY TO MAKE OUR FUTURE RIGHT (French)

Serge Mongeau

Thursday, April 21 > 7 p.m.

With global warming, the end of cheap oil and the exhaustion of several resources, our future is threatened. We must act today and voluntary simplicity provides several ways to get there.



COMPULSORY
REGISTRATION



SPECIAL ACTIVITIES FOR CHILDREN

PYJAMA STORY TIME / 3 - 5 year-olds
IN FRENCH: Thursday, April 14 > 6:45 p.m.
IN ENGLISH: Thursday, May 5 > 6:45 p.m.

CREATING ECO-INSTRUMENTS WORKSHOP:

KALIMBA (French) / 8 - 13 year-olds
 Ralph Auguste Maingrette

Location : Pierrefonds library

Sunday, February 21 > 1:30 p.m.

As part of Black history month. Learn the expression of a culture, of a people and a region. Recycle and create an instrument with recycled materials.



COMPULSORY
REGISTRATION
starting January 21

SPRINK BREAK

LITTLE SAILBOAT (French) / 2 - 7 year-olds

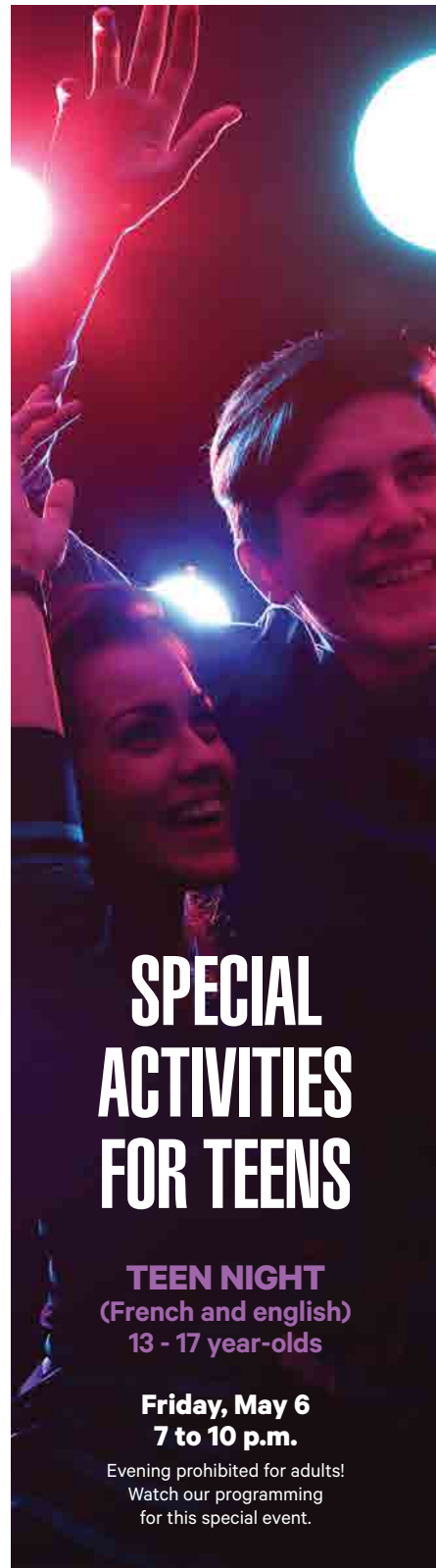
Théâtre Gros Orteil

Location : Pierrefonds Cultural Centre

Wednesday, March 2 > 1:30 p.m.

For Spring Break. This is the story of little Murielle who has to take out the garbage because the truck comes tonight. She must carry a mountain of garbage. Murielle discovers that the sock can make a flag, that a toilet paper roll, a telescope and an old broom handle can turn into a large mast. A moment of acrobatics and clowning that brings a fresh look on the importance of recycling.

COMPULSORY
REGISTRATION
at the Pierrefonds library
Starting February 2

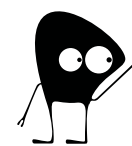


SPECIAL ACTIVITIES FOR TEENS

TEEN NIGHT
 (French and english)
 13 - 17 year-olds

Friday, May 6
7 to 10 p.m.

Evening prohibited for adults!
 Watch our programming
 for this special event.



COMPULSORY
REGISTRATION

CHILDREN REGULAR

SONGS AND RHYMES FOR BABIES (French and English)
 0 to 18 month olds accompanied by an adult

Winter session begins the week of February 15 > 9:40 a.m.

Help your baby discover songs, nursery rhymes and the love of books. There will be three three-week sessions this winter. The themes will be colours, sounds and animals.

TINY TALES FOR TINY TOTS (French and English)
 18 to 36 month olds accompanied by an adult.

Winter session begins the week of February 15 > 10:05 a.m.

An introduction to picture books in a group setting. Stories, songs, finger plays, rhymes and puppets. Thirty minutes of fun!

WEEKLY STORY TIME (French and English) / 3 - 5 year-olds
Winter session begins the week of January 25 2016 > 10:05 a.m.

Forty-five minutes of stories, songs, rhymes and crafts. Come and enjoy books and the library !

SATURDAY TINY TALES FOR TINY TOTS / 2 ½ - 3 year-olds

IN FRENCH: February 6, March 12, April 9 > 10:15 a.m.

IN ENGLISH: February 20, March 19, April 30 > 10:15 a.m.

An introduction to picture books in a group setting. Stories, songs, finger plays, rhymes and puppets. Thirty minutes of fun!

SATURDAY STORY TIME / 4 - 5 year-olds

IN FRENCH: February 6, March 12, April 9 > 11 a.m.

IN ENGLISH: February 20, March 19, April 30 > 11 a.m.

Once a month for children who do not attend the regular Weekly Story Time.

ONCE UPON A TIME / 6 - 8 year-olds

IN FRENCH: February 6, March 12, April 9 > 1 p.m.

IN ENGLISH: February 20, March 19, April 30 at 1 p.m.

Factual, fantastic or fabulous stories to entertain you. Once a month.

BETWEEN FRIENDS / 9 - 12 year-olds

IN FRENCH: February 6, March 12, April 9 > 2:15 p.m.

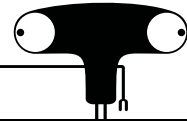
IN ENGLISH: February 20, March 19, April 30 > 2:15 p.m.

