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# letter from the editor

Hey students,

Welcome back, and welcome to *Cult MTL*'s 13th annual Student Survival Guide.

Going back to school doesn't have to be a pain, especially if it means returning to this incredible city. Montreal is buzzing with enough activity and entertainment to get you through the year, and balancing a serious approach to studies with an exciting and rewarding social life is very doable, and even affordable.

You can lean on Cult MTL to steer you. Because that's what we do.

Along with offering practical information to help you navigate the city and make the best use of its many services, this guide features pointers on Montreal food, nightlife, shopping and art, along with loads of other leisure activities, from cycling to spas.

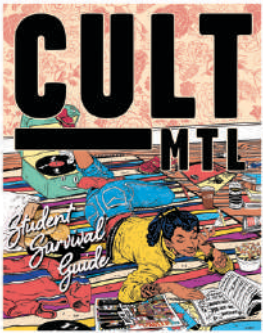
All this is in keeping with the content of our magazine and on our website, where our What To Do in Montreal Today page offers a daily to-do list. Meanwhile, our Best of MTL readers poll results reflect everything our audience loves about this city.

*Cult MTL* is Montreal's only online source of comprehensive cultural coverage and city life; we write about the city's best festivals, music news, films, the restaurant scene, politics, sports and more.

So read this guide, keep it handy, look for our monthly magazines, find us online at cultmtl.com and follow us on Twitter, Instagram and Facebook. And as you make your way through this semester, and semesters to come, know that we're here for you.

**Lorraine Carpenter**  
Editor in chief,  
*Cult MTL*

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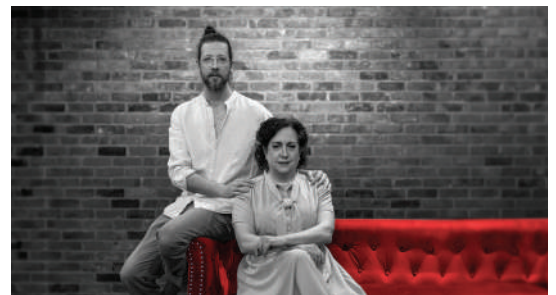
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# city

## Where the history's at

BY TAYLOR NOAKES

*A lesson in history, geography and architecture for newcomers, residents and lifers alike. Better know your city!*

Welcome to Montreal, a place people will keep telling you is historic, old and possibly European.

If you've recently moved here to start university, you may take issue with that last point, as you undoubtedly remember from high school geography that cities in North America are not European, irrespective of what the hotel concierge/AirBnB superhost told you.

Kudos for not sleeping through class!

On the subject of geography, let's get some local terms down, as these crucial distinctions of place and time will help cement your street smarts and perhaps allow you to pass as a local well before you've tasted the bitter ennui of our endless *hiver*.

Old Montreal and the Old Port are indeed closely related and located next to one another, but they are not the same thing.

### THE OLD PORT

The Old Port is everything located Montreal-south of de la Commune Street, between the old Molson Brewery in the east (roughly around Atateken Street) and Grain Silo No. 5 in the west (around Prince Street).

As you'll discover, much of this area is actually quite new and has been rebuilt in the last few decades as a massive tourist attraction and leisure area, though if you take a close look at your surroundings, you'll notice the traces of what was once Montreal's primary port facilities. The giveaways are the quays jutting out into the river, the old storage sheds (like Hangar 16) and the fact that a very active rail line still runs parallel to de la Commune. The old Molson Brewery, the cold storage warehouse located next to it (now a condo complex called Héritage du Vieux Port) and Grain Silo No. 5 are all elements of the former industrial port that was once located in this area.

That said, port activities haven't completely disappeared either. The industrial port began moving east to newer facilities decades ago, though there's still an active industrial presence at the Bickerdike Pier, which is located behind the Farine Five Roses building. The Old Port also has the city's cruise terminal, located on the Alexandra Quay. And if you pass through the area in the winter, it's not uncommon to see grain ships that work the Great Lakes tied up in this part of the harbour.

I have mixed feelings about this area but I'll start with this: despite its overt Disneyfication over the past decade, I still enjoy walking around here, though I generally avoid coming at the height of tourist season. A stroll along the Clocktower Quay with its line of poplars fluttering in the breeze coming in off the river is both invigorating and can be quite romantic; it's a neat little place better known by locals



than by tourists. If you're into urban exploration, Grain Silo No. 5 (the gigantic, clearly abandoned concrete ruin of an industrial building on the western side of the Old Port) is apparently accessible, though I wouldn't recommend going there without a very experienced guide. Also, do note that it is trespassing and I've seen both Port of Montreal police and CN police operating in that area, so be wary.

Even though it's a little too touristy for my personal taste, I still think this area has a lot of redeeming qualities, namely that it's a pleasant park with great views and more than a few interesting things to see. You can also enjoy this area without having to spend any money, which always feels like a win when you consider how much overpriced junk there is in the Old Port and Old Montreal.

### OLD MONTREAL

Old Montreal's boundaries are a little more complicated, but generally speaking it includes everything 'north' of de la Commune between McGill and Berri streets, as far as St-Antoine Street. It is within this area that the original French colonial outpost of Ville Marie was located, as well as the town of Montreal that was largely constrained by its ramparts throughout the 18th century. This is also the area where Montreal's first downtown was located — on St-Jacques Street — where some of the city's first tall buildings were erected and where you'll find most of the city's remaining 17th and 18th century buildings. It's a lot in a small area.

The boundaries of the old fortified city are McGill Street in the west, St-Jacques Street/the Champ de Mars and Notre-Dame Street to the north, Berri Street in the east and then de la Commune Street and Place d'Youville to the south. The ramparts were built from 1716 to 1738 and then demolished at the beginning of the 19th century, as the city was expanding outside of these walls in every direction.

The fortifications were useless, by the way. The French city fell to the British in 1760, and then the British city fell to the Americans in 1775. When they were finally torn down in the early 19th century, there were about twice as many Montrealers living outside the walls as within.

The ramparts don't exist anymore (though you can see their

foundations at the Champ de Mars), but the essence of the 18th century version of Montreal is quite obvious within. That said, if you want to go all the way back to the beginning of the European settlement of Montreal, and see remnants of some of the very first structures built by Europeans here, I recommend visiting the Pointe-à-Callière archeology and history museum: its front door is more or less the spot where Ville Marie was officially founded all the way back in 1642. The museum is truly one of a kind and contains a considerable collection of artifacts. You can also see the foundations of the first French fort. The area around the museum (also called Pointe-à-Callière) is a triangle roughly bounded by Place d'Youville to the north, McGill Street to the west and de la Commune to the south. This is an interesting area to explore as it features buildings from nearly every architectural era, with the oldest building being Montreal's first general hospital, built at the end of the 17th century.

Inside the old fortified town, you'll find some of the oldest buildings in Montreal, including two of the five oldest left standing on the island: the Saint-Sulpice Seminary (the building immediately next to Notre-Dame Cathedral on Place d'Armes), which dates to 1687, and the Chateau Ramezay (the building across from Montreal City Hall), which dates to 1705. Of these two, the seminary still serves its original function and is owned by the same people.

The other traces of 17th century Montreal are a little more subtle. In front of the seminary, quite literally on Notre-Dame Street, is an outline of the original Notre-Dame church, which was located there from 1682 until it was demolished in 1830. The street layout and some of the public plazas of Old Montreal are arguably the strongest link to the 17th century. There are also a number of buildings that date back to the 18th century but were either built on the site of 17th century buildings (like Notre-Dame-de-Bon-Secours chapel, also occasionally referred to as the Sailor's Chapel), or borrow heavily from 17th century building techniques or styles (a tendency that continued well into the 19th century). The majority of the buildings in Old Montreal were built in the 19th century, particularly the commercial, industrial and institutional buildings, such as the Old Courthouse, Notre-Dame Cathedral and the Bonsecours Market.

There's a kind of uniformity in building design that dominates until the end of the 19th century, at which point Montreal



transitions from a colonial outpost to the commercial and cultural metropolis of Canada. This transition is perhaps best viewed walking along St-Pierre Street, up from Place d'Youville to St-Jacques Street, stopping at each intersection to consider the buildings around you. Once you get to St-Jacques, turn left and walk down to McGill Street and then double back along St-Jacques until you get to Place d'Armes. This was Canada's Wall Street back in the late 19th and early 20th centuries.

Once you get to Place d'Armes, make your way towards the Maisonneuve monument in the middle of the square and take a minute to look at all the buildings around you. This is one of the most interesting places in the whole city, as you can trace the evolution of Montreal through some of its most prominent and architecturally significant buildings.

The south side features the plaza's oldest buildings, both of which are fittingly religious, pointing to the evangelical mission of the early French settlers. To the southwest is the Sulpician Seminary, which, as previously mentioned, is the oldest building in Old Montreal, built in 1687. Next to it is Notre-Dame Cathedral, which dates to 1830, and in front of these buildings, on the street, is an outline of Notre-Dame Church, which bridges the gap between the two buildings, as it existed from 1682 to 1830.

Across the plaza, on its north side, is another combination of buildings reflecting a key component of the city's evolution: the banking and commerce sectors that flourished in Montreal during its British period. The Bank of Montreal head office now takes up the entire north side of the plaza, with the original banking hall (occupying the centre of the complex, and in a neoclassical style) dating to 1847. To the east is the former Real Trust Building, completed in 1913, and to the west is the late-1950s extension of the head office. Across the street from the Royal Trust Building, at the southeast corner of Place

d'Armes, is what was once the Great Scottish Life Insurance building (completed in 1870), representing another cornerstone of Montreal's 19th century economy. This building aptly represents the transition of Old Montreal from a centre of commerce, finance and insurance to one of tourism, as it is today the Place d'Armes Hotel.

On the east side of the plaza are two of Montreal's most striking and architecturally distinct buildings. First is the red sandstone New York Life Insurance Company Building, completed in 1889, which was Montreal's very first skyscraper. This was one of the first prominent buildings in Montreal to not use local grey stone (the red sandstone was imported from Scotland), as well as the very first building constructed with the assistance of a telephone. Though initially built for the eponymous insurance company, and later occupied by the Quebec Bank, most of the building was occupied by lawyers, one of the very first buildings in the city dominated by a single profession (doubtless aided by the fact that the building's clocktower contained the most thorough legal library in the entire country at the time).

Next door is the Aldred Building, an art deco masterpiece completed in 1931. Its unique style is partially the consequence of strict zoning bylaws, the irregular shape of the property, the architect's desire to create an unobtrusive skyscraper as well as his hope to build an office tower that would complement the adjacent cathedral. This combination of constraints and considerations anticipates some of the challenges faced by architects today, but which have also contributed to Montreal's distinct overall look and feel. During normal business hours, you should be able to take the elevator to the top floor, and there's a window offering a great view over the city.

Finally, across the plaza from the Aldred Building is the International-style 500 Place d'Armes, completed in 1968. With its black anodized aluminum curtain walls and 32

storeys, it is the tallest building in Old Montreal, and along with the Palais de Justice, one of two prominent modern buildings designed by the firm of Boulva and David that are located in Old Montreal and have been strongly criticized for having little to no relation with their surroundings. That said, 500 Place d'Armes is also reflective of Quebec society and culture in the 1960s: it is a bold statement, stylishly hyper-modern in design and global in outlook. Originally built as the home to the Banque Canadienne Nationale (forebear to today's National Bank), 500 Place d'Armes suggests the defiant ascension of homegrown Québécois business and finance, dominating the plaza that was once defined by British and American economic interests. Few buildings so expertly express their purpose and intention as this one does.

FLIRTY OLD TOWN

Old Montreal and the Old Port are many things, and a fair chunk of it is over-focused on tourists and tourism, to its detriment. This is an expensive part of the city, all too often filled with people for whom Montreal is nothing but a fair-weather playground. But it still belongs to you, and you can always make it yours.

It costs nothing to walk around the old city and let your mind drift off and wonder what life would have been like when the whole of Montreal was contained within ramparts, or the bustling 19th century harbour city, or the modern metropolis of the early decades of the 20th century. That so much of the city's actual history occurred within such a small area astounds me, though the size of Old Montreal often feels deceptive — it is far larger than it seems.

Get to know its main thoroughfares as much as its side streets and alleys, its clubs and restaurants as much as its cathedrals, museums, public spaces and various points of interest. It's all there for you to enjoy.

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UNTIL MAY 11, 2025

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# music

## POP goes the world



Keeavil

Caro Etchart

BY STEPHAN BOISSONNEAULT

As the leaves begin to change and we prepare for the fall, Montreal's music scene gets a healthy dose of fresh live music — from bands we've been waiting for, and others we've never heard of — in the form of POP Montreal, the dynamic, world-renowned international music festival. This year's lineup shows that the POP Montreal team has their trigger fingers on the pulse of the alternative music scene.

Starting with the Bs, we've got the triple-headed headliners of Beverly Glenn-Copeland, Begonia (who recently dropped a new EP) and Basia Bulat — who we suspect will make a new music announcement soon. After more than a decade of POP no-shows, Patrick Watson's Sacred Sunday show is back and Montreal's husband and wife indie darlings the Dears are returning. Not to mention N.W.A. founder Arabian Prince opening the whole festival at Marché des Possibles, with his OG rap game.

Then we have some more emerging, dare we say, obscure indie acts that may soon become household names — or fade off into sonic anonymity. Either way, these are the shows that we believe are the most important to see and you'd be a fool to not check out at least a few of them.

### HOMESHAKE + Freak Heat Waves

Okay, so saying HOMESHAKE is an obscure act is like saying water isn't wet, but the alt-bedroom-pop stooge hasn't played in Montreal for quite some time. He's also dropped two new albums this year, *CD Wallet* and *Horsie*, both of which are complete curve balls in his sonic repertoire. Opening this show are weirdo indie mainstays *Freak Heat Waves*, who usually collaborate with Cindy Lee — the drag queen persona of Pat Flegel, who basically broke the music scene this year with the critically acclaimed triple album *Diamond Jubilee* and went on indefinite hiatus — so maybe we'll get a guest appearance? POP Montreal would be the setting for such a historic one-off. *Théâtre Fairmount (5240 Parc)*, Sept. 27, 8 p.m., \$27.50

### SPIRIT OF THE BEEHIVE

The Philadelphia trio behind the experimental dream psych project SPIRIT OF THE BEEHIVE recently dropped *YOU'LL HAVE TO LOSE SOMETHING*, one of those most chaotically unpredictable albums in recent memory. It sometimes feels like a babbling brook of calming orchestral Japanese hyper pop, then it becomes a violent, torrential downpour of shoegazey noise and groovy psych. We have no idea what this band will be like live, but imagine it's going to be akin to a well-mannered car crash. Opening this show is *Winter*, who makes sweet and blissful dream pop with a hint of shoegaze. *Foufounes (87 Ste-Catherine E.)*, Sept. 25, 8 p.m., \$20

### Nap Eyes + Sunnsetter

The alternative indie sound of Halifax's Nap Eyes can feel like a warm hug or sporadic pouring rain. With a new album on the way, dubbed *The Neon Gate*, this band is making music for the young and alive. If you're neither of

those, you'll probably still be into it. Adding to this show is *Sunnsetter*, the bedroom pop-project of Andrew McLeod, who's also a member of OMBIIGIZI and Zoon's touring bands. Both groups are signed to the mighty Paper Bag Records. Also on the bill are *Devarrow* and *Pony Girl*. *La Sotterenea (4848 St-Laurent, basement)*, Sept. 26, 7:30 p.m., \$15

### Kee Avil + The Barr Brothers

This one is a bit of a weird bill, with the noisy, experimental goth wedding rock of Kee Avil (whose latest album *Spine* awakens the darker parts of the mind) — but then we have the Barr Brothers, who of course need no introduction. Their sound, of course, could not be more different from Kee Avil's. Still, I'm sure the POP programmers know what they're doing with this pairing (which is actually split up by middle act Juana Molina, an Argentinean singer and actress). We have faith. *La Sala Rossa (4848 St-Laurent, 2nd floor)*, Sept. 26, 8 p.m., \$25

### Luge + CDSM + Atsuko Chiba + Night Lunch)

It might not be advertised as such, but this show is a wild showcase for Montreal's hardest-working alt label, *Mothland*. It's a sampling of the disco post-punk of *Night Lunch*, the experimental prog rock of Atsuko Chiba and the synthy freak wave of CDSM. The other big addition is Toronto art punks *Luge*, a band that in Montreal truehead music circles has been gaining word-of-mouth recognition. This is gonna be a heater within l'Esco's walls. *L'Escogriffe, (4461 St-Denis)*, Sept. 26, 8:30 p.m., \$15

### OMBIIGIZI + Los Bitchos + The Fleshtones

OMBIIGIZI — the Anishinaabe collab project of Daniel Monkman (Zoon) and Adam Sturgeon (Status Non-Status)



— has just announced the follow-up to their 2022 debut album, *Sewn Back Together*, and dropped the blissful “Laminate the Sky” single. The album promises to push their Indigenous moccasingaze into the stratosphere, and we can guarantee their live show will do the same. Rounding out this bill is the U.K.’s fiery Los Bitchos, who make cumbia instrumental, and took the world by storm with the *Let the Festivities Begin!* album. And then there’s the Fleshtones, a grizzled CBGBs-era punk group who refuses to die. Also on the bill is longtime local scenester Karneef! *Marché des Possibles* (5665 de Gaspé), Sept. 27, 6 p.m., \$25

Laura Krieg + Edith Nylon + Alix Fernz

Here we have local brutalist pop queen Laura Krieg, and if she doesn’t announce a new album or something to follow up the fantastic, way too short 2021 EP *Vie magique* soon, I might lose all faith. We need it. Give it to us, Laura... please. Headlining this show is Edith Nylon, a new wave rock group founded in Paris in the late ’70s (inspired by contemporaries the Buzzcocks and Magazine) as well as the wonderful scuzzy, synthy art punk Alix Fernz. If you haven’t heard of the latter, get out from under your rock and go to the show. *La Sala Rossa* (4848 St-Laurent), Sept. 28, 8 p.m., \$20

Population II + Bonnie Trash + Poolgirl

Population II, with their electric shows of high-intensity prog rock, is right on the precipice of smashing out of Quebec’s music scene and perhaps leaving it for international pastures. Coming off a monumentally packed show at Jazz Fest, the fact that they’re playing a venue like Quai des Brumes is bonkers. Opening the show is the scrappy local delirium-gaze punk group, Poolgirl and Bonnie Trash — who is finally picking up steam with their darkened horrorgaze. Also on the bill is Tacoma, WA experimental krautrock/jazz act J.R.C.G. Earplugs and lots of gazing are required. *Quai des Brumes* (4481 St-Denis), Sept. 28, 8 p.m., \$15



David Brandon Geeting

Spirit of the Beehive

Nabihah Iqbal (live) + Dresser

Nabihah Iqbal is actually playing two sets at POP, but the live show promises to be the dreamiest. You may know her as the guest vocalist on a few SOPHIE (RIP) tracks, but this producer has her own magnificent Coldwave meets electronic pop project. Montreal art rockers Dresser also

just dropped their sophomore LP, *Fuel*, which is slowly but surely becoming the “it” album of the Montreal indie scene. *Rialto Hall* (5723 Parc), Sept. 28, 10 p.m., \$20

→ POP Montreal runs from Sept. 25–29. For more, please visit [popmontreal.com](http://popmontreal.com).

