

INAUGURATION OF THE TOWN HALL AND COMMUNITY CENTER

Come join us from 5 p.m. to 7 p.m. on **Friday April 13th** to celebrate the reopening of our newly renovated Town Hall and Community Center. This will be an opportunity to visit the revamped offices and community halls and mingle with the members of your municipal council. Now that the Town Hall is fully renovated, both floors of the Community Center are at your disposal should you wish to **host family or community gatherings, as well as other important events.** We hope you will use the community hall to its full potential and contribute to making it a living and meaningful place.

A brief history of the Strong Hall, from a column published in the Info Mille-Isles in August 2015

Strong Hall was built in 1957, on land sold to Mr. Strong by Madam Lillian Pollock for the modest sum of 150\$. The hall is integrated with the municipal offices. The hall carries the name "Strong Hall" in honour of colonel Garnet M. Strong in recognition of his generosity and social implication. Colonel Strong donated the majority of the building materials required to build the hall.
Strong Hall is the result of a community working together for the greater good of all. John A. Ward, whose business was located on Cambria road, donated his employees Duncan Dawson, Arnold Patterson, Gerald Pollock, Keith Titley, Albert Ward, Lawrence Ward, Victor Ward, Arthur Woods and Garnet Woods to build the Hall, and many volunteers joined them as well. Norman Patterson and Matthew Nobel transported the gravel. Russell Patterson donated the stone. Strong Hall is not only of sentimental value, it is a symbol of our community, and a part of our collective history that we will cherish and protect for our future generations.
A special thank you to Joan Hudson, Shirley Captain and James R. Pollock (Jimmy) for all their help in putting this article together.

BREAKFAST CONFERENCE FOR SENIORS AND CAREGIVERS - Free

You would like to learn more about available resources and services offered in Argenteuil for seniors and caregivers? **Come have breakfast with us at Strong Hall on Wednesday May 2nd at 9 a.m.** Mrs. Martine Ayotte, community organizer from the CISSS Laurentides, as well as various representatives of community organizations will be there to present their services and answer your questions. Do not miss this opportunity! A continental breakfast (croissants, toast, fruits and cereals) will be offered by the municipality. To reserve your place or arrange transportation from your residence to the Community Center, contact Janick Roy at jroy@mille-isles.ca or 450 438-2958 ext. 2610.



BEEKEEPING WORKSHOP - Free

Bees are important pollinators yet their populations have declined sharply in recent years. To learn more about these valuable insects, about beekeeping and how to be a beekeeper, **meet Stephen Matthews and Natasha Blazevic from Matthews Farm on Saturday, April 28th at 1:30 p.m.** at Strong Hall. To register, contact Janick Roy at jroy@mille-isles.ca or 450 438-2958 ext. 2610.



VISIT OF THE FIREFIGHTERS

As is the case each year, firefighters will conduct residential visits to validate the proper functioning of residential smoke alarms. **These tours begin in mid-April and continue until mid-October.** Generally, visits take place on Tuesday in the evening and one Saturday per month. Firefighters who come to your home are in uniform and properly identified.



VIACTIVE PROGRAM

The **Viactive** program is dedicated to clients aged 60 and over with variable physical conditions who wish to remain active. Are you interested in becoming an animator for this program? Training will be offered in the coming months by **FADOQ Laurentides.** For more information, contact Janick Roy at jroy@mille-isles.ca or 450 438-2958 ext. 2610.

NEWSLETTER: If technical issues prevented you from signing up for the newsletter, be aware that they are now resolved. Sing up at: <http://mille-isles.ca/infolettre/>

FOOD ASSISTANCE IN MILLE-ISLES

The municipality wishes to improve the supply of food aid within the territory of Mille-Isles. To that end, we would like to know more about your needs. To receive food aid from the **Centre d'entraide d'Argenteuil** the annual income must be:

\$20,000 or less for a single person – \$26,000 or less for a couple without children – \$26,000 or less for an adult with one or more children

For each additional person or dependent child, \$2,000 / person can be added to the amount indicated.

If you meet these criteria or if, without meeting them, you wish to have access to food assistance (low-cost food, collective cooking and others) contact Janick Roy at jroy@mille-isles.ca or 450 438-2958, extension 2610. Thanks to your participation, we will be able to develop food assistance services suitable for you. All information collected remains confidential.



CAFÉ PARTAGE: HEALTHY FRUITS AND VEGETABLE BASKETS

Café Partage offers baskets of fresh fruits and vegetables at a low price to everyone, regardless of income. If more than five people or families from Mille-Isles wish to receive a basket, **Café Partage** will deliver reserved baskets to Town Hall every other Thursday. Low cost food (meat, dairy and others products) will also be available via buying groups. To participate, contact Janick Roy at jroy@mille-isles.ca or 450 438-2958 ext. 2610.



HEALTH CHALLENGE

Throughout the month of April, the **Health Challenge** invites you to make small gestures to happily improve your lifestyle. **The challenge: eat five servings of fruits and vegetables a day, move 30 minutes a day and express gratitude for 3 things daily.** You can register at www.defsante.ca.

DANCE AND FITNESS CLASSES - Spring session

Starting from April 9 until June 14, 2018 – At 180, chemin Tamaracouta, in Mille-Isles.

| CLASSES FOR ADULTS | | CLASSES FOR CHILDREN | |
|-----------------------|------------------------|-------------------------------------|-------------------------|
| Rythmique musculation | Thursday 7-8 p.m. | Creative dance 3-5 years old | Thursday 5:15-6 p.m. |
| Pilates «HIIT» | Tuesday 7:30-8:30 p.m. | Introduction to dance 6-9 years old | Thursday 6:05-6:50 p.m. |
| Yoga | Wednesday 8-9 p.m. | | |
| Line dancing | Wednesday 7-8 p.m. | | |



For more information go to www.corpschorus.ca/cours. For registrations contact Cassandre Lescaubeau at info@corpschorus.ca or 514-572-4287

USED BOOK SALE (in good shape)



Do you have documentary books that are collecting dust, literature that your children no longer read or novels that you would like to offer to others? Bring them to the municipal office between April 3rd and June 1st. With your donations, a book sale will be organized to take place on June 9th. **This will be an opportunity to renew your library at low cost and make new discoveries. The funds raised will be used for financing book sharing boxes (croques-livres) that will be installed within the territory of the municipality.** We will also need volunteers to sort and label these beautiful documents. **Lovers of books, manifest yourself!** Contact Janick Roy at jroy@mille-isles.ca or 450 438-2958 ext. 2610.

FAMILY IN ACTION – APRIL

Activities for 0 to 5 year olds - The whole family is welcomed!

Treasure Hunt

What to expect: craft, treasure hunt, a story about the famous character of Ti-Jean.

We are waiting for you with open arms!

Date: Sunday April 8, 2018
Place: Trinity Community Center at 2, chemin Cambria, Gore
Time: 10 to 11:30 a.m.

For more information, contact Carolyne Turcotte at 450 562-0503.



COOKING WORKSHOP

The next workshop will be held on Monday, April 30th, from 6 to 9 p.m. at Strong Hall located at 1262, chemin de Mille-Isles.

On the menu for this workshop: *lentils*



Learn how to cook this product rich in protein and affordable. Consult the municipal website and the newsletter for more details about the menu. The cost is \$7 per workshop. You must register with Darina Bélanger at 438 821-6715 or darinabelanger@gmail.com.

Bon appetit!

Our next activity, **ANI-MOTS**, will take place on Sunday May 6th at Strong Hall located at 1262, chemin de Mille-Isles in Mille-Isles.