



VILLE DE LAC-BROME  
TOWN OF BROME LAKE

VLB

INFO

TBL

BULLETIN MUNICIPAL D'INFORMATION ■ MUNICIPAL NEWS BULLETIN

FALL 2024 - RECREATION

VOL. 10 - N° 1A

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

# EVENTS CALENDAR

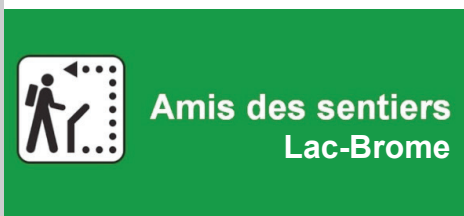
ALL YEAR ROUND



**September 20, October 18 and November 22 ▶ 9 a.m. to 10 a.m.**

**Brome Lake Food Bank**  
For registered customers.

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



**Thursdays ▶ 10 a.m. to noon**

**Amis des Sentiers Lac-Brome**  
Walks every Thursday morning throughout the year.

- 📍 See online
- ☎ 450 242-1003, ext. 319 - clubdelabonnehumeur.ca
- 🆓 Free



**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, Mont-Écho Rd
- ☎ 450 242-2270
- theatrelacbrome.ca/fr/infolettre
- theatrelacbrome.ca
- 🆓 Free



**Fall activities ▶ Various schedules (see table on p. 17)**

**Club de la Bonne Humeur de Lac-Brome**  
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 at page 17 or go online.
- ☎ 450 243-5620
- info@clubdelabonnehumeur.ca
- clubdelabonnehumeur.ca



**October 3 and 4, December 5 and 6 ▶ 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 Street
- ☎ Marta Gubert Gomes - Seniors Outreach Worker: 450 204-9423
- mggacLB@gmail.com
- facebook.com/ACLB.AINES.SENIORS 🇺🇸 \$5



**Mondays, Every two weeks ▶ 1 p.m. to 3 p.m.**

**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. See page 16.
- ☎ Marta Gubert Gomes - Seniors Outreach Worker: 450 204-9423
- mggacLB@gmail.com
- facebook.com/ACLB.AINES.SENIORS
- Société Alzheimer Brome-Missisquoi et Haute-Yamaska: 450-777-3363 - info@alzheimergranby.ca
- facebook.com/alzheimergranby
- 🆓 Free



**Fall activities ▶ Anytime**

**Events Calendar**  
Reminder: find details of all the activities planned for this fall on the Town's website.

- 📍 lacbrome.ca/events-calendar



**Joujouthèque and Dépannage bambin**

Every Thursday afternoon, parents will be able to borrow toys from the toy library after completing their registration. The loan period is 3 weeks, renewable 2 times.

Parents can borrow toys free of charge for 20 weeks (renewable). A \$20 deposit is required. This will be returned if the borrowed item is in good condition.

To continue with this project a reality, we're looking for equipment and toys to lend. We are looking for the following children's equipment: strollers, bouncers, playpens, highchairs.

The toys and games we are looking for

are complete children's games in good condition.

Please note that we will only accept items in good condition. Please do not drop off items that are too old or too damaged.

📍 Centre Lac-Brome - 270, Victoria Street  
 ☎ 450 242-2020  
 infolesirs@lacbrome.ca

**Ateliers parents-enfants**

Parent-child workshops



**Mondays and Wednesdays ► 9:30 a.m. to 11:30 a.m.**

**Parent-Child Workshop**

Activities, conferences, outings, etc.

📍 Centre Lac-Brome - 270, Victoria Street  
 ☎ 450 242-2020  
 infolesirs@lacbrome.ca  
 🆓 Free



**Wednesdays ► 3:30 p.m. to 4:30 p.m.**

**Club 9-12**

Club 9-12 is back.  
 Free snacks offered – places limited.

📍 Centre Lac-Brome - 270, Victoria Street  
 ☎ 450 242-2020  
 infolesirs@lacbrome.ca  
 🆓 Free



**Tuesdays and Thursdays ► 9 a.m. to noon**

**Drop-in Daycare**

The drop-in daycare takes place on Tuesday and Thursday mornings from 9 a.m. to noon. The registration fee is \$5 - payable online or in person. You must bring spare clothes, diapers if needed, and outdoor clothing suitable for the season. Snacks are provided by the Town. If you have registered your child and they will not be attending after all, you must contact us to inform us. This is to allow

another child to register.

📍 Centre Lac-Brome - 270, Victoria Street  
 ☎ 450 242-2020  
 infolesirs@lacbrome.ca



**Wednesdays, From October 16 to December 18 ► 10 a.m. to 11 a.m.**

**Zumba for Seniors**

📍 Centre Lac-Brome - 270, Victoria Street  
 ☎ Marta Gubert Gomes - Seniors Outreach Worker: 450 204-9423  
 mggaclb@gmail.com  
 facebook.com/ACLB.AINES.SENIORS  
 🎟 \$20



**Mondays, From October 21 to December 16 ► 10 a.m. to 11 a.m.**

**Line Dancing for Seniors**

📍 Centre Lac-Brome - 270, Victoria Street  
 ☎ Marta Gubert Gomes - Seniors Outreach Worker: 450 204-9423  
 mggaclb@gmail.com  
 facebook.com/ACLB.AINES.SENIORS  
 🎟 \$20



**Every Saturday morning, up to October 5 ▶ 8:30 a.m. to 12:30 p.m.**

**Farmer's Market**

📍 48, Maple Street  
🌐 [lacbrome.ca/marche-public-de-lac-brome](http://lacbrome.ca/marche-public-de-lac-brome)



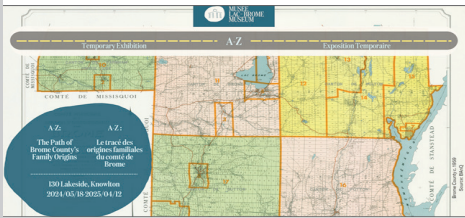
**Every Friday ▶ 5:30 p.m. to 8 p.m.**

**District 12-17**

Attention youth aged between 12 and 17! Action Communautaire Lac Brome is back with its District 12-17 program! Enrollment isn't necessary, and participation is free. Snacks will be provided for everyone to enjoy, but feel free to bring your own too.