Have fun playing board games, solving mysteries, doing some arts and crafts... and discovering books too!



ADULTS

COMPULSORY
REGISTRATION



REGULAR
ACTIVITIES

FRENCH BOOK CLUB
Martin Charrette

Fridays -
January 8, February 5,
March 4, April 1, April 29
> 10 a.m.

Every month read a book suggested by our club leader and share your impressions with other readers along with a good cup of coffee.

ENGLISH BOOK CLUB

Mondays -
January 25, February 29,
March 28, April 25, 30 May
> 1:15 p.m.

Every month read a book suggested by our club leader and share your impressions with other readers along with a good cup of coffee.



SPECIAL ACTIVITIES



THE HAWAIIAN ISLANDS :
OVER THE RAINBOW (English)

Maria Jakobiec-Masluch

Wednesday, January 27 > 7 p.m.

The lecture will cover these subjects: nature and Hawaiian music, geography and climate, history since the first inhabitants, traditions and customs.

FINANCIAL EDUCATION AND TERMINOLOGY

(English) / pre-retirees and retirees, 50 year-olds and over
François Desmarais

Wednesday, February 24 > 7 p.m.

His seminar reveals the top financial concerns that everyone should know about. The lecturer shares his knowledge by defining financial literacy and the top 25 essential financial concepts.



THE MEDITERRANEAN DIET
THROUGH AGES AND LIFESTYLE (French)

Amel Kaid Ali, nutritionnist

Wednesday, March 30 > 7 p.m.

The Mediterranean diet is known for its virtues directly linked to the consumption of a good variety of unprocessed nutritious foods, a renewed seasonal freshness with which satiety is reached rather easily. Adopting it can be favorable from the point of view of health and gastronomy as it is easy to integrate into our cooking because of its basic principles that make it pleasant to follow, even easily applicable at home.



SAY YES TO LIFE AND DREAMS
REGARDLESS OF AGE (French)

André Bienvenue

Wednesday, April 27 > 7 p.m.

In a humorous way this conference proposes practical tips to make sense of your life in a time when you are learning what aging means.

Discover how to add life to your years and not years to your life! Age is not an excuse to become old !



CHILDREN

COMPULSORY
REGISTRATION



CHILDREN REGULAR

SONGS AND RHYMES FOR BABIES (French and English)
0 to 18 month olds accompanied by an adult.

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Help your baby discover songs, nursery rhymes and the love of books. There will be three three-week sessions this winter. The themes will be colours, sounds and animals.

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18 to 36 month olds accompanied by an adult.

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An introduction to picture books in a group setting. Stories, songs, finger plays, rhymes and puppets. Thirty minutes of fun!

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Forty-five minutes of stories, songs, rhymes and crafts. Come and enjoy books and the library !

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IN FRENCH : April 16 > 10:15 a.m. IN ENGLISH: February 13 > 10:15 a.m.

An introduction to picture books in a group setting. Stories, songs, finger plays, rhymes and puppets. Thirty minutes of fun!

SATURDAY STORY TIME / 4 - 5 year-olds

IN FRENCH: April 16 > 11 a.m. IN ENGLISH: February 13 > 11 a.m.

Once a month for children who do not attend the regular Weekly Story Time

ONCE UPON A TIME / 6-8 year-olds

IN FRENCH : April 16 at 1 p.m. IN ENGLISH: February 13 at 1 p.m.

Factual, fantastic or fabulous stories to entertain you. Once a month.

BETWEEN FRIENDS / 9 - 12 year-olds

IN FRENCH: April 16 at 2:15 p.m. IN ENGLISH: February 13 > 2:15 p.m.

Have fun playing board games, solving mysteries, doing some arts and crafts... and discovering books too!

VIDEO GAMES (French and English) / 9 - 12 ans year-olds

Sundays -

January 31, February 28, March 27, April 24, May 22 > 1:30 p.m.

Come and play Wii, PS3 or XBOX 360 video games.



COMPULSORY
REGISTRATION



GENERAL REGISTRATION TO CULTURAL ACTIVITIES WINTER 2016

Tuesday, January 12 > 6 to 8 p.m.
At the Pierrefonds Cultural Centre, 13850, boul. Gouin Ouest
Cultural Activities

Art and personal development courses, music and dance lessons
The role of the Cultural Activities Division is limited to the coordination and the improvement of cultural activities in our borough.

