

MHIM in a few words



Playdates on Skates



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Agence de la santé
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des Laurentides
Québec
Direction de santé publique

December 2013

- Playdates on Skates
- Not to be missed

Every reason not to be physically active seems legitimate: money is tight, busy schedules, notwithstanding the perpetual lack of motivation. As winter approaches an additional reason is now in reach: it's COLD ... You know, the thing that makes our cheeks blush and fogs our glasses?

This winter, I suggest that you rediscover sport through your childhood eyes. Childhood often resonates with pleasure and simplicity. It just so happens that outdoor skating rinks are the perfect embodiment of simplicity and constitute excellent starting points to recreate this childhood pleasure. In a few weeks, the temperature will allow to open several of them around the MRC d'Argenteuil. Visits to those skating rinks happen to be easily compatible with all busy schedules. Moreover, skating does not require a tone of expensive equipment. To a certain extent, you can even skate with your boots on!

The MRC d'Argenteuil has plenty of outdoor skating rinks. In fact, every municipality has at least one. This is an excellent excuse to go out and discover the skating rinks of neighboring municipalities. And it's free! So grab your skates?

Brownsburg-Chatham

- Behind the arena, Érables St, Brownsburg
- Parc Roland-Cadieux, Aubin St, St-Philippe
- Parc de la nature, Woodland St

Gore

- 45, Cambria Rd

Grenville

- 20, Tri-Jean St

Grenville-sur-la-Rouge

- 414, Main St, Calumet

Harrington

- Parc Madeleine Marquis at 2811, route 327
- 420, Harrington Rd

Lachute

- Ayers, Barron and Bernard-Guay Parks; Boisé St
- Laurentian Elementary School, École Saint-Julien and École Saint-Alexandre
- Polyvalente Lavigne and Laurentian Regional High School

Mille-Isles

- Parc Hammond-Rodgers located across 1286, Mille-Isles Rd

Saint-André-d'Argenteuil

- 1, Legault St

Wentworth

- 84, Louisa Rd



... Playdates on Skates

Finally, for the brave among you, there is always the possibility to make your own outdoor skating rink in the backyard. Just follow the steps. First, you must level the playing field, literally. Some do it in the month of September, others wait the first few snowfalls. Then, you create boards with mounds of snow. Also, it is good to install a polyethylene cover on the entire surface, so the water does not penetrate the turf every time there is a little thaw. When mercury drops below -10°C for two consecutive nights, you can start watering. A good ice is around 4 inches in width. Note the ice can take 3 or 4 days to completely solidify.



When it comes to maintenance; do not forget to clear the rink after each snowfall and resurface once or twice during the winter (cover the surface with 3 to 4 millimeters of water, ideally warm water). Finally, to avoid ruining your lawn in spring, cut the polyethylene cover with scissors as the ice thaw to allow the flow of water. *

Good luck and have fun!

*Tips from an article on www.coupdepouce.com

Not to be missed

Conference on the Prevention of Type II Diabetes

Want to know what to do to prevent it? Caroline Brutsch, nutritionist with the Équipe des saines habitudes de vie d'Argenteuil, and her colleague Pascale Bellemare, kinesiologist, will inform you on how to adopt and maintain the lifestyle that will likely decrease your chances of becoming diabetic.

When and where: Thursday, December 12, 2013 at 1:30 a.m. It will take place at the CSSS d'Argenteuil in the La Source room (2nd floor by the main entrance).

Registration required, call 450 562-0271.

Open Swimming Schedule at the Lachute Indoor Pool (452, Argenteuil Av)

Open swimming: Monday, Wednesday, Friday, and Saturday from 7 p.m. to 8:30 p.m. Sunday: 2 p.m. to 4 p.m.
Lane swimming: Monday, Wednesday, and Saturday from 7:30 p.m. to 8:30 p.m. Sunday 3 p.m. to 4 p.m.

Children and students: \$ 1; Adults: \$ 2. Swimming caps are mandatory.

Have you missed the last column?

Find it at www.argenteuil.qc.ca



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llafleur@argenteuil.qc.ca •
450 566-0530, extension2306