Just drop by and stay for the fun! Discover our full program of activities on our Facebook page!

👤 Caroline Hadloc, activity coordinator  
[lacbromedistrict1217@gmail.com](mailto:lacbromedistrict1217@gmail.com)  
Facebook: District 12-17.  
Meet the team on p. 16



**Everyday ▶ 10 a.m. to 5 p.m.**

**Lac-Brome Museum  
--- A - Z --- The Path of Brome County's Family Origins**

Every name has a story. Explore the history of Brome County through the lens

of the street names' origins. Follow the roads that lead to local history!

📍 130, Lakeside Road, Knowlton  
📞 450 243-6782 #1  
[info@shcb.ca](mailto:info@shcb.ca) - [museelacbrome.ca](http://museelacbrome.ca)



**Fridays ▶ Arrival time 12:45 p.m. - From 1 p.m. to 4 p.m.**

**Lake Brome Duplicata Bridge Club**

A social place where you can encounter and stimulate your intellect. It is a game where you develop your memory and attention all in a friendly environment

every Friday at the Community Center. We also offer a beginner's course.

📍 Centre Lac-Brome - 270, Victoria Street  
👤 Colette Martial: 450 955-1410  
[colettemartial@videotron.ca](mailto:colettemartial@videotron.ca) 📅 \$5/person



**Tuesdays, From September 24 to December 3 ▶ 1 p.m. to 4 p.m.**

**Art Between Us**

September 24 to December 3: Beginning of the session of 11 artistic meetings of the group "Art Between Us".

📍 Centre Lac-Brome - 270, Victoria Street  
👤 [szablabranche@gmail.com](mailto:szablabranche@gmail.com)  
450 292-5880  
📅 Free



**Everyday ▶ 10 a.m. to 7 p.m. - Winter hours: 10 a.m. to 5 p.m. (starting October 15)**

**Community Fridge**

The community fridge will be accessible from 10 a.m. to 7 p.m. in the entrance to the Centre Lac-Brome. Accepted foods are fruits, vegetable, breads and pastries. You can take what you need for your personal consumption there.

Please, contact Claire Citeau.

📍 Centre Lac-Brome - 270, Victoria Street  
👤 Claire Citeau: 450 242-2020, ext. 306  
or [claire.citeau@lacbrome.ca](mailto:claire.citeau@lacbrome.ca)



**Tuesdays, From September 24 to November 26 ▶ From 9 a.m. to 11 a.m. (arrive no later than 10:30 a.m. to have a minimum 25-minute treatment to feel positive effects)**

**Community Acupuncture Sessions**

This type of acupuncture is practiced only on the ears. You will receive 5 needles in your ears to help you relax, reduce stress, and anxiety. You can bring reading material or any other pastime for your session or simply enjoy your treatment. With Johanne McIntyre.

📍 Centre Lac-Brome - 270, Victoria Street  
👤 Claire Citeau: 450 242-2020, ext. 306  
or [claire.citeau@lacbrome.ca](mailto:claire.citeau@lacbrome.ca)  
📅 \$5/session - Registration on the town website (you can also show up without a reservation at the risk of the group being full).

ALL YEAR ROUND



**Meditation Sessions**

**Wednesdays, From October 9 to November 20 ▶ 9:30 a.m. to 10:30 a.m.**

**Meditation Sessions**

What if mindfulness meditation could serve your overall health? What if meditation allowed you to transform your relationship with stress and pain? Through these meditation sessions, you will learn to take care of your heart-body-mind balance and access an improved overall level of well-being!  
 Guided sessions by Julie Senécal, certified meditation teacher and specialist in stress and pain management. Each session complements the others, and it is highly recommended to attend all

sessions to gain the most benefit possible. Maximum 20 people, reservation on Amilia or possibility to show up on-site if there are still available spots. Bring your cushion and/or blanket to meditate comfortably.

- 📍 Centre Lac-Brome - 270, Victoria Street
- 📞 Claire Citeau: 450 242-2020, ext. 306 or [claire.citeau@lacbrome.ca](mailto:claire.citeau@lacbrome.ca)
- 💰 \$5/session, payable in cash (exact amount) or by card.



**First Saturday of every month ▶ 8 a.m. to 4 p.m.**

**Free tasting!**

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

- 📍 Brûlerie Virgin Hill Coffee - 770, Lakeside Road
- 📞 [atelier@virginhillcoffee.com](mailto:atelier@virginhillcoffee.com) or [virginhillcoffee.com](http://virginhillcoffee.com) - 450 539-5222
- 💰 Free

SEPTEMBER



**August 30 to September 2 ▶ August 30 & 31, September 1: 10:30 a.m. to 11 p.m. Septembre 2: 10:30 a.m. to 6 p.m.**

**Brome Fair**

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

- 📍 345, Stagecoach, Brome
- 📞 450 242-3976
- [bromefair.com](http://bromefair.com)



**September 7 ▶ 1:30 p.m.**

**Jordan Officer**

Talented Montreal guitarist Jordan Officer returns to the stage with his new show "Like Never Before". The show, in trio format, will take you from jazz to blues with a touch of country and soul thanks to his new songs. You'll discover the musician and singer in a new light, in a universe where more introspective moments will be carried by

his usual dynamism.

- 📍 Théâtre Lac-Brome - 9, Mont-Écho Rd
- 📞 450 242-2270
- [info@tlbrome.com](mailto:info@tlbrome.com) or [theatrelacbrome.ca](http://theatrelacbrome.ca)

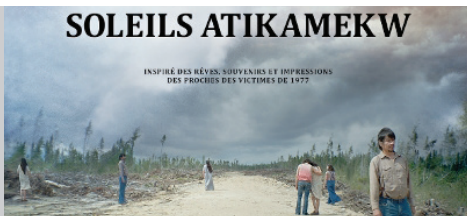


**September 13 ▶ 8 p.m.**

**Serhiy Salov & Thomas Chartré**

Immerse yourself in an enchanting universe where Serhiy Salov's piano and Thomas Chartré's cello blend in exquisite harmony. Discover iconic works by renowned composers, performed with virtuosity and sensitivity. The combination of these two instruments will offer you an unforgettable musical journey, where each note resonates with intensity.

