

alive  375

MUNICIPAL MAGAZINE

# LIFE IN PIERREFONDS ROXBORO

JANUARY 2017, VOL. 12, N° 1

KEEP  
HANDY  
UNTIL MAY  
2017



Pierrefonds  
Roxboro

Montréal 



# LIFE IN PIERREFONDS-ROXBORO

## HOW TO CONTACT US

**YOU HAVE QUESTIONS?  
SEND US AN E-MAIL!**

### E-MAIL

[pierrefonds-roxboro@ville.montreal.qc.ca](mailto:pierrefonds-roxboro@ville.montreal.qc.ca)

### TELEPHONE

311

### FAX

514 624-1300

### WEBSITE

[ville.montreal.qc.ca/pierrefonds-roxboro](http://ville.montreal.qc.ca/pierrefonds-roxboro)

### TWITTER

[twitter.com/pfds\\_rox](https://twitter.com/pfds_rox)

### 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 p.m. and 1 p.m., Mondays through Thursdays, except for the Citizen Office, which remains open during lunch hour.

See p. 24 for addresses and opening hours of the Citizen's Services Office and the Permit Counter.

## IMPORTANT NOTICE

**Municipal buildings will be closed  
ON APRIL 14, 16 AND 17 FOR EASTER  
AND ON MAY 22 FOR VICTORIA DAY.**

## BOROUGH COUNCIL MEETINGS

### Council room

Borough Hall  
13665, boulevard de Pierrefonds



**91.5 FM**

### WEBCAST

[ville.montreal.qc.ca/pierrefonds-roxboro](http://ville.montreal.qc.ca/pierrefonds-roxboro)

### JANUARY

Monday, January 16 at 7 p.m.

### FEBRUARY

Monday, February 6 at 7 p.m.

### MARCH

Monday, March 13 at 7 p.m.

### APRIL

Monday, April 3 at 7 p.m.  
(East Community Centre)

### MAY

Monday, May 1 at 7 p.m.

To ensure that the question period during Borough Council meetings proceeds smoothly, residents who wish to address council members are asked to register with the Borough Secretary before the meeting.

The Borough Secretary will be in the council room as of 6:45 p.m. to record your name and address, and the nature of your question. During the question period, you will be asked to address your question to the Mayor without preamble.

### Note

No photographic cameras, movie cameras, recorders and similar apparatuses, except those used by the secretary, may be used without the mayor's authorization. (By-law CA29 0046).

Dates for **Urban Planning Advisory Committee** meetings will be announced on the borough's electronic billboards and website.

## CITY COUNCIL MEETINGS

### Montréal City Hall

275, rue Notre-Dame Est

Mondays, January 23, February 20, March 27,  
April 24 and May 15 and June 12, at 1 p.m.

**Public question period starts at 7 p.m.**

## CITIZENS' SATURDAYS

Citizens' Saturdays are held monthly. They are an ideal opportunity for Pierrefonds-Roxboro residents to meet elected officials and discuss matters of importance to them in an informal and friendly setting. The date, the time and the name of the councillor will be announced on the electronic billboards, the borough's website and Twitter account, and via the Borough's mailing list.

## BE THE FIRST TO KNOW!

To be the first to learn about the latest news, subscribe to the Pierrefonds-Roxboro **mailing list and RSS feed** at [ville.montreal.qc.ca/pierrefonds-roxboro](http://ville.montreal.qc.ca/pierrefonds-roxboro).

### PUBLICATION

Life in Pierrefonds-Roxboro is published four times a year.

### PRODUCTION

Public Relations and Communications Division

Ville de Montréal

Borough of Pierrefonds-Roxboro

**PRINTING:** Imprimerie Norecob inc.

**GRAPHIC DESIGN:** Phaneuf design graphique

**REGISTERED WITH:** Bibliothèque et Archives nationales du Québec and Library and Archives Canada

**CIRCULATION:** 24,600 copies

The Municipal Magazine is printed on paper containing 10% post-consumer recycled fiber.

The Publi-sac bag is biodegradable (source: Publi-sac Ouest de Montréal, publisac.ca)





# MESSAGE



**Denis Coderre**  
Mayor of Montréal

## MESSAGE FROM THE MAYOR OF MONTRÉAL

### The year 2017 will be like no other

Winter has always been a magical season, and snowflakes a source of amazement. This year's first snowfall will mark the beginning of Montréal's 375<sup>th</sup> anniversary celebrations with a long list of special events and festivities for all to enjoy.

The interest for Montréal's 375<sup>th</sup> anniversary is palpable. Day after day excitement steps up a notch. The 375<sup>th</sup> anniversary will give the city a new image, new colours and several important reasons to celebrate our past and future.

Montréal is an economic, cultural, artistic and culinary hub. The bond that brings us together is rich in diversity and openness to others. From the beginning with indigenous peoples and openness to successive waves of immigration, Montréal is rightfully considered as a "Living Together" capital. This notion is central to our identity and a cause to celebrate in 2017.

Montréal's 375<sup>th</sup> anniversary is pivotal for the city. The entire world will be watching us and sharing in the festivities. The 375<sup>th</sup> anniversary belongs to Montréal and Montrealers.

Beyond Montréal's 375<sup>th</sup> anniversary, winter is central to our lives. I hope that you will enjoy what winter has to offer, and rejoice. Each winter brings a new list of cultural, sports and recreational activities to make us move, spend time outdoors, meet friends and share memorable moments.

May the New Year bring you peace, happiness and health!



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

## MESSAGE FROM THE BOROUGH MAYOR

### Developing our borough with and for citizens

"We take care of our world by improving the quality of life, creating and maintaining environments conducive to health and healthy lifestyles." An often-repeated statement, but a statement of fact, actions and accomplishments for Pierrefonds-Roxboro. In a nutshell, we want to provide a borough on a human scale so that families can achieve their full potential in that which is essential and universal: health.

What comes to mind when we think of health are, of course, awareness-raising campaigns to encourage physical activity, participation in organized sports or promotion of sports and recreation facilities in a territory. Rarely is it a question of urban health, however, this is very present in our borough.

In particular, this is the kick-off for participatory reflection on: development of a public square in the center of Pierrefonds-Roxboro; an action plan with a participatory approach; overall participatory urban planning for the creation of a healthy living environment that will meet the needs of the population.

In each of our actions in such projects are well thought out measures for the whole population to create social and physical environments that promote health in all its forms.

What is health in urban planning? It is an added value, a collaborative approach that involves significant social benefits in the development of a project.

In a concrete example, elected officials met with citizens concerning construction of the new chalet for the marina in the East district of Pierrefonds-Roxboro. The implementation of this project reflects not only the will of elected representatives and the administration, but is a reflection of an inclusive approach with neighborhood citizens. This approach allowed us to better understand their everyday lives and ensure that this project was even more aligned with real needs.

We could say that health in urban planning is the pride of offering citizens a high quality and safe location in their immediate surroundings, spaces reconverted into areas for relaxation and encounters with their neighbors. This is what we wish for the citizens of Pierrefonds-Roxboro: providing accessible spaces, environments that will influence physical activity by offering varied activities in diverse environments.

I wish you a very Happy New Year ... in good health!



**Dimitrios (Jim) Beis**  
Borough Mayor



**Catherine Clément-Talbot**  
City Councillor  
Cap-Saint-Jacques District



**Justine McIntyre**  
City Councillor  
Bois-de-Liesse District



**Yves Gignac**  
Borough Councillor  
Cap-Saint-Jacques District



**Roger Trottier**  
Borough Councillor  
Bois-de-Liesse District

THE BOROUGH MAYOR AND  
THE COUNCIL MEMBERS WISH YOU  
A HAPPY NEW YEAR AND VERY GOOD  
375<sup>TH</sup> ANNIVERSARY CELEBRATIONS!





# OUR ACHIEVEMENTS 2016

## RELATIONS WITH CITIZENS

### RELOCATION OF TWO BOROUGH COUNCIL MEETINGS: AN INITIATIVE APPRECIATED BY CITIZENS

In order to promote citizen participation, two regular meetings of the Borough Council were held in the West and East sectors of the borough, at the East Community Center and the Westview Bible Church. In both cases, many citizens came out to attend.



### NAMING OF THE OVIDE-T.-BACIU CHALET AT ROXBORO PARK

At an unveiling ceremony at the end of August, the chalet in Roxboro Park was renamed Ovide-T.-Baciu Chalet in honour of the Mayor of the former Town of Roxboro from 1990 to 2002.

## SOCIAL DEVELOPMENT



### CREATION OF A CHILD POLICY: CONTRIBUTING TO CHILDREN'S DEVELOPMENT

In June, the Ville de Montréal announced the creation of a Policy on Children entitled *Being born, growing up and thriving in Montréal: from childhood to adolescence*. As a result of this policy, children who are in need in Pierrefonds-Roxboro will benefit from the support of the Ville de Montréal partners: the Dr. Julien Foundation, the Breakfast Club and Sun Youth.