# AGORA DE LA DANSE

## MONTRÉAL–MARRAKECH

Danièle Desnoyers + Taoufiq Izeddiou

SEPTEMBER 18-19-20, 2024 – 7 PM

AGORA  
AGORADANSE.COM

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# student survival guide 2024-2025

START

## eating groceries

### MARKETS

These are Montreal's year-round markets, featuring local farmers and gourmet vendors alongside restaurants both seasonal and permanent.

**Marché Jean Talon**  
7070 Henri-Julien

**Marché Atwater 1**  
38 Atwater

**Marché Maisonneuve**  
4445 Ontario E.

**Marché de Lachine**  
1865 Notre-Dame

### COMMUNITY-SUPPORTED AGRICULTURE

Community-supported agriculture programs give you the chance to buy food straight from a local farm. Family Farmers Network ([fermierdefamille.org](http://fermierdefamille.org)) offers an online resource for finding the basket drop closest to you. Don't wait long to sign up, as some of these listings are strictly seasonal. There are more and more farms serving Montrealers — here are eight:

**Arlington Gardens**  
[jardinsdarlington.ca/en/csa-baskets/](http://jardinsdarlington.ca/en/csa-baskets/)

**Concordia Farmers' Market**  
[concordiafoodcoalition.com/cfm-info/](http://concordiafoodcoalition.com/cfm-info/)

**La Ferme Cooperative aux Champs Qui Chantent**  
[fermeauxchampsquichantent.com/weekly-baskets/](http://fermeauxchampsquichantent.com/weekly-baskets/)

**Ferme des 3 Samson**  
[3samson.com](http://3samson.com)

**Les Jardins de la Résistance**  
[cooplesjardinsdelaresistance.com/en/notre-offre/](http://cooplesjardinsdelaresistance.com/en/notre-offre/)

**Lufa Farms**  
[lufa.com](http://lufa.com)

**McGill Farmer's Market**  
[mcgillfarmersmarket.org/baskets](http://mcgillfarmersmarket.org/baskets)

**Terrabella Montreal**  
[terrabellamtl.ca](http://terrabellamtl.ca)

### HEALTH FOOD + ORGANIC

**À Votre Santé**  
5126 Sherbrooke W.  
Well-stocked organic grocer.

**Avril Supermarché Santé**  
Various locations  
Organic produce, sustainable products and local health foods. Fully shoppable online with in-store pick-up or delivery options.

**Bio Terre**  
201 St-Viateur W.  
Large health food selection, plus a weekly produce basket program.

**Branche d'Olivier**  
Various locations  
Large selections of spices, organic by-weight, selections of flours and grains, cosmetics and more.

**Fleur Sauvage**  
5561 Monkland  
Organic and animal-friendly cosmetics, supplements and other herbal solutions.

**Frengo**  
4072 St-Laurent  
Bulk grocer that also sells vitamins, herbs and spices and some organic foods.

**Le Frigo Vert**  
1440 Mackay  
A cheap and inclusive community hub offering a café, lounge, subsidized grocery store, local foods and alternative health initiatives.

**Marché Tau**  
Various locations  
Organic produce, naturopathic medicines, natural cosmetics and other health-conscious items.

**P.A. Nature**  
5029 Parc  
A well-stocked, almost all-organic sister store to the P.A. Supermarché.

**Rachelle-Béry**  
Various locations  
Organic produce and packaged foods, cosmetics and vitamins.

## international ingredients

### VILLE ST-LAURENT

**T&T Supermarket**  
300 Ste-Croix

### PARC EX / MILE EX

**Four Corners Market**  
919 St-Roch

**Marché Africain Kamia**  
7234 Hutchison

**Dhillon Brothers Grocery**  
775 Jean-Talon W.

**Marché Pak Stop**  
800 St-Roch

**The Fooderie Kosher Market**  
6680 Parc

### VILLERAY

**Anatol Spices**  
6822 St-Laurent

**Conserva**  
6604 St-Hubert

**Épices de Cru**  
7070 Henri-Julien (Marché Jean-Talon)

**Fruiterie Milano**  
6862 St-Laurent

**Marché Oriental St-Denis**  
7101 St-Denis

**Marché Thai Hour**  
7130 St-Denis



**Sabor Latino**  
6955 St-Hubert

**Tortilleria Maya**  
7016 Casgrain

PLATEAU/MILE END

**Boucherie Chez**  
Vito 5180 St-Urbain

**La Vieille Europe**  
3855 St-Laurent

**El Rey Del Taco**  
15 St-Viateur W.

**Euro Deli Batory**  
112 St-Viateur W.

**Latina**  
185 St-Viateur W.

**Segal's Market**  
4001 St-Laurent

**Umami Épicerie**  
1909 Mont-Royal E.

NDG & WESTMOUNT

**Épicerie Mange-Tout**  
5854 Sherbrooke W.

**Marché Akhavan**  
6496 St-Jacques W.

**Marché Oriental Jang Teu**  
2116 Decarie, 6785 St-Jacques

**Miyamoto**  
382 Victoria

**Montreal Korean & Japanese Foods**  
6151 Sherbrooke W.

DOWNTOWN

**Bonjour Supermarché**  
2070 de Maisonneuve W.

**Épicerie du Bazaar**  
1905 Ste-Catherine W.

**Marché Newon**  
1616 Ste-Catherine W.

**MTLKFOOD**  
1829 St-Catherine W.

**Marché Adonis**  
2173 Ste-Catherine W.

**Sheng Tang Supermarket**  
1425 Fort

**Supermarché Mizan**  
2120 Guy

LATE-NIGHT

**Super C**  
147 Atwater (open till 11 p.m.)

**Intermarché**  
1670 Mont-Royal E. (open till midnight)

**La Main**  
3695 St-Laurent (open till 11 p.m.)

**Metro**  
5150 Côte-des-Neiges (open 24 hours)

**Provigo**  
3421 Parc (open until 11 p.m.)

**Supermarché PA**  
5242 Parc 1420 Fort (both open until 10 p.m.)

restaurants

While dining out remains a luxury, this city still has plenty of great, affordable restaurant options. Here's a list of some perennial favourites and local legends, more than a few of which have earned a place in our annual Best of MTL readers poll — see the complete Best of MTL results (along with restaurant reviews and food-scene news) at cultmtl.com.

And PLEASE don't forget to tip, and tip reasonably (15% on the subtotal is considered the bare minimum). Waiters, waitresses and bartenders are taxed on tips, and rely on them for their income. Don't fuck around.

BRUNCH

**Bagels Etc.**  
4320 St-Laurent  
This Plateau institution (which was Leonard Cohen's favourite breakfast spot) has been slingin' eggs in a myriad of ways since the 1940s.

**Beauty's**  
93 Mont-Royal W.  
The legendary diner, opened by the late local legend Hymie Skolnick, has served up hot plates of mish-mash, loaded bagel sandwiches and perfect pancakes for over 80 years.

**Byblos**  
1499 Laurier E.  
A bustling Persian restaurant deep in the eastern pocket of the Plateau. Strong tea, a wide array of specialty jams and a feta omelette that keeps the crowds coming back.

**Café Regine**  
1840 Beaubien E.  
One of the most popular and sumptuous Montreal spots for brunch — which is served daily.

**Chez Jose**  
173 Duluth E.  
For over 25 years, this well-loved Portuguese brunch spot has been serving excellent breakfast plates, omelettes and sandwiches to the health- and budget-conscious.

**Greenspot**  
3041 Notre-Dame W.  
A quintessential diner in the heart of Saint-Henri, jukeboxes and all, since 1947. Open from 5 a.m. on weekdays and 7 a.m. on the weekend.

**Miami Deli**  
3090 Sherbrooke E.  
A vibrant, Florida-themed, East End staple known for its abundant menu of classic breakfast options. Open 7 days a week (until 3 a.m. most days).

**Millmans**  
3779 Wellington  
Verdun's self-described "fine-diner" slings fully loaded plates of eggs and bacon, silky French omelettes and short stacks of fluffy chocolate chip-banana pancakes.

DELI + SANDWICHES

**Antep Kabab**  
1626 de Maisonneuve W.  
This Turkish sandwich shop in a basement next to Guy metro is known for its charcoal-grilled meats and sesame-dusted pide bread, baked to order. Cash only.

**Bossa**  
Various locations  
Home of the Hoagie. Deli sandwiches packed with your choice of salumi, homemade meatballs, fried cutlets and more.

**Ciccio's**  
411 St-Nicolas  
Generous paninis in the heart of Old Montreal. Mortadella, prosciutto and porchetta are the standout options but the simple caprese or the eggplant parm are excellent as well.

**Clarke Café**  
1207 Shearer  
A Pointe St-Charles sandwich counter serving some of the city's best Italian sandwiches.

**Dépanneur**  
Le Pick Up 7032 Waverly  
A long-standing dep-turned-lunch counter known for its pulled pork and cubano sandwiches, with a resto-bar satellite in Hochelaga (3739 Ontario E.).

**Hung Phat**  
7099 St-Denis  
Located a stone's throw from Jean-Talon Market, this beloved sandwicherie is best known for its delicious and incredibly affordable bahn mi sandwiches.

**Nita Tout Garni**  
5687B Parc  
Inspired by grandma's cooking, Nita serves a generous menu of Mediterranean-leaning sandwiches on fresh bread baked in-house.

**Snowdon Deli**  
5265 Decarie  
An old-school deli on the NDG/Côte-des-Neiges border with all the hot and cold Jewish culinary staples and generous breakfasts.

**Wilensky's Light Lunch**  
34 Fairmount W.  
A vintage Mile End institution serving famous special baloney sandwiches and drinks from an old-school soda fountain.

BURGERS

**Chez Tousignant**  
6956 Drolet  
Classic-style neighbourhood diner with delicious burgers, hot dogs and poutines plus a retro-rock soundtrack.

**L'Hamburger**  
933 St-Zotique E.  
Perfect smash burgers and milkshakes just east of Little Italy. Served on pillowy potato rolls, the burgers come as a single patty, double or piled as many as four-high.

**Larrys**  
5201 St-Laurent  
Made famous by its big-sister restaurant Lawrence, the burger at Larrys is an exercise in simplicity. The meat is ground daily at their butcher shop down the road and topped with only the essentials.

**Mange Dans Mon Hood**  
1380 Jean-Talon E.  
A casse-croûte serving mouthwatering smash burgers and baskets of fully-loaded french fries.



**Nouveau Palais**  
281 Bernard W.  
A Mile End stalwart known for its “grandma’s basement” aesthetic and comfort-classic menu. Over the years, their cheeseburger has helped nurse the powerfully hungover back to health.

**Uniburger**  
Various locations  
Montreal’s answer to In-N-Out, this chain does upscale fast-food-style burgers and is yet another contender for the best burger in Montreal.

POUTINES

**La Banquise**  
994 Rachel E.  
The city’s best-known poutine joint, offering loads of variations on Quebec’s national dish. Open 24 hours and a victim of its own popularity — beware of line-ups.

**Chez Ma Tante**  
3180 Fleury E.  
Montreal North’s most beloved casse-croûte since 1929. Best known for its hotdogs and coleslaw, their poutine is also excellent.

**Gibeau Orange Julep**  
7700 Décarie  
The giant orange orb visible from the highway isn’t just known for its mysterious creamy namesake beverage — they make a mean poutine, too.

**Paulo & Suzanne**  
5501 Gouin W.  
An Ahuntsic hotspot known for its oversized poutines and gargantuan burgers. Open 24 hours daily.

**Paul Patates**  
760 Charlevoix  
A Pointe St-Charles diner that makes its own spruce beer and slings some of the better poutines in town.

PIZZA

**Elena**  
5090 Notre-Dame W.  
The famous resto Nora Gray may be out of the price range of many students, but their Neapolitan sister pizza joint isn’t.

**Gema Pizzeria**  
6827 St-Dominique  
Noted as one of the best pies in town, and their frozen custard excellently tops a meal there.

**maps**  
8501 St-Denis  
16-inch crispy, thin-crust pies with beautifully bubbled crust covered in a lacy char. The classic pies are great but try the bianca, a “white” pie dressed with garlic and lemon cream sauce.

**Marci**  
6600 St-Hubert  
Specializing in Jersey-style pizza, the pies are simple and always well executed. The deliberately unadorned “Tomato Pie” is one of the best pizzas in town.

**Pizza Bouquet**  
45 Beaubien E.  
An eclectic NYC-style pizza joint with a cult following. Possibly the best pizza in town.

**Pizza Toni**  
104 St-Viateur W.  
Massive, budget-friendly slices brought to you by the makers of Falafel Yoni. Nothing fancy, just solid pizza.

OPEN LATE

**In the post-pandemic era, it’s becoming harder and harder to find restaurants that keep their kitchens open well into the wee hours. Here’s a collection of standbys that keep the midnight oil burning.**

**AA**  
3700 Notre-Dame W.  
A St-Henri institution known as one the best late-night casse-croûtes in town. Open 8 a.m.–4 a.m. Monday through Thursday and until 5 a.m. on the weekend.

**Alto**  
3469 Parc  
Reliably good subs, pizzas and poutines in the McGill Ghetto — open until 2 a.m. daily.

**Chez la Mère**  
4028 Masson  
An all-encompassing casse-croûte (that delivers) in the East End, open till midnight.

**Double’s Late Night**  
5171 Parc  
Beers, burgers and other delectable bites by celebrated Montreal chef Danny Smiles. Open 4 p.m. to 3 a.m. daily.

**Le Majestique**  
4105 St-Laurent  
A Plateau oyster bar that’s open till 3 a.m. Not a seafood fan? Try their infamous 12-inch hot dog or any seasonal special.

**Le Roi du Smoked Meat**  
6705 St-Hubert  
A 1950s-style diner on the Plaza St-Hubert strip with a large menu covering burgers, pizza, pasta, smoked meat and even a whole roast chicken if you’re up for it. Open daily until midnight.

STUDY-FRIENDLY CAFÉS

**Here are some of our favourite workplaces around town. Remember that the price of occupying these cafés for hours and hours is your business — please buy more than just one coffee, and don’t hog tables unnecessarily. If you’re looking for free study spots, try the libraries, but cafés have the bonus of social potential.**

**Café Myriade**  
Various locations  
These third-wave innovators have grown into a small chain known for great coffee and locally sourced snacks.

**Café Névé**  
151 Rachel E.  
A friendly, crowded hipster café in the Plateau.

**Café Oui Mais Non**  
72 Jarry E.  
Popular and quirky neighbourhood spot with beer, hearty snacks and a built-in stationery boutique.

**Café Pista**  
Various locations  
Crisp, clean and sunny corner cafés with pastries and a chill vibe.

**Café Saint-Henri**  
Various locations  
A third-wave café chain with five branches from Verdun to Jean-Talon Market.

**Crew Collective & Café**  
360 St-Jacques  
A gorgeous café is built into the main hall of a 1920s-era Old Montreal bank. A well-rounded menu, great coffee and the option of rentable creative space.

**Humble Lion**  
Various locations  
With two McGill-adjacent locations, this go-to café with a lively atmosphere serves excellent coffee and pastries.

**Pikolo Espresso Bar**  
1635 Clark  
Single-origin coffee, baked goods and pastries from Hof Kelsten and Myriade.

**Osmo x Marusan**  
51 Sherbrooke W.  
A fantastic coworking space inside the subterranean Notman house. Excellent coffee and matcha alongside Japanese curries and sandos.

**Tommy Café**  
Various locations  
With locations all over the city, Tommy is a decent spot whenever you need a caffeine kick. That said, the multi-level, sun-soaked and plant-adorned location in Old Montreal is a classic study go-to.

SWEETS + DESSERTS

**Bernie Beigne**  
23 Bernard W.  
The city’s most famous donuts. Sold in full or half-dozens, the glazed donuts in the window draw the crowds, but you can’t go wrong with any of the seasonal specials.

**Ca Lem**  
Various locations  
Ca Lem offers head-turning flavours such as black sesame with coconut ash, taro yam and, for those looking for something with less lactose, basil-strawberry sorbet.

**Churros Montreal**  
7497 St-Hubert  
Montreal’s original churro bakery.

**Havre aux Glaces**  
Various locations  
Artisanal sorbets and ice creams — available across the city.

**Iconoglace**  
Various locations  
A gourmet ice cream shop inspired by the classic crêmerie but with quite a few more bells and whistles.

**Kem CoBa**  
60 Fairmount W.  
Excellent and unusual sorbet and ice cream flavours, like salted butter and peanut butter and honey. Expect line-ups.

