



VILLE DE LAC-BROME
TOWN OF BROME LAKE

VLB

INFO



TBL

BULLETIN MUNICIPAL D'INFORMATION ■ MUNICIPAL NEWS BULLETIN



HAVE A
GREAT FALL!

FALL 2023

Vol. 9 - No. 1

lacbrome.ca & [f/vlbtbl](https://www.facebook.com/vlbtbl)

Photo: Yarnick Noiseux



A WORD FROM THE MAYOR

HAPPY ANNIVERSARY TO OUR FIRST RESPONDERS!



Dear fellow citizens of Brome Lake,

As summer comes to an end, I'd like to say a few words on some subjects of interest in the municipal life of the Town of Brome Lake. As you have already read in previous issues of *VLB info TBL*, 2023 will be highlighted by the creation of a new Strategic Plan. A first information session, held in mid-July, allowed us to inform people of the results of our survey and a work session. We will comment on these later in this issue.

Other steps in the consultation process are scheduled before the preparation of the final document. Follow our various platforms to know when you will be able to express your point of view. The Strategic Plan is the fundamental tool by which municipal operations will be governed during the next five years.

It is also with great pleasure that we recently welcomed into the municipal administration our new environmental advisor. Anaïs Renaud has many years of experience as a biologist and knows our lake like the back of her hand, having worked with Conservation Lac Brome. She remains one of the people best suited to manage the environmental initiatives already undertaken; for example, our action plan for a healthy lake, and she will also propose new ones!

Please join me in welcoming Ms. Renaud, about whom you will learn more in the following pages.

In closing, we are celebrating this year, on October 28th to be precise, the 20th anniversary of the establishment of our First Responder service. For the past two decades, these devoted women and men - today there are 31 on the team - have been the guardian angels of our community.

They have shown courage, compassion, and professionalism in emergency situations, saving lives and bringing essential support to people who found themselves in vulnerable situations. On behalf of the residents of Brome Lake, I wish to express my deepest gratitude to all those people who have worn the uniform of the First Responders.

Wishing you a pleasant Fall season! ■



Richard Burcombe
Mayor, Town of Brome Lake

STRATEGIC PLANNING: THE THOUGHT PROCESS IS WELL UNDERWAY!

The steps leading to the creation of a new Strategic Plan are proceeding, in collaboration with Raymond Chabot Grant Thornton, the firm we have hired to assist us.

In addition to our survey which yielded 1100 responses, we made a number of findings during the numerous consultations held in the second trimester of the year.

Below are some of the conclusions from the survey:

- The majority of residents came to Brome Lake because of the quality of life and to take advantage of their retirement
- More than 80% of the citizens state that they feel a deep attachment to their town or their sector
- The priorities in terms of environment and the development of the area are the preservation and protection of the environment including the lake as well as the development and accessibility of green spaces

A workshop held at the beginning of June highlighted certain significant points:

- Develop outdoor activities, including during the winter, to revitalize the low season
- Attract young families to rebalance the demographic structure
- Develop affordable housing to respond to the needs of the population in general and to attract young families
- Improving citizen consultation on the Town's decision-making processes

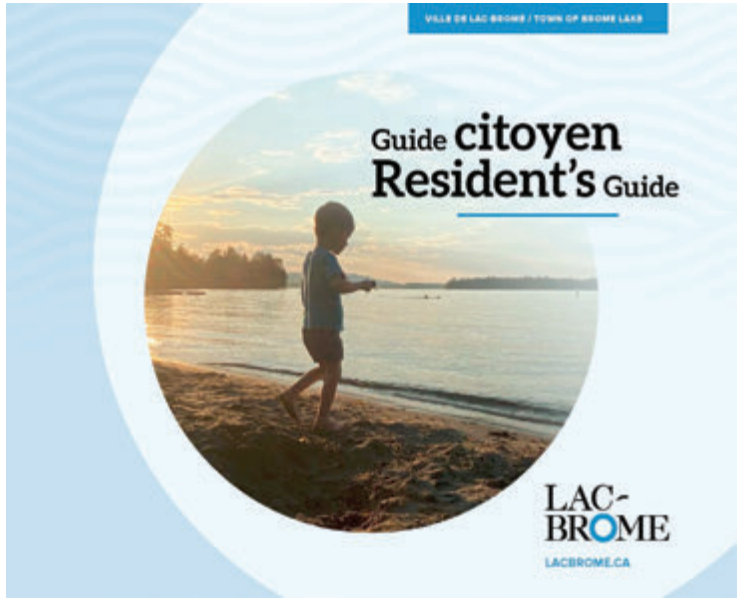


To see all the highlights of our survey and workshop, please visit this [link](#).

Over the next few weeks, we intend to meet specifically with the under-45s, who have been much less present at previous meetings. Other meetings are planned to address the main issues of the future strategic plan. We invite you to follow our usual communication platforms to find out the dates of upcoming meetings.

Once established, the content of the Strategic Plan will align the actions of the Town with the needs of its residents in order that all are working towards shared goals. This strategy will require cooperation from all the municipal departments in order to ensure a harmonious implementation.

REMEMBER TO GET YOUR COPY OF THE RESIDENTS' GUIDE!



Citizens of Brome Lake, have you had the opportunity to discover our very first Residents' Guide, published last June? If you haven't, don't worry. You can get your free copy at the reception desk of either the Town Hall or the Centre Lac-Brome!

Our Residents' Guide is a new 56-page communication tool intended to help you research information about the Town of Brome Lake and the services offered.

Among other things, it contains a detailed overview of each department (Communications, Finance, Town Clerk, Recreation, Town Planning, etc.), a map of the infrastructure and parks, a snapshot of our town including statistics, and much more. All this is presented with marvelous pictures of Brome Lake taken by our own people!

Our Residents' Guide is also **available online** for consultation or download. Would you prefer to receive the Guide at home? Fill out **this form** and we will forward a copy to you by mail within a few days.

WORK IS PROGRESSING AT THE CARKE TERRACE!

In 2020, thanks to the generous gifts of the Carke Foundation and the Poulin family, the Town of Brome Lake acquired a 13-acre plot of land on Bondville St. near Powell St. to create a new public space. This new space, called the Carke Terrace, offers a number of wonderful possibilities for our population, with a new access to the lake!

Last year, a new parking area was built on Bondville St. facing the lake. This year, landscape architects have developed a vegetated shoreline in order to filter contaminants that could run into the lake. This wide shoreline band contains a number of indigenous plants, mulch and superb benches made of large stones. Other work will be carried out this summer, notably a pedestrian crossing and the installation of informational signs.

Important clarification: there was never any question of creating a second beach at this location. The topography simply doesn't allow it. The Town of Brome Lake is legally obliged to respect provincial regulations requiring a 10 to 15-metre wide vegetated riparian buffer strip along watercourses to protect them from contaminant runoff and it has precisely accomplished that.

As a governmental authority, the Town has a duty to set an example for waterfront property owners in terms of the measures to be taken to ensure the quality of its most precious asset, the lake.


SCHEDULE FOR FUTURE WORK

- Autumn 2023 - preparation of the second level of parking
 - Spring 2024 - construction of the sanitary unit
 - Fall 2024 - the landscaping of the paths and sidewalks
 - Fall 2024 - final work on the parking area

Our recreation department staff is developing ideas on what might be placed in the vast wooded area of the land, which offers an interesting recreational potential. Walking paths and sliding areas in the winter are some of the ideas that have been put forward to date.

A FEW REMINDERS ABOUT THE CARKE TERRACE

- You can now park, picnic, enjoy the site and access the water.
- Motorized watercraft are forbidden and the cleaning of your canoe, kayak, paddle board or other craft is mandatory, prior to accessing the lake. Our boat cleaning station is located at 685 Bondville Rd.
- Camping and littering on the site are forbidden.