## PUBLIC SAFETY

### AUTOMATED CALLING SYSTEM CODERED: SENDING NOTIFICATIONS TO RESIDENTS IN CASE OF EMERGENCY.

Like many cities in Quebec, the borough is now equipped with an automated call system that allows us to reach citizens quickly and efficiently in the event of an emergency. To register, visit the home page of the borough website.



### STAR OF LIFE TRAINING: OVER 1000 PEOPLE TRAINED!

Since the acquisition of cardiac defibrillators, more than 1,000 students and members of community organizations in the borough have received training in cardiopulmonary resuscitation from a Public Security officer. The young Arabella Van de Wee was the 1000<sup>th</sup> person to receive the training.

## POSITIVE 1<sup>ST</sup> ANNUAL REPORT

The Year 1 review shows the progress of the priority projects set out in the Borough's Strategic Plan 2015-2018.

Six of the 13 priority projects were initiated or implemented during this first year: development of the Saint-Jean islet, development of the network of bicycle paths, construction and development of the Marina, and development of an Arbicultural Plan.

To consult the Year 1 Strategic Plan Review, please visit the home page of the borough website.



# OUR ACHIEVEMENTS 2016

## ENVIRONMENT

### ORGANIC WASTE COLLECTION: MORE THAN 9,500 BINS DISTRIBUTED

The collection of organic waste was introduced in both the East and West sectors of the borough. More than 9,500 bins have been distributed so far. In 2017, an additional 9,000 bins will be distributed during the implementation of this collection in the Center sector of the borough.



### EXPANSION OF THE BICYCLE PATH NETWORK: FROM 12 TO 37 KM

To promote and facilitate active transportation, the borough tripled the number of kilometers in its network of bicycle paths from 12 to 37 km. Citizens can get around more easily to travel safely from one neighborhood to another.



### DEVELOPMENT OF AN URBAN FORESTRY PLAN

Two of the five actions in the plan were completed in 2016. The first was to set up an urban forestry committee whose mission is to discuss the issues, policies and actions to be taken in regard to the borough's urban forest. We also finalized the urban forest inventory of trees on the public domain.

## URBAN PLANNING



### ACCESS CONDO PROJECT IN PIERREFONDS-ROXBORO: A FIRST IN THE BOROUGH

For the first time an Access Condo project accredited by the *Société d'habitation et de développement de Montréal* will be built in Pierrefonds-Roxboro [10438, boulevard Gouin Ouest]. Of the 26 units planned in the project, 19 will have three bedrooms, allowing families who wish to settle in the area to purchase a property that meets their needs at a lower price. Completion of work is expected in the fall of 2017. For more information, visit [acescondos.org](http://acescondos.org).

## PARKS AND GREEN SPACES



### REVITALIZATION OF THE MARINA: A WATERFRONT RECREATION SITE

Construction of a new chalet and development of a park for sports and recreational activities will be completed in 2017. Citizens will have better access to the rivière des Prairies shoreline. This project will be part of the legacy of the borough in conjunction with the 375<sup>th</sup> anniversary of Montréal.



# OUR ACHIEVEMENTS 2016



## PARKINSON PARK GETS A MAKEOVER

Major redevelopment work of the park was undertaken this year. A new playground area for children from 18 months to 5 years and for 6- to 12 year-olds has been added, as well as a splash pad and a pickle-ball court [a cross between tennis, badminton and ping-pong]. Thanks to the replacement of furniture, new rest areas and the creation of new trails, the park will be even more pleasant to visit.



## CLEANER, SAFER PLAYGROUNDS

Cleaning of playgrounds can now be carried out more quickly since the acquisition of a machine specially designed to clean sandy areas, such as sandboxes in parks. The machine will remove garbage buried in the sand as well as weeds, stones, glass or cigarette butts.

## RECREATION AND CULTURE

### \$15,000 GRANT AWARDED TO SALLE PAULINE-JULIEN

A grant was awarded to the Salle Pauline-Julien as a contribution to cultural support of this venue featuring francophone performances in the West Island.

## RÉCRÉ O BUS AND THE RUCHE D'ART TRAILER: ALREADY VERY POPULAR!

The popularity of *Récré O Bus* continues to grow. This vehicle filled with games and sports equipment goes around to the parks of the borough. Young people can entertain themselves, get moving and play different sports. Those who prefer can create different types of art works using the materials available in the *Ruche d'Art* trailer, which is also much appreciated.

## IMPROVEMENTS OF SPORTS FACILITIES



## BASKETBALL COURTS MOVED IN CLOVERDALE

The relocation of basketball courts in the Cloverdale area has been carried out as planned. Local youth can now practice their favorite sport in complete safety.

## NEW SYNTHETIC SOCCER FIELD IN THE BOROUGH

Construction of the synthetic soccer field at Pierrefonds Comprehensive High School is underway. The approximately 2,000 enthusiasts of this sport in the borough will be able to use the new field from the beginning of summer 2017. This project is made possible through a partnership agreement with the Lester B. Pearson School Board.

## REVITALIZATION OF THREE BASEBALL FIELDS

As part of the Ville de Montréal baseball field revitalization program, three fields in Alexander, Brook and Grier Parks will be completely redeveloped.

## INSTALLATION OF FIRST PETANQUE COURT

The petanque lovers will meet at the de la Rive-boisée Park since a petanque court has been installed, a first in the Borough.

# BY-LAWS

## LET IT SNOW, LET IT SNOW, LET IT SNOW!

### Important reminders

#### DURING A SNOWFALL: CLEAR THE STREET DURING SNOW REMOVAL OPERATIONS

Do not forget that parking on the street is illegal during snowfalls. Failure to comply with this regulation is considered an offence liable to a minimum \$40 fine. This no-parking obligation does not apply to streets where alternative parking is allowed.

#### CLEAR THE SIDEWALKS!

Place your garbage cans, bags or bins in your driveway and not on the sidewalk or on the snowbank.

#### UNLOADING OR THROWING SNOW ONTO THE PUBLIC PROPERTY

Unloading or throwing snow onto the public property is prohibited. This goes also for the snow removal contractor you hire.

#### CAR SHELTER

Car shelters must be taken down before April 15.

#### OVERNIGHT PARKING

It is illegal to park on the street between 1 a.m. and 7 a.m., until April 1<sup>st</sup>.

## PERMIT COUNTER

**You are planning to undertake renovation or construction projects in the Spring? Submit your request as soon as possible!**

Winter is the ideal time to submit requests for renovation or construction projects given the delay required to analyze requests and issue permits.

### To avoid waiting in a queue, make an appointment

Dial 311 and leave your name and phone number. An employee will contact you to make an appointment.

### Questions?

Visit the borough's Web site, clic on "Services to Citizens" and select "Permits and authorizations"

**Please check page 24 for the Permit Counter's address and opening hours.**



## DID YOU RENEW YOUR ANIMAL'S PERMIT?

All permits must be renewed before they expire (December 31, 2016). You have two options for the renewal:

- In person at the the Citizen Services Office, before December 22.
- By mail: complete the form available on [ville.montreal.qc.ca/animals](http://ville.montreal.qc.ca/animals) and mail it with a cheque and sterilization and/or microchipping certificate to Borough Hall, before December 31 (date as postmark).

### How much does the permit cost?

- Dog: \$25 (spayed/ neutered\*), \$60 (non spayed/ neutered)
- Cat: \$10 (spayed / neutered), \$30 (non spayed/ neutered)
- \$5 discount if the animal has a microship.

## IMPORTANT Dog must, at all times

- Wear their city tag.
- Be on a leash with a maximum length of 1.85 m.
- Wear a halter or harness to which the leash is attached, if the dog weighs 20 kg or more.

 **From \$300 to \$2000**



For more information:  
[ville.montreal.qc.ca/animals](http://ville.montreal.qc.ca/animals) or 311



# COLLECTIONS CALENDAR

## GARBAGE, RECYCLABLES, ORGANIC WASTE, HOUSEHOLD HAZARDOUS WASTE AND GREEN WASTE

### JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 	5	6	7
8	9	10	11 	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

### MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## IN APRIL : COLLECTION DAYS AND HOURS WILL CHANGE!

Watch for advertisement to find out the schedule changes.

### LEGEND

-  MONDAY Recyclable Collection West of boulevard Saint-Jean
-  MONDAY Garbage Collection West of boulevard Saint-Jean
-  MONDAY Organic Waste Collection West of Yuile Park
-  THURSDAY Recyclable Collection East of boulevard Saint-Jean
-  THURSDAY Garbage Collection East of boulevard Saint-Jean
-  THURSDAY Organic Waste Collection East of boulevard des Sources
-  Natural Christmas trees collection.



## NATURAL CHRISTMAS TREE COLLECTION: JANUARY 4 AND 11

To ensure pick-up, trees must be free of all decorations. They must be placed in front of the building, after 8 p.m. the night before and no later than 7 a.m. the day of pick-up. You can also bring them to park chalets. They will be placed around the rinks to protect skaters from the wind.