- 📍 Théâtre Lac-Brome - 9, Mont-Écho Rd
- 📞 450 242-2270
- [info@tlbrome.com](mailto:info@tlbrome.com) or [theatrelacbrome.ca](http://theatrelacbrome.ca)



**September 18 ▶ 7 p.m.**

**Cine-club:**

**Soleils Atikamekw by Chloé Leriché**  
 Manawan, 1977. A vehicle falls into a river near a Native community. Two white Quebecers escape, but five Atikamekw lose their lives. While the police conclude that it was an accident, the victims' families have unanswered questions. "An indispensable work, the film evolves as much on the terrain of political position-

taking as on that of intimate social drama." (Charles-Henri Ramond, Ciné-Bulles). The film will be followed by a discussion with Algonquin activist Jennifer Brazeau.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 📞 450 242-2270  
 info@tlbrome.com  
 theatrelacbrome.ca



**September 21 & 22**

**Les Friands**

The Gourmet Festival Les Friands will return to Coldbrook Park for a second edition that promises to be delicious! On the menu: Tastings - Activities - Artisans Market - Music - Sidewalk Sale. Visit the event's website to purchase your tasting coupons in advance and to enter the contest for a chance to win a spot in

an exclusive mixology workshop offered by La Botanique Cocktail during the event!

📍 Coldbrook Park  
 🌐 [tourismelacbrome.com/lesfriands](http://tourismelacbrome.com/lesfriands)



**September 21 ▶ 8 p.m.**

**Florence K, Brésil, Mon amour**

"I fell in love with the music of Antônio Carlos Jobim when I was a teenager. Like many people, I already knew the famous melody of "The Girl from Ipanema", but I wasn't familiar with the rest of his work. Then I landed a job as a pianist at the Stash Café, a Polish restaurant in Old Montreal, and to add to my repertoire, my mother gave me a book of scores of Jobim's complete repertoire. So it was on weekend evenings, between plates of pierogis on St-Paul Street, sitting at

the restaurant's old piano, that I had the pleasure of discovering the richness and beauty of the songs of the greatest Brazilian composer the 20th century has given us." - Florence K

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 📞 450 242-2270  
 info@tlbrome.com  
 theatrelacbrome.ca

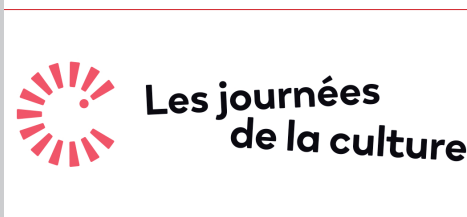


**September 23 ▶ 1:30 p.m.**

**Avante Conference**

Special Guest and certified life coach, Kate Bligh, known for her support group "women ageing wisely", will deliver a workshop on ageing.

📍 Centre Lac-Brome - 270, rue Victoria  
 📞 Brielle Laramée, Counsellor/Facilitator  
 Avante Women's Centre  
 brie@awcentre.com  
 awcentre.com  
 🆓 Free



**September 27 to September 29**

**Journées de la culture**

Free workshops for all ages, from Friday, September 27, to Sunday, September 29, with artists and artisans from Lac-Brome. Discover the full program online at: [lacbrome.ca/en/journees-de-la-culture](http://lacbrome.ca/en/journees-de-la-culture).

📞 450 242-2020  
 info@louis@lacbrome.ca  
[lacbrome.ca/en/journees-de-la-culture](http://lacbrome.ca/en/journees-de-la-culture)

SEPTEMBER



**September 27 ▶ 8 p.m.**

**Vintage Wine and Special Guests**

In the mid-1960s, the Beatles' first hit records and sensational television appearances created Beatlemania, and in their wake a host of British acts invaded North American radio, TV, and concert halls. From Montreal, the Vintage Wine band, along with four female vocalists, returns to the Lac Brome Theatre to perform I Want to Hold Your Hand: The 60th Anniversary of the British Invasion.

You will hear songs by the Beatles, Rolling Stones, Herman's Hermits, Dusty Springfield, the Hollies, the Searchers, Petula Clark, the Animals, Cilla Black, the Yardbirds, the Dave Clark Five, and others.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 ☎ 450 242-2270  
 info@tlbrome.com - theatrelacbrome.ca



**September 28 ▶ 10 a.m. to 2 p.m.**

**Road Block of Club Optimiste de Lac-Brome**

📍 Corner Lakeside and Knowlton Roads in Knowlton



**September 28 ▶ 8 p.m.**

**Alfa Rococo**

Alfa Rococo returns with a new show inspired by songs from their album "Fais-moi rêver". Accompanied by their musicians, the distinguished duo plunge us into their festive, danceable universe, while rubbing shoulders with the dreamlike, celestial and profound aspects of their work. It features tracks from the new album, but also, of course, the must-have songs from their repertoire, which have

topped the charts and earned them 2 Félix awards and several prizes and mentions over the course of their prolific career. The result is unequivocal: you can dance and think at the same time, you can move while being exposed to reflections on the power of the present moment, resilience, time and community.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 ☎ 450 242-2270  
 info@tlbrome.com - theatrelacbrome.ca



**September 29 ▶ 7 p.m.**

**Ferrari en feu, Le crue**

Created between Paris, Quebec and Tunis, "Ferrari on Fire" is an ode to individual and collective freedom. With audacity and spontaneity, the duo transforms constraint into a realm of possibilities. In the confined space of two chairs, the performers navigate discomfort, create tension, and seek to expand the space within and

around them. Like a road trip, they progress through the various stations that make up the scenic area, encountering landscapes and meetings that influence their journey.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 ☎ 450 242-2270  
 info@tlbrome.com - theatrelacbrome.ca