**Léché Desserts**  
Various locations  
Incredible donuts in Saint-Henri.

**Nanana**  
155 Jean-Talon E.  
A kaleidoscope of beautiful and colourful cakes, pastries, cookies and sweets near Jean-Talon Market.

**Pasticceria Alati-Caserta**  
277 Dante  
Beloved Little Italy bakery known for traditional and inventive Italian pastries and cakes.

**Sophie Sucrée**  
167 des Pins E.  
Vegan sweet shop with cakes, cupcakes, cookies, brownies and more for your sweet tooth.

**Swirl**  
230 Rachel E.  
A non-dairy ice cream to rival any of the best crêmeries anywhere. The signature swirl cone is a mix of coconut-milk-based soft-serve and seasonal fresh fruit sorbet. You may never go back to dairy-based ice cream after this.





Place  
des  
Arts

DANCE  
AND MUSIC  
FESTIVAL

# tempéo

BOLLYWOOD  
COUNTRY  
BRAZILIAN

BOOGIE FUNK  
AFRO-POP  
SALSA



## SEPTEMBER 10 TO 15

PLACE DES ARTS ESPLANADE

Made possible through the support of

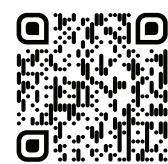


Fondation  
de la Place  
des Arts

Media partner



COME DANCE!  
FREE





VEGETARIAN

Aux Vivres

Various locations  
The city’s go-to vegan joint, with an extensive menu of burgers, sandwiches and Asian-inspired meals, in Westmount as well as the Plateau.

Falafel St. Jacques

Various locations  
A perennial candidate for the city’s best falafel, this Middle Eastern take-out/delivery joint also serves vegetarian shawarma and shish taouk alongside a healthy selection of homemade salads.

Lola Rosa

Various locations  
Healthy, tasty veg food in the McGill Ghetto and Place des Arts.

LOV

464 McGill  
For modestly priced vegan and vegetarian eats in an almost painfully Instagram-able interior, this is the place to be.

Pushap

5195 Paré  
This quaint and entirely vegetarian spot has some of the cheapest thalis in town. Vegan options available upon request.

Queen Sheba

4525 Parc  
A much-loved Ethiopian restaurant with a wide

selection of vegan and vegetarian dishes including a vegetarian tasting menu.

Resto Vego

1720 St-Denis  
Pay-by-the-gram buffet catering to vegetarians and vegans alike with plenty of gluten-free options.

Sushi Momo

3609 St-Denis  
Inventive flavours and textures combine for impressive and completely vegan sushi rolls. A fan favourite regardless of diet (with a takeout counter at 16 des Pins).

BRITISH STYLE PUB GRUB

Bishop & Bagg

52 St-Viateur W.  
Great beers, a cozy pub atmosphere and fine English fare in Mile End.

Brit & Chips

433 McGill  
A variety of fish (officially Certified Sustainable Seafood) in unique and tasty batters including maple syrup and Guinness.

Burgundy Lion

2496 Notre-Dame W.  
A modern twist on the traditional English pub, with superior British-style pub grub, football (soccer) screenings, darts and pub quiz nights.

CARIBBEAN

Boom J’s

2026 Wellington  
A no-frills Jamaican restaurant serving some of the most famed jerk chicken, plantains, wraps and beef patties in the city.

Boulangerie Spicee

6889A Victoria  
Looking for a classic Trinidadian double? Spicee is the place.

Jardin du Cari

5554 St-Laurent  
Great roti spot. Ask for the pumpkin filling and don’t forget the citrus hot sauce.

Kamúy

1485 Jeanne-Mance  
Upscale pan-Caribbean fare from famed chef Paul Toussaint.

Kwizinn

Various locations  
Refined Haitian cuisine courtesy of chef Mike Lafaille. Head to the Verdun location for tasting menus and a more formal dining experience or stop by Kwizinn Express on St-Hubert to get your griot fix.

Lloydie’s

Various locations  
Once known for the Jamaican patties they’ve been producing since 1987, Llyodie’s restaurants have become go-tos in Mile End and Saint-Henri.

THE SEX WIFE GOD

CANADIAN TOUR 2024

19 SEPTEMBRE

BAR LE RITZ

WIEOW PEE

PRESENTS

GOD'S CHILD

22 SEPTEMBRE

EE NATIONAE

ROBBY HOFFMAN

FIRST THEATRE TOUR

bringin it home to canada for my first theatre tour

30 SEPTEMBRE

THÉÂTRE FAIRMOUNT

The Vampire Circus

JEUDI 17 OCTOBRE

L'OLYMPIA

TOUS AGES

MILDLIFE

CHORUS ALBUM TOUR 2024

BAR LE RITZ

OCT.14.24

dopamine

2024 JUNNY NORTH AMERICA TOUR with DAUL

3 NOVEMBRE

Club Soda

Tous Ages

QUEEN+HERBY

THE ALCHEMIST TOUR

14 NOVEMBRE | MTELUS | TOUS AGES

**MODO LIVE**

MODO-LIVE.COM



**Mango Bay**  
1236 Mackay  
Downtown Caribbean joint serving up some pretty great old-school jerk.

**Pikliz**  
4210b St-Jacques W.  
One of Montreal's best destinations for Haitian food.

**Seasoned Dreams**  
5509 Laurendeau  
When southwestern style meets Caribbean, from jerk chicken, griot pork and oxtail to mac 'n' cheese, chicken wings and burgers (with a twist).

CHINESE

**Beijing**  
92 de la Gauchetière W.  
A great spot for large group meals, and it's open till 1:30 a.m. every night.

**Dobe & Andy**  
1071 St-Urbain R-12  
Hong Kong-style diner serving incredible Chinese BBQ plus a variety of Dai Pain Dong and Cha Chaa Teng classics. The three-meats combo is always a good way to go but if you happen to head there on a Thursday, get the Beef Ho Fun. Pro tip: ask for extra ginger and scallion sauce.

**Fondue Chinoise Express**  
1610 Ste-Catherine W. #411  
This hole-in-the-wall in the Faubourg is known for the authenticity of its dishes and its beyond-generous portions. The braised pork neck soup is incredible, as are the dan-dan noodles and Mapo tofu.

**Fu Chun Soupe Dumpling**  
1978 de Maisonneuve W.  
The first Canadian location of the famed Shanghaiese dumpling chain. Known for its beautifully plump and expertly folded xiaolongbao.

**Hong Mère**  
3795 Wellington  
A family-run, home-style Sichuan restaurant in the heart of Verdun. This BYOW joint serves intensely flavourful, genuinely spicy and absolutely delicious dishes. Large portions, modest prices.

**J'ai Feng**  
43 Beaubien E.  
A take-out counter and Chinese specialty grocer by beloved, award-winning chef Anita Feng. Sichuanese specialties and comfort classics by one of the best chefs in town.

**Kam Shing**  
Various locations  
Quality standard Chinese with two locations in Côte-des-Neiges.

**Keung Kee**  
70 de la Gauchetière W.  
This Chinatown eatery serves incredible seafood in generous portions. Don't miss the steamed razor clams with crispy garlic and vermicelli.

**Kim Fung**  
1111 St-Urbain  
A superb spot for dim sum.

**Sammi Soup & Dumplings**  
Various locations  
Perhaps the best dumpling place(s) in town. Specializing in soup dumplings, dine in-house or take a dozen frozen ones home for later.

EASTERN EUROPEAN

**Bistro Sofia**  
6701 Chateaubriand  
Pan-Balkan (but leaning Bulgarian) food with a large selection of hot and cold mezze plus larger plates of pelmeni, roast lamb and Bulgarian kebabs.

**Chez Anna**  
68 Duluth E.  
In the space formerly home to Budapest Restaurant, Chez Anna continues to serve up homestyle Hungarian in the heart of the Plateau.

**Euro Deli Batory**  
115 St-Viateur W.  
Mile End go-to for starchy Polski eats, smoked sausage, bags of perogies and excellent borscht.

**Nevski**  
1228 Stanley  
A Russian-inspired snack bar downtown serving up Georgian Khachapuri (aka "cheeseboats"), pelmeni (Russian dumplings) and borscht.

**Perogie Lili**  
126 Fairmount  
Traditional Ukrainian varenyky (perogies) in classic savoury flavours plus cheeky desert dumplings inspired by cherry cheesecake.

**Wawel**  
Various locations  
Polish baked goods and pastries, with charcuterie and takeaways like frozen perogies at most locations.





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## GREEK

**Mythos**  
5318 Parc  
A Montreal classic where you’ll be well taken care of.

**Marven’s**  
880 Ball  
A family favourite institution in Parc Ex, known for giant portions of grilled meats, piles of crispy fried calamari and incredible cheesecake.

**Le Jardin de Panos**  
521 Duluth E.  
A Duluth stalwart that’s been serving Greek staples since 1979. BYOW, big portions and reasonably inexpensive, its best feature is the endlessly charming terrace.

**Phyllo Bar Melina’s**  
5733 Parc  
A hole-in-the-wall phyllo bar serving insanely crispy and generous slices of spanakopita and tyropita plus hearty sandwiches and strong Greek coffee.

**Rôtisserie Panama**  
789 Jean-Talon W.  
A Parc Ex staple known for its grilled meats, fish and mind-blowingly good fried eggplant and zucchini with tzatziki.

## INDIAN

**Bombay Mahal**  
Various locations  
For those who like it hot, in Parc Ex and the Plateau.

**Classic India**  
6914 Querbes  
A solid staple for kormas and curries that also serves fantastic samosas, excellent naan and one of the best chicken biryanis around.

**Dosa Pointe**  
895 Jean-Talon W.  
Recipes from the seldom-seen but thoroughly delicious Indian South. As the name points out, dosas (a type of Indian crepe) are the specialty, but the Keralan curries aren’t to be missed.

**India Rosa**  
Various locations  
Upscale Indian in the Plateau and Griffintown. Beautiful bites, silky sauces and delicious cocktails. They do brunch, too.

**Mama Khan**  
4135 St-Denis  
An excellent family-run Pakistani spot known for its fragrant and spicy Peshawri chicken and lamb.

**Student Tasty Biryani**  
1620 Lincoln  
Pretty self-explanatory — great (and varied) biryani plus wraps, curries and thalis for students on a budget.

**Le Super Qualité**  
1211 Bélanger  
Serving up a diverse range of dishes from across India, this spot is as scrumptious as it is cool. Try the medicinal cocktail.

**Thali**  
1409 St-Marc  
Cheap Indian eats in the downtown core, with sectioned meat and veggie thalis and savoury wraps rolled in naan.

## MIDDLE EASTERN

**Café Chez Téta**  
227 Rachel E.  
A sensationally good nouveau-Lebanese café known for two things: coffee and manoucheh — sumptuous Lebanese flatbreads served with a variety of toppings.

**Daou**  
Various locations  
A Lebanese institution known for its crosshatched kibbeh nayyeh, excellent yabrak (stuffed vine leaves) and lamb chops off the grill.

**Falafel Yoni**  
54 St-Viateur W.  
Yoni’s take on the famous sandwich is based on street food from his time spent in Israel. It’s a damn-good pita so it’s no wonder that Yoni is one of the busiest spots in Mile End.

**Garage Beirut**  
1238 Mackay  
This cozy and casual authentic Lebanese charcoal grill is a hidden gem in Concordia’s backyard.

**Kaza Maza**  
4629 Parc  
Syrian restaurant with occasional live music, a casual vibe and high-quality Middle Eastern eats on the cheap.

**Le Petit Alep**  
191 Jean-Talon E.  
A casual and incredible Syrian/Armenian joint near Jean-Talon market.

**Sumac**  
3618 Notre-Dame W.  
A casual and family-friendly slinger of Middle Eastern fare, serving up pita ‘n’ dips and delicious shawarmas and sabich.

## ITALIAN

**Drogheria Fine**  
68 Fairmount W.  
\$5 gnocchi — need we say more?

**Gino’s Negroni & Lasagna**  
4639 St-Laurent  
Self-explanatory.

**Il Miglio**  
Various locations  
Rock-solid fresh pasta joints that run like upscale cafeterias. Choose from a selection of classics or try out the rotating daily special.

**Mano Cornuto**  
988 Ottawa  
Run by a group of fine dining alumni, this Griffintown Italian spot serves homemade pasta, fluffy focaccia and the best spritz in the city.

**La Panzeria**  
4084 St-Denis  
Puffy and glistening focaccia Barese with your choice of salumi, piping hot panzerotti, antipasti and excellent pasta all under one (well-priced) roof.

## JAPANESE

**DonDonYa**  
1433A Bishop  
An unassuming donburi shop across the street from Concordia’s Hall Building.

**Kazu**  
1862 Ste-Catherine W.  
It’s worth waiting in line (and you will have to wait) for this delicious, authentic izakaya food.

**Le Nigiriz**  
32 St-Cuthbert  
Gigantic handmade onigiri from the team at Ramen Nakamichi. The tuna is an instant classic but don’t miss the surprisingly refreshing ume and shiso.

**Noren**  
77 Rachel W.  
A tiny 10-seat bistro serving takoyaki, okonomiyaki, bento boxes and seasonal daily specials.

**Nozy**  
3568 Notre-Dame W.  
An excellent and unpretentious teishoku-style restaurant. Go for sashimi, oysters or any of the donburi (fish or meat served over rice).

**Ohayo Café**  
145 Mont-Royal E.  
A casual café next door to Kitano Shokudo (another excellent, but pricey, Japanese eatery) serving tamago sando, fried shrimp burgers and Keema curry. Great coffee, too.

**Otto Yakitori**  
1441 St-Mathieu  
Late nights with grilled chicken, beers and a heavy selection of sake make this an essential Japanese restaurant to eat at.

Ramen Misoya  
2065A Bishop  
Authentic ramen in the Concordia Ghetto.

**Tri Express**  
1650 Laurier E.  
A Plateau classic serving bold, vibrant and exceptionally fresh sushi.

### MORE RAMEN SHOPS:

**Kinton Ramen** Various locations  
**Ramen Nakamichi** 5329 St-Laurent  
**Ramen Isshin** Various locations

## KOREAN

**Chez Bong**  
1021 St-Laurent  
Reliable Korean fare in Chinatown, with a wide array of banchan.

**Comon**  
3969 LaSalle  
Crazy crispy Korean fried chicken and other Korean staples (like Bibimbap and Kimchi Jigae). If you can handle the heat, go for the fried chicken in spicy sauce.

**Luna**  
917 Rachel E.  
A slightly upscale bring-your-own-wine spot run by a couple who formerly operated a restaurant in Korea. Very authentic, very delicious, easy on the wallet.

**Mon Ami**  
Various locations  
Famous for having the best Korean fried chicken in town, their menu is packed with other equally delicious options to discover.

**Omma**  
51 Ontario W.  
After building a following in Mile End, this casual date-night spot relocated to the Quartier des Spectacles. Amazing Dolsot Bibimbap and even better wings.

**Opiano**  
115 Sherbrooke W.  
A hidden gem tucked away in a downtown basement. Wholly unpretentious, this cafeteria-style joint serves a wide range of Korean classics, but it’s the pork bone soup that steals the show.

**Pony BBQ**  
1608 Ste-Catherine W.



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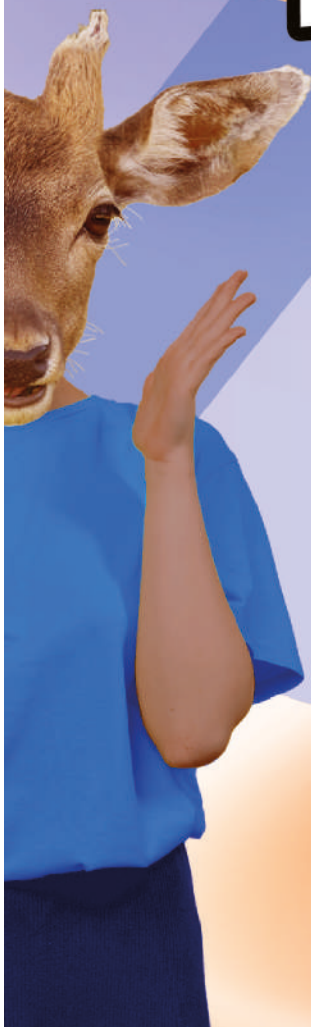
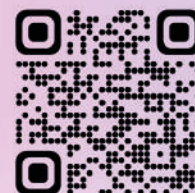
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A kaleidoscopic, back-alley-inspired Korean BBQ joint in the Faubourg building. Insanely fun, insanely delicious — grill what you like and wash it down with cold beer and soju.

## MEXICAN + SOUTH/CENTRAL AMERICAN

**De Aragon**  
5201 St-Urbain  
Excellent and super-affordable Chilean fare like empanadas, sandwiches and coffee in Mile End.

**El Rey del Taco**  
232 Jean-Talon E.  
A Jean-Talon Market staple that does a bit of everything: chilaquiles, huevos divorciados pozole, fresh tamales, generous tortas and, of course, tacos.

**La Capital**  
1096 St-Laurent  
Street-style locale in Chinatown with all manner of tacos and tequilas to pick from.

**Carlota Boulangerie Mexicaine**  
4804 St-Urbain  
Incredible Mexican bakery known for their unequalled conchas, guava danishes and horchata. Feeling something savoury? Don't miss their tamales.

**La Chilenita**  
130 Roy E.  
Delicious, affordable Chilean-Mexican fare, specializing in empanadas. Their steak sandwiches are tight.

**El Amigo**  
51 St-Zotique E.  
Incredibly cheap Salvadoran BYOB restaurant where a pupusa craving is easily fixed.

**El Chalateco**  
520 Beaubien E.  
Another purveyor of pupusas, the Salvadoran bready treats stuffed with goodness.

**La Matraca**  
4607 St-Denis  
Classic street tacos, no BS — meant to be eaten standing up. Incredible al pastor.

**Place Juarez**  
7091 St-Hubert  
The closest thing to Mexico City. Tacos de barbacoa, tortas de chilaquiles, cocetel de camaron — hell, they even do a doriloco.