Overview of the riparian buffer.





Picnic area.



Location of the future sanitary unit.



Our lake, seen from the other side of Bondville street, where the sanitary unit will be.

A NEW COLLECTIVE AGREEMENT FOR OUR BLUE COLLAR WORKERS!



On the picture, sitting at the table, from left to right: Richard Burcombe, Mayor of Brome Lake and Robert William, President of the Brome Lake Municipal Employees Union. Standing behind, from left to right: Robert Daniel, Assistant General Manager, Town of Brome Lake, Micheline Laplante, Union Advisor, Centrale des syndicats démocratiques (CSD) and Louis-Charles Tétreault, Secretary-Treasurer, Brome Lake Municipal Employees Union.

The Town of Brome Lake has recently made significant progress in its relations with its blue-collar employees by signing a new Collective Agreement. This five-year agreement is the result of in-depth negotiations between the representatives of the municipality and the municipal workers. It reflects the commitment of both parties to work together to ensure fair working conditions, harmonious operation of the municipality and that the service offered to citizens meets their expectations.

The signing of this Collective Agreement demonstrates the willingness of the Town of Brome Lake to recognize and value the important role played by the blue-collar workers in the maintenance of the parks' infrastructure, the cleanliness of public spaces, and the general welfare of the community.

The Mayor of Brome Lake, Richard Burcombe, is pleased with this result. "I am proud that the parties have arrived at a consensus. It's an agreement that respects our ability to pay while improving our capacity to attract a quality workforce. Our priority is to continue offering quality services for our citizens."

The Town of Brome Lake wishes to point out the significant contribution of the Union of Municipal Employees of Brome Lake which is affiliated with la Centrale des syndicats démocratiques (CSD). It wishes also to express its deep gratitude to the blue-collar workers for their involvement and their dedication in supplying exceptional service to the community.

IN SUMMARY:

- The Collective Agreement covers the period from February 6, 2023, to February 5, 2028.
- It provides for a revision of the existing salary structure: an increase of 5% this year, 3% in 2024 and 2025, and then 2.5% for 2026 and 2027.
- An indexation to the Consumer Price Index (CPI) of a maximum of 3.5% is provided for in the years 2024 to 2027.

20 YEARS FOR OUR FIRST RESPONDER SERVICE!

March 2003, the first team of First Responders in the Town of Brome Lake was officially established. Initially made up of 16 volunteers, our team now consists of 31 devoted people who work hard to make our community safe.

For Alan Bowbrick, who has been part of the team since its beginnings and who is now its leader, getting involved with First Responders makes a difference in the community. "It is an honour for me to make a positive change in the life of my fellow citizens and to help them during difficult times," explains Mr. Bowbrick.

To highlight their 20th anniversary, the First Responders are organizing an evening celebration in October. During that event, a Governor General's medal will be presented to the First Responders who have been on duty for the past 20. They are Alan Bowbrick, Réginald Gauthier, Philippe Hébert and Glenn Mason. Congratulations to all of you for two decades of loyal service!

HOW DOES IT WORK?

When you dial 911, operators decide whether or not to contact our First Responders, depending on the nature of the call. In Lac-Brome, a minimum of two First Responders are available at all times to answer emergency calls, to ensure maximum assistance to our fellow citizens in distress.



SOME INFORMATION ABOUT OUR FIRST RESPONDER SERVICE

- Our service receives an average of 1.3 calls per day; that is 475 calls per year.
- In 2022, the service took 560 calls, the highest number ever recorded.
- In addition to the Town of Brome Lake, our First Responders also serve the territory of Bolton West.
- 80% of calls received by our First Responders come from the Knowlton area.



First team of First Responders in 2003 .
 Description : bottom row, left to right: Thomas McGovern, Chris Severs, Sherry Irwin, Tawnia Hadlock, Christina Faludi.
 Top row, left to right: Pat Gallagher (instructor) Alan Gauthier, Justin Gauthier, Réginald Gauthier, James Gauthier, Alan Bowbrick, Tim Dubois, Andrew Stachechi, Amy Brown, Mark Kelly, Neil McCubbin, Pierre Brien (instructor). Missing from the photo: Helen McCubbin and Angela Dawes.

OUR ENVIRONMENT



MEET ANAÏS RENAUD, OUR NEW ENVIRONMENTAL ADVISOR!

Last July, we introduced Anaïs Renaud, our new environmental advisor. Learn more about her in this question-and-answer session that we devised!

1. WHERE ARE YOU FROM?

I am from the Outaouais Region, but I have moved often in my life. I've lived in Manitoba, Ontario and Quebec and have been in the Sherbrooke-Magog area for some 20 years.

2. WHAT BROUGHT YOU TO THIS REGION?

The beauty of the countryside and the proximity of nature brought me to reside here. I like the community spirit and the people of the region. I am a country girl who enjoys life surrounded by nature, seeing that I love animals and hope someday to own a small farm!

3. WHAT BROUGHT YOU TO BECOME THE ENVIRONMENT ADVISOR FOR THE TOWN OF BROME LAKE?

As a biologist, I worked for six years with the *Organisme de bassin versant de la Yamaska* where I coordinated with *Conservation Lac Brome*, previously known as *Renaissance Lac Brome*. I believe deeply in the health of the lake and I want to be involved directly in decisions related to the lake. I also wanted to touch various environmental aspects of the region in order to broaden my experience.

4. WHAT MOTIVATES YOU IN YOUR DAILY WORK?

I am motivated by the launching of new projects that make a difference. After an environmental evaluation, an inventory, a study, I like to create an action plan targeting specific problems and then measure the results of these actions.

I am particularly interested in the conservation of wetlands but all environmental subjects are important to me. I like to think of various ways to protect an environment that will be accessible to all.

5. WHAT ARE THE ENVIRONMENTAL ISSUES THAT ARE A PRIORITY FOR THE TOWN?

As environmental advisor, I will propose improvements for:

- a) the health of the lake and its watershed;
- b) a better management of residual materials;
- c) more sustainable mobility;
- d) the conservation of natural areas, including the control of invasive and harmful exotic species.

For example, I will work to put into place regulations for the cleaning of watercraft. I am also working on a project that will decrease runoff rainwater towards the lake.

Obviously, the raising of awareness will be at the heart of my mandate because we need the cooperation of all citizens to improve our environment.

“The beauty of the countryside and the proximity of nature brought me to reside here. I like the community spirit and the people of the region.”



6. HOW DO YOUR COLLEAGUES DESCRIBE YOU?

I ask a lot of questions and that is often the first characteristic that my colleagues think of. They also describe me as a person deeply involved in her work. Having been a nurse in my first career, I enjoy helping others and I am always available to listen to my colleagues. I also enjoy having fun and participating in various activities whenever possible.

Thank you Anaïs, we are thrilled you've been hired by the Town of Brome Lake!

NEW GUIDELINES ON INVASIVE PLANTS



Giant hogweed



Ragweed

Certain plants are considered noxious to the biodiversity of the ecosystem and even to public health. It is therefore very important to identify these and know how to eliminate them.

To this end, the Town of Brome Lake has produced an informational guide dealing with the four main species of invasive plants on our territory: giant hogweed, ragweed, Japanese knotweed and the common water reed. The guide includes descriptions to enable you to identify these plants as well as methods to reduce their spread.

You will find the guide on this [page](#).



Japanese knotweed



Ragweed



Common water reed

SOMETHING NEW IN OUR PARKS!