OCTOBER



**October 4 ▶ 8 p.m.**

**Louise Latraverse - L'amour crise**

L'amour crise: the show's title echoes Louise Latraverse's heartfelt response to a question posed by France Beaudoin on the program "En direct de l'univers": "Can you name one thing the Covid won't get rid of?" Her answer, "l'amour crise", set Quebec ablaze. Lively, intelligent, funny and spontaneous, Louise Latraverse offers a new, different and original show,

in a tone of confidence and irreverence. Directed by Anick Lemay.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 ☎ 450 242-2270  
 info@tlbrome.com  
 theatrelacbrome.ca



**October 5 ▶ 8 p.m.**

**Dawn Tyler Watson**

Dawn Tyler Watson, backed by members of the Ben Racine Band, continues to represent Quebec internationally after taking top honors at the 2017 International Blues Challenge (IBC). There, she distinguished herself in the band category among more than 260 blues artists who came to Memphis from all over the world to take part in the

annual six-day event organized by the Blues Foundation. The first Canadian to win the prestigious award, she is also the first woman to win it in 25 years.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 ☎ 450 242-2270  
 info@tlbrome.com  
 theatrelacbrome.ca



**October 6 ▶ 11 a.m.**

**Tales of the Turtle**

Hear an Indigenous tale that have been passed down through the centuries. Published by Hannenorak, "Tales of the Turtle" is a collection of stories that will appeal to the greatest number! Eleven incredible stories, eleven stories to share and cherish. Each one was written by an Indigenous writer from the various Indigenous Peoples of Quebec. In this workshop, Barbara Kaneratonni Diabo,

one of the coauthor of the book will read her story "The Seven Dancers" in English and share a few steps of a Kanien'keha:ka social dance.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 ☎ 450 242-2270  
 info@tlbrome.com - theatrelacbrome.ca  
 🆓 Free  
 in English for families.



**October ▶ Noon**

**TBL Wellness Volunteer Centre Thanksgiving Lunch**

Limited seating.  
 Reserve by October 4.  
 Transportation available.

📍 Centre Lac-Brome - 270, Victoria St  
 ☎ Reserve by Oct. 4: 450 242-2020, ext. 301  
 🍽 \$5 Contribution  
 For all TLB seniors



**Installation between Friday, October 18 and Sunday, October 27**

**The Witches' Ball Fairy Trail Decoration**

Make your own original Halloween decoration and install it on the fairy trail. Decoration contest! Prizes to be won!

📍 Coldbrook Path  
 ☎ Registration: info@hors-cadre.ca  
 facebook.com/groups/sentierfeerique  
 🆓 Free



**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.

☎ For information: 450 242-2280



**October 18**

**Application forms for the Lions Club Christmas Baskets**

Application forms for the Lions Club Christmas Baskets (Gift Cards) will be available at the Centre Lac Brome and must be returned by November 18.

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





## October 17 to 19

### 14th Annual Knowlton Literary Festival

This annual Festival, celebrating English language literature begins on Thursday evening at 6 p.m. with a Local Authors and Poets event at Brome Lake Books. This is a free event but registration is required. The Literary Festival continues on Friday evening with an opening reception, at the Community Centre, followed by an Author's event with Pulitzer nominated author, John Vaillant. Saturday's schedule begins at noon, with Author and Poet events scheduled throughout the day featuring: Tawhida Tanya Evanson and Sarah Yi-Mei Tsiang, Mi' kmaq writer, Amanda Peters and

renowned mystery writers Ann Cleeves in conversation with Louise Penny. The Festival concludes Saturday evening, with Ron J. Diebert Massey Lecturer and Founder/Director of the Citizens Lab at the Munk School of Global Affairs.

- 📍 Brome Lake Books and Centre Lac-Brome - 270, Victoria St
- 📞 knowltonliteraryfestival.ca  
KLA.knowltonliteraryfestival@gmail.com  
For information, contact Brome Lake Books: 450 242-2242
- 🎫 Tickets for single events are available from \$25 to \$55 and weekend passes are available for only \$90 (excluding the Cleeves/Penny interview) Tickets for that event will be sold separately.



## October 18 ▶ 8 p.m.

### Cédric Landry

Imagine the amazement of the Madelinots when they realize that their beloved islands have disappeared from the globe, no trace of them left on any map. An existential crisis spreads and strange rumors begin to circulate... This is the poetic story told by Magdalen artist-storyteller Cédric Landry in his show "La light du Borgot." An exceptionally charismatic actor, storyteller and improviser, Cédric Landry masterfully led Cirque Éloize's 2022 and 2023 show "Entre ciel et mer," for which he collaborated, wrote and starred. "La light du Borgot," his own creation, directed

by Michel-Maxime Legault, is the new boat he's launching to the sea to let us breathe in the scents of his islands. For the curious, la light du Borgot is the name of the famous lighthouse on the Magdalen Islands which is used to guide boats back to port in foggy weather, but it also serves to the right path for lost souls. With his poetry and his penchant for enchantment, Cédric Landry also proves to be a lighthouse in the dreariness.

- 📍 Théâtre Lac-Brome - 9, Mont-Écho Rd
- 📞 450 242-2270  
info@tlbrome.com - theatrelacbrome.ca



## October 19 ▶ 8 p.m.

### Harry Manx

With a rich discography, Harry Manx has toured extensively throughout the world. His reputation on stage opens the doors of prestigious international festivals and blues clubs among the most famous across the planet. 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, Mont-Écho Rd
- 📞 450 242-2270  
info@tlbrome.com - theatrelacbrome.ca



## October 23 ▶ 8 p.m.

### Dominique Morneau, conférencier Toucher le fantôme pour le faire disparaître

You may not know Dominique Morneau, but he knows you! Dominique Morneau has mastered the art of simply explaining the key concepts of good communication for couples, families and businesses. Thanks to his in-depth knowledge of human nature, he possesses an uncommon talent for triggering reflection, inviting us to ask

the right questions, and prompting us to take action quickly and concretely in our daily lives. Can we change in two hours? With the toolbox offered by Dominique Morneau, it's quite possible that some of the pieces of our intimate puzzle can be fixed much faster than we thought.