ACTIVITY	AGE	ADDRESSES	CONTACT	DAY	DURATION	SCHED-ULE	COST
ACRYLIC/OIL	18+	Pierrefonds Cultural Centre	Ghulam Mustafa: 514-696-0455	Wednesday	Jan. 13 to Apr. 20 (15 weeks)	9:30 to 11:30 a.m.	\$275 (material excluded)
ACTING	-	East Community Centre	Lois Dellar, ACTRA, CAEA: 514-646-1477 lois_dellar@hotmail.com http://pages.videotron.com/loisd/	-	-	-	-
KIDS "ON STAGE"	6-11	-	-	Tuesday	Jan. 19 to Apr. 12 (13 weeks)	6 to 7:30 p.m.	\$295 Live stage play at the end
TEENS ON STAGE	12+	-	-	Saturday	Jan. 23 to Apr. 16 (13 weeks)	12 to 2 p.m.	\$320
TEENS & KIDS ON CAMERA	12+	-	-	Saturday	Jan. 23 to Apr. 16 (13 weeks)	2 to 4 p.m.	\$300 Live stage play at the end
DRAWING, ACRYLIC OR WATERCOLOUR	18+	Pierrefonds Cultural Centre	Donna McGee 514 696-9326	Monday	Jan. 11 to Mar. 28 (12 weeks)	7 to 9:30 p.m.	\$275 (material excluded)
PHILATELY CLUB	16+	Pierrefonds Cultural Centre	Jean-Paul Alloï : 514-626-7454 jpalloi@vif.com	3 rd Wednesday of the month	Jan. 20 to Jun. 15	7:30 to 9:30 p.m.	\$40 + \$5 for membership card
PHOTOGRAPHY CLUB	Student or adult	East Community Centre	clubphotopierrefonds@gmail.com	Thursday	Jan. 14 to May 12 (18 weeks)	7:30 p.m. to 10 p.m.	Membership card: \$50 per session
INTERIOR DECORATING (Compulsory registration Minimum 8 participants - Everything you need to know for a successful decor : planning, combining styles, colours, floor and wall finishes, window coverings, accessories and lighting; theory and practice)	18+	Pierrefonds Cultural Centre	Céline Benoit : 514-457-4508 celinebenoit.design@videotron.ca	Monday	Feb. 15 to Apr. 25 (10 weeks)	7:30 to 9 p.m.	\$295 (material included)
WATERCOLOR/PASTEL	18+	Pierrefonds Cultural Centre	Ghulam Mustafa: 514-696-0455	Tuesday or Thursday	Jan. 12 to Apr. 21 (15 weeks)	9:30 a.m. to 11:30 a.m.	\$275 (material not included)
OIL PAINTING (personalized teaching, intense basic techniques study, free choice of subjects)	18+	Pierrefonds Cultural Centre	Bernard Marsy: 514-630-4316 bernard@marsy.com	Wednesday, Friday or Saturday	Jan. 13 to Mar. 19 (10 weeks)	9 a.m. to Noon	\$295 (material not included)
ENGRAVING	18+	Pierrefonds Cultural Centre	François Lebus : 514 262-0730	Wednesday	Jan. 13, to March 30 (12 weeks)	9:30 to 11:30 a.m.	\$100
THÉÂTRE LA RUÉE VERS L'ART Teachers: Catherine Gonthier et Isabelle Duchesneau	8 - 12 12 - 16	Roxboro Chalet	Catherine Gonthier: 514-625-6381 ruee_vers_lart@hotmail.com	Saturday Saturday	Jan. 9 to Apr. 9 (12 weeks)	3:15 to 5:15 p.m. 1 to 3 p.m.	\$135
HOME STAGING (Compulsory registration , Minimum 8 participants).	18+	Pierrefonds Cultural Centre	Céline Benoit: 514 457-4508 celinebenoit.design@videotron.ca	Thursday	Feb. 18 to Mar. 31 (7 weeks)	7:30 to 9 p.m.	\$225 (material included)

ACTIVITÉ	ÂGE	LIEU D'ACTIVITÉ	CONTACT	JOURNÉE	DURÉE	HEURE	COÛT
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PERSONAL DEVELOPMENT COURSES

SPANISH LEVEL 1 Minimum 10 participants	16+	Marcel Morin Community Centre	Academia Espanola Mistral: 450-424-6123 www.mistralspanishcourses.com	Monday	Jan. 11 to Apr. 4 (11 weeks)	7:30 to 9 p.m.	\$160 + book \$68, plus taxes
SPANISH LEVEL 2 Minimum 10 participants	16+	Marcel Morin Community Centre	Academia Espanola Mistral: 450-424-6123 www.mistralspanishcourses.com	Wednesday	Jan. 13 to Mar. 30 (11 weeks)	7:30 to 9 p.m.	\$160 + taxes
SPANISH LEVEL 4 Minimum 10 participants	16+	Marcel Morin Community Centre	Academia Espanola Mistral: 450-424-6123 www.mistralspanishcourses.com	Wednesday	Jan. 13 to Mar. 30 (11 weeks)	6 to 7:30 p.m.	\$160 + taxes
ADVANCED LEVEL - CONVERSATION Minimum 10 participants	16+	Marcel Morin Community Centre	Academia Espanola Mistral: 450-424-6123 www.mistralspanishcourses.com	Monday	Jan. 11 to Apr. 4 (11 weeks)	6 p.m. to 7:30 p.m.	\$170 + taxes

MEDITATION COURSES

QI GONG	16+	Roxboro Chalet	Luce Desgagné: 514-696-1845 www.tai-chi-gong.org	Wednesday Thursday	Jan. 13 to Mar. 16 (10 weeks) Jan. 14 to Mar. 17 (10 weeks)	9:30 to 11 a.m. 7 to 8:30 p.m.	\$165 + taxes
TAI CHI	18+	Roxboro Chalet	Luce Desgagné: 514-696-1845 www.tai-chi-gong.org	Tuesday	Jan. 12 to Mar. 15 (10 weeks)	7 to 8:30 p.m.	\$165 + taxes

MUSIC LESSONS AND CHOIR

GUITARE	9+	Pierrefonds Cultural Centre	Rad Crasto: 514-346-8805	Monday or Wednesday	Jan. 18 to Mar. 30 (11 weeks)	4 to 8 p.m.	\$220 + taxes
PIANO	7+	East Community Centre	Dora Cojocar: 514-685-0487	Monday	Feb. 15 to May 9 (12 weeks)	4 to 8 p.m.	\$300
FRENCH VOCAL ENSEMBLE Sympholies vocales	18+	Pierrefonds Cultural Centre	Julie Dufresne: 514 270-6399	Monday	Jan. 11, to May 30 (18 weeks)	7 to 10 p.m.	To be determined

DANCE AND SOCIAL DANCE

TAP DANCING	4+	Pierrefonds Cultural Centre	Charles Griffith: 514-886-6537 charlesgriffithdanceschool.weebly.com	Thursday	Jan. 14 to Apr. 14 (14 weeks)	6:30 to 7:30 p.m.	\$165 (shoe rental : \$15 for the session)
SOCIAL DANCING - LATIN AND INTERNATIONAL Come and dance with us !	12+	Sainte-Suzanne Church	Manon ou Andrée Grenier : 1-450-652-9591 ou dansegrenier@videotron.ca	Monday, Tuesday and Wednesday	Jan. 11 to Apr. 20 (15 weeks)	7 p.m.	from 11 \$/ person

ADDRESSES OF BUILDINGS WHERE COURSES ARE GIVEN:

PIERREFONDS CULTURAL CENTRE
13850, boul. Gouin Ouest

EAST COMMUNITY CENTRE
9665, boul. Gouin Ouest

WEST COMMUNITY CENTRE
17760, rue Meloche,

MARCEL MORIN COMMUNITY CENTRE
14068, boul. Gouin Ouest

ROXBORO CHALET
10, 11e rue, Roxboro

SAINTE-SUZANNE CHURCH
9501, boul. Gouin Ouest

PIERREFONDS COMPREHENSIVE HIGH SCHOOL
13800, boul. de Pierrefonds



WEST ISLAND YOUTH ACTION



AJOI has been establishing and maintaining intervention services, outreach work for youth aged between 12 and 25 years and who are at risk and/or in difficulty in the West Island community. The workers intervene where the youth are and build a relationship of trust with them. 12 +
☎ 514 292-1270 - www.ajoi.info