Pumptrack



Shade panels

The Town is very pleased to announce that, in the coming weeks, the construction and equipping of a new Pumptrack will begin at the Centre Lac-Brome. The unique design of this new infrastructure, which will be situated next to the skate park, was planned by the Flow Park Company and was designed for use by practitioners of skateboarding, cycling, scooters and more!

This facility will include a pavilion and a lighting system which will undoubtedly please future users who will be able to take advantage of the track at the end of Autumn, according to the planned timetable. An official inauguration will take place in the Spring of 2024.

In addition, some of you may have noticed the new shade panels that have appeared in Lions Park. The installation of these first shade panels between the pickleball field and the exercise equipment will allow users of the park to protect themselves from the sun and heat when they practice their favourite activity.

Other shade panels will be installed between now and the end of summer, notably near the water park at the Centre Lac-Brome and at the soccer field in Lions Park. This new equipment, financed in large part by grants, will add some color to the existing landscaping!

A NUMBER OF CITIZENS' MEETINGS WILL TAKE PLACE IN SEPTEMBER



Come and meet your elected officials to discuss the issues that interest you at upcoming citizens' meetings. These meetings will take place in each of the sectors of the Town.

DATES AND TIMES OF THE MEETINGS*		
West Brome and Iron Hill Sectors	September 6	Auberge West Brome (128, H'way 139)
Fulford Sector	September 13	Davis Community Hall (62, Davis Rd)
Knowlton and East Hill Sectors	September 14	Centre Lac-Brome
Foster Sector	September 20	Ovide-Dagenais Hall (25, Taylor Rd)

All of these meetings will take place from 7:00 PM to 8:30 PM. Your elected representative and a representative of the municipal administration will be present.

* The citizens' meeting in Bondville took place in June.

EVENTS CALENDAR

ALL YEAR ROUND



September 22, October 20, November 17
► 9 a.m. to 10 a.m.

BROME LAKE FOOD BANK
 For registered clients.

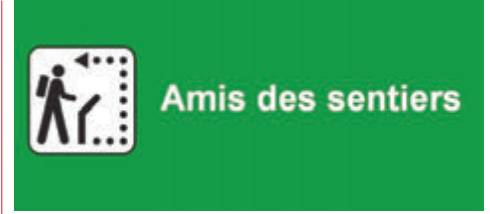
- 📍 **Centre Lac-Brome** - 270, Victoria St.
- 📞 For emergencies, call Gary Crandall : 450 242-2020 ext. 319
- 🆓 Free



Saturday Morning up to October 7
► 8:30 a.m. to 12:30 p.m.

FARMER'S MARKET LAC-BROME
 Your farmer's market is back for the summer! Fill up on local products!

- 📍 267, Knowlton Rd (behind Knowlton Pub)
- 📞 450 242-2020
- 🌐 lacbrome.ca/en/residents/farmers-market



Thursdays
► 10 a.m. to noon

LES AMIS DES SENTIERS LAC-BROME
 Walks every Thursday morning throughout the year.

- 📍 See online
- 📞 450 242-1003
- 🌐 clubdelabonnehumeur.ca
- 🆓 Free



All Fall, Monday to Friday
► Various schedules (subject to change)

CLUB DE LA BONNE HUMEUR DE LAC-BROME: FALL ACTIVITIES
 These activities are reserved for members of the Club de la Bonne Humeur. Contact them to register. 50 years and older. For a complete list of activities available, please consult the table below or go online.

ACTIVITY CALENDAR: Fall 2023 (Schedules and prices subject to change)



ACTIVITÉS CBH - AUTOMNE 2023

Pour plus d'info: www.clubdelabonnehumeur.ca



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
ESSENTRICS avec Sophie Deshaies 9h à 10h 11 sept. - 13 sem. 87\$ / 1 cours 160 \$ / 2 cours	LES CAUSERIES du CBH 9h30 / 4e mardi du mois LECTURE du CBH 9h30 / 3e mardi du mois CARDIO VITALITÉ OR 13h à 14h Plage Douglas 12 sept - 10 sem / 138\$	PETITES QUILLES 10h 6 sept - 13 sem. 10\$ /partie CARDIO VITALITÉ 10h à 11h - Plage Douglas 13 Sept - 10 sem / 138\$	BASEBALL POCHE / PÉTANQUE ATOUT 9h30 à midi 28 sept. - 11 sem. Gratuit Louise Lavallée 450-779-8346	YOGA avec Chantal de Muys 15 sept. - 10 sem. 9h30 à 11h 450-521-4833 ATELIER DE FRANÇAIS CONVERSATION Langue seconde 10h30 29 sept - 6 sem. Gratuit	PICKLEBALL 9h à 11h 30 sept. - 12 sem. École St-Édouard \$ variable Bob Calvez 450-931-0713
TAI CHI YANG avec Lolita Dalpé 10h30 à midi 18 sept. - 10 sem. 97\$ Responsable : Louise Lavallée 450-779-8346	MARCHE NORDIQUE 14h15 (1h) - Plage Douglas 12 sept. - 10 sem / 138\$ DANSE EN LIGNE avec Murielle Verreault Débutant 2-intermédiaire 13h - 14h30 / 72\$ 12 sept - 13 sem Débutant 1 15h à 16 h / 65\$	QI GONG avec Lolita Dalpé 10h30 à midi 20 sept. - 10 sem 97\$ ENGLISH SCRABBLE DUPLICATA 13h / en cours Gratuit	LES AMIS DES SENTIERS 10H - En continu Gratuit Richard Dubois 450-242-1003 ESSENTRICS avec Sophie Deshaies 13h30 à 14h30 14 sept - 13 sem. 87\$/1 cours 160\$/ 2 cours	Lunch /Diner partage 11h30 & activités sociales 13h à 15h 22 sept., & 20 oct., tous les vendredis à partir du 3 novembre. Gratuit	BRIDGE DÉBUTANT 2 9h30 à 12h30 16 sept. 10 sem. Roger Rouleau 450-955-1410 7\$ le cours
BRIDGE 13 h30 à 17 h En cours 24 \$/année calendrier Jean Plaisance 450-243-0010	DANSER POUR GARDER LA FORME (danse sociale) avec Sylvie Lapiere 19h à 20h 12 sept - 10 sem 90\$	BILLARD 19h à 21h 13 sept. - 13 sem. PICKLEBALL 27 sept. - 10 Sem. 18h à 20h & 20 h à 22 h École St-Édouard	SCRABBLE FRANÇAIS DUPLICATA 28 sept - 15h Gratuit	PLEIN AIR TONUS 13h à 14h Parc des Lions 15 sept. - 10 sem. 138\$	Code des couleurs 🟡 MATIN 🟢 APRÈS-MIDI 🔵 SOIR



All year round
▶ Anytime

THÉÂTRE LAC-BROME

Subscribe to our newsletter! It is a fun way to discover more information about upcoming shows, behind-the-scene activities, and what's going on at TLB!

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca/newsletter - theatrelacbrome.ca & [facebook](#)

🕒 Free



First Saturday of every month (except Sept. 2)
▶ 8 a.m. to 4 p.m.

FREE TASTING!

Join us on the first Saturday of every month for a free tasting!

📍 **Virgin Hill Coffee Roasters** - 770, Lakeside Rd
📞 450 539-5222 - atelier@virginhillcoffee.com - virginhillcoffee.com

🕒 Free



Second to last Friday of the month
▶ 9 a.m. to 10 a.m.

COFFEE MEETING OF ACTION COMMUNAUTAIRE LAC-BROME

Coffee-meeting for the general population. We offer coffee, tea, juice and donuts. Guests are present to inform the population of their services.