**Tacos Frida**  
4350 Notre-Dame W.  
What began as a hole-in-the-wall is now a veritable Mexican diner, serving up cheap tacos and a delicious tortilla soup.

**La Tamalera**  
226 Fairmount W.  
Cheerful Mexican street food in Mile End with uncommon options like hibiscus flower tacos, refreshing homemade horchata and other tasty beverages plus a weekend brunch.

## PORTUGUESE

**Chez Doval**  
150 Marie-Anne E.  
The OG Portuguese spot since 1974. Come for classic fare, and by that, we mean anything that comes off the charcoal grill.

**Campo**  
1108 de Maisonneuve W.  
Fast-casual rotisserie chicken with great lunch options, quinoa bowls and hearty salads in the heart of downtown.

**Ma Poule Mouillée**  
969 Rachel E.

This amazingly popular Plateau restaurant is approaching Montréalais-Portuguese sainthood. Aside from the essential chicken, the chicken and chorizo poutine is also excellent.

**Restaurant Jano**  
3883 St-Laurent  
Cheap date-night Portuguese. Start with the grilled calamari.

**Rotisserie Portugalia**  
34 Rachel W.  
An iconic Portuguese rôtisserie with a die-hard following. The roast chicken rivals anywhere in town but the Bifana sandwich is in a class of its own.

## THAI

**Bangluck**  
4509 Chabot  
A solid Thai noodle shop and snack bar from the folks behind Thammada.

**Épicerie Pumpui**  
83 St-Zotique E.  
Jesse Mulder's Thai curry shop follows tradition to a tee.

**Mae Sri**  
224 Milton  
A McGill Ghetto spot specializing in Thai street food with a focus on noodle soups.

**Thai Sep**  
1900 Jean-Talon  
This low-key no-frills Thai joint is a fan favourite among Thai food aficionados. Try the Beef Laab and the fermented pork and rice-based Isaan sausages.

**Thammada**  
1205 Bernard  
Casual Northern Thai fare in Mile End. Chef Chita Phommavongxay's menu focuses on a mix of his wife's family recipes and authentic Thai street food.

## VIETNAMESE

**Hoang Oanh**  
1071 St-Laurent, 7178 St-Denis  
Probably the best banh mis in the city, with a great curry tofu option for vegetarians.

**Tran Cantine**  
4690 Notre-Dame W.  
Excellent pho, better banh mi. A little on the pricier side, but well worth it as the soups and sandwiches are ample.

**Nguyen Phi**  
6260 Côte-des-Neiges  
This Vietnamese landmark in Côtes-des-Neiges is worth the trip for what many consider to be Montreal's best pho.

**Pho Tay Ho**  
6414 St-Denis  
A top contender for Montreal's best pho and easily Nguyen Phi's top rival. The pho is great but don't sleep on the bún and the rare beef salad.

**Pho Bang New York**  
1001 St-Laurent  
Great Chinatown spot for quick, cheap and tasty bowls of Vietnamese goodness.

**Le Red Tiger**  
1201 de Maisonneuve E.  
Part cocktail bar, part Vietnamese restaurant, Red Tiger blends contemporary dining with street food classics. A very cool spot in the Village.

**Restaurant Hoai Huong**  
5485 Victoria  
Beloved Côtes-des-Neiges restaurant that serves traditional and hard-to-find Vietnamese fare. While the pho is great, regulars come for the giant plates of DIY rice wraps and grilled meats over rice.

# navigation

## city

For those of you trying to understand the city without being dependent on Google Maps or Waze (or when your phone dies), here are some pointers.

Looking at Montreal on a map and being on the island of Montreal are two very different things when you're trying to orient yourself. The city's grid system is a little skewed, so that the "north" is actually pretty far east, while the sun sets in what would be the north-west.

The main boulevards that run the width of the island are, in order from south to north: Notre-Dame, St-Jacques, St-Antoine, René-Lévesque, Ste-Catherine, de Maisonneuve, Sherbrooke, Jean-Talon and then, all the way in the north, Henri-Bourassa. Many of the streets between these thoroughfares don't stretch across the downtown core and will cause you to detour.

Because of Mount Royal Park, there aren't many streets that go from the edge of the Lachine Canal all the way up to the northern part of the city. The ones that do are to the east of the park: Parc, Clark, St-Urbain, St-Laurent, St-Dominique, St-Denis and Papineau are sure bets to guide you between north and south.

St-Laurent Blvd. (which old-timers call "the Main") slices the island into east and west, and many of the north-south streets in the downtown core and Plateau rise at the same rate — so, for example, civic numbers on parallel streets like St-Laurent and St-Denis both hit the 4000s at Duluth.

## METRO AND BUSES

STM stm.info

The Société de transport de Montréal (STM) operates Montreal's subway system (we call it the metro) and on-island city buses. To use the STM, you can buy single tickets at metro stations or with exact change on buses, and you'll get a transfer out of the deal.

You can also buy a \$6 OPUS card, which is a refillable smart card, from any metro station and some dépan-neurs (convenience stores) and pharmacies.

Effective July 1, 2024, standard full-fare rates are:  
\$3.75 for a single ride (one trip)  
\$7 for two trips  
\$6.25 for an unlimited evening ticket (6 p.m.–5 a.m.)  
\$15.75 for an unlimited weekend ticket (4 p.m. Friday to 5 a.m. Monday)  
\$11 for a day pass (valid for 24 hours from the time it's first used)  
\$11 for a trip on the 747 Airport shuttle to or from Montréal-Trudeau International Airport  
\$18.50 for a weekly pass  
\$21.25 for a three-day pass (valid for three consecutive days after first use)  
\$33.25 for 10 trips (only available on an OPUS card)  
\$31 for a weekly pass (only available on an OPUS card)  
\$100 for a monthly pass (only available on an OPUS card)  
\$233 for four months (available to reduced-fare users only, on an OPUS card)

All full-time students qualify for a hefty reduced fare on transit passes. With the proper STM-approved photo ID, you can buy a monthly pass for \$60.

The reduced-fare photo ID card is available in person at the Berri metro station photo studio (1755 Berri),



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but they are currently operating by appointment only. Alternatively, most CEGEPs and universities offer their students the possibility of ordering their STM reduced-fare photo ID online using their respective intranet portals, and certain educational institutions organize STM photo days early in the year. There is also a mail-in option; download the form from the STM’s website, fill it out and send it in along with a passport-style photo and payment. The reduced-fare OPUS IDs cost \$15, either online or in person.

Exo Quebec

Looking to head off-island? Montreal’s commuter train service, Exo (officially the RTM, or Réseau de transport métropolitain), hits as far as Mascouche, Saint-Jérôme, Vaudreuil/Hudson, Candiac and Mont-St-Hilaire. Fares are calculated based on zones. Note that Exo is integrated with the OPUS card system. Bicycles are also welcome on the trains.

Regular one-way, Exo-only fares range from \$3.75–\$9.50. For the most up-to-date information on fares and services, check out Exo’s website at [exo.quebec](http://exo.quebec).

THE REM

Having begun operating in July for trips between Gare Centrale and the South Shore, this light rail system is a 67-kilometre, 26-station project that, once fully completed, will run from Deux-Montagnes in the north to Brossard in the south, Anse-à-l’Orme in the west to downtown in the east. Crucially, it will finally provide a connection between the airport and the metro system. Though numerous stations are still under construction, the stations at Brossard, Du Quartier, Panama, Île-des-Sœurs and Gare Centrale are fully operational.

TAXIS VS. UBER

The competition between Uber and Montreal taxi companies rages on, and although Uber’s rates rose significantly after the service’s legalization in 2016, it’s still usually cheaper than cabs: the UberX (as opposed to Uber Select or Uber XL) base rate is \$2.50, then \$0.70 per kilometre, and 30 cents per minute in addition to booking charges and taxes. Surge pricing can raise the price of Uber significantly, but in many cases surges are short-lived. The apps for Uber and its Montreal-based rival Eva are available on your device’s app store.

Below we’ve compiled a list of a few local taxi companies.

**taxi-calculator.com/taxi-fare-montreal/353**  
Get an estimate for how much a trip will cost by entering your route on this website.

**Atlas Taxi**  
514-485-8585  
Reserve one of Atlas’s 215 “impeccably groomed” cars by phone or app.

**Taxi Champlain**  
514-271-1111, [taxichamplain.com](http://taxichamplain.com)  
Champlain has 350 cars on the road, and a handy call-back service that tells you your ride’s ETA. You can make a reservation online, or download the app.

**Téo Taxi**  
514-836-0000, [teo.taxi/en/](http://teo.taxi/en/)  
Taxi Diamond, Taxi Hochelaga and three other smaller taxi services have combined to form Téo. Reserve by phone, online or download the Téo app.

intercity

BUSES

Most intercity buses, operated by various carriers, leave from the Gare d’autocars de Montréal, located at 1717 Berri, accessible via Berri-UQAM metro station. Most routes are pretty cheap compared with trains or planes, and you can usually obtain a reduced fare with your institutional student ID or International Student Identification Card (ISIC).

Unfortunately, Greyhound Canada permanently closed all of its services in Quebec and Ontario in 2021, but Greyhound USA has routes from Montreal to Boston and Montreal to New York. You can book tickets at [greyhound.com](http://greyhound.com).

Smaller carriers service the rest of Quebec, including Orléans Express ([orleansexpress.com](http://orleansexpress.com)), Autobus Maheux ([autobusmaheux.qc.ca](http://autobusmaheux.qc.ca)), Groupe Galland ([galland-bus.com](http://galland-bus.com)) and Transdev Limocar ([limocar.ca/en/home](http://limocar.ca/en/home)). Note: Select Transdev Limocar buses depart from the Terminus Mansfield near Bonaventure metro at 997 St-Antoine W.

Additionally, Coach Canada’s double-decker Megabus ([ca.megabus.com](http://ca.megabus.com)) is a popular option for those headed to Toronto, Kingston or one of their select stops along the way. There’s free wifi, and tickets operate on a sliding scale, with rates going up as the tickets sell — you’re likely to pay something in the \$60–\$100 range for a round trip. Please note: the Megabus departs from 997 St-Antoine W. (Bonaventure metro).

For the majority of intercity buses leaving and arriving at the Gare d’autocars de Montréal at Berri, call 514-842-2281 for bus schedules and prices, or visit [gamtl.com](http://gamtl.com) and use their destination selector.

TRAINS

Inter-city trains arrive at and depart from Gare Centrale, at 895 de la Gauchetière W. (connected to Bonaventure metro). Canadian bookings can be made online at [viarail.ca](http://viarail.ca), or [amtrak.com](http://amtrak.com) for routes to the United States.

**Fare finding tips**  
Check [viarail.ca/en/offers/deals-discounts](http://viarail.ca/en/offers/deals-discounts) for special offers and best rates.

PLANES

Passenger flights to and from Montreal go through Trudeau airport (YUL) in the West Island ’hood of Dorval. Track your flights at [admtl.com](http://admtl.com). There are several ways to get to and from YUL:

**STM 747 express bus**  
For \$11 (or free if you have a monthly pass, day pass, three-day pass, weekend or full week pass), the STM airport shuttle gets you there or back in around 45 minutes. The 747 bus has two routes: the Berri-UQAM route conveniently stops at several places downtown and loops at the Gare d’autocars de Montreal main bus terminal; the Lionel-Groulx route makes one stop at Lionel-Groulx metro. Be sure to check the status of the 747 on the STM website before your trip.

**STM bus**  
For a standard \$3.75 fare, you can catch the 211 bus from Lionel Groulx metro to Dorval station, then transfer to the 204 bus. The trip takes a long time and you might end up waiting around between transfers, so this method is best for those who are truly adventurous, broke and have nothing better to do.

**Taxi and Uber**  
If you catch a cab to the airport from downtown, it costs \$48.40 even (plus tip, of course) during the day and \$55.65 from 11 p.m. to 5 a.m. Outside of that area, fares run on the meter. Uber can drop off travelers at the airport and pick you up there from two different exits.

DRIVING

Driving in Montreal is not for the faint of heart: endless construction during the warm months, potholes, snowstorms, ice storms and frustrating signage keep it spicy. There are no right turns on red lights on the island of Montreal, and some drivers on our roads are kind of shit. The average annual cost of owning a car in Quebec is \$15,720 per year (\$1,310 monthly).

PARKING

Montreal can be lousy for parking. Most residential streets have weekly restrictions for street cleaning in summer, and epic overnight snow-removal operations in the winter. Car ownership often requires a lot of watching the clock and moving your car so the city can do their thing (not to mention some serious snow shoveling).

Many streets around the city are designated as réservé, so that only residents can park in certain areas. Purchase the permit for Street Parking Reserved for Residents (SRRR) through your borough’s Accès Montréal office ([montreal.ca/en](http://montreal.ca/en)). The cost of purchasing a parking vignette varies by borough and, in some cases, what kind of car you own. Check the city’s website above for the most up-to-date information for your borough.

Metered street parking in more commercial areas can be purchased (and renewed) via the P\$ Mobile Service app (available for iOS and Android), or at parking meters. Metered parking is by space number, so no need to place a ticket on your dashboard.

CAR RENTALS

Car rental agencies require a valid licence and credit card, and often require that drivers be at least 21. Also, know that a substantial amount of money might be frozen on your credit card while the car is rented.

**communauto.com**  
Car-sharing service with a varied fleet (including Toyota Yaris or electric Nissan LEAF) ideal for errands and day trips with much lower rates than a rental. Cars are parked at various locations around the city, making them easy for pick-up and drop-off near home. However, you must return your car to the same location where you picked it up, unless using their *FLEX* option. Gas and insurance are included in the deal.

Communauto tends to work well for trips within the city, but use is partly charged by mileage, so it’s not your best bet for longer trips. Their absolute bare-bones model features *FLEX* rentals at \$0.40/minute, \$12.75/hour, and \$50/day. They also offer a range of more substantial annual plans from \$40 to \$360 (plus a refundable \$750 membership fee for a single household), in addition to an *open plan*, with higher per-minute rates but zero membership fees.

RIDE SHARES

**Kangaride** ([kangaride.com](http://kangaride.com)), **Poparide** ([poparide.com](http://poparide.com))  
Kangaride (also known in French as Amigo Express) and Poparide are both carpooling organizations that connect passengers with drivers for affordable, long-distance rides. The rate you pay your driver varies by location.



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#### JEANNE LAFOREST X LE BUISSONOR

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#### FABJUSTFAB: With Love

— 09.30.2024

#### FYEAR: Soundtracking the polycrisis

— 10.16.2024

#### LIA KURI

— 11.07.2024

#### TO BE AN (ARAB): Album Experience with NARCY + Art Pop-Up

— 10.02.2024

# PHI.CA





**Craigslist** ([montreal.craigslist.org/search/rid](http://montreal.craigslist.org/search/rid)) and **Kijiji** ([kijiji.ca/b-covoiturage/grand-montreal/c5l80002](http://kijiji.ca/b-covoiturage/grand-montreal/c5l80002)) both have rideshare sections, and there are daily rides going to and from Toronto in big vans (rates start at \$40 each way) — but like any somewhat sketchy unregulated grey-market service, choose at your own risk.

CYCLING

Montreal is a cyclist’s town. It’s a cheap, environmentally friendly and healthy way to get around — during the warmer months, at least — though some people are brave enough to bike through the winter. Including that unicycle dude. Riding in traffic can be intimidating at first, but Google Maps will help you find a route along the city’s extensive network of bike paths. BIXI is a good way to test the waters before you commit to buying your own ride.

Make sure to invest in a good lock that secures both the frame and front wheel — this town is notorious for bike theft. And a helmet is strongly recommended: though wearing one is not yet mandated by law (with the exception of e-bikes), there are tons of careless drivers in giant vehicles out there.

BIXI

BIXI is Montreal’s seasonal bike rental program, which runs from April 15 through November 15. With over 11,000 bikes distributed between more than 900 stations around town (including more than 2,600 electric bikes), the constantly expanding service is super-convenient.

Using BIXI is more expensive than having your own bicycle, and they can be a little unwieldy to ride, but if you don’t ride often or don’t want to maintain or store a bike, it’s a great option. It’s also a boon for tourists and temporary residents.

When you borrow a bike from a station (any station), your credit card is charged a \$100 refundable deposit, plus a \$1.35 unlocking fee. After that, you can ride as long as you like for 20 cents per minute. You can also register online at [montreal.bixi.com](http://montreal.bixi.com) to sign up for monthly (\$22), or full-season (\$107) memberships. Members do not pay unlocking fees, and they get unlimited BIXI trips up to 45 minutes long — with each additional minute costing 17 cents. In light of recent trends, BIXI has also recently introduced a small fleet of electric bikes (or ebikes) to their fleet that can be rented for an additional 35 cents per minute (17 cents per minute for members). Be aware that helmets are mandatory to ride these bikes, and they’re not provided, so you’ll have to bring along your own.

BIXI also offers numerous discounts through partnerships with other transportation organizations in the city. Full details are posted on the BIXI website. ([bixi.com/en](http://bixi.com/en))

BIKE CO-OPS

Bike co-ops are garage spaces offering access to tools and recycled parts. There are usually trained mechanics or volunteers on-site who can give you advice on how to maintain your ride, although you’ll have to do the dirty work yourself.

**Mile-End Bike Garage**  
135 Van Horne #201 (2nd floor) [facebook.com/MileEndBikeGarage](http://facebook.com/MileEndBikeGarage), [instagram.com/mileendbikegarage/](http://instagram.com/mileendbikegarage/)  
A volunteer-run repair shop, here to help out cyclists with affordable parts (new and used) and advice. The

workshop is usually open Monday to Friday, 6 to 9 p.m. \$5 to \$10 suggested donation.