AMCAL

AMCAL offers a variety of services to promote and preserve healthy family relationships in the West Island, Montréal and surrounding areas. Programs: residential program, outreach family counselling, school-based programs, etc.
☎ 514 694-3161 - www.amcal.ca

THE WEST ISLAND CALACS



CALACS advocates against sexual assault and provides services to female survivors of sexual violence and prevention services within the community. The center offers free and confidential services to women 14 years and older.
☎ 514 684-2198 - www.calacsdelouest.ca

CENTRE BIENVENUE



A mental health day centre, a non-profit community-based organization providing support, psychosocial interventions and social reintegration services via various psycho-educational programs and preparatory groups towards a return to work, studies or volunteering. 18 +
☎ 514 421-2212

THE FAMILY RESOURCE CENTER

Providing a variety of services to improve the lives of children who have behavioral and learning difficulties. Supporting families and professionals by offering them information sessions, counseling and various other programs. (6 +)
☎ 514 685-5912
<http://familyresourcecenter.qc.ca>



CENTRE KIZMET

The KIZMET Young Child and Parent Centre will be an important facility located in Sainte-Geneviève and serving the northwest sector of the West Island (Pierrefonds West/Centre, Dollard and surrounding areas). This is an area which has many young families and no community services to support them. The KIZMET Center will offer programs to enhance early child development and community engagement.
Le Centre KIZMET offrira des programmes favorisant le développement précoce des enfants et pour promouvoir le développement communautaire.
☎ 514 694-7090 - www.centrekizmet.ca

CIMOI

Personalized services, group services, cultural outings, gatherings, French classes and job support. (18 +)
Two centers to serve you:
143, place Frontenac at Pointe-Claire
☎ 514 693-1000
4734, rue Alexander at Pierrefonds
☎ 514 685-3000
info@cimoi.com - www.cimoi.com

CLOVERDALE MULTI-RESSOURCES



For 20 years, the organization has been offering a range of services for children, adults and families in a friendly environment.
Services: perinatal activities, preschool programs, employability program, information and references, summer camp, social and cultural activities.
0-5 et les familles
☎ 514 684-8228
www.cloverdalemulti-ressources.org

COOPÉRATIVE D'HABITATION VILLAGE CLOVERDALE

☎ 514 683-9988

COOPÉRATIVE D'HABITATION TERRASSE SOLEIL

☎ 514 683-4112

WEST ISLAND ASSISTANCE FUND

A non profit organization that offers assistance to West Island residents through a food bank, thrift store, "Bric-à-Brac", workshops, collective kitchens and much more.
☎ 514 683-0456 - info@fdoi.org - www.fdoi.org

MAISON DES JEUNES À-MA-BAIE

We offer help for homework, to do some sports, to play board games, to watch movies and to create different artistic productions. Field trips, discussion forums and prevention activities are organized. Monday, Tuesday and Wednesday open for homework aid only. 12-17 years
☎ 514 685-2989



MAISON DES JEUNES DE PIERREFONDS

They offer outings, in-house activities, discussions, tournaments, camping, sports, workshops, homework assistance and group meals. Membership is free. (12 - 18)
☎ 514 683-4164 - maisondj@videotron.ca



OVERTURE WITH THE ARTS

The organization provides arts and culture workshops to youth from all walks of life. From September to May a free after school arts program is offered to 12 to 17.
☎ 514 889-8678
info@overturewiththearts.org
www.overturewiththearts.org

SNAP OUEST-DE-L'ÎLE PROGRAM

SNAP is a new free bilingual 13 week program offered to West Island families to address issues such as bullying, aggression, defiance and rule-breaking behavior. SNAP also offers additional individualized support services to the families. (6 - 12)
☎ 514 675-7775

PIERREFONDS TOASTMASTERS CLUB

It is the place where you will learn to become a better communicator and leader, be it in the home, in the workplace or in the community. 18 +
☎ 514 694-1118 Vita Lewis

WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPED (WIAIH)



Serving people with intellectual disabilities or autism and their families. A variety of leisure activities are offered for people of all ages, including summer camps and after-school care for kids 12 to 21 years old. Other services: specialized nursery school, reprieve, support and information.
☎ 514 694-7090 - www.wiaih.qc.ca

WEST ISLAND BLACK COMMUNITY ASSOCIATION



Seniors monthly meeting every Thursday from noon to 2 p.m.; Legal Clinic by appointment \$10; Free Saturday morning tutorials at Riverdale High School at 10 a.m. 12 +
FEBRUARY - Black History Month Event;
APRIL - Senior's Tea Party;
MAY - Membership \$25 annually.
☎ 514 683-3925



West Island Citizen Advocacy
40th Anniversary

APRIL 7 > 6:30 p.m.
Sarto-Desnoyers Community Centre
1335 chemin Bord du Lac, Dorval **\$95**

The organization pairs volunteers with seniors, the intellectually and physically challenged, and those experiencing mental health problems and is the only organization that makes one to one matches. (18 +)
☎ 514 694-5850

CHILDREN (3+)

HOLIDAY
CAMP
SPRING
BREAK

HOLIDAY CAMP

Les Camps de jour Pierrefonds Inc.

Schedule: December 21-23 / December 28-30 - From 8:30 a.m. to 4:30 p.m.
Daycare services available

Cost: \$30 - \$50 per day

Information: Lisa Mancini ou Catherine Pazzi: 514 624-1430
campjour@pierrefonds-roxboro.qc.ca - www.campspierrefonds.com
Day camp activities for children 5-12 years old.
2 locations offered 1. Chalet Roxboro & Chalet Grier.
Every day is an outing

SPRING BREAK CAMP

Les Camps de jour Pierrefonds Inc.