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 Marta Gubert Gomes - Seniors Outreach Worker: 450 204-9423 - mggacLB@gmail.com - facebook.com/ACLB.AINES.SENIORS 🕒 \$5



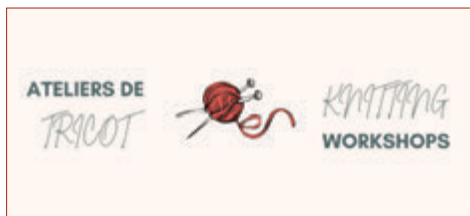
12 times/year
▶ 9 a.m. to noon

COLLECTIVE KITCHEN

Group of 6 people cooking a variety of meals. We explore different types of cooking.

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 Marta Gubert Gomes - Seniors Outreach Worker: 450 204-9423 - mggacLB@gmail.com - facebook.com/ACLB.AINES.SENIORS

🕒 \$5



Wednesdays, from Sept. 20 to Nov. 15
▶ 9:30 a.m. to 11:30 p.m.

NEW ACTIVITY: KNITTING WORKSHOPS

Beginner to intermediate level. Limited spaces. Bilingual activity. Bring your knitting needles, yarn and your personal projects. Organised by ACLB and Weavers Guild of Sutton Valley.

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 Marta Gubert Gomes - Seniors Outreach Worker: 450 204-9423 - mggacLB@gmail.com - facebook.com/ACLB.AINES.SENIORS

🕒 \$10



Mondays, from Sept. 11 to Nov. 20
▶ 9:30 a.m. to 11:30 p.m.

"TOGETHER FOR FUN!" IS BACK FOR ANOTHER SESSION

Want to share moments of joy with the person you support? Play, chat, laugh, meet new people, and have a good time together? With the program "Together for fun!", you will rediscover the pleasure of having special moments everyday. It also offers a safe space for you to share with other caregivers, discover new things and get support. An experience of discovery and well-being! Organised by ACLB and Fondation FMSQ.

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 Marta Gubert Gomes - Seniors Outreach Worker: 450 204-9423 - mggacLB@gmail.com - facebook.com/ACLB.AINES.SENIORS 🕒 Free



Tuesdays
From October 3 to December 5
▶ 1 p.m. to 4 p.m.

ART BETWEEN US

Beginning of the session of 10 artistic meetings of the group "Art Between Us".

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 450 292-5880 - szablabranche@gmail.com

🕒 Free



Mondays / Starting September 11
▶ 1 p.m. to 2 :30 p.m. / Every 2 weeks

COFFEE-BREAKS FOR THE CAREGIVERS OF A PERSON WITH A COGNITIVE IMPAIRMENT

Coffee-Breaks animated by Société Alzheimer Brome-Missisquoi et Haute Yamaska in collaboration with ACLB. You are the caregiver of a person with a cognitive impairment? Discover the Coffee-Breaks. A safe space to share with other caregivers, explore new things, and get support in a warm, familiar, and safe environment.

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 Marta Gubert Gomes - Seniors Outreach Worker: 450 204-9423 - mggacLB@gmail.com - facebook.com/ACLB.AINES.SENIORS

🕒 Free



Events Calendar

All Fall
▶ Anytime

FULL PROGRAMMING

Reminder: find details of all the activities planned for this Fall on the Town's website.

📍 lacbrome.ca/en/events-calendar

SEPTEMBER



September 1 to 4
▶ 9 a.m. to 4 p.m.

BROME FAIR

Annual fall agricultural fair and exhibition, which takes place in the tiny village of Brome.

📍 345, Stagecoach Rd, Brome
📞 450 242-3976
bromefair.com



September 8
▶ 8 p.m.

ALAIN LEFÈVRE: "OPUS 7" ET LA RHAPSODIE ROMANTIQUE D'ANDRÉ MATHIEU

Alain Lefèvre invites you to discover OPUS 7, his seventh album of compositions released by Warner Classics. This great virtuoso, who combines both power and sensitivity, will lead you into a maelstrom of musical emotions where the complex clockwork of the human soul is admirably depicted.

📍 Théâtre Lac-Brome - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)



September 9
▶ 8 p.m.

TOMMY NÉRON

Graduating from the École nationale de l'humour in 2022, Tommy Néron has mastered the art of storytelling as well as classic stand-up. With his comic effectiveness and disconcerting repartee, the Saguenay-Lac-St-Jean-born comedian has quickly carved out a place for himself on the Quebec comedy scene.

📍 Théâtre Lac-Brome - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)



Fall Session: Sept. 11 - Oct. 30*
* exceptions: Sept. 18, Sept. 28, Oct. 9
▶ 2x/week, Monday 3:30 p.m. to 4:30 p.m. and Thursday 5 p.m. to 6 p.m.

MANAGING OSTEOARTHRITIS TOGETHER IN MOVEMENT!

Group course 2x/week, for knee and hip osteoarthritis. Includes educational sessions on how to manage your condition and therapeutic exercises supervised by a physiotherapy technologist.

📍 Centre Lac-Brome - 270, Victoria St.
📞 579 438-8484 - admin@sportphysioplus.ca - facebook.com/SportPhysioPlus
📍 Subsidy available for residents of Lac-Brome (West Bolton, Brome); \$120 + tax non-residents



September 12
▶ 5 p.m. to 5 :30 p.m. (English presentation) / 4:15 p.m. to 4:45 p.m. (French presentation)

CONFERENCE: BEING ACTIVE AFTER CANCER: BENEFITS AND HOW TO

Presentation by Gabrielle Duhamel M.Sc. Science de l'activité physique. Physical activity is beneficial and safe during and after cancer. Where to start? How to implement it in a safe way? Discover tools to help you be active again.

📍 Centre Lac-Brome - 270, Victoria St. (Buchanan Room 2 and Zoom)
📞 579 438-8484 - admin@sportphysioplus.ca - facebook.com/SportPhysioPlus 📍 Free / Reserve your seat



September 15
▶ 8 p.m.

UNDERCOVER - LEGENDS OF ROCK

Undercover Legends of Rock, a show that brings together all the great rock hits of your favorite artists, a true «Greatest Hits» on stage. After more than 500 shows across Quebec and the Maritimes now with a new, even more explosive version with even more hits! Classic songs from Bon Jovi, Def Leppard, Foreigner, Journey, AC/DC, Styx, Queen and many more!

📍 Théâtre Lac-Brome - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)



September 16
(changed to September 17 in case of rain)

BROME LAKE OPTIMIST CLUB ROADBLOCK

📍 At the corner of Lakeside and Knowlton



September 16
▶ 2 p.m. to 4 p.m.

AUTUMN BENEFIT CONCERT FOR THE BROME COUNTY HISTORICAL SOCIETY

Fundraising event featuring the Community Singers, Laura & John Barr & the Barr Brothers, with songs from Broadway Musicals. Refreshments will be served after the concert.

📍 Knowlton United Church - 234, Knowlton Rd.
📞 450 243-6782 ext. 1 - lacbromemuseum.ca/events
📍 \$20



September 16
▶ 8 p.m.

ÉMILE PROULX-CLOUTIER - À MAINS NUES

Émile Proulx-Cloutier goes solo to tell stories in all their raw and lively energy. New songs, new tales, new slams: this one-man show springs from the actor-musician's desire to try something different - creating a show first (with the album to follow one day, someday...).

📍 Théâtre Lac-Brome - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)



September 22
▶ 8 p.m.

KIM CHURCHILL

Kim Churchill lives for and through the guitar. His playing combines complex picking, percussion through the neck and sound board, two-handed tapping, harmonica melodies and foot percussion, overlaid with a deep and moving voice.

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](https://www.facebook.com)



September 23
▶ 8 p.m.