## THIS WINTER, WATCH FOR SMOG WARNINGS

During a smog warning, the use of solid-fuel-burning appliances (fireplace, stoves, etc.) is forbidden due to negative impact on the quality of the air.

How can you find out about smog warnings?

- Listen to weather forecasts or consult the Info-Smog program on the Environment and Climate Change Canada's Web site.
- Follow ECAIertezQC147 to receive Twitter alerts. Montréal shares these smog warnings on its official social media pages (FACEBOOK and TWITTER). You can also monitor the Montréal air quality.



# ORGANIC WASTE COLLECTION

## IMPLEMENTATION OF ORGANIC WASTE COLLECTION IN THE CENTRE SECTOR

**Organic waste collection: more than 9,500 bins distributed**  
The implementation of organic waste collection will be completed with the distribution of additional 9,000 bins in the Centre sector of the borough. Here are the boundaries of this sector:

- North: rivière des Prairies
- West: rues Geneviève, Meloche, Troy, Hilltop, Yuile and Henri-Daoust\*
- South: borough boundaries with Kirkland and Dollard-des-Ormeaux
- East: boulevard des Sources\*\*

\*These streets are included in the West sector.

\*\*The boulevard des Sources is included in the East sector.



## CHECK NOTICES AND ADVERTIZING!

For full details on the implementation of organic waste collection in the Centre area, check notices that will be delivered door-to-door as well as the publicity in which you will find all the information you need:

- How to choose your bin
- When you will receive your bin
- Materials accepted and refused
- Useful tips
- Schedule of information sessions



13, rue du Centre-Commercial, Roxboro   
514 752-0778  
eqpr@vertcite.ca - eqpr.ca

## THE END OF ELECTRONIC WASTE COLLECTION AT THE ÉCO-QUARTIER

As of January, the Éco-quartier Pierrefonds-Roxboro will no longer collect electronic devices such as televisions, computers, radios, toasters, vacuum cleaners, drills, cameras and cell phones. These items will be accepted at the new Ecocentre, located in Saint-Laurent (3535, rue Sartelon, corner of avenue Félix-Leclerc and Sartelon). However, the Éco-quartier will continue to accept light bulbs, batteries and ink cartridges.

### Opening Hours

**WEDNESDAY:** from 1 p.m. to 8 p.m.

**THURSDAY:** from 1 p.m. to 6 p.m.

**FRIDAY AND SATURDAY:** from 9 a.m. to 3 p.m.

**SUNDAY, MONDAY AND TUESDAY:** Closed

### Ecocentre Saint-Laurent opening hours during winter

Tuesday to Saturday, from 10 a.m. to 6 p.m., until April 14

For more information:

visit [ville.montreal.qc.ca/ecocentres](http://ville.montreal.qc.ca/ecocentres).



# SPRING BREAK SPECIAL!



**FREE!**

## PUBLIC SKATING

**Schedule:** From March 6 to 10, from 1 p.m. to 3 p.m.

**Location:** Pierrefonds Sportplexe

**Cost:** Free during Spring Break

**Information:** 514 624-1100

## DAY CAMPS

### YOUTH STARS FOUNDATION

(4-to 12-year-olds)

From March 6 to 10

**Location:** Studio Danse H4L

**Cost:** \$25/day

**Information:** 514 800-9746 – youthstars.org  
info@youthstars.org

### PIERREFONDS DAY CAMPS

(5-to 12-year-olds)

March 6 to 10

**Location:** Ovide-T.-Baciu

(former Roxboro chalet) and Grier chalets

**Cost:** \$175/week or \$40/day

**Information:** 514 624-1430  
cdjpfde@gmail.com (Lisa Mancini  
or Catherine Pazzi)

Outings and sporting activities every day!



## ACTIVITIES IN MUNICIPAL LIBRAIRIES

MONDAY, MARCH 6, 1:30 P.M.

### LA ROUTE DU SUCRE : DANS LE VENTRE DE LA SUCRERIE GÉANTE ! (in French)

With Maryse Perron (for 6-to 12-year-olds)

By means of game cards, you will discover good carbohydrates  
and you will also be able to taste it!

**Location:** Pierrefonds Cultural Centre

THURSDAY, MARCH 9, 1:30 P.M.

### LE GRAND BAL DES ENFANTS

(bilingual)

With Jeunesses Musicales du Canada

(6-to 12 year olds)

Travel through the history of the danse, one step  
at a time.

**Location:** East Community Centre, room 24

Children can also take part in special activities presented during the Festival Montréal  
joue. Ask for details at the library.

**FREE!**



Photo: Antoine Saito

## SHOWS BY JEUNESSES MUSICALES DU CANADA

**FREE!**



Illustration: Lorraine Beaudoin

TUESDAY, MARCH 7, AT 10 A.M.

### ATELIER BRICO-MUSIQUE : VIOLON (in French)

(for 6-to 12-year-olds)

Plunge into the world of the luthier and the  
manufacture of the violin.

**Location:** East Community Centre

WEDNESDAY, MARCH 8, AT 10 A.M.

### BODY BEATS

(for 6-to 12-year-olds)

A fun introduction to body percussion.

**Location:** Beaubois College

VENDREDI 10 MARS, À 19 H

### LE CHANT DE L'ALOUETTE (in French)

(5 à 12 ans)

Discover music and songs popular in New France.

**Location:** Beaubois College



# LIBRARY ACTIVITIES

## ADULTS

### BOOK CLUBS

Come and share your love of reading with fellow book lovers in a relaxed, friendly atmosphere. For more information on the various book clubs, contact the Pierrefonds or Roxboro libraries or consult the 2016-2107 Calendar of Activities.

### LECTURES AND WORKSHOPS



#### All about chocolate

With Danièle Lefebvre (in French)

**Date:** Wednesday, February 8, 7 p.m.

**Location:** East Community Centre, room 42



Photo: Jean-François Brière

#### Author visit: Kim Thuy (in French)

**Date:** Wednesday, February 15, 7 p.m.

**Location:** Marcel Morin Community Centre

Note: Registration at the East Community Centre (Library)



Photo: Guy Giard

#### Laughter is the best medicine

With Guy Giard

Our guest will talk about his volunteer work as a humanitarian clown with Dr. Patch Adams.

**Date:** Wednesday, February 22, 7 p.m.

**Location:** East Community Centre, room 24



Photo: Kayla Komukhova

#### 5 trends in food and nutrition

With Bernard Lavallée (in French)

Our guest will provide tips to make healthy food choices.

**Date:** Wednesday, March 15, 7 p.m.

**Location:** Roxboro Library



#### Castles of the Loire Valley

With Pierre Gagnon (in French)

Discover how Francis I, Leonardo da Vinci and Catherine de Medici have contributed to the history and heritage of the Loire Valley.

**Date:** Wednesday, March 22, 7 p.m.

**Location:** Roxboro Library



Photo: Lilianna Perodeau

#### Perpetual Garden

With Lilianna Perodeau

Presentation of a garden combining photography and music.

**Date:** Thursday, March 30, 7 p.m.

**Location:** Pierrefonds Cultural Centre

ALL ACTIVITIES  
ARE FREE OF  
CHARGE!

REGISTRATION  
REQUIRED

#### Eco-Friendly Clothing

With Le Réseau des femmes en environnement (in French)

On the occasion of Earth Day, learn about the clothing industry in order to become a more eco-responsible consumer.

**Date:** Wednesday, April 19, 7 p.m.

**Location:** Roxboro Library



Photo: Pierre Crépeau

#### Isn't paradise a library

(in French)

Festival international de la littérature (FIL)

Discover how creative minds have transmitted their love of libraries through words or pictures throughout history.

**Date:** Sunday, April 23, 1:30 p.m.

**Location:** Pierrefonds Cultural Centre

alive 375

#### Montréal Out Loud

With Hélène Denis (in French)

Reading of novels and poetry taken from chapters of Montreal's history.

**Date:** Wednesday, April 26, at 7 p.m.

**Location:** East Community Centre, room 24

#### LE PORTILLON

Free delivery service offered by the Pierrefonds Library.

REGISTRATION:  
514 620-4181, ext. 2203.

REGISTRATION FOR ACTIVITIES TAKING PLACE AT THE PIERREFONDS CULTURAL CENTRE HAS TO BE MADE AT THE PIERREFONDS LIBRARY.



# LIBRARY ACTIVITIES

## CHILDREN



### STORY TIME AT THE ROXBORO LIBRARY

Introduce your child to the pleasure of reading!

**During the week : Tuesday (in English) and Wednesday (in French)**

- 0-to 18-month-olds accompanied by an adult
- 18-to 36-month olds accompanied by an adult
- 3-to 5-year-olds

**Saturday: Alternates between English and French**

- 2½-to 3-Year-olds
- 4-to 5-year-olds
- 6-to 8-year-olds

For information on the schedule, contact the Roxboro library or consult the 2016-2017 Calendar of Activities.

