



Seniors and Families at the Heart of Argenteuil

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Stay informed about the
Municipalité amie des aînés
and Family Policy programs
through this monthly
newsletter!

The Mini-Jeux d'Argenteuil Blows its 10 Candles

It is with a record crowd of 364 youths that the Mini-Jeux d'Argenteuil celebrated its 10th anniversary on Thursday, July 10. Sporting an "Electric Blue" t-shirt (official color of the 10th edition), the young Argenteuillois learned different sports and the benefits of a healthy lifestyle while the sun was shining at its brightest.

In total, fifteen sport workshops were built to get kids moving. Many however showed special interest in trying out archery tag, while others could not wait to dabble in circus arts; two sports that were entering the Mini-Jeux this year. Some however were impatient to get back to cheerleading after two years of absence at the event. Ball hockey, gymnastics, tennis, soccer, flag-football, basketball, baseball, weightlifting, Olympics, kin-ball, karate and ZumbAtomic® were also on the menu.

For the first time in 10 years, parents were also invited to actively participate in the event through an activity called "For a healthy family!" which took place in the Polyvalente Lavigne High School. Thanks to *Québec en Forme Argenteuil's* local partners group, the parents present were offered workshops to raise awareness about the importance of physical activity and a healthy diet.

The kids who really enjoyed their day and wish to pursue a certain sport may call at 450 566-0530 to get the contact information of the different sport associations and instructors present at the Mini-Jeux.

Not to be Missed this Month!

Bike Wednesday by the 50+ Bouger+ Committee

Every Wednesday of the summer, every 50 year-olds and over are invited to a bike ride to discover new facets of the MRC d'Argenteuil. This initiative aims to provide a safe environment for participants while respecting their respective paces. To participate, simply grab a well-tuned bicycle and a helmet and you are good to go. For more information on the next departure: Raymond (450 533-6819) or Jean-Guy (450 537-3742).

Registration for Fall Activities

With the return to school coming soon, it also means registration for activities is rapidly approaching! Checkout the Lachute's municipal newsletter released this month (and also online). For other municipalities, contact your city hall to know what is offered; do not hesitate to ask if you are eligible for the non-resident tariff rebate available in Lachute.



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