Schedule: February 29 - March 4

Cost: \$170 / week

Information: Lisa Mancini ou Catherine Pazzi: 514 624-1430
campjour@pierrefondsroxboro.qc.ca - www.campspierrefonds.com

Day camp activities for children 5-12 years old. 2
2 locations offered: Chalet Roxboro - Chalet Grier
Every day is full of fun activities, sports and outings!

PARK ANIMATION

Recre-o-bus Borough of Pierrefonds-Roxboro

Schedule: To be announced on the Borough's website

Location: Various parks in the borough

Cost: FREE

Information: 514 624-1100 - Ville.montreal.qc.ca/pierrefonds-roxboro

What is the RECRE-O-BUS? It is a fully sports equipped mini van that will go into different parks to make your children move and exercise and give them the opportunity to learn new sports or activities. The animation schedule will be available on the Borough's website this coming winter.

TRACK & FIELD

West Island Track Club

Schedule: Week nights and weekends

Information: Paul Charron: 514 685-9501

paul_witc@sympatico.ca westislandtrack.com/

Training in many several athletic disciplines; sprints, hurdles, mid-distance, jumps (High Jump) (Long Jump), throws (Javelin, shot disc), Cross-country. 5 yrs - 20 yrs +



BADMINTON

Free Badminton

Location: Charlemagne College - 5000 Pilon Street

Schedule: Monday through Friday 7 p.m. to 10 p.m. From January to April

For detailed schedules, visit www.ville.montreal.qc.ca/pierrefonds-roxboro

Cost: 3\$ per person per night (material not included)

Information: 514 624-1100 - Ville.montreal.qc.ca/pierrefonds-roxboro

BASEBALL

Pierrefonds Baseball Club

Tuesday nights: Indoor clinics and indoors baseball game, Atom level.

Saturday nights: Indoor clinics and indoor baseball game, Mosquito to Midget levels.

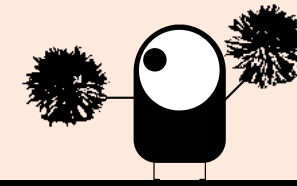
Location: CSSR Île-Bizard

Schedule: Sunday afternoons - fundamentals of baseball, pre-novice and novice clinics.

Cost: www.pierrefondsbaseball.com

Information: 514 620-BALL - zkechayan@gmail.com

2 sessions offered for boys and girls of all ages

CHEERLEADING
CHEER 101

North Shore Extreme Cheerleading

Schedule:

2 groups available; 1 on Saturdays - 1 on Mondays
Classes last 90 minutes

Cost: Visit our website for more information.

Information: Melanie Emberly: 514 683-6111

cheer-nsc@hotmail.com - <http://www.nscheer.com/>

Non-competitive cheerleading classes. Athletes learn to develop basic cheerleading skills comprised of all the elements found in choreography (stunts, pyramids, floor gymnastics-tumbling and dance) and to perform this at the end of session show. We strongly encourage attendance for optimal collaboration and team work.

COMPETITIVE
CHEERLEADING

North Shore Extreme Cheerleading

Cost: Visit our website for more information.

Information: Melanie Emberly: 514 683-6111

cheer-nsc@hotmail.com - <http://www.nscheer.com/>

Athletes learn to develop cheerleading skills comprised of all the elements found in choreography: stunts, pyramids, gymnastics, and dance. We offer a variety of age groups and levels. Teams compete at 5-8 competitions in one season in Quebec, Ontario, USA and Internationally.

KINDERCHEER
CHEERLEADING

North Shore Extreme Cheerleading

Saturdays From 9 to 10 a.m.

Cost: Visit our website for more information.

Information: Melanie Emberly 514 683-6111

cheer-nsc@hotmail.com - <http://www.nscheer.com/>

Fun class for little ones aged 18 months to 3 years to develop motor skills and coordination. The children will learn the fundamentals of gymnastics and cheerleading while also developing social and individual skills. Parent participation is mandatory.



CHILDREN (3+)

COMPETITIVE
CHEERLEADING
STARTERS TO ELITE
3 years and up

Flyers All-Starz Cheerleading

Schedule: 1 to 2 practices per week

Cost: Starting \$675 for a period of 10 months training

Information: 514 332-3777

info@flyerscheerleading.net

www.flyerscheerleading.net

With over 650 podiums and qualified coaches, Flyers All-Starz is known as one of the best cheerleading centers in Quebec. As well, the Flyers Cheer Gym is one of the three best associations in Canada and is known around the world as one of the best elite programs.

It is with a great pride that All Starz has built the first gym across Canada to accommodate cheerleading.

It is located on Thimens Street and Highway 13 and 40, easy access by public transit.

RECREATIONAL
CHEERLEADING
3 years and up

Flyers All-Starz Cheerleading

Schedule: Fall and winter session available

13 course of cheerleading including a show

Information: 514 332-3777 - info@flyerscheerleading.net

www.flyerscheerleading.net/

With over 650 podiums and qualified coaches, Flyers All-Starz is known as one of the best cheerleading centers in Quebec. As well, the Flyers Cheer Gym is one of the three best associations in Canada and is known around the world as one of the best elite programs.

It is with a great pride that All Starz has built the first gym across Canada to accommodate cheerleading. It is located on Thimens Street and Highway 13 and 40, easy access by public transit.

TUMBLING (GYMNASTIC)
6 years and up

Flyers All-Starz Cheerleading

Schedule: 1 course in a week

Cost: Starting \$199 for a 10 month period training

Information: 514 332-3777 - info@flyerscheerleading.net
www.flyerscheerleading.net/

With over 650 podiums and qualified coaches, Flyers All-Starz is known as one of the best cheerleading centers in Quebec. As well, the Flyers Cheer Gym is one of the three best associations in Canada and is known around the world as one of the best elite programs. It is with great pride that All Starz has built the first gym across Canada to accommodate cheerleading. It is located on Thimens Street and Highway 13 and 40, easy access by public transit.



CHILDREN (3+)

CADETS

803 North Shore Sabre Squadron
Royal Canadian Air Cadets

Riverdale High School

Location: Riverdale High School cafeteria
Cost: FREE... Only your effort is required!
Schedule: Training night: Tuesday 6:30-8:30pm
Optional activities: Thursday, Saturday
Information: 514 421-0803 - info@803squadron.com
www.803squadron.com

The Cadet Program gives youth 12 to 18 year-olds the opportunity to develop leadership skills, increase their physical fitness and make new friends while enjoying a variety of interesting and challenging activities.