VINTAGE WINE - YOU'VE GOT A FRIEND: RADIO HITS FROM THE 1960'S & 70'S

This popular and long-running Montreal band returns once again to the Theatre Lac-Brome. You will hear songs from solo vocalists, harmony singing duos and groups, British invasion hitmakers, singer-songwriters, and various kinds of rock bands.

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](https://www.facebook.com)

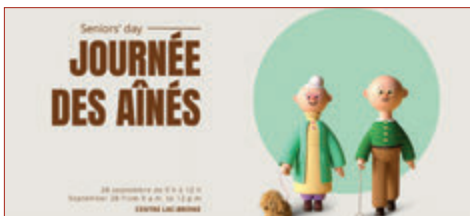


September 23 & 24

LES FRIANDS BROME LAKE GOURMET FESTIVAL

See details on page 18.

📍 lesfriands.com



September 28
▶ 9 a.m. to Noon

SENIOR DAY

If you are 65 years of age or older, come to the 3rd edition of the Seniors' Day at the Centre Lac-Brome and pick up your new edition of Seniors' Directory!

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 450 242-2020
infolesirs@lacbrome.ca
📍 Free



From Sept. 29 to Oct. 1

JOURNÉES DE LA CULTURE

Free workshops for all ages, from Friday September 29 to Sunday October 1 with artists and artisans from Lac-Brome. See the Culture section for the complete program.

📞 450 242-2020
infolesirs@lacbrome.ca



OCTOBER

October 6
▶ Noon

TBL WELLNESS VOLUNTEER CENTRE / THANKSGIVING LUNCH

Limited seating. Reserve by September 29. Transportation available.

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 Reservation: 450 242-2020
📍 \$5 contribution - For all TLB seniors



October 12 to 14

13TH ANNUAL KNOWLTON LITERARY FESTIVAL

This annual Festival, celebrating English language literature, includes presentations by published authors and journalists from across Canada and beyond. The event features author interviews and readings along with workshops and a showcase for aspiring regional writers and poets. This year's festival features: Roen Higgins, Jacquie McNish, Wendy Mesley, Kathy Reichs, Barbara Reid, Clayton Thomas Muller, Paul Wells and Zoey Whittall.

📍 **Brome Lake Books** - 45, Lakeside Rd. & **Centre Lac-Brome** - 270, Victoria St.
📞 For more information, contact Brome Lake Books: 450 242-2242 - knowltonliteraryfestival.com
KLA.knowltonliteraryfestival@gmail.com
📍 Tickets for single events are available from \$25 - \$35 with weekend packages available for \$100. Tickets go on sale September 8.



October 19 to November 12
▶ Anytime

DECORATING THE FAIRY TRAIL

Make your own original Halloween decoration and set it up on the trail (between Lakeside and Maple).

📍 **Coldbrook Path**
📞 For registration: info@hors-cadre.ca 📍 Free



October 13
▶ 8 p.m.

BRUNO COPPENS - LOVERBOOKÉ

Belgian comedian Bruno Coppens returns with his latest one-man show: Loverbooké, in which he gives his body to the audience to re-enchant the world. The story of a man who sacrifices his life for the love of his neighbor... and the next one!

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](https://www.facebook.com)



October 14
▶ 7 p.m.

LOUIS RIEL: A COMIC-STRIP STAGE PLAY

Infini theatre dramatizes Chester Brown's famous graphic novel, Louis Riel: A Comic-Strip Biography, using puppets. Directly inspired by Chester Brown's art, our puppets are naive and simple in style, yet emotionally charged. This epic takes us on a journey through the history of Canada at the time of its founding.

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)



October 15 to December 31

THE LIONS CLUB FUNDRAISING CAMPAIGN

The Lions Club Fundraising Campaign once again seeks your support for our community work. Donate online via canadahelps.org - Search key words "Lions Club Knowlton" or mail cheques to Box 3766, Knowlton QC J0E 1V0.

📍 **Online (or by mail)**
📞 For information: 450 242-2280



October 19
▶ 8 p.m.

HARRY MANX

Internationally acclaimed singer-songwriter Harry Manx blends classical Indian music with southern American Blues. A versatile instrumentalist who handles sitar, banjo and harmonica, and lap steel guitar with infectious joy, he transports his audience to the heart of the "Harry Zone."

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)



October 20

LIONS CLUB CHRISTMAS GIFT CARD / APPLICATION FORMS

Application forms for the Lions Club Christmas Baskets (IGA gift cards) will be available at the Centre Lac Brome and must be returned by **November 17**.

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 For information: 450 242-2280



October 21
▶ **To be confirmed**

BROME LAKE OPTIMIST CLUB OCTOBERFEST

Dinner, dance and music by "Meloman Alain"

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 For reservation:
Colette: 450 522-2519
Micheline: 450 243-0325
📞 To be confirmed



October 27
▶ 8 p.m.

HABANA CAFÉ - MI CAMINO

Habana Café is an original Cuban music group, the marriage between Cuba and Quebec, traditional and modern, French and Spanish. For an exceptional show and a festive evening, meet the musicians of Habana Café!

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)



October 28
▶ 8 p.m.

MARIO JEAN EN RODAGE

7th show in fall 2023. With more than 6 shows to his credit, 1,600 performances delivered in front of more than a million spectators, important roles on television as well as in theater (Je vous écoute, Le Grand Virage, Léo, Les Pays d'en haut, District 31, 30 vies)... Mario Jean never stops working. He will be back in better shape than ever to charm his vast audience in fall 2023 with his 7th show, always with the unique and unifying style that we know him for!

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)



October 31
▶ 5 p.m. to 8 p.m.

CANDY DISTRIBUTION

Put on your best costume and hand out sweets on the fairy trail!

📍 **In front of Coldbrook Park**
📞 For information: info@hors-cadre.ca
📞 Free



NOVEMBER



November 4
▶ 8 p.m.

MORAN CHANTE FERRÉ - THE LIFE OF AN ARTIST

On July 14, 1993, Léo Ferré passed away. 30 years later, Jeff Moran and Martin Lizotte, in collaboration with Mathieu Ferré, pay tribute to him with great humility, affection and admiration. Five musicians and a singer revisit some of his greatest masterpieces. To be discovered or rediscovered!

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)

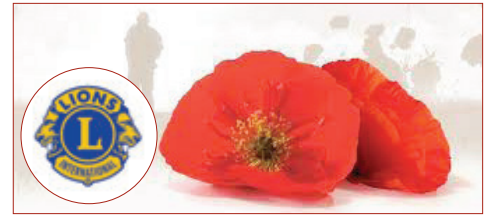


November 11
▶ 8 p.m.

EMILY CLEPPER

Emilie Clepper will release in September an album composed entirely by her father, Russell Clepper, who passed on his passion for music. As a child, Emilie had the privilege of falling asleep to his songs and by the age of 11, she began playing guitar and singing. She has been dreaming of paying tribute to her greatest musical influence ever since. In this show, the Texas rhythms will enchant the two-step and country dance enthusiasts. An evening of Americana music that will make Quebecers rediscover the genre through its authenticity and roots.

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)



November 12
▶ 9 a.m. to Noon

KNOWLTON LIONS CLUB REMEMBRANCE DAY BREAKFAST

To honour veterans on Remembrance Day the public is welcome at Knowlton Academy for the annual Lions brunch between 9 am and 12 pm in exchange for a donation.

📍 **Knowlton Academy** - 81, Victoria St.
📞 For information: 450 242-2280



November 16
▶ 8 p.m.