### Between friends (9-to 12-year-olds)

Board games, arts and crafts and books to discover.

**Dates:** Saturdays, February 18, March 25, April 29, 2:15 p.m. (in French)

Saturdays, February 25, April 1, May 6, 2:15 p.m. (in English)

**Location:** Roxboro Library

### Pyjama story time

(3-to 5-year-olds)

**Dates:** In French: Thursday, May 11, 6:45 p.m.  
In English: Thursday, April 6, 6:45 p.m.

**Location:** East Community Centre, room 53

### Rotodisk technique workshop

(8-to 12-year-olds)

With le Centre Turbine (in French)

With turn tables, participants will create optical illusions and psychedelic effects.

**Date:** Sunday, January 15, 1:30 p.m.

**Location:** Pierrefonds Cultural Centre



Illustration: Nous les arts

### Africa, a treasure filled continent (in French)

With Nous Les Arts (5-to 12-year-olds)

Discover Africa and learn about African animals with our Safari Bingo and create a mask and a paper necklace.

**Date:** Saturday, February 11, 1:30 p.m.

**Location:** Pierrefonds Cultural Centre

**SEE P. 24 FOR ADDRESSES,  
PHONE NUMBER AND  
OPENING HOURS.**

### FESTIVAL MONTRÉAL JOUE



**From February 25 to March 12**  
Contact your library to find out the schedule of special activities.

**CHECK PAGE 11 TO FIND OUT  
ABOUT ACTIVITIES TAKING  
PLACE DURING SPRING BREAK.**

### Slide and overhead projector workshop (in French)

With Centre Turbine (8-to 12-year-olds)

Participants will create worlds and stories using light.

**Date:** Saturday, April 8, 1:30 p.m.

**Location:** Pierrefonds Cultural Centre



### My music as a comic strip

(7-to 12-year-olds) (in French)

With les Jeunesses Musicales du Canada

This workshop is designed to teach children a new way of composing music.

**Date:** Sunday, May 14, 1:30 p.m.

**Location:** Pierrefonds Cultural Centre



[bibliomontreal.com](http://bibliomontreal.com)

# CULTURAL PROGRAMMING WINTER-SPRING 2017

## CHILDREN & FAMILIES



Illustration: Lorraine Beaudoin

FRIDAY, FEBRUARY 10, AT 7 P.M.

### STRADIVARIUS' SECRET

(for 5-to 12-year-olds)

Jeunesses Musicales du Canada

**Location:** Beaubois College

**Cost:** \$2



FRIDAY, MARCH 3, AT 7 P.M.

### ASTÉRIX : LE DOMAINE DES DIEUX

Festival International du Film  
pour Enfants de Montréal (in French)  
(for 4-to 8-year-olds)

**Location:** East Community Centre

**FREE** (passes required, available as of  
February 16)



Photo: Hamza Mejrj

FRIDAY, MARCH 24, AT 7 P.M.

### KATTAM ET SES TAM-TAMS (bilingual)

(for 4-to 7-year-olds)

**Location:** Beaubois College

**Cost:** \$2



FRIDAY, APRIL 21, AT 7 P.M.

### ZOOTOPIA

Festival International du Film  
pour Enfants de Montréal  
(movie for 6-year-olds +)

**Location:** East Community Centre

**FREE** (passes required, available as of April 6)



Photo: Elizabeth Delage

SUNDAY, MARCH 5, AT 2 P.M.

### PALLADE MUSICA

*Un quatuor à Paris*

**Location:** Pierrefonds Cultural Centre  
**FREE** (passes required, available as of  
February 23)

*This event is supported by the Conseil des arts  
de Montréal en tournée.*



WEDNESDAY, MARCH 29, AT 7:30 P.M.

### ORCHESTRE MÉTROPOLITAIN

*La "Pastorale" de Beethoven*

**Location:** Sainte Suzanne Church

**Cost:** Regular: \$17 – 18-35-year-olds: \$15  
Senior and student: \$14

*This event is supported by the Conseil des arts  
de Montréal en tournée.*

## ADULTS

### CLASSICAL MUSIC



SUNDAY, FEBRUARY 12, AT 2 P.M.

### KERRY ANNE KUTZ

*Il y a de l'amour dans l'air*

**Location:** Pierrefonds Cultural Centre

**Cost:** Regular: \$15 – 18-35-year-olds: \$13  
Senior and student: \$12

### JAZZ AND BLUES



Photo: Mélanie Ladoüceur

FRIDAY FEBRUARY 3, AT 7:30 P.M.

### MISMAR

**Location:** Pierrefonds Cultural Centre

**FREE** (passes required, available as of  
January 19)

*This event is supported by the Conseil des arts  
de Montréal en tournée.*

Three Jeunesses Musicales  
du Canada shows are  
presented during

## SPRING BREAK.

See page 11 for all details.



# CULTURAL PROGRAMMING WINTER-SPRING 2017



FRIDAY, FEBRUARY 24, AT 7:30 P.M.

## IAN KELLY

**Location:** Pierrefonds Cultural Centre

**Cost:** Regular: \$15 – 18-35-year-olds: \$13  
Senior and student: \$12

## FILM

FRIDAY, APRIL 7, AT 7:30 P.M.

## MATISSE ET PICASSO, LA COULEUR ET LE DESSIN

 (in French)

Festival International du Film sur l'Art

**Location:** East Community Centre

**FREE** (passes required, available as of  
January 19)

*This event is supported by the Conseil des arts  
de Montréal en tournée.*

## INFORMATION

Several shows are presented free of charge in association with the *Conseil des arts de Montréal en tournée*.

## INDIVIDUAL TICKET PURCHASE

### In person\*

Citizen's Office

\* Present your Accès Montréal Card to obtain a 10% discount on the purchase of regular tickets.

Take note that tickets can also be purchased on-site 45 minutes before the presentation, if available.

### By phone: 311

Payment with VISA and MasterCard (no service charge)

**Admission – Ticket Master** (service charge):

1 855 790-1245 or [admission.ca](http://admission.ca)

## PASSES FOR FREE SHOWS

Note: All passes, regardless of the venue, are available at the East Community Centre (library), and at the Pierrefonds and Roxboro Libraries.

## THANKS TO OUR PARTNERS

CONSEIL DES ARTS  
DE MONTRÉAL



Desjardins  
PARTENAIRE EN TITRE  
OFFICIAL PARTNER

# CULTURAL ACTIVITIES

Art and personal development courses, music and dance lessons. The Culture, Libraries and Social Development Division's responsibility is limited to the coordination and the improvement of cultural activities in our borough.

## CHILDREN & FAMILIES

### DANCE

**TAP DANCING** (4 years +)

January 12 to April 13 (14 weeks)

**Schedule:** Thursday, from 6:30 p.m. to 7:30 p.m.

**Location:** East Community Centre

**Cost:** \$185 (shoe rental: \$15 per session)

**Information:** 514 886-6537 (Charles Griffith)  
[charlesgriffithdanceschool.weebly.com](http://charlesgriffithdanceschool.weebly.com)

**BALLROOM AND INTERNATIONAL DANCING**

(12 year-olds +)

See the "Adult" section for details.



### MUSIC

**GUITAR**

(9 year-olds +)

January 23 to April 3 (11 weeks)

**Schedule:** Monday or Wednesday,  
from 4 p.m. to 8 p.m.

**Location:** Pierrefonds Cultural Centre

**Cost:** \$220 + taxes

**Information:** 514 346-8805 (Rad Crasto)

### PIANO

(7- to 17-year-olds)

January 9 to February 27 (8 weeks)

April 3 to June 5 (8 weeks)

**Schedule:** Monday, from 4 p.m. to 8 p.m.

**Location:** East Community Centre

**Cost:** \$204 per session

**Information:** 514 685-0487 (Dora Cojocararu)

## GENERAL REGISTRATION TO CULTURAL ACTIVITIES – WINTER 2017

Wednesday, January 18, from 6 p.m. to 8 p.m. at the Pierrefonds Cultural Centre

# CULTURAL ACTIVITIES

## ACTING

### KIDS AND TEENS "ON STAGE"

Live stage play at the end of session

**Début :** Week of January 17 to April 11 (13 weeks)

**Schedule:**

6-to 11-year-olds: Tuesday, from 6 p.m. to 7:30 p.m.

12-year-olds +: Saturday, from 12 p.m. to 2 p.m.

**Location:** East Community Centre

**Cost:** \$295 (6-to 11-year-olds)

\$320 (12-year-olds +)

**Information:** 514 646-1477 (Lois Dellar)

lois\_dellar@hotmail.com

### TEENS, ADULTS & KIDS "ON THE CAMERA"

(6 year-olds +)

Live stage play at the end of session

January 21 to April 15 (13 weeks)

**Schedule:** Saturday, from 2 p.m. to 4 p.m.

**Location:** East Community Centre

**Cost:** \$300

**Information:** See above.

### LA RUÉE VERS L'ART (IN FRENCH)

(8-to 16-year-olds)

Teachers: Catherine Gonthier and Isabelle Duchesneau

Show at the end of session

January 21 to April 29 (12 weeks).

