



Région de Montréal
**CENTRE DE RESSOURCES POUR
LES FAMILLES DES MILITAIRES**

Pour nous joindre
info.crfm@forces.gc.ca
connexionfac.ca

Montreal Region
**MILITARY FAMILY
RESOURCES CENTRE**

To reach us
info.crfm@forces.gc.ca
cafconnection.ca



Photo : CRFM / MFRC

Encore une danse... et au lit! / One more dance... and then it's bedtime!

PLAISIR ET FRISONS EN FAMILLE À L'HALLOWEEN



MAUDE LAFLAMME
Coordonnatrice Événements
et promotion / Events and
Outreach Coordinator

Le CRFM organisera une fête d'Halloween pour toutes les familles de militaires, le 27 octobre à partir de 18 heures à Chambly.

L'objectif de cette soirée est d'offrir quelques frissons ainsi qu'un temps de qualité en famille. Cela permet d'oublier, le temps d'une fête, les horaires de travail chargés, les tâches à la maison et les activités parascolaires des enfants et de trouver un instant pour profiter les uns des autres dans un climat de convivialité. Propice aux rires, la période de l'Halloween permet aux plus jeunes de vivre des moments inoubliables, de retrouver leurs amis et d'en rencontrer de nouveaux.

TATOUAGES, JEUX GONFLABLES ET DANSE DE ZOMBIES

À ce titre, l'équipe d'animation prévoit de nombreuses activités amusantes, telles que des jeux gonflables, des tatouages temporaires, une danse de zombies et un tirage en fin de soirée. Petits et grands pourront également découvrir *Lili Boo*, le tout nouveau spectacle des productions Katomix. Friandises et gâteaux seront bien sûr au menu, et chacun est invité à apporter un dessert à partager afin de prolonger le plaisir, en veillant cependant à éviter les arachides et les noix.

Pour prendre part à la fête, inscrivez-vous à info.crfm@forces.gc.ca en précisant le nombre d'enfants et d'adultes présents.

Pour y aller : fête d'Halloween du CRFM, le 27 octobre, de 18 h à 21 h au 1390, Avenue Bourgogne à Chambly.

FUN AND FRIGTS FOR THE WHOLE FAMILY ON HALLOWEEN

The MFRC will be holding a Halloween party for all military families, on October 27, starting at 6:00 p.m., in Chambly.

The goal of this evening is to give families a few shivers and some quality time together. The party will be a time to forget about busy work schedules, household chores and the kids' extracurricular activities and to enjoy a moment together in a friendly atmosphere. Halloween is also a time for laughs where little kids get to experience unforgettable moments with old and new friends.

TATTOOS, INFLATABLE GAMES AND ZOMBIE DANCING

The activity leaders are therefore planning many fun activities, such as inflatable games, temporary tattoos, a zombie dance and a draw at the end of the evening.

Young and old can also discover *Lili Boo*, a brand new show by Katomix productions. Candy and cake will of course be on the menu, and in order to draw out the pleasure, everyone is invited to bring a dessert to share, but one without peanuts or other nuts please.

To attend the party, register by writing to info.crfm@forces.gc.ca and specifying the number of children and adults in your group.

Where to go: MFRC Halloween party, October 27, 6:00-9:00 p.m., 1390 Bourgogne Avenue, Chambly.

INFORMATION

- ▶ 450 462-8777 # 6204 (Saint-Hubert)
- ▶ 450 358-7099 # 6654 (Saint-Jean)
- ▶ maude.laflamme@forces.gc.ca



Photo : CRFM / MFRC

Des bonbons, des sorts... et de belles rencontres. / Candy, spells... and new friends.

CLOWNS, FRIGTS AND CANDIES AT THE HOUSE OF HORROR



ALEXANDRE GAGNÉ
Youth Coordinator

The Loft's haunted house is a must during the evening candy fiesta on Halloween. Starting at 6:30 p.m., the clowns at 40 La Vérendrye Street in Saint-Hubert will be lurking in wait for the bravest candy chasers.

During the year, many look forward to Halloween, a celebration like none other. It is an opportunity to use your talents at face painting and crafts to transform

into something else. Although it can mean more work for parents, they are usually happy to join in the fun by helping to make costumes and braving the sometimes not-so-mild weather to roam the streets. During their roaming, the residents of the family quarters and families living in neighbourhoods nearby are invited to stop by the Loft's haunted house.

A HAUNTED HOUSE THAT'S BIGGER THAN EVER AND ACTIVITIES FOR LITTLE KIDS

To ensure more shivers, the team of activity leaders has designed a longer and

even scarier hall of horrors, on both floors of the house, for the bravest to make their way through. While the organizers have been working hard to ensure they give candy chasers an even bigger fright this year, there will also be activities for little kids. Along with their parents, the little ones will be able to make their way through an inflatable labyrinth set up just for them, thanks to the MFRC's partnership with James Park. There will be candy at the exit as a reward for the explorers who find their way through the detours and dead ends. All of the activities will be free and will wrap up at 9:00 p.m.

CLOWNS, OUR GUESTS OF HORROR

The Circus and its Clowns will be the theme this year. In fact, the organizing team drew inspiration from the success of the horror movie *It*, based on the novel of the same name by Stephen King, to create an unforgettable atmosphere. So in the darkness, you will encounter many trials and tricks intended to make you laugh... with fright!

INFORMATION

- ▶ 450 462-8777 # 6824 (Saint-Hubert)
- ▶ 450 358-7009 # 6118 (Saint-Jean)
- ▶ alexandre.gagne9@forces.gc.ca

EXAMEN DE LA
VUE SUR PLACE

**LUNETTES
DÉPÔT**

180, boul. Saint-Luc
Saint-Jean-sur-Richelieu
450 376-5551



SIMPLE VISION
MONTURE & VERRES

à partir de **99\$**

ANTIREFLET ET RESISTANT AUX RAYURES INCLUS

PROGRESSIF
MONTURE & VERRES

à partir de **169\$**