- 📍 Théâtre Lac-Brome - 9, Mont-Écho Rd
- 📞 450 242-2270  
info@tlbrome.com - theatrelacbrome.ca

OCTOBER



**October 25 ▶ 8 p.m.**

**Ken Presse: In my mind**

Singer-songwriter and director Ken Presse takes the stage to perform songs from his last album "In My Mind," released last November. Having toured over 18 countries as a musician, Ken unveils his solo project with a sound woven from various influences: folk, country, indie rock, pop, and even R&B.

In an intimate setting, Ken transports us into a universe uniquely his own with nostalgic, sentimental, and introspective compositions, album, coupled with his extensive stage experience, is sure to open the doors to a promising solo career.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 📞 450 242-2270  
 info@tlbrome.com - theatrelacbrome.ca



**October 26**

**Oktoberfest Supper of the Club Optimiste de Lac-Brome**

Information to follow.



**October 26 ▶ 8 p.m.**

**Jorane: Spectacle Hemenetset Duo**

From the great ship Hemenetset, Jorane's flagship creative project, comes a little explorer shuttle called: Hemenetset duo. Accompanied by Martin Lizotte on piano, Jorane sets out to meet the public with all her strength and fragility, in an

invitation to awaken our inner freedom. Hemenetset: a call to ultimate self-expression.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 📞 450 242-2270  
 info@tlbrome.com - theatrelacbrome.ca



**October 28 ▶ 1:30 p.m.**

**Avante Conference**

Special Guest and certified life coach, Kate Bligh, known for her support group "women ageing wisely", will return to deliver a workshop on grieving and letting go.

📍 Centre Lac-Brome - 270, Victoria Street  
 📞 Brielle Laramée, Counsellor/Facilitator  
 Avante Women's Centre  
 brie@awcentre.com  
 awcentre.com  
 🆓 Free



**October 31 ▶ 5 p.m. to 8 p.m.**

**Candy Distribution**

Put on your best costume and come play a role during the candy distribution. Costume contest! Prizes to be won!

📍 In front of Coldbrook Park  
 📞 Registration: info@hors-cadre.ca  
 facebook.com/groups/sentierfeerique  
 🆓 Free

NOVEMBER



**November 2 ▶ 8 p.m.**

**Pas Maintenant - Théâtre Bistouri**

Premiering as part of "A Play, A Pie and A Pint" in Glasgow in May 2022, "Not now" is written with bite and depth. Critically acclaimed, this comedy delves into the past, identity and the concept of moving on. David Ireland also wrote "Ulster American."

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 📞 450 242-2270  
 info@tlbrome.com  
 theatrelacbrome.ca



**November 9 ▶ 8 p.m.**

### Ingrid St-Pierre seule au piano

"Delicately undressed, unravelled songs that unfurl in their original finery. Lively, full of stories, and all full of immensity. In this solo show, Ingrid St-Pierre is driven by the desire to exist freely on stage, leaving plenty of room for the cinema of words, silences, details, stories and landscapes."

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 ☎ 450 242-2270  
 info@tlbrome.com  
 theatrelacbrome.ca



**November ▶ 9 a.m. to 1 p.m.**

### Knowlton Lions Club Remembrance Day Breakfast

To honour veterans on Remembrance Day the public is welcome at Knowlton Academy for the annual Lions brunch.

📍 Knowlton Academy -81, Victoria St, Knowlton  
 ☎ For information: 450 242-2280  
 📄 In exchange for a donation



**Friday, November 15 ▶ 9 a.m. to 6 p.m.**

**Saturday, November 16 ▶ 9 a.m. to 4 p.m.**

**Sunday, November 17 ▶ 9 a.m. to 4 p.m.**

### Lantern Decoration Workshops

The Lantern Decoration Workshop will return this November at the Centre Lac-Brome. (Details to follow on social networks).

📍 Centre Lac-Brome - 270, Victoria St Buchanan 1  
 ☎ info@hors-cadre.ca  
 450 242-1908  
 📄 Free



**November 15 ▶ 8 p.m.**

### Guy Nantel

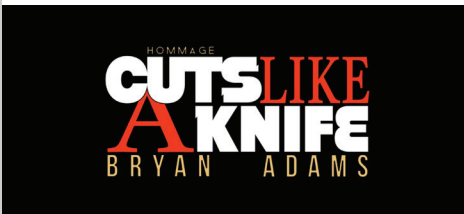
#### Si je vous ai bien compris, vous êtes en train de me dire...

Guy Nantel is back at last with a new show entitled "Si je vous ai bien compris, vous êtes en train de me dire..."

With such a catchy title, it's obvious that Nantel's 6<sup>th</sup> one-man-show is a humorous look back at his political adventure to tell the story of how he lived through the

experience. Through this show, he tries to convince the audience of his great competence as a politician... but the more he presents his ideas, the less we want to vote for him!

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 ☎ 450 242-2270  
 info@tlbrome.com  
 theatrelacbrome.ca



**November 16 ▶ 8 p.m.**

### Homage to Bryan Adams Cuts Like a Knife

Cuts Like a Knife is a high-energy evening! Live versions of Bryan Adams' greatest hits! Inspired by the 2005 show Live in Lisbon. Cuts Like a Knife is a five-piece band featuring Sylvain Auclair (vocals and base), Sébastien Cloutier (keyboards and backing

vocals), Michel Bruno (lead guitar), François Corriveau (drums) and Bruno Coulombe (rhythm guitar and backing vocals).