GOWAN - OMINOUS SPIRITUS

Legendary songwriter and pianist Gowan will return to Quebec in the fall of 2023 as part of the Quebec portion of his Ominous Spiritus tour. Surrounded by his exceptional four-piece band for the first time since 2019, he will present a show that includes classics such as A Criminal Mind, (You're a) Strange Animal, Cosmetics, All The Lovers In The World, Dancing On My Own Ground and Moonlight Desires as well as selections from his six albums.

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)



November 17

LIONS CLUB CHRISTMAS GIFT CARD / LAST DAY TO SUBMIT APPLICATION FORM

Last day for Christmas Basket applications to be returned to Centre Lac Brome.

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 For information: 450 242-2280



November 18
▶ 8 p.m.

BREL ET BARBARA - HÉROS FRAGILES

A sensitive and respectful interpretation of Brel and Barbara. In this unique singing tour, where memories and theatrical scenes are mixed together, Julie Daoust and Renaud Paradis - whom the general public knew from the TV series *L'Auberge du chien noir* - introduce us through songs to the special relationship that existed between Brel and Barbara.

📍 **Théâtre Lac-Brome** - 9, Mount-Echo Rd
📞 450 243-2270 - theatrelacbrome.ca & [facebook](#)



November
▶ To be confirmed

LANTERN DECORATION WORKSHOPS

Following last year's success, the Lantern Decoration Workshops will return this November at the Centre Lac-Brome.

Details to follow on Social Media.

📍 **Centre Lac-Brome** - 270, Victoria St.
📞 450 242-1908 - info@hors-cadre.ca

DECEMBER



December 1 to 23

ADVENT CALENDAR

The Christmas countdown has begun! From December 1 to December 23, discover what a merchant in Brome Lake is offering you every day!

For information: tourismelacbrome.com



December 2

► Starts at 1 p.m.

KNOWLTON'S ANNUAL SANTA CLAUS PARADE

Knowlton's annual Santa Claus Parade is starting at 1 pm at Windmill Plastics on Victoria Street and finishes at Knowlton Academy with a Santa visit.

For information: 450 242-2280



December 7

► 8 p.m.

TIRE LE COYOTE - PULSATION

For a few concerts only, Tire le coyote will be performing with pianist and multi-instrumentalist Jérôme Beaulieu. A rare opportunity to be at the heart of the most beautiful songs of the singer-songwriter. This duet meeting will give way to Tire le coyote's unique voice, carried by Beaulieu's great talent as an exceptional musician.

Théâtre Lac-Brome - 9, Mount-Echo Rd
450 243-2270 - theatrelacbrome.ca & [facebook](#)



December 9

► 9:30 a.m. to 11 a.m.

LIONS CLUB CHRISTMAS GIFT CARD / PICK UP

Those who have arranged for Christmas gift cards must pick them up at Centre Lac Brome between 9:30 a.m. and 11:00 a.m.

Centre Lac-Brome - 270, Victoria St.
For information: 450 242-2280



December 9

► 5 p.m. to Midnight

MIDNIGHT MADNESS

The Midnight Madness plunges this year back into the magic of Christmas!

- Local boutiques and markets
- Magic Lantern Garden
- Entertainment

Details will follow soon: facebook.com/foliedeminuit



December 9 to March 17 (All day)

► Opening on Dec. 9 at 5:30 p.m.

7TH EDITION OF THE GARDEN OF MAGIC LANTERNS

Colourful Christmas lanterns decorated by children and adults from our community will light up the heart of the village, our "Cœur Villageois". What a great way to kick off Midnight Madness!

Coldbrook Park
For information: 450 242-1908 - info@hors-cadre.ca
Free



December 9 to March 17 (All day)

► Opening on Dec. 9 at 5:30 p.m.

4TH EDITION - FAIRY TRAIL

The magical path, along the Coldbrook River, is transformed into a world of gnomes and fairies thanks to the participation of young and old in our community.

Coldbrook Path (Between Lakeside Rd and Maple St.)
For information: 450 242-1908 - info@hors-cadre.ca
Free



December 15

► Noon

TBL WELLNESS VOLUNTEER CENTRE / CHRISTMAS LUNCH

Limited seats.
Reserve by December 8.
Transportation available.

Centre Lac-Brome - 270, Victoria St.
Reservation: 450 242-2020
\$5 contribution - For all TLB seniors



December 16

► 8 p.m.

CHRISTMAS WITH JOE BOCAN

Enchanted by her participation in the show *Noël, Une Tradition en Chanson* last December, where she shone and won warm applause from the audience, Joe Bocan proposes an intimate show accompanied by her two musicians for the 2023 holiday season, which she directs herself. Knowing her artistic bent, there's no doubt that this show, with its colourful and playful repertoire, will be original, festive and astonishing, and an opportunity to gather around the Christmas values so dear to Joe Bocan.

Théâtre Lac-Brome - 9, Mount-Echo Rd
450 243-2270 - theatrelacbrome.ca & [facebook](#)



Les friands

Festival gourmand de Lac-Brome
Brome Lake Gourmet Festival

23-24 sept 2023

LesFriands.com

Au cœur villageois de Lac-Brome
At the heart of the village of Lac-Brome

Salut à vous Festivaliers!

À vous, Friands de gastronomie et de découvertes culinaires, de vignobles et de microbrasseries, de musique et d'art en tout genre, la Ville de Lac-Brome vous invite les 23 et 24 septembre prochain à son tout nouveau Festival « Les Friands » mettant en lumière les artisans et producteurs locaux.

Nous vous donnons rendez-vous à cette fête gourmande pour célébrer le travail des créateurs de la région.

Plus de détails à venir, à la vôtre!

Hey there!

For those of you who are enthusiasts of gastronomy and culinary exploration, vineyards and microbreweries, music and all kinds of art, the Town of Lac-Brome invites you on September 23 and 24 to its brand new Festival, "Les Friands," showcasing local artisans and producers.

We invite you to join us at this gourmet celebration to honor the work of creators from the region.

More details to come, cheers!



Seniors' day

**JOURNÉE
DES AÎNÉS**

28 septembre de 9 h à 12 h
September 28 from 9 a.m. to 12 p.m

CENTRE LAC-BROME

FALL 2023 CLASSES

■ KIDS
 ■ ADULTS
 ○ SCHEDULE
 📍 LOCATION
 💰 COST
 🕒 DURATION
 Unless specified, classes last 10 weeks (from September 18 to November 24) • Registration information: See page 22



Babysitting Class

BABYSITTING COURSE – AGES 11 TO 15

RED CROSS MEB FORMATIONS

The Babysitting course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. For 11 to 15 years old.

○ SATURDAY, 8:30 a.m. to 3:30 p.m.
① SATURDAY, NOVEMBER 18
📍 VIRTUAL (ZOOM)
💰 \$30 (participant guide and Red Cross certification included)
🕒 1 workshop



CREATIVE WORKSHOP – TALES & MEDIEVAL MUSIC – AGES 5 TO 12

PHILIPPE GÉLINAS

Through historical anecdotes, take part in an interactive workshop about unusual instruments and amazing music that enlivened people's lives over 400 years ago! A unique opportunity for youngsters to discover the original sounds of period instruments, including lute, cistre, dulcimer, hurdy-gurdy, violin, string drum, wooden flute, bagpipes and more... Ages 5 to 12.

○ MONDAY, 10 a.m. to Noon
① MONDAY, OCTOBER 23
📍 CENTRE LAC-BROME
💰 \$5 🕒 1 workshop



CREATIVE WORKSHOP – THE IMAGINARY CHARACTER – AGES 8 TO 12

MUSÉE DES BEAUX-ARTS DE SHERBROOKE

Children will try to imagine what character might sit on the chair painted by artist Félix Vincent. Could it be a cat, a monster or an astronaut? They'll create a three-dimensional work of art by sculpting their invented character in clay. Next, they'll create a "home" for their character by coloring a small shipping box. Ages 8 to 12.