**The FLAT Bike Collective**  
3480 McTavish (SSMU building), room B-02 [theflat.wordpress.com](http://theflat.wordpress.com)  
The McGill University bike collective is open Wednesdays from 4:30 to 6:30 p.m. A safe space to learn how to repair your bike and share your skills with others.

**Santrovélo**  
111 Roy E., [santropolroulant.org](http://santropolroulant.org)  
Santropol Roulant’s bike clinic, open Tuesday and Wednesday 5:30 to 7:30 p.m. \$10 or PWYC for an appointment  
Drop-ins are welcome, but priority is given to pre-booked appointments. Check their website to book an appointment, and keep an eye on their Facebook and Instagram for updates.

BIKE SHOPS + REPAIRS

**Allo Velo**  
141 Shannon, [velolifestyle.com](http://velolifestyle.com)  
Griffintown bike shop and café. Specializing in European-made city bikes and cargo bikes.

**Bicycles McW**  
6010 Sherbrooke W., [bicyclesmcw.com](http://bicyclesmcw.com)  
Tune-ups, specialty bikes and more.

**Bicycletterie JR**  
201 Rachel E., [labicycletteriejr.com](http://labicycletteriejr.com)  
Bike parts and riding accessories, winter storage and fair repair rates.

**C&L Cycle**  
75 Villeneuve W., 978 Rachel E., [clcycle.ca](http://clcycle.ca)  
Boutique bike shop with friendly and personalized service.

**Culture Vélo Parc Jarry**  
7930 St-Laurent, [atelierculturevelo.ca](http://atelierculturevelo.ca)  
This community bike workshop located in the middle of Jarry Park offers affordable tune-ups and workshops. While walk-ins are welcome on Wednesday evenings, you can otherwise book an appointment online, or keep an eye on the Atelier Culture Vélo Facebook page for more opportunities to link up.

**Club Cycliste Cycle Pop**  
4179 St-Dominique, [club.cyclepop.ca](http://club.cyclepop.ca)  
Membership-only bike club offering repairs, rentals and organized bike tours.

**Fitz Montreal**  
1251 Rachel E., [fitzmontreal.com](http://fitzmontreal.com)  
Bike tours and rentals.

**Rebicycle**  
3801 St-Denis, [rebicycle.ca](http://rebicycle.ca)  
Socially minded enterprise that turns used bikes into affordable custom rebuilds.

**SOS Vélo**  
3075 Ste-Catherine E., [sosvelo.ca/boutique](http://sosvelo.ca/boutique)  
Solid recycled bikes sold under the ÉCOVÉLO brand, and built as part of an employment training program.

SPECIALTY BIKES

**514 BMX**  
5586A Sherbrooke W., [514bmx.getpayd.com](http://514bmx.getpayd.com)  
Hardcore BMX haven.

**Cycle Technique**  
788 Atwater, [cycletechnique.com](http://cycletechnique.com)  
A shop for serious cyclists.

**JUSST**  
80 Prince-Arthur E., 625 St-Maurice, [jusst.com](http://jusst.com)  
Specializing in electric bikes and scooters, with rentable electric and conventional models.

living

If you don’t want to end up couch-surfing or Airbnb-ing forever (and fuck Airbnb for exacerbating the housing crisis), you’re going to have to rent an apartment in this city. And believe it or not, Craigslist and Kijiji aren’t the only resources you can turn to in your search./

housing

HOUSING BANKS

**Concordia Student Union Off-Campus Housing and Job Resource Centre**  
Hall Building, 1455 de Maisonneuve W., H-224 ([Mezzanine](http://Mezzanine)), [classifieds.csu.qc.ca](http://classifieds.csu.qc.ca)

**hojo@csu.qc.ca**  
Online listings organized by Concordia’s student union with jobs and off-campus housing.

**McGill Off-Campus Housing**  
3473 University, [mcgill.ca/students/housing/offcampus](http://mcgill.ca/students/housing/offcampus)  
Complete online listings through a partnership with Places4Students.

**NDG Housing Table**  
5964 Notre-Dame-de-Grâce #206, [ndg.ca/en/ndg-housing-table](http://ndg.ca/en/ndg-housing-table)  
This NDG Community Council provides information on tenants’ rights and affordable housing.

SUBSIDIZED HOUSING

Though hardly a short-term solution (it can take years to finally get an apartment), subsidized dwellings are a steal if you can snag one.

**Office municipal d’habitation de Montréal**  
400 Rosemont, [omhm.qc.ca/en](http://omhm.qc.ca/en)  
Monday–Friday 8:30 a.m.–4:30 p.m.

**Société d’habitation et de développement de Montréal**  
800 de Maisonneuve E., #2200, 514-380-7436, [shdm.org](http://shdm.org)  
Monday–Friday 8:30 a.m.–12 p.m. & 1–4:30 p.m.

CO-OPS

**Fédération de l’habitation coopérative de Québec**  
7000 Parc #206, [fhcq.coop/en](http://fhcq.coop/en)  
A master list of hundreds of housing co-ops. They also offer workshops (in French) on numerous aspects of co-op housing, including renovations, organization and the law.

TENANTS’ RIGHTS

**Arnold Bennett Housing Hotline**  
514-488-0412, [facebook.com/groups/HousingHotline](http://facebook.com/groups/HousingHotline)  
Hotline open Monday–Friday 9 a.m.–5 p.m.

**LikeHome**  
[likehome.info](http://likehome.info)  
Online reference for students on housing and the rental market in Montreal.





# BLUESKIESTURNBLACK



**EXPLOSIONS IN THE SKY**  
EXIT ANGLES  
SEPTEMBER 12, 2024 - MTELUS



**FUCKED UP**  
CHASTITY + PUFFER  
SEPTEMBER 13, 2024 - FOUFS



**JESSICA PRATT**  
OTTO BENSON  
SEPTEMBER 18, 2024 - LA TULIPE



**PANSY DIVISION**  
TAXI GIRLS + PUBERTY WELL  
SEPTEMBER 20, 2024 - FOUFS



**LIANA FLORES**  
JULIANA CHAHAYED  
SEPTEMBER 21, 2024 - THÉÂTRE FAIRMOUNT



**SPIRIT OF THE BEEHIVE**  
WINTER  
SEPTEMBER 25, 2024 - FOUFS



**HOMESAKE**  
FREAK HEAT WAVES  
SEPTEMBER 27, 2024 - THÉÂTRE FAIRMOUNT



**MARCOS VALLE**  
SPECIAL GUESTS  
OCTOBER 3, 2024 - LA TULIPE



**NILÜFER YANYA**  
LUTALO + ELIZA MCLAMB  
OCTOBER 4, 2024 - LA TULIPE



**MDOU MOCTAR**  
THE MESSTHETICS & JAMES BRANDON LEWIS  
OCTOBER 7, 2024 - LE NATIONAL



**YARD ACT**  
OMNI  
OCTOBER 8, 2024 - THÉÂTRE FAIRMOUNT



**DJ SHADOW**  
LUNICE  
OCTOBER 11, 2024 - LA S.A.T.



**PYPY**  
SAMWOY + MULCH  
OCTOBER 11, 2024 - THÉÂTRE FAIRMOUNT



**ANDY SHAU (SOLO)**  
LE REN  
OCTOBER 12, 2024 - THÉÂTRE FAIRMOUNT



**GINGER ROOT**  
PEARL & THE OYSTERS  
OCTOBER 13, 2024 - LA TULIPE



**COMEDY BANG! BANG!**  
OCTOBER 16, 2024 - MTELUS



**DEHD**  
THIS IS LORELEI  
OCTOBER 18, 2024 - FOUFS



**XIU XIU**  
TERNET  
OCTOBER 18, 2024 - THÉÂTRE FAIRMOUNT



**MJ LENDERMAN & THE WIND**  
RYAN DAVIS & THE ROADHOUSE BAND  
OCTOBER 21, 2024 - THÉÂTRE FAIRMOUNT



**TOPS**  
JAHNAH CAMILLE  
OCTOBER 26, 2024 - LA TULIPE

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# Montreal neighbourhoods

A SERIES BY TAYLOR C. NOAKES

## DOWNTOWN

**Borders:** Generally speaking it’s Atwater to Berri, Sherbrooke to Viger. It’s hard to miss as downtown is where nearly all the tallest buildings are located. If you see skyscrapers, you’re likely downtown.

**The deal:** It’s where you probably go to school, as well as the site of the city’s highest concentration of clothes shopping and other retail, on the street and underground. It’s also where most of the bigger venues are located, like the Bell Centre and Place des Arts, as well as most of the major museums, like the Museum of Fine Arts, the Canadian Centre for Architecture (CCA) and the McCord Museum. Much of this part of the city is corporate and commercial, but there’s also a lot of great restaurants and bars, independent bookstores and hard to find record stores. Best of all, unlike the central business districts of other major cities, Montreal’s downtown isn’t completely deserted after 6 p.m.

**Primary feature:** Ste-Catherine Street

**Tip:** Take the side streets — downtown’s north-south streets are generally more interesting than the big east-west thoroughfares

**Hotspots:** The eastern and western thirds of downtown have both undergone pretty radical transformations over the last two decades and are well worth exploring. The eastern third is dominated by the Quartier des Spectacles and the revived Quartier Latin, and this is where several of the major summer festivals take place. The western third has been revived in no small part due to Concordia’s large foreign student population, which brought in a wide variety of small restaurants and specialty markets, completely transforming Ste-Catherine Street between Guy and Atwater.

**Places of interest/fun places to explore when you’re stoned:** The CCA sculpture garden is an interesting place to walk around, particularly so because its design and sculptures can actually tell you the history of Montreal, if you know how to read it.

## MILTON-PARC

**Borders:** Between Sherbrooke and des Pins, from University to St-Laurent Blvd.

**The deal:** Officially this area is called the Quartier Ste-Famille but it’s been known as Milton-Parc since far before then. It’s not hip to call this area the “McGill Ghetto” since, let’s face it, a bunch of trust fund kids living in overpriced apartments next to a prestigious university isn’t exactly the same thing as an ethnically homogenous slum. Milton-Parc has always had a strong connection to McGill as its proximity to the university and high-density residential housing made it ideal for students. But before it was home to students, it was the tony enclave of McGill’s professors and other members of the Montreal anglo intelligentsia. Earlier still, it was an upper middle-class neighbourhood. What’s most important about Milton-Parc is that it was saved from being demolished back in the late-1960s, when an unscrupulous real-estate development company bought up 95% of all the properties in the area, under a series of different business names, with the intention of demolishing everything and building a massive new development of about a dozen skyscrapers. A bunch of McGill students initiated a protest movement that led to the creation of the Milton-Parc Citizens Committee, which in turn managed to generate so much bad press for the proposed development that they ultimately had to drastically reduce its size and scope. The same group then worked with the Canada Mortgage and Housing Corporation to reclassify entire blocks of rowhouses as co-ops, and had the whole neighbourhood de facto recognized as architecturally significant. The La Cité complex in the middle of the neighbourhood is what the real estate developer was ultimately able to accomplish, but what’s more significant is that a bunch of McGill students were able to save the neighbourhood from destruction, setting an example and creating a model that would be used to better preserve vast swathes of the rest of the city.

**Primary features:** Well-preserved Victorian-era greystone rowhouses; drunk McGill undergrads

**Hotspots:** the pool at la Cité; Cinéma du Parc

## PARC EX

**Borders:** Acadie to Parc, Van Horne to Autoroute 40

**The deal:** Over the past two decades, Parc Ex has transformed from Greek Town to Little India. A couple of the city’s best Greek restaurants remain, but they’ve been overshadowed by a glut of good, cheap Indian and Pakistani fare, while the majority of neighbourhood shops serve the two communities. Hipsters have been moving in, too, despite rising rents due in part to the massive new Université de Montréal campus. Mile Ex is not a real place, realtors don’t get to decide what places are named, so please stop calling it that. The rebranding of Montreal’s neighbourhoods by real estate speculators is a key component of gentrification, and “Mile Ex” is a prime example. Basically, hipsters didn’t used to move to Parc Ex because it was ‘sketchy’, and now they do because some soulless real estate speculator got Google to change the name

on the maps, and this in turn helped drive rental rates up, pushing out the immigrants who used to call Parc Ex home.

**Primary features:** Little India, Jarry Park, the IGA tennis stadium, la Poubelle du ski

**Hotspots:** The Jean-Talon Market kinda straddles the border between Parc Ex, Villeray and Little Italy, but it’s also big enough for all three neighbourhoods.

**Places of interest/fun places to explore when you’re stoned:** Jarry Park

## THE PLATEAU

**Borders:** the Plateau Mont-Royal borough is basically everything east of Parc Avenue and north of Sherbrooke, as far as the CP Rail line that defines the northern and eastern border. It also includes the Milton-Parc neighbourhood in its southwestern corner.

**The deal:** The Plateau has earned its place in the pantheon of Montreal neighbourhoods, despite the toll that gentrification has taken on it. The Plateau is an interesting neighbourhood in that it has been \*the trendy neighbourhood\* several times over, and will likely gain the title once more in a few decades after gentrification has priced everyone out and the housing market collapses. The Plateau will survive, just like Montreal survives, because it’s just that good. It is the original suburb of tree-lined greystone walk-ups, with deps and cafés on every corner, and commercial thoroughfares lined with small businesses, bold new restaurants, dive bars and the trendiest clubs stacked cheek to jowl. The Plateau is a borough of neighbourhoods where you’ll find the Mile End, Little Portugal, Milton-Parc, Prince-Arthur, the Lower Main, the Quartier Sainte-Famille, Laurier and de Lorimier, various iterations on a similar theme. It will always be cool, hip, trendy and quintessentially Montreal.

**Primary feature:** The heart of the heart of the city, St-Laurent Boulevard (aka “the Main” according to the olds)

**Hotspots:** Too many phenomenal bars, clubs, cafés and restaurants to count, but you should go get to know all of them. Laurier Park and Carré Saint Louis are both excellent places to visit and spend an afternoon. Any self-respecting boulevardier will get to know Avenue Mont-Royal, St-Denis Street and St-Laurent Boulevard like the back of their hand. The alleyways up in the Plateau are worth the detour, as this is where Montreal’s ‘alleylife’ began in earnest.

**Places of interest/fun places to explore when you’re stoned:** LaFontaine Park. It’s magical.

## VERDUN

**Borders:** The Aqueduct Canal to the west, the channel between Montreal and Nun’s Island to the east, the grounds of the Douglas Psychiatric Hospital (or thereabouts) to the south, highway 15 to the north.

**The deal:** Not that long ago, Verdun was its own city, and more importantly, it was a dry city. Because of laws banning liquor licences to “taverns, cabarets and night clubs” dating back to 1965, Verdun wasn’t on anyone’s radar as a fun place to live. My, how things have changed.

Not only are liquor licences widely available, it seems like every business in Verdun applied for one in the last decade, transforming Wellington Street into an impressive if off-the-beaten-path hotspot.

Verdun used to be particularly inexpensive by Montreal standards, but that’s changed in recent years as the borough became increasingly gentrified. That said, the sheer volume of apartments throughout the borough means you may still find something that isn’t prohibitively expensive (though you may have to pound the pavement looking for it). The ace up Verdun’s sleeve are three of its own metro stations, connecting you to downtown in 15 minutes, even at rush hour.

Verdun used to be a neighbourhood people warned you about (and most of those warnings came from people living in Verdun!). Not anymore — it’s a gem. Verdun is like you took all the best elements and features of Montreal city living, threw them in a box, shook it up, and something different but familiar was the product.

Some of the benefits of gentrification: more government investment. The Verdun Hospital practically doubled in size, and the Verdun Auditorium recently completed a massive facelift. With about 4,000 seats, it hosts the CEBL’s Montreal Alliance and the PWHL Montreal and serves as a mid-sized concert venue as well. And the waterfront has become one of the great jewels in Montreal’s park system.

**Primary feature:** The seasonal transformation of Wellington Street into a pedestrian mall rivals the Plateau’s Mont-Royal Avenue.

**Hotspots:** Wellington hosts an eclectic and diverse mix of restaurants, cocktail bars and increasingly upmarket boutiques year-round, as do LaSalle and Verdun boulevards, Bannantyne and even some of the side streets, thanks to more permissive zoning laws. A must for sporty types, Verdun offers a variety of outdoor activities, including cycling, jogging, kayaking, cross country skiing, paddle boarding and even surfing. And at Verdun Beach, actually going for a swim in the river is now feasible, too.



# LE MAL NÉCESSAIRE

PRÉSENTE



**JAZZ  
NÉCESSAIRE**

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*Every Tuesday night* ● *Tous les mardis soirs*

G R A T U I T

FREE

18 h — 21 h

**The Jeff Louch Trio**

1015 rue Saint-Alexandre

PRÉSENTÉ PAR

**LILLET**



**LogisAction NDG**  
5964 Notre-Dame-de-Grâce #208, en.logisaction.ca  
Organization that helps residents of NDG with rental housing problems, devoted to improving overall housing conditions in the neighbourhood. Appointments can be booked through their website.

**Project Genesis**  
4735 Côte-Ste-Catherine  
514-738-2036 genese.qc.ca  
Free, confidential help with housing and financial issues, in-person by appointment, or by phone.  
Monday, Tuesday, Thursday 9 a.m.–4:30 p.m.

**Tribunal administratif du logement**  
5199 Sherbrooke E. #2360, 514-873-2245, tal.gouv.qc.ca/en  
This government department primarily resolves disputes between landlords and tenants but also advises about navigating Quebec’s housing laws. Services are offered in person by appointment, but you can get advice by phone from Monday to Friday between 8:30 a.m.–12 p.m. and between 1 p.m.– 4:30 p.m.

**Regroupement des comités logements et associations de locataires du Québec**  
6839 Drolet #305 (office temporarily closed), rclalq.qc.ca/en  
An umbrella organization that can direct you to housing rights groups in your neighbourhood. See the “find a housing committee” section of their website for the list.