(No class on March 4 and 11 and April 15)

**Schedule:**

8-to 12-year-olds: Saturday, from 3:15 p.m. to 5:15 p.m.

12-to 16-year-olds: Saturday, from 1 p.m. to 3 p.m.

**Location:** Ovide-T.-Baciu Chalet (Roxboro Park)

**Cost:** \$135

**Information:** 514 625-6381

(Catherine Gonthier)

ruee\_vers\_art@hotmail.com

## ADULTS

### ART CLASSES

#### PHOTOGRAPHY CLUB (IN FRENCH)

January 12 to May 4 (17 weeks)

**Schedule:** Thursday, from 7:30 p.m. to 10 p.m.

**Location:** East Community Centre

**Membership card:** \$50 per session  
clubphotopierrefonds@gmail.com



#### OIL PAINTING

Personalized teaching, basic and advanced techniques, free choice of subjects.

March 3 to May 12 (10 weeks)

**Schedule:** Friday or Saturday, from 9:30 a.m. to 12 p.m.

**Location:** Ovide-T.-Baciu Chalet (Roxboro Park)

**Cost:** \$295 (art supplies not included)

**Information:** 514 630-4316 (Bernard Marsy)  
bernard@marsy.com

#### DANCE

##### TAP DANCING

See "Children & Families" section for details.

##### BALLROOM AND INTERNATIONAL DANCING

Simple and easy method.

January 9 to April 24 (15 weeks)

**Schedule:** Monday, Tuesday or Wednesday at 7 p.m.

**Location:** Sainte Suzanne Church

**Cost:** from \$11.50 per person

**Information:** 514 207-4566

(Manon or Andrée Grenier)

1 450 652-9591 – dansegrenier.com



## MUSIC

### FRENCH VOCAL ENSEMBLE: SYMPHOLIES VOCALES

Musical Director: Julie Dufresne

January 9 to June 12 (21 weeks)

**Schedule:** Monday, from 7:15 p.m. to 9:45 p.m.

**Location:** Pierrefonds Cultural Centre

**Cost:** \$120

**Information:** 514 426-0020

(Sophie Chaurette)

sympholiesvocales@gmail.com

sympholiesvocales.com

### GUITAR LESSONS

January 23 to April 3 (11 weeks)

See "Children & families section" for details.

## MISCELLANEOUS

### INTERIOR DECORATING

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.

February 20 to May 1 (10 weeks)

**Schedule:** Monday, from 7:30 p.m. to 9 p.m.

**Location:** Pierrefonds Cultural Centre

**Cost:** \$295 (materials included)

**Information:** 514 457-4508 (Céline Benoît)

celinebenoit.design@videotron.ca

Registration mandatory, minimum of 8 participants required.

### HOME STAGING

Improve the resale value of your house and get the best price... without spending money... Great ideas... small investment!

March 2 to April 13 (7 weeks)

**Schedule:** Thursday, from 7:30 p.m. to 9 p.m.

**Location:** Pierrefonds Cultural Centre

**Cost:** \$240 (materials included)

**Information:** 514 457-4508 (Céline Benoit)

celinebenoit.design@videotron.ca

Registration mandatory, minimum of 8 participants required.



# RECREATIONAL ACTIVITIES

## CHILDREN AND FAMILIES

### OPEN ACTIVITIES

#### Ball games

**Schedule:** Saturday, from 3 p.m. to 6 p.m.

**Location:** Pierrefonds Comprehensive High School

**Cost:** FREE

**Information:** 514 624-1100

### DAY CAMPS DURING HOLIDAYS

#### PIERREFONDS DAY CAMPS INC.

**Schedule:** December 27 to 30 and January 3 to 6, from 8:30 a.m. to 4:30 p.m. (Day care service also available)

**Cost:** from \$30 to \$50 per day

**Information:** 514 624-1430 or cdjpfds@gmail.com (Lisa Mancini or Catherine Pazzi) – campspierrefonds.com

### CHESS

#### CHESS'N MATH ASSOCIATION (5-to 15-year-olds)

**Schedule:** Sunday, from 1:30 p.m. to 3 p.m.

**Location:** Ovide-T.-Baciu Chalet (Roxboro Park)

**Cost:** \$110 for 8 weeks or \$15 per individual class

**Registration:** Online on echechs.org (under clubs tab)

**Information:** 514 845-8352, ext. 21 (Virginie Roux) or admin@echechs.org echechs.org

The association offers a 9 level program recognized by the Chess Federation of Canada. Certificates indicating the level achieved are awarded at the end of each course.



### GUIDES

#### GIRL GUIDES OF CANADA - NORTSHORE DISTRICT (5-to 13-year-olds)

**Schedule:** Varies according to age

**Location:** consult the Web site girlguides.ca

**Cost:** financial assistance available

**Information:** 514 883-9565 (Laura Litvack) girlguides.ca ggc.northshoredistrict@gmail.com

#### GIRL GUIDES OF CANADA - RIVERDALE DISTRICT

Brownies (7-to 8-year-olds) and Guides (9-to 11-year-olds)

**Schedule:** Monday evening

**Location:** West Community Centre

**Cost:** financial assistance available

**Information:** girlguides.ca – riverdale@guidesquebec.ca

Girl guides of Canada enable girls to be confident, resourceful, courageous and to make a difference in the world.

### SCOUTS

#### 122<sup>e</sup> GROUPE SCOUT MARIE-REINE-DE-LA-PAIX (in French) (7-to 11-year-olds)

#### Schedule

7-to 8-year-olds: Friday, from 7:15 p.m. to 8:45 p.m.

9-to 11-year-olds: Friday, from 7:30 p.m. to 9:15 p.m.

**Location:** Ovide-T.-Baciu Chalet (Roxboro Park)

**Coûts :** \$350 for the season (September to June) excluding meetings, camps and outings

**Information:** 514 884-6199 or johgag@hotmail.com (Johanne Gagnon) 122groupescoutmrdlp.com

Fun and artistic activities, survival skills and resourcefulness.

Outings, volunteering and camps also on the program.

### TEENAGERS



### L'AUT'GANG SPORT

#### WEST ISLAND YOUTH ACTION (12-to 25-year-olds)

**Schedule:** visit ajoi.info

**Location:** Pierrefonds Comprehensive and Riverdale High Schools

**Cost:** FREE

**Information:** 514 675-4450 - ajoi.info

These activities allow youth to engage in sports and other cultural features such as hip-hop dancing, music or urban art.



### AIR CADETS

#### 803 NORTH SHORE SABRE SQUADRON

**Schedule:** Mandatory training: Tuesdays, from 6:30 to 9:30 p.m.

Optional activities: Thursdays and Saturdays

**Location:** Riverdale High School cafeteria

**Cost:** FREE

**Information:** 514 421-0803 – info@803squadron.com – 803squadron.com

#### 830 SQUADRON

**Schedule:** Mandatory training on Fridays, from 6:30 p.m. to 9:30 p.m.

Optional activities on Mondays, Wednesdays

Saturdays and Sundays, from 9 a.m. to 5 p.m.

**Location:** St. Anthony School

**Cost:** FREE

**Information:** 514 626-1830 – escadron830.com

The ideal opportunity to develop leadership skills, increase physical fitness and to make new friends while enjoying a variety of activities.

# RECREATIONAL ACTIVITIES

## CHESS

### CHESS'N MATH ASSOCIATION

(up to 15-years-of-age)  
See the "Children and Families" section for details.

## SCOUTS

### 122<sup>E</sup> GROUPE SCOUT

#### MARIE-REINE-DE-LA-PAIX (in French)

**Schedule:** 12-to 14-year-olds: Friday, from 7:30 p.m. to 9:15 p.m.

15-17-year-olds: Friday, from 7:30 p.m. to 9:30 p.m.

See "Children & Families" section for details.

## ADULTS

### SPANISH COURSE

#### ACADEMIA ESPANOLA MISTRAL

January 16 to April 4 (11 weeks)  
(except March 6 to 10 during School Break)

#### **Schedule:**

Level 1: Tuesday, from 6 p.m. to 7:30 p.m.

Level 2: Monday, from 6:30 p.m. to 8 p.m.

Beginner's Conversation:

Tuesday, from 7:30 p.m. to 9 p.m.

Spanish Advanced Conversation:

Tuesday, from 6 p.m. to 7:30

April 13 to June 15 (11 weeks)

Level 4:

Wednesdays, from 7:30 p.m. to 9 p.m.