CADETS DE L'AIR

830 Squadron - St-Anthony School

Cost: It is free. Only your efforts are needed.
Schedule: Friday..... 6 to 10 p.m.
Saturday..... 9 to 5 p.m.
Sunday..... 9 a.m. to 12 p.m.

Information: 514 626-1830 - www.escadron830.com

This Program allows youngster from 12 to 18 years-old to develop their leadership skills, ameliorate their fitness and make new friends while enjoying a bunch of stimulating and fun activities.

DANCE AND GYMNASTICS RECREATIONAL COURSES



Programmes Daizi

Schedule: Starting January 9 (12 classes)
Choice of 10 a.m. to 12 p.m. or 11 a.m. to 1 p.m.
Location: 13800 boul. Blvd Pierrefonds, PCHS
Cost: \$280 per session
Information: Lisa Mancini or Catherine Pazzi
514 624-1430 - campjour@pierrefondsroxboro.qc.ca
www.campspierrefonds.com
Ville.montreal.qc.ca/pierrefonds-roxboro

Dynamics is a recreational Dance & Gymnastics club offering a fun filled program for boys and girls from 3-12yrs. Coaches help develop self esteem and skills in a pressure free environment.

OPTIMIST CLUB

Roxboro Optimist Club

Location: Roxboro Chalet
Schedule: wednesdays 7 p.m. to 10 p.m.
Information: cluboptimistoxboro.org
Youth Appreciation, Food Drive, Puzzle, the coat makes the winter, Chess tournament, One child/one apple, Schoolbags

CHESS

Chess courses for youngster 5 to 16 years-old

Chess'n Math Association

Cost: \$100 for 8 weeks or \$15/individual course.
Register before January 8, and get a 10 % rebate. Online admission available on www.echecs.org (under clubs tab)
Schedule: January 24 through March 13th, every Sunday from 1:30 p.m. to 3 p.m.
Information: Virginie Roux: 514 845-8352 extension 21
admin@echecs.org - www.echecs.org/
This course is offered to children from 5 to 16 years-old. The goal of the program is to develop judgement and the ability to reason in children, to foster an ability to explain why and how when it comes to their problem solving and to develop their self-confidence as well as their own efficient strategies for solving problems. Chess forces you to look ahead and anticipate. Skills we all need to succeed in life. At the end of each session, a certificate is delivered each child showing which level they have completed successfully.



GIRL GUIDES OF CANADA



Girl Guides of Canada - Northshore District

Schedule: Varies by age level
Cost: \$135 / year + cost of uniform. Financial assistance available.
Information: Laura Litvack: 514 684-3849
Stacey Thomas: 514 817-7211

Ggc.northshoredistrict@gmail.com - www.girlguides.ca
Girl Guides of Canada enables girls to be confident, resourceful and courageous, and to make a difference in the world.



HOCKEY

Pierrefonds Minor Hockey Association

Schedule: Schedule to be announced
Information: 514 620-6440 - Hockeypfds.com
Categories: Mites / Pre-novice 1 / Pre-novice 2
Volunteers needed

KARATE

West Island Academy of Martial Arts

Location: École St-Charles
Schedule:
Pierrefonds: Wednesday & Friday: 6:30 to 7:30 p.m.
Roxboro: Monday: 6:30 to 7:30 p.m. & Sunday: 11 a.m. to 12 p.m.
Cost: Contact us for more information
Information: 514 717-1099 - karateyogena@gmail.com

It is your chance to learn the art and the discipline of Karate. Youngster are taken in charge by skilled coaches who will teach them the techniques of martial arts and the values it represents.
4 years and up

L'AUT'GANG SPORT



Action jeunesse

de l'Ouest-de-l'Île (AJOI)

Schedule: Visit the website for more information.
Cost: Free
Information: 514 675-4450 - www.ajoi.info

These activities compliment the services offered on the territory. Moreover, their availability is continuous throughout the year to allow the youths to engage in sports and other cultural features such as hip-hop dancing, music or urban art. These programs are adapted to the needs and realities of the youths' district.

OLYMPIC WRESTLING FREESTYLE AND GRECO-ROMAN FOR BOYS AND GIRLS

Riverdale wrestling club - Founded 1971
Certified coaching with up to 45 years experience



Schedule: January to June 2016
Wednesday: 6 to 7:15 p.m.
Saturday: 9 to 10:15 a.m.
Cost: Call us for more information.
Information: Jay Bradbury: 514 683-2438
514 241-5207 (cell) - riverdalewrestling@hotmail.com

Programs for 12 years and up.
Introduction to wrestling, training for fun, training for competition - your choice.

LEARN TO SKATE

Deux Rives Skating Club

Schedule: Saturday, Tuesday, Wednesday or Friday
Cost: Available during the registration period
Information: 514 626-6350
cpdeuxrives@hotmail.com - www.cpdeuxrives.com
Skating courses for all ages. Come learn with passionate teachers how to skate like a pro Programs offered: CanSkate, CanSkate Adult, Pre-CanPower Skating

RECREATIVE SKATING AND COMPETITIVE SKATING

Deux Rives Skating Club

Schedule: Depending on skating level
Cost: Available during the registration period
Information: 514-626-6350 - cpdeuxrives@hotmail.com
www.cpdeuxrives.com
Programs offered: StarSkate and Competitive Skating



CHILDREN (3+)

SOCCER

Pierrefonds Soccer Association



Schedule: Schedule to be announced
Cost: Visit our website for more information.
Information: 514 696-2505 - info@soccerpierrefonds.ca
www.soccerpierrefonds.ca

This winter PSA will offer both Recreational programs as well as its winter Academy for Competitive players. The Recreational Program will take place from October to May and is open to male & female players from the age U-7 to 13. The Academy runs from November to April and consists of players who are invited to try-out for our Competitive teams from the age of U-9 to 18.