**Front d’action populaire en réaménagement urbain (FRAPRU)**  
1431 Fullum #201, frapru.qc.ca  
Another umbrella organization for the advancement of housing rights. See the “membres” section for a list of their constituent member organizations.  
Note: French only.

CITY + GOVERNMENT

**City of Montreal Services**  
dial 311, montreal.ca  
Municipal.  
Tip: The Accès Montréal membership card (\$9) gets you deals on BIXI, the Espace pour la vie attractions (Biodôme, Biosphere, Botanical Gardens, Insectarium, Planetarium), golfing and more.  
Service Canada, canada.ca/en/employment-social-development/corporate/portfolio/service-canada  
Federal.

**Province of Quebec**  
quebec.ca  
Provincial.

**Recycling and disposal**  
Écocentres, Various locations, montreal.ca/en/topics/ecocentres (or call 311)  
Will take old electronics and any other toxic materials off your hands.

**Composting**  
Compost Montreal, compostmontreal.com  
Offers an affordable service across the island, though most boroughs now collect compost for free.

**Bedbugs**  
ville.montreal.qc.ca/bedbugs  
The city’s English-language bed bug prevention and management portal.

staying connected

INTERNET SERVICE PROVIDERS

**Mooching off café wifi will only get you so far, so here’s a list of the city’s internet service providers. Bell and Vidéotron are the major players, but we’ve also cherry-picked some indie ISPs. Remember to scour the fine print for extra fees (installation etc).**

**ColbaNet**  
colba.net  
Cable (internet) plans start at \$31.95/month, with an \$82 activation fee.

**Distributel**  
distributel.ca  
DSL and cable plans are currently going at a discounted 24-month rate from \$40 to \$60/month (usually \$70 to \$90/month), in addition to custom plans with various modem rental or purchase options. A \$30 activation fee and a \$50 installation apply to all new customers.

**EBOX**  
ebox.ca  
Cable and television service boasting unlimited data, starting at \$35/month. Multiple options for rental vs. purchase of modems. Free installation on most of their packages.

**oxio**  
oxio.ca  
This Quebec-based ISP promises to be “the first internet provider you’ll actually like.” Oxio offers six packages, the most cost-efficient of them priced at \$40 and locally based, friendly customer support.

**TekSavvy**  
teksavvy.com  
Service over cable or existing phone line currently starting at \$25/month and DSL packages starting at \$35.95/month. Activation is \$49.95 (though you can transfer a pre-existing cable Internet service at the same address to TekSavvy at no charge), modem option and dry loop fees will vary.

working

FINDING A JOB

**If you don’t speak French, your job opportunities may be limited. Still, there’s work out there for you, even if you’re a unilingual anglophone. You just need to know where to look. And while sites like LinkedIn, Indeed, workopolis.com and Craigslist are all good options, they’re not the only resources around.**

**Accès Montréal 311**  
Services provided by the city for residents include tips on job hunting along with some job postings.

**Employment and Social Development Canada**  
For locations, or for information about employment insurance or a SIN card, call 1-800-206-7218. Browse listings at jobbank.gc.ca, canada.ca/en/employment-social-development or canada.ca/en/services/jobs/opportunities/government to search government listings.  
Listings change all the time, so check in regularly and set up job alerts.

**Concordia Off-Campus Housing and Job Bank**  
classifieds.csu.qc.ca/services/hojo/  
Search the online ads for both housing and jobs.

**Concordia University Career Planning Services**  
1455 de Maisonneuve W., concordia.ca/students/

success/career-planning, caps@concordia.ca  
Valid Concordia ID and MyConcordia login required for online job search.

**Emploi-Québec**  
quebecemploi.gouv.qc.ca/plateforme-emploi, emploiquebec.gouv.qc.ca/  
Includes listings not found on the federal site, along with provincially-administered employment and training programs.

**McGill Career Planning Service**  
3600 McTavish #2200, 21111 Lakeshore, Ste-Anne-de-Bellevue, mcgill.ca/caps/  
Valid McGill ID number required. Features an online job bank as well as tutorials, seminars and workshops. Book an appointment with an advisor through their website.

**YES Employment + Entrepreneurship**  
666 Sherbrooke W. #700, yesmontreal.ca  
YES offers English-language support to help Quebecers aged 18–39 to find employment, start and grow businesses or realize a career in the arts. Services include individual career counselling, business coaching, day and evening workshops, mentoring, conferences and networking opportunities.

KEEPING A JOB

**Union des travailleuses et travailleurs accidentés ou malades (UTTAM)**  
2348 Hochelaga, uttam.quebec  
Among other things, this group lobbies the government on labour laws and work injuries, and assists claimants at CNESST hearings.

**Commission des normes, de l’équité, de la santé et de la sécurité du travail (CNESST)**  
cnesst.gouv.qc.ca  
This provincial agency makes sure employers are operating above board and investigates complaints. Oversees health and safety in the workplace and investigates accidents. Also a good resource on vacation pay, salaries, wrongful dismissal, parental-leave and other benefits.

**Direction de l’amélioration de la qualité des services à la clientèle**  
quebec.ca/gouvernement/ministere/emploi-solidarite-sociale  
A line for social-aid information and complaints run by Quebec’s Ministère de l’emploi et de la solidarité sociale.

**Le conseil national des chômeurs et chômeuses**  
3734 Parc, lecnc.com  
Offers guidance on employment insurance, including a detailed guide for students seeking EI. French only.

shopping clothing

**Ubiquitous and ultra-popular apparel options like H&M and Uniqlo are great (as is Holt Renfrew Ogilvy is you’ve got cash to burn on designer clothing), but it’s just as cheap and easy to set yourself apart from the pack by shopping at Montreal’s many distinctive stores.**

VINTAGE

**Annex Vintage**  
5364 St-Laurent annexvintage.com



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INCLUSIVE  
CITY**

**PROMOTE ACTIVE MOBILITY**

**CREATE**  
**GREEN SPACES**

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TRANSPORTATION**

**DEVELOP HUMAN-SCALE NEIGHBORHOODS**

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**Citizen Vintage**  
5330 St-Laurent [citizenvintage.com](http://citizenvintage.com)

**Empire Exchange**  
5225 St-Laurent, 6796 St-Laurent [empiremtl.com](http://empiremtl.com)

**Eva B**  
2015 St-Laurent [boutiqueevab.com](http://boutiqueevab.com)

**Ex-Voto**  
6534 St-Laurent [exvoto.ca](http://exvoto.ca)

**Friperie Sidney's**  
5165 Notre-Dame W. [friperiesidneys.ca](http://friperiesidneys.ca)

**Friperie Swing**  
151 des Pins E. [boutiqueswing.com](http://boutiqueswing.com)

**Little Shop**  
1002 Ogilvy [instagram.com/thelittleshopmtl](http://instagram.com/thelittleshopmtl)

**LNF Shop**  
5319 Parc lnfshop.com

**Ruse**  
5141 St-Laurent, [ruseboutique.com](http://ruseboutique.com)  
Also a consignment shop, if you're looking to thin out your wardrobe

LOCAL DESIGNERS & NOTABLE BOUTIQUES

**Belle et Rebelle**  
6583A St-Hubert [belleetrebelle.ca](http://belleetrebelle.ca)

**École de Pensée**  
380 Laurier W. [ecoledepensee.com](http://ecoledepensee.com)

**Frank & Oak**  
160 St-Viateur E., 1420 Stanley (menswear), 1432 Stanley (womenswear) [frankandoak.com](http://frankandoak.com)

**Jennifer Glasgow Design**  
5145 St-Laurent, [jenniferglasgowdesign.com](http://jenniferglasgowdesign.com)

**Silk Laundry**  
2465 Notre-Dame W. [silklaundry.ca](http://silklaundry.ca)

**Unicorn**  
5135 St-Laurent [boutiqueunicorn.com](http://boutiqueunicorn.com)

FACTORY OUTLETS + DISCOUNT STORES

**Namur**  
Factory outlets abound in strip-mall land surrounding Namur metro, including Fabricville and Ardène.

**Marché Centrale**  
8701–9197 Acadie, [marchecentral.com](http://marchecentral.com)  
On the north side of the 40, this sprawling strip mall has 11 outlets for Aldo, Calvin Klein, Puma, Nike, la Vie en Rose, Under Armour and more.

**Jeans Jeans Jeans**  
5575 Casgrain, [jeansjeansjeans.ca](http://jeansjeansjeans.ca)  
Cheap-ass denim, brand names, tailoring on-site.

**TAZ Premium**  
9120 Parc, [tazbasement.com](http://tazbasement.com)  
Liquidation-priced brand-name jeans and loads more.

GOODWILL

**Renaissance**  
Various locations including 7250 St-Laurent, 6960 St-Hubert, 6700 Côte-des-Neiges, 4261 Wellington [renaissancequebec.ca](http://renaissancequebec.ca)

**Le Chaînon**  
4461 St-Laurent, 8601 St-Laurent [lechainon.org/magasin/#](http://lechainon.org/magasin/#)

**Salvation Army Thrift Store**  
Various locations including 7066 St-Hubert, 4025 Wellington, 6116 Sherbrooke W., [salvationarmy.ca/quebec/thrift-store-locations/](http://salvationarmy.ca/quebec/thrift-store-locations/)

Village des Valeurs (aka Value Village)  
Various locations including 4912 Jean-Talon W., 2033 Pie-IX, [villagedesvaleurs.com](http://villagedesvaleurs.com)

WINTER

New to this climate? There's been global warming, but the deep freeze, snow squalls, skating-rink sidewalks and slush rivers will still shock the system. Get ready with your boots, hats, gloves, scarves and coats.

**Le 103 Chaussures**  
103 Mont-Royal E., 514-842-6402  
Liquidation location of brand name boots.

**Brador Hiver**  
350 Louvain W., [bradorhiver.com](http://bradorhiver.com)  
Discount winter clothes, open seasonally.

**Kanuk**  
485 Rachel E., [kanuk.com](http://kanuk.com)  
It's not cheap, but it's a quality Queb alternative to the ubiquitous Canada Goose jacket from Toronto.

**Icebreaker**  
1515 #1 Ste-Catherine W., [icebreaker.com](http://icebreaker.com)  
Get yourself a merino wool base layer and thank us later.

**Simons**  
977 Ste-Catherine W., [simons.ca](http://simons.ca)  
This Quebec-based department store chain sells well-priced coats and other insulating accessories.

furniture

NEW

**Ikea**  
9191 Cavendish [ikea.com/ca/en/stores/montreal/](http://ikea.com/ca/en/stores/montreal/)

**The Brick**  
8701 Acadie [thebrick.com](http://thebrick.com)  
Various locations including this clearance centre.

**JYSK**  
950 le Corbusier, 1160 Desserte W. [jysk.ca](http://jysk.ca)  
The Danish Ikea wannabe. Various off-island locations including these two in Laval.

SECOND-HAND

See Le Chaînon, Renaissance, Village des Valeurs and Salvation Army entries in the Clothing/Goodwill section. Here are three more:

**Éco-Dépôt Montréal**  
187 Richer (Lachine), 2117 Rachel E. [ecodepotmontreal.com](http://ecodepotmontreal.com)

**Magasin Habitat pour l'humanité**  
4399 Notre-Dame W., 6240 Henri-Bourassa E. [magasinhabitatqc.ca/nos-magasins/](http://magasinhabitatqc.ca/nos-magasins/)

**Marché aux Puces St-Michel**  
7707 Shelley, [facebook.com/pages/Marché-Aux-Puces-St-Michel/265813333495252](http://facebook.com/pages/Marché-Aux-Puces-St-Michel/265813333495252)

APPLIANCES

See entries for The Brick in Furniture/New and Magasin Habitat pour l'humanité in Furniture/Second-hand. Here are three more/;

**Almar**  
5400 Décarie [almarappliance.com](http://almarappliance.com)  
Family-owned, discount prices.

**Tanguay (fka Brault & Martineau)**  
Various locations including 6700 Jean Talon E., 7272 Newman, [tanguay.ca](http://tanguay.ca)

**Corbeil**  
Various locations including 4646-A Parc, 9570 Acadie, 6725 Jean-Talon E., [corbeilelectro.com](http://corbeilelectro.com)

ELECTRONICS & STEREO

A few local retailers aside from the mega chains Best Buy, the Source and the Apple Store.

**Addison Électronique**  
8018 20th Avenue  
An old-school go-to.

**CIPC**  
2536 Rosemont  
Computers, components, gaming gear and more.

**Fillion Electronique**  
5690 Sherbrooke E.  
Home theatre system specialists since 1973.

**Layton Audio**  
1170 Ste-Catherine W.  
Conveniently located downtown, this classic spot sells TVs, speakers, record players and more.

books

ACADEMIC

**Concordia Bookstore**  
1400 de Maisonneuve W., pickup locations at 7141 Sherbrooke W. (CJ1 422) and 1453 Mackay stores. [concordia.ca](http://concordia.ca)

**Concordia Community Solidarity Co-op Bookstore**  
1175 St-Mathieu #GN-MR12, [co-opbookstore.ca](http://co-opbookstore.ca)  
Con U's alternative to the for-profit campus bookstore, featuring an extensive selection of gender-and sex-studies titles.

**Le James – McGill Bookstore**  
680 Sherbrooke W., [lejames.ca](http://lejames.ca)  
Course materials, textbooks and general interest books.

NEW

**Argo**  
1841A Ste-Catherine W. [argobookshop.ca](http://argobookshop.ca)

**Drawn & Quarterly**  
211 Bernard mtl.[drawnandquarterly.com](http://drawnandquarterly.com)

**Indigo**  
1500 McGill College chapters.[indigo.ca](http://indigo.ca)



# POWERWOLF



WITH SPECIAL GUESTS

UNLEASH THE ARCHERS

SEPTEMBER 15  
**PLACE BELL**  
LAVAL, QC

BUY TICKETS



EEMONTREAL.COM

## → UPCOMING SHOWS ←

**NAILS + MAMMOTH GRINDER**  
**+ 200 STAB WOUNDS + TRIBAL GAZE**  
SEPTEMBER 11 @ FAIRMOUNT THEATRE

**HIGH ON FIRE + WARKRUSHER**  
SEPTEMBER 12 @ FAIRMOUNT THEATRE

**MOVEMENTS + TURNOVER**  
**+ QUEEN OF JEANS**  
SEPTEMBER 13 @ THÉÂTRE BEANFIELD

**CONAN + MARES OF THRACE**  
**+ DOOMSDAY DEMENTIA**  
SEPTEMBER 15 @ CAFÉ CAMPUS

**POLARIS + BLESSTHEFALL**  
**+ THOUSAND BELOW + NERV**  
SEPTEMBER 16 @ MTELUS

**FLESHGOD APOCALYPSE + SHADOW OF INTENT**  
**+ INGESTED + THE ZENITH PASSAGE**  
**+ DISEMBODIED TYRANT**  
SEPTEMBER 20 @ OLYMPIA

**GALACTIC EMPIRE + POWERGLOVE**  
**+ DANIMAL CANNON + DOUBLE EXPERIENCE**  
OCTOBER 1 @ FAIRMOUNT THEATRE

**SEPULTURA + OBITUARY**  
**+ AGNOSTIC FRONT + HARVEST**  
OCTOBER 10 @ OLYMPIA

**ENTER SHIKARI + YOU ME AT SIX**  
**+ YOURS TRULY**  
OCTOBER 21 @ THÉÂTRE BEANFIELD

**SLIFT + MEATBODIES**  
OCTOBER 22 @ FAIRMOUNT THEATRE

**PROTEST THE HERO + 68' + KAONASHI**  
OCTOBER 23 @ THÉÂTRE BEANFIELD

**THE BLACK DAHLIA MURDER + DYING FETUS**  
**+ SPITE + ANGELMAKER + VOMIT FORTH**  
NOVEMBER 5 @ MTELUS

**BETTER LOVERS + FULL OF HELL**  
**+ SPY + CLOAKROOM**  
NOVEMBER 16 @ FAIRMOUNT THEATRE



**MORE SHOW LISTINGS + TICKETS AT EEMONTREAL.COM**





**Paragraphe**  
2220 McGill College [paraglyphbooks.com](http://paraglyphbooks.com)

**Pulp Books & Café**  
3952 Wellington [pulpbooks.ca](http://pulpbooks.ca)

**Saint-Henri Books**  
4622 Notre-Dame W. [sainthenribooks.com](http://sainthenribooks.com)

USED

**Cheap Thrills**  
2044 Metcalfe [cheapthrills.ca](http://cheapthrills.ca)  
Though mainly a music store, you'll find a wide variety of titles here, including a large selection of books about music.

**Encore**  
5670 Sherbrooke W. [encorebooks.ca](http://encorebooks.ca)  
Books, music and movies in NDG.

**Phoenix Books**  
5928 Sherbrooke W. [@phoenixbooksndg](http://@phoenixbooksndg)

**T. Westcott Books**  
6792 St-Hubert 514-846-4037  
A Petite-Patrie shop stacked floor to ceiling with books and friendly resident cats.

**The Word**  
469 Milton, [wordbookstore.ca](http://wordbookstore.ca)  
Used textbooks, theory and a great selection of literature. McGill-adjacent.

COMICS, GRAPHIC NOVELS + ZINES

See entries for Drawn & Quarterly and Pulp Book in Books/New.

**Capitaine Québec**  
1837 Ste-Catherine W., [facebook.com/Capitainequebecmtl](http://facebook.com/Capitainequebecmtl)

**Crossover Comics**  
3560 Notre-Dame W., [shopcrossovercomics.ca](http://shopcrossovercomics.ca)

**Librairie Z**  
3420 Ontario E., [librairiezbookstore.com](http://librairiezbookstore.com)

**1,000,000 Comix**  
3868 Jean Talon E., [facebook.com/1000000comixmtl](http://facebook.com/1000000comixmtl)

**Komico**  
6000 Côte-des-Neiges, [komico.ca](http://komico.ca)

**Millenium Comics**  
451 Marie-Anne E., [facebook.com/millenium.comics.1](http://facebook.com/millenium.comics.1)

SPECIALTY BOOKS

**Artexte**  
2 Ste-Catherine E. #301 [artexte.ca](http://artexte.ca)  
Contemporary arts bookstore with a gallery dedicated to print culture and visual arts documentation.