**Location:** Marcel Morin Community Centre

**Cost:** \$165 + books (level 1 only)

\$ 71 (+ taxes)

Conversation:

\$175 + \$5 for copies (advanced)

\$165 + \$5 for copies (beginner)

**Information:** 1 450 424-6123

academia.mistral@bellnet.ca



## HORTICULTURE, ECOLOGY AND ORNITHOLOGY

### HORTICULTURE AND ECOLOGY SOCIETY OF PIERREFONDS (in French)

**Schedule:** 2<sup>nd</sup> Wednesday of each month, from 7:30 p.m. to 10 p.m.

- January 11: Gardening on your balcony (Gabriel and Julien Picard)
- February 8: Native trees and shrubs for Montréal gardens (Bertrand Dumont)
- March 8: Biodiversity and the birds (Jean Léveillé)
- April 12: Gardening perfumes (Normand Fleury)
- May 10: Intimacy and gardens (Marie-Odile Lebeau)

**Location:** Marcel Morin Community Centre

**Cost:** \$20 per person / \$34 per couple for the complete series, from September to May  
\$5 per lecture for the non members, residents or non-residents.

**Information:** 514 624-1671 (voicemail) – shep.fsheq.org

## HEALTH AND WELL-BEING

**Location:** Ovide-T.-Baciu Chalet (Roxboro Park)

### TAICHI, MOVING MEDITATION

**Schedule:** Tuesdays, from 7 p.m. to 8:30 p.m.

### QI GONG, MINDFULNESS MEDITATION

**Schedule:** Wednesdays, from 9:30 a.m. to 11 a.m. or Thursdays, from 7 p.m. to 8:30 p.m.

**Cost:** visit tai-chi-gong.org website

**Information:** 514 901-1845 (Luce Desgagné) or luce-dansedevie.blogspot.com – tai-chi-gong.org

## SCOUTS

### 122<sup>e</sup> GROUPE SCOUT MARIE-REINE-DE-LA-PAIX (in French)

**Schedule:** to be determined

See "Children & Families" section for all details.

**Sunday, February 5, from 11 a.m. to 3 p.m.**

De la Rive-Boisée Park (on chemin de la Rive-Boisée)

## A HOST OF EXCITING ACTIVITIES FOR THE WHOLE FAMILY!

- dogsledding and carriage ride - sledding, shinny hockey, free skating, snowshoeing
- and bonus sweets: hot chocolate, taffy on snow and cookies!

Information: 311

**WINTER  
FUN 2017**



# RECREATIONAL AND SPORTING ACTIVITIES

## RÉCRÉ-O-BUS FREE!

This winter, children will be able to participate in various sports activities either inside or outside.

### IN THE GYM

Free and varied sports activities with an instructor in the gymnasium.

**Schedule:** Sunday, from 1:30 p.m. to 3:30 p.m. from January 15

**Location:** St. Anthony School Gymnasium

### OUTDOORS

Enjoy the winter by borrowing snowshoes, snow blocks, crazy carpets, skates, etc. The Récré O Bus will stop in several parks, including the Roxboro, Grier and À-Ma-Baie parks. Consult the borough's website for the schedule, which will vary according to weather conditions.

**Information:** 514 624-1100

[ville.montreal.qc.ca/pierrefonds-roxboro](http://ville.montreal.qc.ca/pierrefonds-roxboro)



## PUBLIC SKATING AT PIERREFONDS SPORTPLEXE

### FREE SKATING PERIODS

#### PRESCHOOL

Mondays and Wednesdays, from 10 a.m. to 11 a.m.;

Saturday, from 7 p.m. to 9 p.m.

Sunday, from 1:30 p.m. to 4:30 p.m.

#### CHILDREN AND FAMILIES DURING HOLIDAY SEASON

From December 26 to 30 and from January 2 to 5,

from 1 p.m. to 3 p.m.

#### SENIORS

Mondays and Wednesdays, from 11 a.m. to 12 p.m.

### PUBLIC SKATING (entry fees)

Saturdays, from 7 p.m. to 9 p.m.

Sundays, from 1:30 p.m. to 4:30 p.m.

**Cost:** 12-year-olds and under: \$1, 13-year-olds and up: \$3

## OUTDOOR SKATING RINKS



### HOCKEY AND FREE SKATING

Alexander Park | Brook Park | d'À-Ma-Baie Park | de la Rive-Boisée Park | Grier Park and Roxboro Park

### HOCKEY AND FREE SKATING

Borough Hall

**Information:** 514 624-1100 – [ville.montreal.qc.ca/pierrefonds-roxboro](http://ville.montreal.qc.ca/pierrefonds-roxboro)

# SPORTING ACTIVITIES

## ADULTS (18+)

### BADMINTON

#### PIERREFONDS BADMINTON CLUB (waiting list)

**Schedule:** Monday, Wednesday and Friday, from 8 p.m. to 10:30 p.m.

**Location:** Pierrefonds Comprehensive High School

**Cost:** Check Badminton-pierrefonds.com Website

**Information:** 514 602-6780 (Edward Li)

badmintonpierrefonds@gmail.com - badminton-pierrefonds.com

#### WEST ISLAND BADMINTON CLUB

**Schedule:** Friday and Sunday, from 8 p.m. to 10:30 p.m.

**Location:** Riverdale High School

**Cost:** Check ap2000sports.com Website

**Information:** 514 626-1334 (David Pealow)



### PHYSICAL FITNESS

#### WEST ISLAND PHYSICAL FITNESS CLUB

Exercise class with volleyball session

**Schedule:** Monday and Thursday, from 8 p.m. to 10 p.m.

**Location:** Saint Charles School

**Information:** 514 620-9259 (Heiner Theobald)

### HOCKEY

#### ASSOCIATION DE HOCKEY ADULTE DE PIERREFONDS

Men (35+)

**Schedule:** Monday nights

**Location:** Pierrefonds Sportplexe

**Information (schedule, cost, etc.):** pierrefondsoldtimers.com

League of 12 teams divided in 2 divisions. No contact, no slap shot.

### KARATE

#### WEST ISLAND ACADEMY OF MARTIAL ARTS

**Schedule:** Thursday, at 7:30 p.m.

**Location:** Ovide-T.-Baciu Chalet (Roxboro Park)

**Information:** 514 717-1099 or karateyogen@gmail.com

### OLYMPIC WRESTLING, FREESTYLE AND GRECO-ROMAN

#### RIVERDALE WRESTLING CLUB : WRESTLING FOR MEN AND WOMEN

**Location:** Riverdale High School

**Information (schedule, location, cost, etc.):** 514 683-2438 or 514 241-5207

riverdalewrestling@hotmail.com (Jay Bradbury)

Introduction to wrestling, training for fun or for competition.

### RINGUETTE

#### PIERREFONDS-DDO-ÎLE-BIZARD RINGUETTE ASSOCIATION

**Schedule and cost:** consult the association's website ringuettepierrefonds.com

**Location:** Pierrefonds Sportplexe

**Information:** 514 626-5467 – ringuettepierrefonds.com

**Categories:** Cadet U19/ Open 18+/ Juvenile U24/ nInter 21+/ Senior 30+

### SOCCER

#### PIERREFONDS WOMEN SOCCER LEAGUE (19+)

**Schedule:** Every Saturday, from 7:30 a.m. to 12:40 p.m.

**Location:** Pierrefonds Comprehensive High School

**Information (schedule, cost, etc.):** info@pwsl.ca – pwsl.ca

#### ADULT SOCCER ASSOCIATION OF PIERREFONDS

**Schedule:** Sunday at 4:30 p.m.

**Location:** Pierrefonds Comprehensive High School

**Information (schedule, cost, etc.):** 514 808-4625 or info@asap-soccer.org

asap-soccer.org

Recreational soccer for men of all skill levels.

### VOLLEYBALL

#### PIERREFONDS LADIES VOLLEYBALL ASSOCIATION

**Schedule:** Tuesday, from 7:15 p.m. to 9:45 p.m.

**Location:** Pierrefonds Comprehensive High School

**Information (schedule, cost, etc.):** esportsdesk.com

The league consists of 12 teams in 3 divisions (recreational, intermediate and competitive).

#### PIERREFONDS MEN'S VOLLEYBALL ASSOCIATION

**Schedule:** Tuesday, from 8 p.m. to 10 p.m. and Friday,

from 8 p.m. to 10 p.m.

**Location:** Pierrefonds Comprehensive High School

**Information (schedule, cost, etc.):** pmvaexecutive@hotmail.com

FOR ADDRESSES, PLEASE SEE P. 24

## CHILDREN (3+)

### BADMINTON

#### BADMINTON PIERREFONDS CLUB (waiting list)

**Schedule and cost:** badminton-pierrefonds.com

**Location:** Pierrefonds Comprehensive High School

**Information:** 514 602-6780 (Edward Li)

badmintonpierrefonds@gmail.com

#### WEST ISLAND BADMINTON CLUB (6-19-year-olds)

**Schedule:** Friday and Sunday, from 6 p.m. to 8 p.m.

**Location:** Riverdale High School

**Cost:** ap2000sports.com

**Information:** 514 626-1334 (David Pealow) – ap2000sports.com

#### FREE BADMINTON

**Schedule:** Monday to Friday, from 7 p.m. to 10 p.m.

For detailed schedule, visit the borough's Web site.