PUBLIC SKATING FOR ALL
FREE OF CHARGE
On Holiday Season

PUBLIC SKATING

Pierrefonds-Roxboro Borough

PUBLIC SKATING FOR ALL
Location: Sportplexe Pierrefonds
14700 boul. de Pierrefonds
Schedule: Saturday 7 to 9 p.m.
Sunday..... 1:30 to 4:30 p.m.
Cost: Children 12 and under \$1
Children 12 and over and adults \$3
Holiday season: public skating (free of charge)
Schedule: December 21, 22, 23, 28, 29 and 30
from 1pm to 3pm
Spring break: public skating (free of charge)
Schedule: February 29, March 1, 2, 3 and 4
Information: 514 624-1100 - ville.montreal.qc.ca



TREKFIT WITH OUTDOORS CARDIO PROGRAM

Location: Park Yuile
Schedule: Saturdays 10:30 a.m.
Winter session register now.
Information: 514 604-7773 - www.cardiopleinair.ca

SCOUTS

122^e groupe scout

Marie-Reine-De-La-Paix

For kids who like to play, move, do arts and craft, go outdoors and who have lots of ideas and projects to share and carry out. Scouting is for you. For adults of all ages, who would like to make a difference and touch the lives of young people, scouting is also for you.
Information: Johanne Gagnon : 514 884-6199
www.scouts122.org Scouts du Montréal Métropolitain - www.scoutsmm.qc.ca
514 849-9208



Les Jeux de Montréal
Ma première compétition

THE MONTREAL GAMES

WILL TAKE PLACE
APRIL 6 TO 10

Up to 200 Pierrefonds-Roxboro athletes take part in the event!

Check the Jeux de Montréal's website at jeuxdemontreal.ca to find out the whole schedule and the many sites to visit in order to encourage our athletes.

TO ALL OF OUR ATHLETES SUCCES AND FUN AT THE 2016 MONTREAL GAMES!

ADULTS (18 +)



HORTICULTURE, ECOLOGY AND ORNITHOLOGY (In French only)

Horticulture and Ecology Society of Pierrefonds (SHEP)

Schedule: Conference every second Wednesday of each month, September through May, from 7:30 to 10 p.m. includes snack breaks and prize draws.

Information: Voicemail: 514 624-1671 - shep.fsheq.org

Provides information, advice, and transfers knowledge in horticulture, ecology and ornithology. Contributes in collaboration with competent authorities, to protect, develop and beautify our environment to improve the quality of life.

January 13, 2016: Briophyta, garden mousse, Suzanne Campeau

February 10, 2016: Seeds and seedlings without fear and without reproach, Yves Gagnon

March 9, 2016: Zen-inspired Chinese and Japanese gardens

April 13, 2016: Biomimicry, the art of imitating Nature to innovate, Marika D'Eschambeault

May 11, 2016: Small fields layout, Denis Bernard



BADMINTON

West Island Badminton Club

Location: Riverdale High School
Schedule: Friday and Sunday 8 to 10:30 p.m.
Cost: Starting \$199 for a 10-month-training
Information: David Pealow: 514 626-1334
<http://ap2000sports.com>

PHYSICAL FITNESS

West Island Physical Fitness Club

Location: St-Charles school
4331, rue Sainte-Anne - Pierrefonds
Schedule: Monday/Thursday - 8 to 10:30 p.m.
Information: 514 620-9259

Exercise class with volleyball session

KARATE

West Island Academy of Martial Arts

Schedule: Pierrefonds: Thursday at 7:30 p.m.
Cost: Contact us for more information
Information: 514 717-1099 - karateyogen@gmail.com

OLYMPIC WRESTLING - FREESTYLE AND GRECO-ROMAN FOR MEN AND WOMEN

Riverdale wrestling club - Founded 1971
- Certified coaching with up to 45 years experience

Schedule: January to June 2016
Information: Jay Bradbury: 514-683-2438 - 514-241-5207 (cell.)
Programs for 13 and over and adult - Introduction to wrestling, training for fun, training for competition - your choice.

ADULTS (18 +)

RINGUETTE

Pierrefonds-DDO-Ile-Bizard Ringuette Association

Location: Sportplexe Pierrefonds
Schedule: To be announced
Information: 514 626-5467
www.ringuettepierrefonds.com
Catégories: Cadet U19 / Open 18+ / Juvenile U24 Inter 21+ / Senior 30+

SOCCER WOMEN

Pierrefonds Women's Soccer League

Schedule: January to May - Every Saturday morning
Information: info@pwsf.ca - www.pwsf.ca
A recreational soccer league for women of 19 years and over and all abilities. No experience necessary! Due to this level of play, physical fitness and friendship are the primary goals!