**Canadian Centre for Architecture (CCA) Bookstore**  
1920 Baile [cca.qc.ca/en/visit](http://cca.qc.ca/en/visit)  
The hub for books on photography, urban and industrial design and art.

MAGAZINES + NEWSPAPERS

Outside of bookstores, dépanneurs and pharmacies, a handful of shops still specialize in mainstream and specialty magazines and local and international newspapers.

**ABC Magazines**  
1500 Atwater

**Multimags**  
Various locations including 370 Laurier W., 825 Mont-Royal E., 6889 St-Laurent, 5508 Monkland, 1717 Berri

music

VINYL + CDS

**Archambault**  
Various locations including 250 Jean-Talon E. [archambault.ca](http://archambault.ca)  
Sells new CDs, instruments, books, and some vinyl.

**Atom Heart**  
364 Sherbrooke E. [atomheart.ca](http://atomheart.ca)  
Near UQAM, these alt specialists sell new vinyl and CDs.

**Aux 33 Tours**  
1373 Mont-Royal E. [aux33tours.com](http://aux33tours.com)  
Huge stock of new and reissued vinyl.

**Beatnick**  
3770 St-Denis [beatnickmusic.com](http://beatnickmusic.com)  
Used and new vinyl, including lots of soul and collectors' items.

**Cheap Thrills**  
2044 Metcalfe [cheapthrills.ca](http://cheapthrills.ca)  
McGill-adjacent spot that sells new and used vinyl as well as books, magazines and DVDs.

**Death of Vinyl**  
6442 St-Laurent [deathofvinyl.com](http://deathofvinyl.com)  
Vast crates to dig through in Little Italy.

**L'Oblique**  
4333 Rivard, [facebook.com/Boutiqueloblique](http://facebook.com/Boutiqueloblique)  
Plateau indie/alt specialists who sell vinyl and CDs.

**Phonopolis**  
207 Bernard W. [phonopolis.ca](http://phonopolis.ca)  
Your Mile End destination for new and used vinyl and CDs.

**Sonik**  
4050 Berri [facebook.com/Sonik-Records-186553604713275](http://facebook.com/Sonik-Records-186553604713275)  
Alt, punk and indie specialists in the Plateau.

**180g**  
5866 Lorimier, [facebook.com/le180g](http://facebook.com/le180g)  
Friendly Petite-Patrie café with small but mighty selection of new and used records, plus occasional events.

INSTRUMENTS + GEAR

**Archambault**  
250 Jean-Talon E. [archambault.ca](http://archambault.ca)

**Diplomate Musique**  
311 Beaubien E. [musiquediplomate.com](http://musiquediplomate.com)

**Drum Bazar**  
185 Louvain W. local 300B [drumbazar.net](http://drumbazar.net)

**Long & McQuade**  
10715 Pie-IX [long-mcquade.com](http://long-mcquade.com)

**MOOG Audio**  
3828 St-Laurent [moogaudio.com](http://moogaudio.com)  
Also rents sound systems and DJ gear for parties.

**Steve's Music**  
Various locations including 150 Ste-Catherine E. [stevesmusic.com](http://stevesmusic.com)

**Studio Economik**  
215 St-Augustin [economik.com](http://economik.com)  
Pro-audio and studio gear for purchase or rent. maintenance

maintenance

SPA + BEAUTY

There are tons of salon, spa and beauty options around town.

**Bota Bota**  
Berge des Coursiers (a waterfront park at McGill and de la Commune W.), [botabota.ca](http://botabota.ca)  
Nordic spa on a boat in the Old Port. Gorgeous view included.

**Candy Nail Bar**  
6218 St-Hubert 514-276-7835 [candynailbar.com](http://candynailbar.com)  
Specializing in 3D Japanese-style nail art. By appointment only.

**Dee's Beauty Salon**  
1014 Jean-Talon W., 3264 St-Martin W. (Laval).  
Esthetic services offered at 20th century prices, including threading (eyebrows \$6) and waxing (Brazilian \$20). Walk-in only.

**Scandinave Spa**  
71 de la Commune W., 1-844-220-2009 [scandinave.com/vieux-montreal/en/](http://scandinave.com/vieux-montreal/en/)  
A beautifully designed spa environment that uses ancient Scandinavian traditions of hydrotherapy baths, sauna and massage. Take advantage of a 20% student discount from Mondays to Fridays until Sep. 13.

**Spa Diva**  
1455 Peel 4th floor, 514-985-9859 [spadiva.ca](http://spadiva.ca)  
Face, skin, muscle and nail care, conveniently connected to Peel metro.



September 5  
— October 26, 2024

**CONNECTING  
FROM THE  
INSIDE OUT**

My-Van Dam

Commissaire/Curator :  
Geneviève Wallen



© My-Van Dam

**MONTREAL,  
ARTS INTERCULTURELS**

m-a-i.qc.ca

# RETURNING TO LOVE

TWENTY-FIFTH  
25  
ANNIVERSARY

October 17 + 18, 2024

**DRAGCESSIBLE**

House of Gahd  
(Uma Gahd + Selma Gahd)



January 29 + 30 + 31  
+ February 1, 2025

**ANXIETY**

Simik Komaksiutiksak



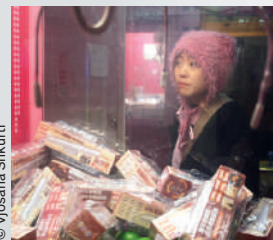
© Pierre Tran

April 9 — 12, 2025

《{光(陰|影)}之∞》

**[GUĀNG YĪN]**  
THE LIGHTEST DARK  
IS DARKER THAN THE  
DARKEST LIGHT

Nien Tzu Weng



© Vosana Shkurti

November 12  
+ 13 + 15 + 16, 2024

**THE CONDITIONS**

Lucy M. May / Loomms



© Fran Chudnoff

February 6 — 22, 2025

**DEAR LAILA**

Basel Zaraq



© Pietro Bertora

April 23 — 26, 2025

**A HOLE IS A HOLE IS  
A HOLE IS**

Ton Bogataj + Christopher  
Ramm + Marco Merenda



© Lorenz Vetter

November 28, 2024

**UNTITLED**

Louise Liliefeldt



© Christian Leduc

February 26 — March 1, 2025

**THOSE ROOTS  
WITHIN**

Alida Esmail + Sophia  
Wright + Hodan Youssouf

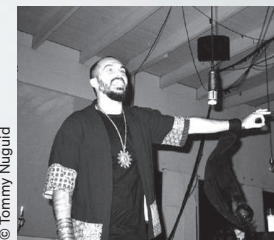


© David Wong

May 30 + 31, 2025

**DRIP OR DROWN**

Jai Nitai Lotus

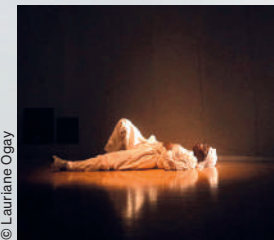


© Tommy Nuguid

January 15 — 18, 2025

**TRACEABLE**

Nubian Néné /  
A Lady in the House  
Dance Company



© Lauriane Ogay

March 6 — 29, 2025

**agency**

tīná gúyáńí (seth  
cardinal dodginghorse  
+ Glenna Cardinal)



© seth cardinal dodginghorse

June 18 — 21, 2025

**FACE RIDER**

Fran Chudnoff  
+ Driftnote + Angela  
Cabrera



© Roya DelSol



HAIR

Guys have plenty of barber options, of both the old- and new-school variety: from the mega-cheap Chinatown barber Hair Salon Toc on St-Laurent near de la Gauchetière, to high-end St-Henri barbershop Notorious, to mom and pop salons for all genders that dot the city. Here are some alternative spaces for hair care.

**Haircuts for Anyone**  
390 St-Zotique E. haircutsforanyone.com  
Queer- and trans-positive space offering cuts on a sliding scale from \$30–\$70. By appointment only.

**Aura Beauté**  
5584 Sherbrooke W. aurabeautemontreal.com  
Gender-neutral hair salon offering personalized cuts for \$30 to \$240 before taxes.

MASSAGE

Some schools offer cheap massages as part of their sports therapy clinics, but there are off-campus options. Be warned, though, that there is still a thriving business for that OTHER kind of massage, so make sure a place is legit before you book — unless, of course, you're interested in a happy ending, and you're a guy. (We've found that women can't get a friendly fingering from the rub 'n' tugs.)

- Espace Nomad**  
4660 St-Laurent [espacenomad.ca](http://espacenomad.ca)

**Lanna Thai Massage**  
1005 Bernard [massagelannathai.com](http://massagelannathai.com)

**Lotus Palm**  
5244 St-Urbain [lotuspalm.com](http://lotuspalm.com)

**Rainspa**  
55 St-Jacques 3rd floor [rainspa.ca](http://rainspa.ca)

**Scandinave Spa**  
71 de la Commune W. [scandinave.com](http://scandinave.com)

PETCARE

According to the current city by-law, when outdoors, a dog must be kept on a leash no longer than 1.85m at all times. If it weighs 20kg or more, dogs (and pigs) must also wear a head halter or harness attached to a leash. For a list of all pet owner obligations and requirements as well as pet permits, head to [montreal.ca/en/pets](http://montreal.ca/en/pets).

There are innumerable vets and pet food options in this city, but here are some city-run and specialized services you should know about.

**Animalerie Little Bear**  
4152 Ste-Catherine W. [littlebearonline.com](http://littlebearonline.com)  
Food and other stuff for cat and dog owners. Delivery available.

- Berger Blanc**  
9825 Henri-Bourassa E. [bergerblanc.com](http://bergerblanc.com)  
Municipal pound, and a good place to call if you're looking for a lost pet. They also perform the city's euthanasia services. They post some images of adoptable pets online, but it's better to go in person. Note: This is a kill shelter. If you have no choice but to relinquish your pet, we recommend against leaving him/her here.

**Chaton Santé**  
1052 Bernard [veterinairechaton.com](http://veterinairechaton.com)  
Vet clinic exclusively for cats, convenient to Mile End and Mile Ex neighbourhoods.

**Hôpital Vétérinaire du Nord**  
9988 Lajeunesse [passionimo.ca/en/find-a-clinic/du-nord-veterinary-hospital-inc/](http://passionimo.ca/en/find-a-clinic/du-nord-veterinary-hospital-inc/)  
Makes house calls.

**The Pussie Patrol Cat Rescue**  
[pussiepatrolcatrescue.com](http://pussiepatrolcatrescue.com)  
Volunteer-run org that spays and neuters strays, provides insulated shelters, socializes and fosters kittens, and assists with rehoming kittens and adult cats in need.

**SPCA**  
5215 Jean-Talon W. [sPCA.com](http://sPCA.com)  
Emergency and care service for lost animals. There is a death row for pets here, so it's a humane choice if you're looking to adopt/rescue a pet. Offers a free Trap-Neuter-Release program for feral cats to some municipalities.

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BURLESQUE  
FESTIVAL

TIFFANY CARTER

SCARLETT JAMES

CERVENA FOX

ELIZA DELITE

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OCT 18 & 19 2024

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1225  
ST LAURENT  
514 286 1010





# SEGAL CENTRE

THEATRE SEASON 2024-2025 SAISON THÉÂTRALE

**CLASS ACT**  
FOR STUDENTS AND PEOPLE UNDER 30

**\$20**  
**Tickets!**  
\*CONDITIONS APPLY



**SUBSCRIBE NOW!**

514-739-7944 [SEGALCENTRE.ORG](https://segalcentre.org)



# fitness

On top of Montreal’s school gyms, there are plenty of other options in town for keeping fit. To stay active without paying lots of fees, the city also offers access to many sporting facilities and leisure activities for free.

## GOVERNMENT-RUN

**City sports and recreation info line**  
dial 311 montreal.ca/en/sports-and-recreation

Neighbourhood arenas and swimming pools often operate at specific, sometimes unusual hours. For up-to-date information, be sure to check out the city’s website above. Note that the Accès Montréal card gets you discounts or free use of public tennis courts, golf courses, skateparks, ziplines, nature parks and swimming pools. Find out how to get one at montreal.ca/en/how-to/get-acces-montreal-card.

**Route Verte**  
routeverte.com/en/ride/planning  
Quebec’s largest network of cycling paths, criss-crossing over 5,300 kilometres of the province and much of the city, as well as parts of New Brunswick, Ontario and the U.S. Their website is perfect for planning your trip and also features codes of conduct for biking in Quebec.

## WINTER

**Atrium Le 1000**  
1000 de la Gauchetière W. le1000.com/en/skate  
A 10,000-square foot indoor skating rink with cheap skate rentals, which also plays host to frequent skating parties with DJs. Check the website or give them a call at 514-395-0555 for up-to-date info or to make a reservation.

**Beaver Lake**  
lemontroyal.qc.ca/en  
Winter activities on and around this Mount Royal lake include sledding, cross-country skiing, skating, snowshoeing and more (weather permitting). The 11 bus running west on Mont-Royal Avenue will get you there.

**Tobogganing**  
Doesn’t get any cheaper than that. A perennial winter favourite is the slope at Parc and Mont-Royal, just south of Mont-Royal Avenue. Buy a crazy carpet or use a makeshift DIY one.

**Ice Skating**  
montreal.ca/en/topics/arenas-and-outdoor-skating-rinks  
There are dozens of free, city-maintained outdoor skating rinks all over the city, including many that are devoted to playing pick-up hockey games.

## YOGA AND GYMS

**Anytime Fitness**  
Various locations including 4117 St-Laurent, 7077 Parc, 2630 Notre-Dame W., 225 Peel  
24-hour gym chain.

**Ashtanga Yoga**  
372 Ste-Catherine W. #118 ashtangamontreal.com

**Buzzfit**  
buzzfit.ca  
A chain of cheap and cheerful 24-hour gyms.

**Éconofitness**  
econofitness.ca/en  
Another affordable gym chain.

**Idolem Hot Yoga**  
20+ locations idolem.com/en/hot-yoga  
A hot yoga chain.

**Modo Yoga**  
3863 St-Laurent #205 modoyoga.com/montreal  
Hot yoga in the Plateau. Class bookings must be made in advance.

**Morpho Bleu**  
4260 Girouard, 3rd floor morpho-bleu.com  
The NDG destination for hot yoga, formerly a Moksha/Modo Yoga studio.

**Naada**  
5540 Casgrain naada.ca  
Offers a range of classes, including restorative and wall yoga.

**YMCA**  
Various locations, including 4335 Hampton, 5550 Parc, ymcaquebec.org  
With numerous locations, special deals, free activities and daily swim sessions open to the community, the Y offers something for almost any budget.

## TEAM SPORTS

Sign up to play intramural team sports like soccer, basketball, volleyball and more through recreational leagues organized by Club Montréal Sport & Social (CMSS). Individuals, small groups and full teams are invited to register at any time.  
clubmontreal.ca

## TENNIS

Book tennis courts through the city (montreal.ca/en/how-to/reserve-outdoor-tennis-court), or contact Tennis Montreal to book an indoor or outdoor court in Jarry Park’s Stade IGA, where the champs play in August (tennismontreal.qc.ca).

## SKATEBOARDING

As a mode of transport, skateboards might be more popular than ever in Montreal, but the city doesn’t boast the caliber of public parks that many other North American metropolitan areas do. Still, there are hit-and-miss outdoor options around the island — find more information here: [https://montreal.ca/en/places?mtl\\_content.lieux.installation.code=SKAT](https://montreal.ca/en/places?mtl_content.lieux.installation.code=SKAT)

## LEGAL OUTDOOR SKATEPARKS

**Vans Skatepark in the Olympic Park Esplanade**  
(900 section near Sherbrooke E.)

**Peace Park**  
St-Laurent just north of René-Levesque

**Projet 45 DIY**  
Adjacent to the Taz, 9043 Papineau

**Verdun skate park at Arthur-Therrien Park**  
3750 Gaétan-Laberge

**Viaduc Van Horne**  
5855 St-Laurent

**Jarry Park skate park**  
At St-Laurent and Jarry

**Père-Marquette skate park**  
1424 Rosemont

**Skate Plaza**  
2095 Campion

## INDOOR SKATEPARKS

These come in handy during the winter, as long as you don’t mind paying to play.

**Taz**  
8931 Papineau, taz.ca/en  
Indoor skatepark for BMxers and skaters with numerous ramps.

**Spin Skatepark/Skateshop**  
9520 Leduc #05 (Brossard) spinskatepark.com  
Spin Skatepark is a South Shore mainstay located in Dix30.

# healthcare

## COVID-19

quebec.ca/en/health/health-issues/a-z/2019-coronavirus  
The province’s COVID-19 portal, including a vaccination guide.

## HOTLINES

Because 911 is not the only number to call.

**Info Santé**  
Call 811 to talk to a nurse 24/7.  
If you don’t have a family doctor and you’re either on the waiting list or being cared for by groups of doctors, you can also call 811 and select option 3 to reach the Guichet d’accès à la première ligne (GAP). You can book a doctor’s appointment through this service, if necessary. (The service is also available online: gap.soinsvirtuels.gouv.qc.ca/en)

**Quebec Poison Control Centre**  
1-800-463-5060  
Available 24 hours a day.

**Information and Referral Centre of Greater Montreal**  
514-527-1388 crgm.ca  
For more information about health services, addiction resources, government benefits and other social services.

**Accès Montréal**  
Call 311 for city info, to make a municipal service request or file a complaint, during business hours, seven days a week.

## HEALTH INSURANCE

For students, the campus Student Health Services clinics offer you access to immunization, appointments with doctors and nurses, STI testing and the like. Another option is CLSCs — provincially run community health clinics accessible to Quebec residents with health cards.