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

**Location:** Charlemagne College

**Information:** 514 624-1100 – ville.montreal.qc.ca/pierrefonds-roxboro



# SPORTING ACTIVITIES

## BASEBALL

**PIERREFONDS BASEBALL CLUB** (boys and girls of all ages)

**Schedule:** from January 14 to April 29 (evening)

**Location:** Pierrefonds Comprehensive High School

**Cost:** see Pierrefondsbaseball.com Website

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

## BASKETBALL

**BROOKWOOD BASKETBALL ASSOCIATION**

(Brookwood Basketball Association\*) \*Proof of age required at registration

**Location:** Riverdale High School

**Information:** 514 684-5885 (leave a message)

brookwood@videotron.ca – brookwoodbasketball.org

Uniforms are provided except for running shoes.

We are always looking for volunteers.

## RECREATIONAL DANCE AND GYMNASTIC COURSES

**DAIZI PROGRAMS – GYMIDANCE DYNAMICS**

(3-to 12-year-old boys and girls)

**Schedule:** Ongoing registration for winter session

**Location:** Pierrefonds Comprehensive High School

**Information:** 514 624-1430 or cdjpfds@gmail.com

(Lisa Mancini or Catherine Pazzi) – campspierrefonds.com

Coaches help develop self-esteem and skills in a pressure-free environment.



## FENCING

**CLUB D'ESCRIME LES SPARTIATES** (8-to 17-year-olds)

January 12 to March 23

**Schedule:**

8-to 12-year-olds: Thursday, from 6:30 p.m. to 7:30 p.m.

12-to 17-year-olds: from 7:30 p.m. to 8:30 p.m.

**Location:** East Community Centre

**Cost:** \$145 including equipment

**Registration:** online at escrimespartiates.com

**Information:** 514 754-8443 – escrimespartiates@gmail.com

With this initiation class, children will develop motor skills specific to fencing and will get the first fencing level.

## FOOTBALL

**NORTHSHORE FOOTBALL LEAGUE**

**Schedule:** 2 to 3 training sessions on week nights, 1 game on weekends.

**Location:** Riverdale High School and Alexander Park

**Cost:** northshorefootball.org

**Information:** 514 500-0376 – northshorefootball.org

## HOCKEY

**PIERREFONDS MINOR HOCKEY ASSOCIATION** (Volunteers needed)

**Categories:** Mites, Pre-novice 1, Pre-novice 2, Midget, Novice, Junior, Atom, Peewee, Bantam

**Information:** 514 620-6440 – hockeypfds.com

## KARATE

**WEST ISLAND ACADEMY OF MARTIAL ARTS**

**Schedule and location:**

Wednesday and Friday, from 6:30 p.m. to 7:30 p.m. – Saint Charles School

Monday, from 6:30 p.m. to 7:30 p.m. and Sunday, from 11 a.m. to 12 p.m.

**Location:** Ovide-T.-Baciu Chalet (Roxboro Park)

**Information (schedule, cost, etc.):** 514 717-1099 – karateyoen@gmail.com

Youngsters are taken in charge by skilled coaches who will teach them the martial arts techniques and the associated values.

## OLYMPIC WRESTLING, FREESTYLE AND GRECO-ROMAN WRESTLING

**RIVERDALE WRESTLING CLUB**

**Schedule:**

13-year-olds +: Monday and Wednesday, from 7:45 p.m. to 9:30 p.m. and Saturday, from 10 a.m. to 12:30 p.m.

5-to 12-year-olds: Wednesday, from 6:30 p.m. to 7:30 p.m. and Saturday from 9 a.m. to 10:15 a.m.

**Location:** Riverdale High School

**Information:** 514 683-2438 or 514 241-5207 (Jay Bradbury)

riverdalewrestling@hotmail.com

The club offers under 12 years old an introduction to wrestling, training for fun or for competition.

## RECREATIVE AND COMPETITIVE SKATING

**DEUX-RIVES SKATING CLUB** (for all ages)

**Schedule:** Saturday, Tuesday, Wednesday or Friday

**Location:** Pierrefonds Sportplexe

**Cost:** Available at registration

**Information:** 514 626-6350 – cpdeuxrives@hotmail.com  
cpdeuxrives.com

Come learn with passionate teachers. Programs offered: CanSkate, CanSkate Adult, Pre-Can Power Skating.

## RINGUETTE

**PIERREFONDS-DOO-ÎLE-BIZARD RINGUETTE ASSOCIATION**

**Categories:** Moustique U8, Atome U12, Junior U16

**Location:** Pierrefonds Sportplexe

**Information (schedule, cost, etc.):** 514 626-5467 ou ringuettepierrefonds.com

## SOCCER

**PIERREFONDS SOCCER ASSOCIATION**

(7-to 13-year-old boys and girls)

Recreational Program until May

Academy (13-to 18-year-olds) until April

**For complete schedule, cost and tryout dates for our competitive teams:**

Visit soccerpierrefonds.ca

**Information:** 514 696-2505 – info@soccerpierrefonds.ca

The Academy trains children to prepare them for competition.

# SOCIAL DEVELOPMENT RESSOURCES FOR THE COMMUNITY

## CHILDREN AND FAMILIES

### AMCAL

Promotion of healthy family relationships.  
**Information:** 514 694-3161  
amcal.ca

### FAMILY RESSOURCE CENTER

**Information:** 514 682-5912  
info@familyresourcecenter.qc.ca  
familyresourcecenter.qc.ca



### KIZMET CENTRE

Mission : enhance early child development.  
**Information:** 514 694-7090  
centrekizmet.ca

### CLOVERDALE MULTI-RESSOURCES

(0-5-year-olds and families)  
**Information:** 514 684-8228  
cloverdalemulti-ressources.org



### ROXBORO OPTIMIST CLUB

Volunteers needed.  
**Information:**  
club.optimiste.roxboro@gmail.com  
Facebook.com/CO.Roxboro  
cluboptimisteroxboro.org

### PIERREFONDS TOASTMASTERS CLUB

(bilingual)  
**Location:** East Community Centre  
**Information:** 514 694-1118 (Vita)

### STOP NOW AND PLAN (SNAP)

**OUEST-DE-L'ÎLE**  
(6-to 12-year-olds and families)  
Free and bilingual program to help families  
face difficult issues.  
**Information:** 514 675-7775

## TEENAGERS

### WEST ISLAND YOUTH ACTION (AJOI)

(12-to 25-year-olds)  
Intervention services for teenagers  
at risk and/or in difficulty.  
**Information:** 514 292-1270 – ajoi.info



### WEST ISLAND BLACK COMMUNITY ASSOCIATION (WIBCA)

**Information:** 514 683-3925



### MAISON DES JEUNES À-MA-BAIE

(12-to 17-year-olds)  
**Information:** 514 685-2989  
mdjamabaie@videotron.ca  
mdjamabaie.webnode.com



### MAISON DES JEUNES DE PIERREFONDS

(12-to 18-year-olds)  
**Information:** 514 683-4164  
maisondj@videotron.ca  
mdjpierrefonds.org



### OVERTURE WITH THE ARTS

(12-to 17-year-olds)  
**Information:** 514 889-8678  
info@OvertureWithTheArts.org  
OvertureWithTheArts.org

## HELP FOR WOMEN VICTIM OF SEXUAL ASSAULTS

West Island (CALACS)  
**Information:** 514 684-2198



## MEMBERS OF CULTURAL COMMUNITIES AND NEWLY ARRIVED IMMIGRANTS

### CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST DE L'ÎLE (CIMOI)

**Information:**  
514 693-1000 (Pointe-Claire)  
or 514 685-3000 (Pierrefonds)  
info@cimoi.com – cimoi.com

## PERSONS SUFFERING FROM MENTAL HEALTH PROBLEMS

### CENTRE BIENVENUE

Two new programs are offered  
to 18- to 25-year-old: Groupe  
aventure et Hockey-basketball.  
**Information:** 514 421-2212



### WEST ISLAND CRISIS CENTER

Information and referral service 7 days  
a week, 24 hours a day.  
**Information:** 514 684-6160

### PERSPECTIVE COMMUNAUTAIRE EN SANTÉ MENTALE

**Information:** 514 696-0972

## PHYSICALLY OR INTELLECTUALLY HANDICAPPED

### WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED

A range of activities, support and respite.  
**Information:** 514 694-7090



### ANGELMAN RESPITE CENTRE

Respite and adapted programming for  
socialization and stimulation.  
**Information:** 514 799-5300

### WEST ISLAND CITIZEN ADVOCACY

Recruiting volunteers to become citizen  
advocates.  
**Information:** 514 694-5850

## MISCELLANEOUS

### WEST ISLAND ASSISTANCE FUND

Food bank, thrift store and collective kitchens.  
**Information:** 514 683-0456  
info@fdoi.org – fdoi.org

### REGROUPEMENT DES SÉPARÉS ET DIVORCÉS DE L'OUEST

(For separated, widows, divorced or single)  
**Location:** Marcel Morin Community Centre  
**Information:** 438 390-7736  
rsdo@videotron.ca – rsdo.org

### TABLE DE QUARTIER DU NORD-OUEST DE L'ÎLE DE MONTRÉAL

Discussion forum.  
**Information:** 514 624-7742  
or 514 675-3006 – tqnoim@gmail.com  
tqnoim.org

### VITADOLCE

A range of activities chosen and organized  
by volunteers.  
**Schedule:** Saturday, from 9 a.m. to 12 p.m.  
**Location:** Centre Bienvenue  
**Information:** 514 694-1118 (Vita Lewis)



# RESSOURCES AND ACTIVITIES FOR SENIORS

## “HELLO NEIGHBOR”

### A new program to increase the safety of elders

The borough of Pierrefonds-Roxboro, the mayor Dimitrios (Jim) Beis, in collaboration with Public Safety, have created this new program in order to increase the feeling of security of seniors living alone and to reassure those around them. Because this is a pilot project, the number of participants will be limited to 25 during a period of one year.