○ FRIDAY, 11 a.m. to Noon
① FRIDAY, NOVEMBER 17
📍 CENTRE LAC-BROME
💰 \$5 🕒 1 workshop



CREATIVE WORKSHOP – SMALL PRINT – AGES 4 TO 7

MUSÉE DES BEAUX-ARTS DE SHERBROOKE

Learn how to make a print. After a guided tour of an etching from the Museum's educational collection, children will be challenged to create their own matrix using a sheet of foam, which they will then engrave. A variety of ink pads with playful designs will also be available. The art of printing will no longer hold any secrets for little ones! Ages 4 to 7.

○ FRIDAY, 10 a.m. to 11 a.m.
① FRIDAY, NOVEMBER 17
📍 CENTRE LAC-BROME
💰 \$5 🕒 1 workshop



GYMNASTIC – AGES 5 TO 11

ISABELLE GIASSON

Develop the skills, confidence and passion of gymnastics while having fun! For all levels.

○ MONDAY, 6 p.m. to 7:30 p.m.
① MONDAY, SEPTEMBER 18
📍 ST. EDOUARD SCHOOL
💰 \$230
📞 Registration: 450 919-1095 - academieisabellegiasson@hotmail.com

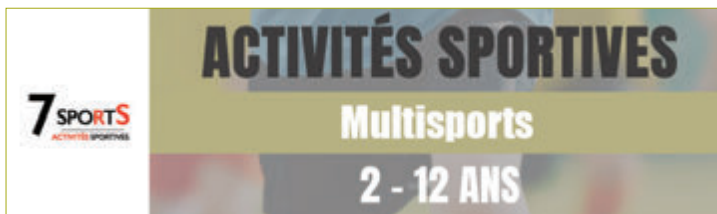


INTRODUCTION TO RUNNING – AGES 10 TO 14

ANDRÉANNE LESSARD

This course is designed for young people who want to learn about running and develop their endurance. For all levels.

○ TUESDAY, 4 p.m. to 4:45 p.m.
① TUESDAY, SEPTEMBER 19
📍 LIONS PARK
💰 \$120



MULTISPORTS - AGES 2-12

7 SPORTS

Offered by 7 Sports, the child will be able to discover and practice 8 sports among more than 21 disciplines including tennis, kin-ball, cricket, football, tchoukball, basketball, dance and more. No competition, no games, just fun through the practice of different skills. For all levels.

- 🕒 SATURDAY, Ages 2-4 (parent-child): 1:10 p.m. to 1:50 p.m.
- 🕒 SATURDAY, Ages 4-6: 2 p.m. to 2:50 p.m.
- 🕒 SATURDAY, Ages 7-12: 3 p.m. to 3:50 p.m.

📅 SATURDAY, SEPTEMBER 23

📍 ST. EDOUARD SCHOOL

💰 \$135

📅 8 weeks (no class on October 7)



MUSICAL AWAKENING WORKSHOPS - AGES 3 TO 7

CHARLES OSTIGUY

The musical awakening workshop through singing, dancing, body expression, musical instruments and music theory provides the necessary foundations for future learning of a musical instrument, while allowing the child to express his creativity. Ages 3 to 7.

🕒 TUESDAY, 10 a.m. to 11 a.m.

📅 TUESDAY, SEPTEMBER 19

📍 CENTRE LAC-BROME

💰 \$112



STAY SAFE! - AGES 9-12

RED CROSS MEB FORMATIONS

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. For ages 9 to 12.

🕒 SUNDAY, 9 a.m. to 2 p.m.

📅 SUNDAY, OCTOBER 22

📍 VIRTUAL (ZOOM)

💰 \$25 (participant guide and Red Cross certification included)

📅 1 workshop



BADMINTON

THERE IS NO TEACHER

Open practice.

For all levels.

🕒 TUESDAY, 6 p.m. to 8 p.m.

📅 TUESDAY, SEPTEMBER 19

📍 ST. EDOUARD SCHOOL

💰 \$25



BALANCE FOR SENIORS (AGES 65+)

ANDREA WILSON

Exercises designed to prevent falls and increase your confidence. Offered in partnership with the Wellness Volunteer Centre for Seniors. For beginners.

🕒 TUESDAY and THURSDAY, 2:15 p.m. to 3:15 p.m.

📅 TUESDAY, SEPTEMBER 19

📍 CENTRE LAC-BROME

💰 \$125



CARDIO PUMP

NATHALIE GAUVREAU

A full body workout with cardio resistance training and stretching at the end. All done to motivating music and a great group to work out with. For all levels.

🕒 TUESDAY and/or THURSDAY

TUESDAY, 6 p.m. to 7 p.m.

THURSDAY, 6:15 p.m. to 7:15 p.m.

📅 TUESDAY, SEPTEMBER 19 or THURSDAY, SEPTEMBER 21

📍 CENTRE LAC-BROME

👁️ Look with the teacher

📞 Registration: 450 525-3014 - natgavreau@gmail.com



DANCE-FITNESS

ANNE-LISE PREUSSER

Promoting cardiovascular fitness, calorie loss and body mobility, the Dance-Fitness class is the perfect opportunity to workout to rhythmic music. Moderate level.

🕒 THURSDAY, 6:10 p.m. to 7:10 p.m.
📅 THURSDAY, SEPTEMBER 21

📍 ST. EDOUARD SCHOOL
💰 \$130 – Drop-in: \$15



FELTING COURSES

SABINA GIBSON

Each student will receive a kit with the materials and instructions needed to make their animals. All animal projects can be sewn entirely by hand, no previous sewing experience is necessary. Some basic sewing experience would be an asset. For all levels.

🕒 TUESDAY, 6 p.m. to 8 p.m.
📅 TUESDAY, SEPTEMBER 21

📍 CENTRE LAC-BROME
💰 \$178
📅 7 weeks



FIT FOR LIFE (AGES 55+)

ANDREA WILSON

Fun, motivating, no-fuss fitness class for active adults. Suggested for ages 55+ and anyone looking for a low impact workout. Moderate intensity. For all levels.

🕒 TUESDAY and/or THURSDAY, 3:45 p.m. to 4:45 p.m.
📅 TUESDAY, SEPTEMBER 19

📍 CENTRE LAC-BROME
💰 \$147



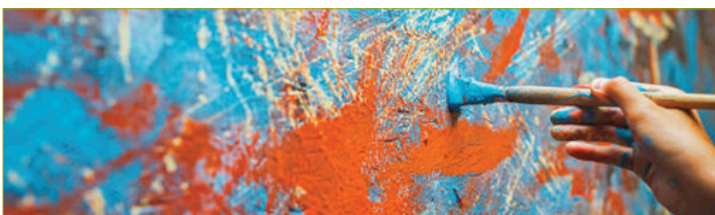
FITNESS FOR SENIORS

ANDREA WILSON

Strength, balance and aerobic exercises to stay fit for everyday life. Offered in partnership with the *Wellness Volunteer Centre for Seniors*. For all levels.

🕒 TUESDAY and THURSDAY, 1 p.m. to 2 p.m.
📅 TUESDAY, SEPTEMBER 19

📍 CENTRE LAC-BROME
💰 \$125



“FREE GESTURE” PAINTING CLASS

MICHEL BEAUCAGE

Michel Beaucage is a Beaux-Arts trained painter with 30 years of teaching experience. This painting course for advanced artists focuses on free gesture and artistic exploration. Advanced level.