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
 ☎ 450 242-2270  
 info@tlbrome.com - theatrelacbrome.ca

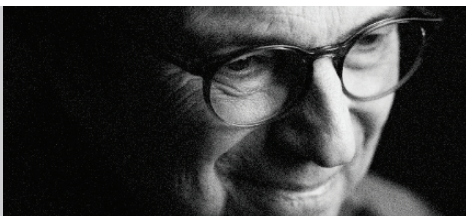


**November 18**

### Last day for Christmas Basket (Gift Cards) applications to be returned

Last day for Christmas Basket (Gift Cards) applications to be returned to Centre Lac Brome.

📍 Centre Lac-Brome - 270, Victoria Street  
 ☎ For information: 450 242-2280



**November 21 ▶ 8 p.m.**

**Michel Rivard  
Chansons nouvelles et autres confidences**

With a career spanning 50 years, Michel Rivard is as relevant, active and creative as ever. For this special evening, he brings you an intimate show, full of songs and confidences. From his well-known repertoire to brand-new compositions,

he'll be singing the words and notes that are closest to his heart. On stage: him, a microphone, a stool, François Richard on keyboards, a few guitars and all the joy that still drives him to do this job.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
☎ 450 242-2270  
✉ info@tlbrome.com  
🌐 theatrelacbrome.ca



**November 22 ▶ 8 p.m.**

**Vicki Tansey - Syncopation**

Vicki Tansey, dancer and visual artist, has been living and working in the Eastern Townships for over 40 years. Born in Montreal, she studied dance from the age of nine, becoming a pioneer in the art of improvisation, and teaching in the Concordia University Dance department at its inception. In time, her involvement in the visual arts also deepened and expanded, the possibilities inherent in making art and performance allowing for

an almost limitless range of interrelated and layered works. As a dancer and painter, it is the underlying essence and energy - details from the everyday - that inform and inspire all that she does. Form is movement stilled - and these forms, these dances - are held in the stillness of the painted images. The cycle - the interrelationships - are endless.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
☎ 450 242-2270 - info@tlbrome.com  
🌐 theatrelacbrome.ca



**November 23 ▶ 10 a.m. to noon**

**Installation of creations, lights and baubles at the Fairy Trail**

☎ info@hors-cadre.ca  
450 242-1908



**November 25 ▶ 1:30 p.m.**

**Avante Conference**

Special Guest, Laura Hernandez, specializing in the subject of oncology, will lead us through a specialized chair yoga class.

📍 Centre Lac-Brome - 270, Victoria Street  
☎ Brielle Laramée, Counsellor/Facilitator  
Avante Women's Centre  
✉ brie@awcentre.com  
awcentre.com  
🆓 Free



**November 29 & 30 - December 1, 6, 7 & 8**

**Knowlton Players presents "The Alibis"**

When eccentric billionaire J. Leslie Arlington is murdered, a clueless detective finds the suspects are all reluctant to admit their alibis... because they were all committing other ridiculous crimes at the time. Save the dates! Tickets on the sale the beginning of November on

our website.  
See details on page 17.

📍 Théâtre Lac-Brome - 9, Mont-Écho Rd  
☎ Juli Peasley: knowltonplayers@hotmail.com  
450 915-0562  
knowltonplayersboxoffice@gmail.com  
knowltonplayers.ca  
🆓 To be confirmed



**Reminder**

**Winter 2025 Issue**

Don't forget to submit your events planned for Winter 2025 in time and allow your info to appear in our next « Calendar of events ».

☎ For information: 450 242-2280  
info@sirs@lacbrome.ca



With its new podcast, the Town of Brome Lake is proud to offer its visitors a unique perspective on its rich past. On this occasion, Louise Penny and Raymond Cloutier lent their voice by narrating the stories of characters and places that have shaped our town's history.



Listen to the episodes





The Town of Brome Lake is proud to participate in the Journées de la culture and invites you to enjoy the **FREE** cultural and artistic activities that will be offered between **September 27 and 29**.

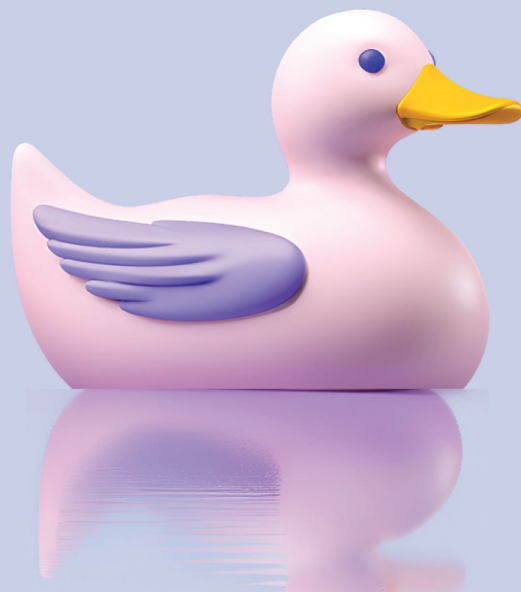


Les journées  
de la culture

*Full program coming soon!*

27 - 29 sept. 2024

LAC-BROME



# LAC- BROME

LE CŒUR À LA *culture*



For more information and to participate in the free event featuring local authors and poets, please contact Brome Lake Books at 450-242-2242 or visit the website [www.knowltonliteraryfestival.ca](http://www.knowltonliteraryfestival.ca)





Every 2 weeks  
1pm to 3 pm

**Coffee breaks are led by the Société Alzheimer Brome-Missisquoi et Haute-Yamaska (bilingual services)**

Coffee breaks for caregivers of a person living with cognitive impairment led by the Société Alzheimer Brome-Missisquoi et Haute-Yamaska in collaboration with the ACLB. Come exchange with other caregivers and get support in a warm, familiar, and safe environment.

Marta Gubert Gomes- Senior outreach worker  
450-204-9423- [mggacLB@gmail.com](mailto:mggacLB@gmail.com)- [facebook.com/ACLB.AINES.SENIORS](https://facebook.com/ACLB.AINES.SENIORS)

Société Alzheimer Brome-Missisquoi et Haute-Yamaska  
450-777-3363- [info@alzheimergranby.ca](mailto:info@alzheimergranby.ca)- [facebook.com/alzheimergranby](https://facebook.com/alzheimergranby)

Free

## DISTRICT 12-17 Meet the team



**Maylis**  
Youth Outreach  
Worker

A mother of two who decided to go back to school for a career change. Maylis studied zootherapy, which helped her discover her passion for helping others. She went on to study Special Education, and has worked in the fields of mental health, suicide prevention, social reintegration, for men in need, and as an activity coordinator with the Alzheimer Society. She wants to feel that she can make a difference in the community to make it more sane, because she believes that it's together that a difference can be made.