### Once a day, every day

A Public Security agent will call each participants to ensure that all is well and that there is no problem requiring immediate attention. Given their First Response Training, the agents are able to respond quickly and to rapidly contact the Emergency officials as well as the person's relatives and loved ones concerned.

### Registration period: from December 14 to January 14

Places are limited and the registration will be on a first come first serve basis.

Information: 514 630-6300.



## WEST ISLAND COMMUNITY RESOURCE CENTRE (CRC)

A CRC Mobile worker informs senior about programs and services offered in the West Island.

Information: 514 694-6404

## WEST ISLAND BLACK COMMUNITY ASSOCIATION (WIBCA)

Monthly meeting on the first Thursday of each month, from 12 p.m. to 2 p.m. Also offered: legal clinic by appointment (\$10).

Information: 514 683-3925

## WEST ISLAND VOLUNTEER BUREAU CONTACT PROGRAM

(65 years old and older)

Free friendly telephone service, open to all residents of West Island.

Information: 514 457-5445, poste 228.

## SPORTS AND LEASURE

### ARTHRITIS WEST ISLAND SELF-HELP ASSOCIATION (AWISH)

Exercise classes for arthritis with a qualified instructor starting on January 9.

Location: East Community Centre

Information and registration: 514 631-3288 (Ginette) – awishmontreal.org

### CARREFOUR DES AÎNÉS DE PIERREFONDS

Over 25 activities as well as special events offered to seniors.

Location: Marcel Morin Community Centre

Information:

514 624-1449 – sites.google.com/site/carrefourdesainesdepierrefonds

### WEST ISLAND 50 + CLUB

A variety of recreational and social activities.

Information: 514 630-7285 (Joann Murphy)

## CLUB DES AÎNÉS SAINTE-SUZANNE

Various activities including card games (Thursday, from 1 p.m. to 5 p.m.) and whist militaire (2<sup>nd</sup> Wednesday of each month, from 7 p.m. to 10 p.m.).

Location: East Community Centre

Information: 514 695-6466 (Pierrette Lefebvre)

## ROXBORO 60 + CLUB

A variety of activities including theatre and dinners.

Renseignements : 514 624-5018 (Anne Kowal)

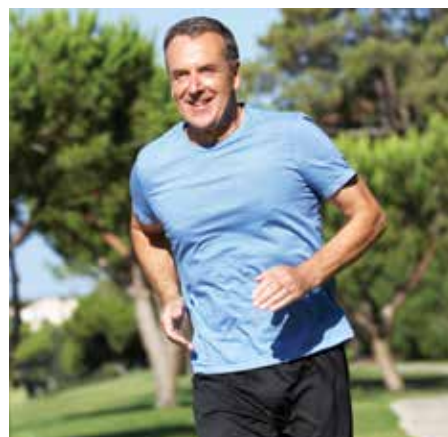
## FRIENDSHIP CLUB 55 +

We are looking for new members!

A variety of activities (Thursday, from 1 p.m. to 4 p.m.) and monthly outings.

Location: Mary Queen of Peace Church (basement)

Information: 514 685-1292 (Donald Savage)



## FADOQ GAMES – MONTRÉAL REGION

From May 8<sup>th</sup> to the 17<sup>th</sup> 2017, Montreal will be hosting the 20<sup>th</sup> edition of the FADOQ Games. Individuals aged 50 years and over can take part in this popular event featuring 11 disciplines including badminton, softball, track and field, walking, tennis and golf. Participants may also win door prizes, receive medals and have the chance to attend a gala event.

For more information:

514 271-1411, ext. 222 (Olivier Gauthier) – ogauthier@fadoqmtl.org – montreal.fadoq.ca/jeux

LET'S CELEBRATE THE  
20<sup>TH</sup> ANNIVERSARY OF  
THIS SPORTING EVENT !

Pierrefonds  
Roxboro  
**Montréal**   
Métropole AMIE des aînés

# ADDRESSES AND OPENING HOURS

## CITIZEN SERVICES OFFICE

13665, boulevard de Pierrefonds

### OPENING HOURS

Monday to Thursday, from 8 a.m. to 5 p.m.  
Friday, from 8 a.m. to 12 p.m.

## PERMIT COUNTER

13665, boulevard de Pierrefonds

### OPENING HOURS

Monday to Thursday: from 8 a.m. to 12 p.m.  
and from 1 p.m. to 4:30 p.m.  
Friday: from 8 a.m. to 11:30 a.m.

## PUBLIC LIBRARIES

### PIERREFONDS PUBLIC LIBRARY

13555, boulevard de Pierrefonds  
514 620-4181, ext. 2203

### OPENING HOURS

Monday: from 10 a.m. to 8 p.m.  
Tuesday to Thursday: from 12 p.m. to 8 p.m.  
Friday: from 12 p.m. to 6 p.m.  
Saturday: from 10 a.m. to 5 p.m.  
Sunday: 13 p.m. to 5 p.m.

### EAST COMMUNITY CENTRE (LIBRARY)

9665, boulevard Gouin Ouest  
514 620-4181, ext. 2220

### OPENING HOURS

Monday: closed  
Tuesday: from 10 a.m. to 8 p.m.  
Wednesday to Friday: from 1 p.m. to 8 p.m.  
Saturday: from 12 p.m. to 5 p.m.  
Sunday: closed

### ROXBORO PUBLIC LIBRARY

110, rue Cartier  
514 684-8247

### OPENING HOURS

Monday to Thursday: from 10 a.m. to 9 p.m.  
Friday: from 10 a.m. to 6 p.m.  
Saturday and Sunday: 10 a.m. to 5 p.m.

Public Libraries will be closed on  
April 14, 16 and 17 for Easter and  
on May 22 for Victoria Day.

## CULTURAL AND COMMUNITY CENTRES

### EAST COMMUNITY CENTRE

9665, boulevard Gouin Ouest

### MARCEL MORIN COMMUNITY CENTRE

14068, boulevard Gouin Ouest

### PIERREFONDS CULTURAL CENTRE

13850, boulevard Gouin Ouest

### WEST COMMUNITY CENTRE

17750, rue Meloche

## SCHOOLS AND CHURCHES

### BEAUBOIS COLLEGE

4901, rue du Collège Beaubois

### CHARLEMAGNE COLLEGE

5000, rue Pilon

### MARY QUEEN OF PEACE CHURCH

11075, boulevard Gouin Ouest

### PIERREFONDS COMPREHENSIVE HIGH SCHOOL

13800, boulevard de Pierrefonds

### RIVERDALE HIGH SCHOOL

5060, boulevard des Sources

### SAINT CHARLES SCHOOL

4331, rue Sainte-Anne

### SAINTE SUZANNE CHURCH

9501, boulevard Gouin Ouest

### ST. ANTHONY SCHOOL

17750, rue Meloche

## PARKS AND CHALETS

### ALEXANDER PARK

12899, rue Oakwood (south of boulevard de Pierrefonds, through boulevard Jacques-Bizard)

### BROOK PARK

12800, rue Brook (North of boulevard Gouin Ouest, through rue Perron)

### D'À-MA-BAIE PARK

9625, boulevard Gouin Ouest  
(East of boulevard Sunnybrooke)

### DE LA RIVE-BOISÉE PARK

355, chemin de la Rive-Boisée  
(East of boulevard Saint-Jean)

### GRIER CHALET

4600, rue des Cageux

### GRIER PARK

5760, rue Meloche (West of boulevard Saint-Charles, through rue de Cageux)

### OVIDE-T.-BACIU CHALET

10, 11<sup>e</sup> Avenue (South of the railway)

### ROXBORO PARK AND CHALET\*

10, 11<sup>e</sup> Avenue (South of the railway)

\*The Roxboro Chalet has been renamed Ovide-T.-Baciu Chalet.

## OTHER

### PIERREFONDS SPORTPLEXE

14700, boulevard de Pierrefonds

### STUDIO DANSE 4HL

13950, boulevard Gouin Ouest