🕒 TUESDAY, 9 a.m. to 11 a.m.
📅 TUESDAY, SEPTEMBER 19

📍 CENTRE LAC-BROME
💰 \$300
(Equipment needed: Acrylic colors, Large and small brushes, Pots)



INTRODUCTION TO RUNNING

ANDRÉANNE LESSARD

This course is designed for people who want to learn about running and develop their endurance. For all levels.

🕒 WEDNESDAY, 4 p.m. to 5 p.m.
📅 WEDNESDAY, SEPTEMBER 20

📍 LIONS PARK
💰 \$150



KNITTING

FRANCINE BOURQUE

The perfect opportunity to learn to knit, ask for advice and make new friends with other knitting enthusiasts.
For all levels.

- 🕒 WEDNESDAY, 9:30 p.m. to 11:30 a.m.
- 📅 WEDNESDAY, SEPTEMBER 20

📍 CENTRE LAC-BROME
💰 \$10

📞 Registration: Reach out to Marta Gubert Gomes, *Action Communautaire Lac-Brome*, mgaclb@gmail.com



SPANISH COURSES

LILIANA ZUNIGA

The main objective of the course is to develop oral and written expression, comprehension and writing at a basic level in order to use it while traveling.
For beginners.

- 🕒 SATURDAY, 9:30 a.m. to 11:30 a.m.
- 📅 SATURDAY, SEPTEMBER 23

📍 CENTRE LAC-BROME
💰 \$250

(material included)



TAI-CHI CHUAN

GUY CÔTÉ

Gentle, precise movements helping to develop strength, flexibility and increase overall well-being.
For all levels.

- 🕒 MONDAY, 1:30 p.m. to 3 p.m.
- 📅 MONDAY, SEPTEMBER 18

📍 CENTRE LAC-BROME
💰 \$190 - Drop-in: \$18
📅 12 weeks



▶ CLASSES REGISTRATION

ONLINE

- Online registration at lacbrome.ca/en/loisirs.
- Full payment by credit card upon registration.

IN PERSON

- At Centre Lac-Brome, weekdays, from 1 to 4:30 pm.
- Full payment by credit card, cheque or cash, upon registration.

LOCATION OF CLASSES 📍 Centre Lac-Brome - 270, Victoria St. 📍 Lions Park - 37, Centre Rd 📍 St. Edouard School - 367, Lakeside Rd

📞 450 242-2020 - info@loisirs@lacbrome.ca & [facebook.com/vlbtbl](https://www.facebook.com/vlbtbl)

10-week session: from September 18 to November 24, 2023
Classes registration from September 5 to 15, 2023

INFORMATION

- Places are limited depending on the group. Registration is on a first come, first served basis.

FAMILY DISCOUNT

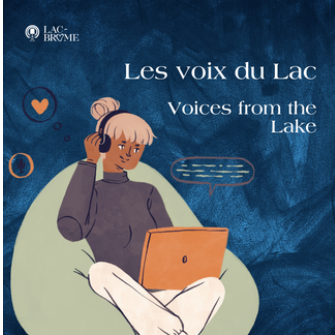
- Save 5% on the total bill if two or more children register at the same time, for recreational classes.

LAC-BROME

Culture AT HEART

Join the podcast!

Residents of Brome Lake, you have stories to share and we want to hear them! Whatever your profile, you are invited to share your experiences and memories in the new podcast, Voices From the Lake.
lacbrome.ca/en/voices-of-the-lake-podcast/



Youth Photo Contest

The Town is organizing a thematic photo contest for 9-17 year olds. From August 4 to October 10, up to 5 photos per person can be submitted on the town's website. The theme of the contest is "The Lake." Twenty photographs will be selected by a jury and exhibited at the Centre Lac-Brome from December 18, 2023 to March 8, 2024.

To submit your work, go to the Town's website:
<https://lacbrome.ca/en/exhibitions> before **October 10**.



Group show at Centre Lac-Brome

Art lovers and curious minds of Brome Lake, from September 15 to December 15 works from local artists will be exhibited on the walls of the Centre as part of a group show.

For more information, go to the Town's website:
<https://lacbrome.ca/en/exhibitions/> before **September 5**.



Artists' Directory

The Town of Brome Lake has been working for some time now available online! Artists, writers and artisans, if you haven't already done so, you can still fill out the online form on the Town's website
<https://lacbrome.ca/en/artists-directory/>.



Medieval music and tales

Storyteller and musician Philippe Gélinas presents two musical workshops for ages 5 - 12 on **October 23, 2023** at the Centre Lac-Brome.

10 a.m. - 11 a.m.: Demonstration. A unique opportunity to discover the authentic sounds of period instruments: lute, cistre, dulcimer, hurdy-gurdy, fiddle, string drum, wooden flute, bagpipes, etc....

11 a.m. - 12 p.m.: Interactive workshop featuring unusual instruments and amazing music performed by people over 400 years ago!

Registration required: <https://lacbrome.ca/en/loisirs/general-information/>.





Les journées de la culture

September 29 - October 1

Sept. 29
08.30 - 2.45

Centre Lac-Brome

Bilingual workshops for Lac-Brome elementary schools, with Muriel Faille, Caroline Lanctôt-Benoit, Ginette Richard, Sabina Gibson et Christine Desrosiers.

Sept. 29-30
Oct. 1
1.00 - 5.00

Galerie Hors-Cadre

Pebble painting with artist Isabelle Daval.

Sept. 29 - 30
Oct. 1
11.00 - 4.00

Lac-Brome Museum

Collective mural about young British Home children.

Sept. 30
10.00 - 2.00

Théâtre de Lac-Brome

Backstage tour of the theater.

Sept. 30
2.00 - 3.00

Théâtre de Lac-Brome

Interactive lecture and writing show with Alexandre Beliard.

Sept. 30
3.00 - 4.00

Théâtre de Lac-Brome

Backstage tour of the theater.

Sept. 30 - Oct. 1
10.00 - 2.00

Art Lab 341

Creative workshop with ceramic artist Rachel Grenon. Fountain Lauch on Sunday at 3p.m.

Sept. 30
10.00 - 12.00 - 2.00

CLB Joaillerie

Fashion jewelry workshops with jeweler Caroline Lanctôt-Benoit.

Sept. 30 - Oct. 1
1.00 - 5.00

Galerie Art Lab

Violin-making demonstration by luthier Guillaume Planché and evaluation of your violins.

Oct. 1
1.00 - 4.00

Théâtre de Lac-Brome

Backstage tour of the theater.



Open-
house

Sept. 30

10.00 - 4.00 : CLB Joaillerie
10.00 - 4.00 : Pettes Memorial Library
12.00 - 5.00 : Galerie Blanka
12.00 - 5.00 : Galerie Elca London

Oct. 1

10.00 - 4.00 : Pettes Memorial Library
12.00 - 4.00 : Galerie Blanka
12.00 - 4.00 : Galerie Elca London



The ON RAMP Podcast

Hosted by Sam Greenwood and friends

The **ON RAMP** podcast is a six part series exploring stories and dreams of today's teenagers. The hosts invite youth ages 11-18 from the Lac Brome area to share about activities, challenges, and unique perspectives from their lives. What projects are they involved in? Can they see some future version of themselves? How are they ramping up for their futures? In this podcast, youth speak from the heart, using their inner voice and quiet confidence to surprise and move us with their compassion and wisdom.

This podcast launched in July 2023. Six episodes are being recorded and posted online on YouTube and Facebook. A new episode is posted each month. Three episodes will be in English and three in French.



[YouTube.com/@theonramppodcast](https://www.youtube.com/@theonramppodcast)



[Facebook.com/theonramppodcast](https://www.facebook.com/theonramppodcast)

For more info or to support this project, please contact us by email - theonramppodcast@gmail.com or on Facebook - www.facebook.com/theonramppodcast