**Caroline**  
Youth Activity  
Coordinator

Caroline began her studies in Nursing. After her first year, she didn't feel she was helping people as deeply as she would have liked; she felt she lacked the human contact. She then decided to continue her studies in Special Education, where she completed her 3-year technical program. She began her career as an activity coordinator in a CHSLD for 3 years. Then, needing a challenge, she took a job as a social worker at the Société Alzheimer, where she still works. With the desire to buy her own home, Caroline decided to look for a second job and to take on a new challenge as a Youth Activity Coordinator for Action Communautaire Lac-Brome.





# ACTIVITÉS CBH - AUTOMNE 2024

Pour plus d'info: [www.clubdelabonnehumeur.ca](http://www.clubdelabonnehumeur.ca)

[info@clubdelabonnehumeur.ca](mailto:info@clubdelabonnehumeur.ca)



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
<b>ESSEINTRICS</b> avec Sophie Deshaies 9 h à 10 h 16 sept. - 14 sem 126 \$ pour info : 450-243-5620	<b>CUISINE COLLECTIVE</b> 8 h 45 / 1e mardi du mois Débute le 3 sept Invitation via l'infolettre	<b>PETITES QUILLES</b> 9 h 30 4 sept - 16 sem 10\$/partie	<b>YOGA sur CHAISE</b> avec Cindy Cleary 9 h à 10 h 19 sept. - 28 nov 99 \$ pour info: 450-243-5620	<b>YOGA</b> avec Chantal de Muys 20 sept 9 h 00 à 10 h 30 Information auprès de Chantal au 450-521-4833	<b>PICKLEBALL</b> 13 h à 15 h 28 sept - 12 sem École St-Édouard Contact - Doreen Drolet 819-918-4768
<b>TAI CHI YANG</b> avec Lolita Dalpé 10h30 à midi 23 sept - 10 sem 125 \$	<b>DICTÉE</b> du CBH 9 h 30 / 3e mardi du mois Débute en octobre	<b>ESSEINTRICS</b> avec Sophie Deshaies 8 h 30 à 9 h 30 18 sept. - 14 semaines 126 \$	<b>LES AMIS DES SENTIERS</b> 10H - En continu Gratuit Richard Dubois 450-242-1003	<b>NOUVEAUTÉ</b> Détails à venir	<b>COURS DE BRIDGE INITIATION</b> 9 h à 11 h 30 28 sept. - 10 sem. Roger Rouleau 450-955-1410 7\$ le cours 10 \$ non-membre
<b>BRIDGE DUPLICATE</b> 13 h30 à 17 h Resp : Jean Plaisance 450-243-0010	<b>DANSE EN LIGNE</b> avec Murielle Verreault Débutant 2-intermédiaire 13 h - 14 h 30/ 76\$ 17 sept- 14 sem pour info ; 450-243-5620	<b>BRIDGE DUPLICATE</b> 13 h 30 à 17 h	<b>NOUVEAUTÉ</b> Détails à venir	<b>LES VENDREDIS SOCIAUX</b> 13 h 30 20 sept., Gratuit Responsable Philippe Couture 450-243-0041	<b>Code des couleurs</b>
<b>PICKLEBALL</b> 19 h 30 à 21 h 30 23 sept - 12 sem École St-Édouard Contact : Doreen Drolet 919-918-4768	<b>SCRABBLE DUPLICATE FRANÇAIS</b> 15 h - Gratuit	<b>BILLARD</b> 19h à 21h - Gratuit 18 sept - 14 sem	<b>CINÉ-CBH</b> 4e jeudi du mois 14 h 30 & 19 h Invitation via l'infolettre	<b>Code des couleurs</b>	
					<b>MATIN</b>
					<b>APRÈS-MIDI</b>
					<b>SOIR</b>

Knowlton Players presents

**THE ALIBIS**  
a comedy

**November 29,30**  
**December 1,6,7,8**

[knowltonplayers@hotmail.com](mailto:knowltonplayers@hotmail.com)

*When eccentric billionaire J. Leslie Arlington is murdered, a clueless detective finds the suspects are all reluctant to admit their alibis... because they were all committing other ridiculous crimes at the time.*

Save the dates! Tickets on sale beginning of November!  
[www.knowltonplayers.ca](http://www.knowltonplayers.ca)

The Alibis by: Jonathan Dorf, Tyler Dwigins, Kathryn Funkhouser, Patrick Greene, Mora V. Harris, Carrie McCrossen, Ian McWethy and Jason Pizzarello  
Presented by special arrangements by Playscripts, Inc. ([www.playscripts.com](http://www.playscripts.com))

