

## SPORTS ACTIVITIES

### Adults

- Crossfit
  - Teacher: Vanessa & Rachel
- Latin dance fitness *beginner*
- Latin dance fitness *intermédiaire/advanced*
  - Teacher: Marie-Claude
- Viactive (50+)
  - Teacher: Isabelle
- Yoga *beginner*
- Yoga *intermediate*
  - Teacher: Sylvie
- Zumba
  - Teacher: Dania

### Children

- Gymnastic (4-12 y/o)
  - Teacher: Vanessa
- Hip Hop
  - Teacher: Dania

*Places, prices and dates differ depending on the course(s) chosen*

### More information :

visit our website  
<https://munpdg.ca/>  
or Facebook page [Loisirs, Culture et Tourisme de Port-Daniel-Gascons](#)

## ARENA

### Hockey and free skating

\*Schedule subject to change\*  
Stay informed on the Arena's Facebook page:



<https://www.facebook.com/csmcmunpdg>

## CONTACT / INFORMATION

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<https://munpdg.ca/>



<https://www.facebook.com/dlct.munpdg.ca>

[DLCT.MUNPDG.CA](https://www.facebook.com/dlct.munpdg.ca)

SEPT-NOV 2023



Port-Daniel-  
Gascons

UN MEILLEUR AVENIR POUR TOUS

# FALL ACTIVITIES



## **CULTURAL ACTIVITIES**

### **Art Weekend Painting**

#### **Symposium**

**Septembre 15 to 17**

Port-Daniel catholic church  
Full information :

 [https://www.facebook.com/pr  
ofile.php?id=100043267881375](https://www.facebook.com/pr<br/>ofile.php?id=100043267881375)

#### **Culture days**

**Oct 1st 1pm-3pm**

Historical guided tour of Maison  
LeGrand and Bonheur d'Occasion  
library

Full information :

 [https://www.journeesdelacultu  
re.qc.ca/](https://www.journeesdelacultu<br/>re.qc.ca/)

## **LIBRARY**

### **Schedule**

Tuesday 1pm-3pm  
Thursday 1pm-3pm  
Sunday 1pm-3pm

### **Writing workshops**

**Sept 23, Oct 21 and Nov 25  
2pm-4pm**

Bonheur d'Occasion library  
Free / 18+

Full information :

 <https://lettresattachees.ca/>

## **TOY LIBRARY**

### **Schedule**

**1st saturday every month  
10am-noon**

Bonheur d'Occasion library

Oct 7 : Halloween story time

Nov 4 : Free play

Dec 2 : Christmas craft

Full information :

 [https://www.facebook.com/jo  
youthequemunpdg](https://www.facebook.com/jo<br/>youthequemunpdg)

## **PETIT SALON MADA**

### **Schedule (frim the end of oct)**

Monday 1pm-4pm

Tuesday 1pm-4pm

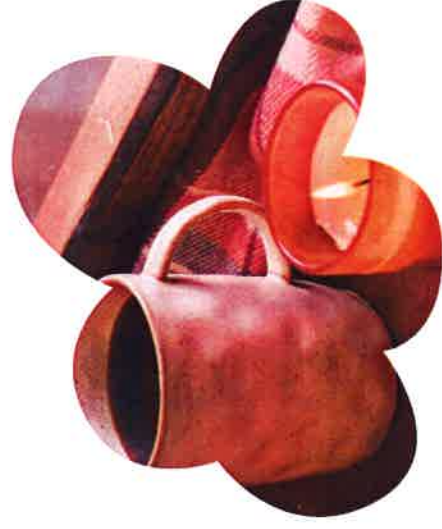
Wednesday 6pm-9pm

Thursday 6pm-9pm

Tourist welcome office

### **Regular program and special guests**

upcoming information



## **DISCOVERY DAY**

**Sept 24 10am to 3pm**

Discover the new facilities at  
La Souche!

Volleyball and petanque court, trail  
of generations, hébertisme course,  
bicycles...

- Guided tour, walking in path
- Introduction to the game of  
petanque
- Loan of volleyball balls
- Mountain bike and fatbike  
rental

Meals at Mima resto-traiteur

## **PARCOURS LUDIQUE**

### **L'amulette de Baltazar**

**Oct 6 to Nov 6**

Outdoor Center La Souche

For families with children aged  
between 7 and 12

### **Pumpkin Decorating**

#### **Contest**

**Until October 31st at noon**

3 prizes to be won/ Age 17-

Send your creations by email  
tech.loisirs@munpdg.ca