SOCCER MEN

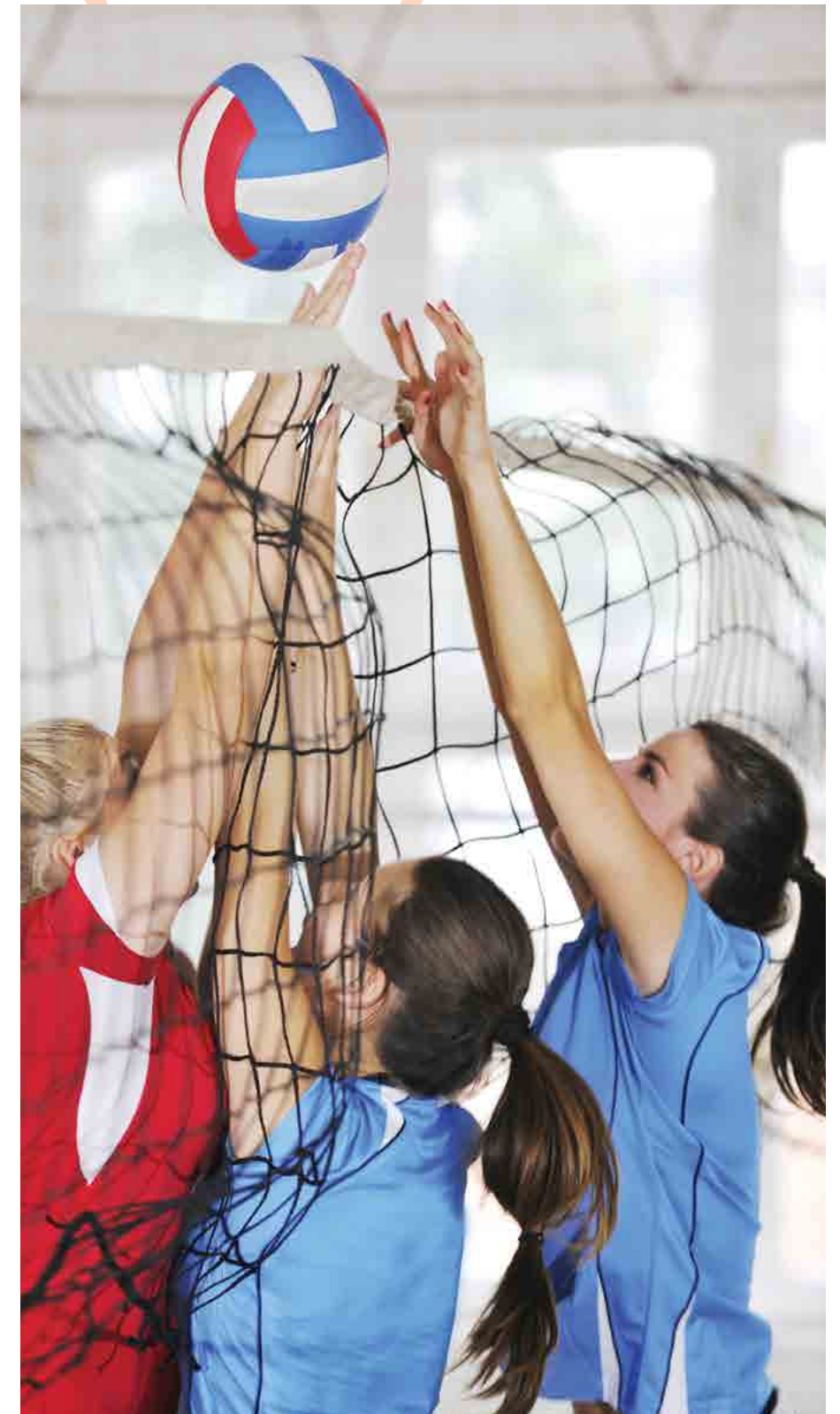
Pierrefonds Men's Soccer League

Schedule: January to May - Sundays at 4:30 p.m.
Cost: Contact us for more information.
Information: 514 808-4625 - info@asap-soccer.org
<http://www.asap-soccer.org/>
Recreational soccer for men of all skill levels.

MIXED VOLLEYBALL

Pierrefonds Men's Volleyball Association

Schedule: Tuesday..... 8 to 10 p.m.
Friday..... 6 to 8 p.m.
Cost: Contact us for more information.
Information: Patrick: 514 305-1398



GENERAL INFORMATION

PUBLICATION

Direction de la culture, des sports, des loisirs et du développement social.

BOROUGH HALL

13665, boulevard de Pierrefonds
Pierrefonds (Québec) H9A 2Z4

BUSINESS HOURS

Mondays to Thursdays: 8 a.m. to 5 p.m.

Fridays: 8 a.m. to 12 p.m.

Fridays, all departments close at noon. They also close for lunch between 12 and 1 p.m.

Mondays through Thursdays except for the Citizen Services Office, which remains open during lunch hour.

TELEPHONE

A phone number easy to remember:



For recreational and cultural activities, please dial the numbers published in the following pages.

For Public Security, please dial 514 630-6300.

FAX

514 624-1300

E-MAIL

WEBSITE

AND TWITTER

pierrefonds-roxboro@ville.montreal.qc.ca

ville.montreal.qc.ca/
pierrefonds-roxboro

twitter.com/pfds_rox

HALL RENTALS

You will find below general information that will allow you to consider our establishment for your reception

Rental costs for each hall on weekends are as follows:

LOCATIONS	MAXIMUM CAPACITY	VILLE DE MONTRÉAL RESIDENTS	OTHER LESSEES
Centre culturel de Pierrefonds 13850, boulevard Gouin Ouest	Large hall 240	\$1 162	\$1 282
Centre communautaire de l'Est 9665, boulevard Gouin Ouest	Large hall 150	N.A.*	N.A.*
Centre communautaire Marcel Morin 14 068, boulevard Gouin Ouest	Large hall 250	\$944	\$1038

*The large hall at the East Community Centre is not available for rentals in 2016.

- GST & PST taxes are included. Payment of performing rights to SOCAN (The Society of Composers, Authors and Music Publishers of Canada) is extra and taxable and will be added to the contract when applicable.
- Weekdays and hourly rates will be given upon request.
- **A minimum of three (3) hours is required for all rentals.**
- Rental fees may vary according to specific needs and are subject to change without notice.
- **The following items are supplied:** chairs, round tables for the guests, rectangular and square tables for the services. We also supply a kitchen for the caterers and a counter for the bar if not incorporated in the hall.
- **We do not supply:** linens, dishware and kitchen utensils, lighting and sound systems, platforms etc
- A liquor permit from the Régie des alcools, des courses et des jeux must be obtained. Please submit your request **at least 30 days** before the date of your event.
- The hall will be available from 10 A.M. to 1 A.M. At the end of the reception, the hall must be cleared of all objects belonging to the lessee. The premises must be vacated no later than 2 A.M.

CONTRACT

Rental of a hall to the public is accepted a maximum of 365 days prior to the required date. No reservations will be accepted less than 30 days prior to the date of the event.

Rentals are on a first come, first served basis. In order to check availability, it is suggested that you send an e-mail, well in advance, including Name, Full address, Telephone number, Requested hall location, Date of the event, Start & finish times, Description of event, Number of guests, Will alcohol be served?, Will there be music and dancing?

TO RESERVE A HALL - locations.pfdsrox@ville.montreal.qc.ca

The reservation is confirmed only upon receipt of a deposit equivalent to fifty percent (50%) of the rental cost and the signature of the contract. **If contract is cancelled, amounts are non refundable.**

To accommodate our clients, contracts as well as proof of payment by credit card can be sent by e-mail. Documents must be signed and returned by e-mail also. If you prefer to come in person, contracts can be signed at the Pierrefonds Cultural Centre, by appointment made by e-mail only.

PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION:

<http://ville.montreal.qc.ca/pierrefonds-roxboro>