**FRIGO COMMUNAUTAIRE**  
Community fridge

# CLASSES - FALL 2024

## Children

Class	Schedule	Location - Dates	Cost	Information
Multisports ages 2 to 4	Saturday 9 a.m. - 9:50 a.m.	St-Édouard School Sept. 21 to Nov. 30	Session : \$160 (10 weeks)  Drop-in : \$16	<b>Parent-child</b> Offered by 7 Sports, the child will be able to discover and practice 10 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.
Multisports ages 4 to 6	Saturday 10 a.m. - 10:50 a.m.	St-Édouard School Sept. 21 to Nov. 30	Session : \$160 (10 weeks)  Drop-in : \$16	Offered by 7 Sports, the child will be able to discover and practice 10 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.
Multisports ages 7 to 12	Saturday 11 a.m. - 11:50 a.m.	St-Édouard School Sept. 21 to Nov. 30	Session : \$160 (10 weeks)  Drop-in : \$16	Offered by 7 Sports, the child will be able to discover and practice 10 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.
Theater ages 8 to 14	Thursday 4:30 p.m. - 5:30 p.m.	Centre Lac-Brome Sept. 19 to Nov. 21	Session : \$125 (10 weeks)	<b>Brenda Carr</b> - Come and meet friends while discovering, exploring, and developing acting and theatre skills. Through fast-paced games, improv and fun exercises, movement, and voice, create your own characters and stories to perform for each other and for a final week's performance, if desired. For all levels. Brenda Carr has 20+ years of experience in theatre and film (acting, teaching, casting and coaching of all ages).
Gymnastics ages 5 to 11	Monday 6 p.m. - 7:30 p.m.	St-Édouard School Sept. 23 to Nov. 25	Session : \$230 (10 weeks)	<b>Isabelle Giasson</b> - Develop the skills, confidence and passion of gymnastics while having fun! <b>To sign up:</b> 450-919-1095 or academieisabellegiasson@hotmail.com

More on the next page

# Adults

Class	Schedule	Location - Dates	Cost	Information
Balance for seniors	Tuesday 2:15 p.m. - 3:15 p.m.	Centre Lac-Brome Sept. 17 to Dec. 3	Session : \$137.50 (11 weeks)	<b>Andrea Wilson</b> - Exercises designed to prevent falls and increase your confidence. Offered in partnership with the Wellness Volunteer Centre for Seniors. <b>For beginners - Ages 65+</b>
Balance for seniors	Thursday 2:15 p.m. - 3:15 p.m.	Centre Lac-Brome Sept. 19 to Dec. 5	Session : \$137.50 (11 weeks)	<b>Andrea Wilson</b> - Exercises designed to prevent falls and increase your confidence. Offered in partnership with the Wellness Volunteer Centre for Seniors. <b>For beginners - Ages 65+</b>
Fitness for seniors	Tuesday 1 p.m. - 2 p.m.	Centre Lac-Brome Sept. 17 to Dec. 5	Session : \$137.50 (11 weeks)	<b>Andrea Wilson</b> - Strength, balance and aerobic exercises to stay fit for everyday life. Offered in partnership with the Wellness Volunteer Centre for Seniors.
Fitness for seniors	Thursday 1 p.m. - 2 p.m.	Centre Lac-Brome Sept. 17 to Dec. 5	Session : \$137.50 (11 weeks)	<b>Andrea Wilson</b> - Strength, balance and aerobic exercises to stay fit for everyday life. Offered in partnership with the Wellness Volunteer Centre for Seniors.
Fit for life	Tuesday 3:30 p.m. - 4:30 p.m.	Centre Lac-Brome Sept. 17 to Nov. 26	Session : \$154 (11 weeks) Drop-in: \$20	<b>Andrea Wilson</b> - Fun, motivating, no-fuss fitness class for active adults. Suggested for <b>ages 55+</b> and anyone looking for a low impact workout. Moderate intensity.
Fit for life	Thursday 3:30 p.m. - 4:30 p.m.	Centre Lac-Brome Sept. 19 to Nov. 5	Session : \$154 (11 weeks) Drop-in: \$20	<b>Andrea Wilson</b> - Fun, motivating, no-fuss fitness class for active adults. Suggested for <b>ages 55+</b> and anyone looking for a low impact workout. Moderate intensity.
Tai-Chi Chuan	Monday 1:30 p.m. - 3 p.m.	Centre Lac-Brome Sept. 16 to Dec. 9.	Session : \$190 (12 weeks)	<b>Guy Côté</b> - Gentle, precise movements helping to develop strength, flexibility and increase overall well-being.
Théâtre ages 14 +	Jeudi 17h30 à 19h	Centre Lac-Brome 19 sept. au 21 nov.	Session : \$138 (10 semaines)	<b>Brenda Carr</b> - Come and meet friends while discovering, exploring, and developing acting and theatre skills. Through fast-paced games, improv and fun exercises, movement, and voice, create your own characters and stories to perform for each other and for a final week's performance, if desired. For all levels. Brenda Carr has 20+ years of experience in theatre and film (acting, teaching, casting and coaching of all ages).

**More on the next page**

# Adults

Class	Schedule	Location - Dates	Cost	Information
Badminton	Tuesday 6 p.m. - 8 p.m.	St-Édouard School Sept. 17 to Nov. 19	Session : \$25 (10 weeks)	Open practice without teacher. For all levels.
Dance Fitness	Thursday 6 p.m. to 7 p.m.	St-Édouard School Sept. 19 to Nov. 21	Session : \$148 (10 weeks) Drop-in : \$17	<b>Anne-Lise Preusser</b> - This interval type workout is done to dynamic music and has fun! It uses many muscle groups and promotes cardio without you even realizing that you are training! Join the Dance-Fitness class, group classes strengthen results, it's proven! Easy-to-follow choreographies.

### Classes location

Centre Lac-Brome : 270, Victoria St.  
St-Édouard School : 376, Lakeside Rd.

### Family Discount

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

### Information

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

From September 3 to September 15

# REGISTRATION

## Online

Registration at [lacbrome.ca/loisirs](http://lacbrome.ca/loisirs)  
Full payment by credit card upon registration.

## In person

At Centre Lac-Brome (270, Victoria St.)  
Monday - Thursday from 10 a.m. to noon and from 1p.m. to 4:30 p.m.  
Friday from 8 a.m. to noon  
Full payment by credit card, cash or cheque upon registration.

450 242-2020 - [info@loisirs@lacbrome.ca](mailto:info@loisirs@lacbrome.ca)



PARC COLDBROOK

# Les friands

Festival gourmand  
de Lac-Brome  
Brome Lake  
Gourmet Festival



## 21-22 SEPT.



DÉGUSTATIONS • ANIMATION  
MUSIQUE • MARCHÉ DES ARTISANS  
VENTE-TROTTOIR



Tasting • Activities • Music  
Artisans Market • Sidewalk Sale



EN COLLABORATION • IN COLLABORATION WITH