Obtaining a health card is worth the effort if you’re eligible, as they enable you to access hospitals, CLSCs and other public clinics and the provincially subsidized prescription drug plan (which pays half of most prescriptions). It’s also a widely accepted form of ID. To get one, register by providing proof of Quebec residency or a Quebec birth certificate, and if you’re from out of province, revoke your access to the health coverage of your home province. See the guidelines for eligibility and how to acquire a card here: [ramq.gouv.qc.ca/en/citizens/health-insurance/know-eligibility-conditions](https://ramq.gouv.qc.ca/en/citizens/health-insurance/know-eligibility-conditions)

For Canadian citizens and those covered by health plans from out of province, most emergency rooms



WHAT IS THE NEXT STEP TO

GROW MY BUSINESS?

We can answer that.

### BUSINESS COACHING

Work one-on-one with a business coach to develop a customized plan that's focused on your needs and your business. Open to any age and stage of business.\*

### BUSINESS BOOTCAMP: KICKSTART YOUR ENTREPRENEURIAL JOURNEY

FREE\* | Thurs, Sept 5, 12, 19 & 26 | 6:00PM–8:30PM

### MAXIMIZE YOUR REVENUE POTENTIAL

FREE | Wed, Sept 11 | 2:00PM–3:30PM

### SELLING ON AMAZON: HOW TO GET STARTED

\$20 | Tues, Sept 17 | 6:30PM–8:30PM

### YES COMMUNITY OPEN HOUSE EMPOWERING ENTREPRENEURS WITH RESOURCES AND OPPORTUNITIES

FREE | Tues, Sept 17 | 6:00PM–8:00PM

### NEW! ELLEVATING WOMEN ENTREPRENEURS: BUSINESS FINANCES 101

FREE | Fri, Sept 20 | 1:00PM–3:00PM

### BOOKKEEPING ESSENTIALS FOR LAUNCHING YOUR BUSINESS

\$20 | Tues, Sept 24 | 6:30PM–8:30PM

### 9 ACTION STEPS TO BUILDING A SUCCESSFUL BUSINESS

FREE | Wed, Sept 25 | 2:00PM–3:30PM



Register now at [yesmontreal.ca](https://yesmontreal.ca) or call **514-878-9788**

Join us in person at 666 Sherbrooke Street West, 7th floor or attend online. Learn in a dynamic environment, meet new people, and discover new skills. Don't wait – pre-register now!

\*For \$30, you'll have access to specialized services including coaching, Business Bootcamp, legal information, and accounting clinics for a full year.

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# REGISTRATION OPEN

WINTER 2025

MTL SKI CLUB,  
Mardi-Ski, RR-Max,  
Laurentide

BUS TRANSPORTATION  
+ LIFT TICKETS

**RODROY.COM**



will treat patients without charging cash, although the wait can be long. Many private clinics demand that you pay up.

CLSCS

Some CLSC clinics are open from 8 a.m. to 8 p.m. (though many close at 5 p.m. or 6 p.m., and some as early as 4 p.m.) and offer a wide range of medical services. Some CLSCs require proof of residence in the borough, while others have daily caps on the number of patients they'll see, so it's always a good idea to call ahead before visiting any of these CLSCs.

Search all CLSC addresses and phone numbers here: [sante.gouv.qc.ca/en/repertoire-ressources/clsc/](https://sante.gouv.qc.ca/en/repertoire-ressources/clsc/)

CLINICS

**Head & Hands**  
3465 Benny 514-481-0277 [headandhands.ca](http://headandhands.ca)  
Provides social and legal services to youths between the ages of 12 and 25, and operates a medical clinic for those with or without insurance. Appointments can be made by phone or online. Please note that the medical clinic no longer allows drop-ins.

**Medico Centre Mont Royal**  
4689 Papineau 514-521-5555  
[medicocentremontroyal.ca/contact](http://medicocentremontroyal.ca/contact)  
Clinic offering consultations by phone or online. Book an appointment the night before by phone or through Bonjour Santé.

DENTISTRY

**McGill University McCall Dental Clinic**  
752 Sherbrooke W. 514-398-3155 [mcgill.ca/dentistry/clinics/ssdc](http://mcgill.ca/dentistry/clinics/ssdc)  
McGill operates an Undergraduate Teaching Clinic, with very budget prices, but only by application. While it doesn't offer the budget prices of the Teaching Clinic, the Student and Staff Dental Clinic is open to the public.

THERAPY / PSYCHIATRIC

Many universities offer counselling services, like Concordia's Counselling and Psychological Services or McGill's Student Wellness Hub. McGill's Student Wellness Hub offers some in-person appointments at the Downtown campus, and both institutions offer remote services via phone, video conferencing and email. Check out [concordia.ca/health/mental-health/counselling](http://concordia.ca/health/mental-health/counselling) or [mcgill.ca/wellness-hub/](http://mcgill.ca/wellness-hub/) respectively for more information.

PREGNANCY TESTING AND COUNSELLING

If you don't want to get pregnant, get an IUD, use the pill and/or condoms — right? Right.

**Clinique Médicale Fémina**  
1265 Berri #430 514-843-7904 [clinique-femina.com](http://clinique-femina.com)  
A pro-choice space with gynecological, contraception and STI testing services. Currently open primarily for abortion services and IUD insertion and removal.

**Fédération du Québec pour le Planning des Naissances**  
469 Jean-Talon W. #335 514-866-3721 [fqpn.qc.ca](http://fqpn.qc.ca)  
Resources and advocacy on women's reproductive choices.

**Grossesse-Secours**  
79 Beaubien E. 514-271-0554 [grossesse-secours.org](http://grossesse-secours.org)  
Hotline for information about pregnancy and

contraception, as well as prenatal care. Offers services for pregnant women and those with newborns, including cheap pregnancy tests.

**Head & Hands**  
3465 Benny 514-481-0277 [headandhands.ca](http://headandhands.ca)  
Provides pro-choice, sex-positive and queer-and-trans-friendly medical, social and legal services to youths between the ages of 12 and 25, including abortion consultation. Currently operating by appointment only.

**Morgentaler Clinic**  
8560 St-Hubert #310 514-844-4844 or 1-888-401-4844 [montrealmorgentaler.ca](http://montrealmorgentaler.ca)  
Call or email for appointments to terminate unwanted pregnancies, covered by Quebec medicare for RAMQ cardholders. The clinic is currently open by appointment only.

PREGNANCY + PARENTING

**Centre des Femmes de Montréal**  
3585 St-Urbain 514-842-4780  
[centredesfemmesdemtl.org](http://centredesfemmesdemtl.org)  
For the past 51 years, this centre has provided services for mothers-to-be and new mothers.

**Elizabeth House**  
2131 Marlowe 514-482-2488 [maisonelizabethhouse.com](http://maisonelizabethhouse.com)  
Residential placement and external services for pregnant teens and young parents in need of support, including help on returning home or finding a new place to live. By referral only.

**Head & Hands Young Parents Program**  
3465 Benny [headandhands.ca/programs-services/young-parents-program](http://headandhands.ca/programs-services/young-parents-program)  
Call 514-481-0277, or email [ypp\\_pjp@headandhands.ca](mailto:ypp_pjp@headandhands.ca)

**Montreal Diet Dispensary**  
2182 Lincoln 514-937-5375 [dispensaire.ca](http://dispensaire.ca)  
Offers nutritional counselling, breastfeeding information and food baskets to pregnant women, mainly those with low incomes. Check out their website for information on upcoming workshops and other services.

**Tel-jeunes**  
1-800-361-5085 [teljeunes.com/en/parents](http://teljeunes.com/en/parents)  
An intervention and support group referral service available from 6 a.m. to midnight by phone, or from 6 a.m. to 10:30 p.m. for their online live chat service.

services

LEGAL

**DeGrandpré Chait**  
800 Rene-Levesque W. [info@dgchait.com](mailto:info@dgchait.com) 514-878-4311  
A long-standing and versatile Montreal firm for individuals and businesses, should legal trouble arise.

**Head & Hands**  
3465 Benny [headandhands.ca/programs-services/legal-services](http://headandhands.ca/programs-services/legal-services) [legal@headandhands.ca](mailto:legal@headandhands.ca)  
Advice from a legal coordinator is available for youths aged 12–25, and appointments are available (to people of all ages) during legal clinics with volunteer lawyers. Consultations, which generally run 15 to 30 minutes, are available over the phone.

**Inform'Elle**  
2068 Édouard [informelle.org](http://informelle.org) [droitpourelle@informelle.org](mailto:droitpourelle@informelle.org)  
Information and referrals for women about divorce, alimony, mediation and other family law issues.

**Legal Aid/Aide Juridique**  
[aidejuridiquedemontreal.ca/en](http://aidejuridiquedemontreal.ca/en)  
Access to free legal advice and representation for

youths, low-income individuals and welfare recipients facing criminal charges.

**Legal Information Clinic at McGill**  
3480 McTavish (#108 & 107-A) [licm.ca](http://licm.ca)  
Open to the general public, the clinic offers free legal information, referrals to low-cost or pro bono lawyers and other legal services by McGill law student volunteers. Please visit their website for the most up-to-date information.

**YWCA Legal Information Clinic**  
1355 René-Lévesque W. 514-866-9941 ext. 293  
[ydesfemmesmtl.org/en/community-services/legal-information-clinic](http://ydesfemmesmtl.org/en/community-services/legal-information-clinic)  
The clinic, accessible only to women and their families, offers appointments for legal information (but not legal aid) on a sliding scale of \$0–\$20 for a half-hour consultation period. Be aware, the clinic receives a large volume of calls so you may experience delays.

LGBTQ+ COUNSELLING, ADVOCACY + COMMUNITY

Seek out Queer Concordia, Queer McGill and other university groups online and in person for LGBTQ+ support. Here are some off-campus organizations:

**AlterHéros**  
[alterheros.com/en/Portal](http://alterheros.com/en/Portal) site for sexual diversity (as well as neurodiversity).

**L'Astérisk**  
1575 Atateken [coalitionjeunesse.org/general-2](http://coalitionjeunesse.org/general-2)  
Bilingual safer space for LGBTQ+ youth (14–35) to socialize and meet each other without pressure to drink alcohol or spend money.

**Centre for Gender Advocacy**  
2110 Mackay [genderadvocacy.org](http://genderadvocacy.org)  
Numerous programs, workshops, resources and advocacy, as well as free and confidential peer support/active listening for those suffering from gender oppression.

**Montreal LGBTQ+ Community Centre**  
2075 Plessis #110 [ccglm.org/en](http://ccglm.org/en)  
A space for individuals and organizations seeking information about a range of LGBT issues. The Open Book Library specializes in documentation on sexual diversity-related issues.

**Helem**  
[montrealhelem.org](http://montrealhelem.org)  
Serving LGBTQ2IA+ Lebanese and Arabic-speaking Montrealers.

**Project 10**  
10138 Lajeunesse #301 [p10.qc.ca](http://p10.qc.ca)  
An organization that promotes the well-being of LGBTQ+ youth (14–25). A majority of Project 10's services have successfully moved online, and some are offered as hybrid services. Be sure to contact Project 10 directly for more information.

**Union for Gender Empowerment**  
3600 McTavish [theuge.carrd.co](http://theuge.carrd.co)  
McGill University's trans-positive feminist service organization and alt-library selling PWYC alternative menstrual products, DIY ecologically-responsible sex toys and cheap contraceptives.

DISCRIMINATION

**Commission des droits de la personne et des droits de la jeunesse**  
1-800-361-6477 360 St-Jacques 2nd floor [cdpdj.qc.ca/en](http://cdpdj.qc.ca/en)  
Report incidents of discrimination or sexual harassment to the Quebec Human Rights Commission.

**Groupe d'aide et d'information sur le harcèlement au travail de la province de Québec**  
7245 Alexandra #305 514-526-0789 [gaihist.qc.ca](http://gaihist.qc.ca)





# LIBRAIRIE DRAWN & Quarterly

211 rue Bernard Ouest

Monday to Friday: 10h to 19h

Saturday to Sunday: 10h to 18h

voted



"A beautiful independent bookshop... [an] idiosyncratically curated selection of titles and it's gorgeous and singular interior make this a must-see."

-Mona Awad,  
The New York Times





Support for victims of at-work harassment (sexual, psychological, discriminatory), including assistance with filing Quebec Human Rights Commission complaints, legal and emotional support if your case goes to court, and guidance through the EI process.

**Ligue des droits et libertés**

469 Jean-Talon W. #105 [liguedesdroits.ca](http://liguedesdroits.ca)  
Human rights advocacy group with support for those facing issues related to racism, social justice, immigration and international law.

**MORE SUPPORT LINES + GROUPS**

**Concordia Students' Nightline**

514-848-7787 [concordianightline.ca](http://concordianightline.ca), [instagram.com/concordiastudentsnightline](https://www.instagram.com/concordiastudentsnightline)  
Wednesday to Saturday nights: 6 p.m.—3 a.m.  
An anonymous, confidential, non-judgemental listening service run by Concordia students for those in need of aid or support or just to talk.

**AMI-Quebec**

5800 Décarie 514-486-1448 [amiquebec.org](http://amiquebec.org)  
Support, awareness and advocacy for people living with mental illness, and their families. Offering online support groups.

**Montreal Sexual Assault Centre/Centre pour victimes d'agression sexuelle de Montréal**

514-731-8531, ext. 47456 1801 de Maisonneuve W. #600 [cvasm.org](http://cvasm.org)  
Crisis services and 24/7 sexual assault hotline in French or English. The hotline is open 24/7 toll-free but you may experience slightly longer waiting times than usual. Otherwise, the organization can be contacted at the provincial level at 1-888-933-9007.

**CHOC**

25 Lévesque E. (Laval) 450-975-2462 [organismechoc.com](http://organismechoc.com)  
Conjugal violence and suicide prevention as well as other services for troubled men.

**Face à Face**

1857 Maisonneuve W. #100 514-934-4546 [faceafacemontreal.org](http://faceafacemontreal.org)  
Offering counseling, active listening and referrals, as well as services for the homeless.

**Option**

1238 St-Joseph E. 514-527-1657 [optionalternative.org](http://optionalternative.org)  
Counseling, referrals and support for men and women who are violent towards their partners and families. Option is currently booking appointments Monday to Friday between 8 a.m. and 4 p.m.

**PLURI**

[facebook.com/plurinitiative](https://www.facebook.com/plurinitiative), [instagram.com/plurinitiative](https://www.instagram.com/plurinitiative), [plurinitiative@gmail.com](mailto:plurinitiative@gmail.com)  
Peace Love Unity Respect Initiative is a local nonprofit that promotes safety and inclusivity at nightlife events by training organizers and staff and providing onsite intervention as well as producing educational material. Contact them for event support or to volunteer.

**Service d'aide aux conjoints**

514-384-6296 [serviceaideconjoints.org](http://serviceaideconjoints.org)  
Bilingual legal information and other help for men with relationship problems, including jealousy and violence, with a hotline open Mon to Fri from 10 a.m.—5 p.m. (You can leave a message at any time of the day, and caseworkers are on duty from 10 a.m. to 9:30 p.m.)

**Suicide Prevention Centre of Montreal**

1-866-277-3553 [cpsmontreal.ca/en](http://cpsmontreal.ca/en)  
24/7 bilingual hotline offering advice, referrals and support for suicide interventions, or for those who have lost someone to suicide.

**Tel-Aide**

514-935-1101 [telaidemontreal.org/en](http://telaidemontreal.org/en)  
Listening service from 7 a.m. to 11 p.m. Bilingual, confidential and anonymous.

**ADDICTION**

**Alcoholics Anonymous (Area 87)**

3920 Rachel E. 514-350-3444 [aa87.org](http://aa87.org)  
Helpline plus a detailed schedule of every English-language AA meeting in Montreal and surrounding areas. Operating from 9 a.m. to 10 p.m.

**Centre de Réadaptation en Dépendance de Montréal**

950 Louvain E. 514-385-1232, 3530 St-Urbain 514-385-1232 [ciusss-centresudmtl.gouv.qc.ca/soins-et-services/problemes-de-consommation-ou-de-dependance](http://ciusss-centresudmtl.gouv.qc.ca/soins-et-services/problemes-de-consommation-ou-de-dependance)  
Offering a range of reintegration, detox and drop-in services for recovering addicts. All services are accessed by phone, with some provided through the CLSC.

**Cocaine Anonymous**

514-527-9999 toll-free at 1-877-806-0581 [caquebec.org/en/home/](http://caquebec.org/en/home/)  
Support group with regular meetings for individuals seeking recovery and continued sobriety from drug addiction. At this moment, meetings are taking place both online and in-person. Check their website for details and schedules.

**Douglas Hospital Eating Disorders Program**

6875 LaSalle 514-761-6131 x2895 [douglas.qc.ca/section/eating-disorders-146](http://douglas.qc.ca/section/eating-disorders-146)  
A range of in- and out-patient services for adults over 18 suffering from anorexia, bulimia or other eating disorders. Must have a doctor's referral.

**Gamblers Anonymous**

514-484-6666 [gamontreal.ca](http://gamontreal.ca) [info@gamontreal.ca](mailto:info@gamontreal.ca)  
Meetings, resources and listening service hotline for people with a gambling problem.

**Gambling: Help and Referral**

514-527-0140 or 1 800 461-0140 [aidejeu.ca](http://aidejeu.ca)  
Resource for gambling and gaming addicts, including the province-wide 24/7 hotline.

**Narcotics Anonymous**

1-855-544-6362 [naquebec.org](http://naquebec.org)  
Group therapy and support for people in recovery from drug addictions.

**Overeaters Anonymous**

514-488-1812 [oamontrealenglish.org/](http://oamontrealenglish.org/)  
An international organization with a local meeting finder and phone support, employing the 12-step AA model for people with eating disorders. In-person meetings have resumed. Check out their site for info.

**Portage**

865 Richmond 1-844-939-0202 [portage.ca](http://portage.ca)  
Addiction treatment for adults, youths and pregnant women, offering daycare, rehab centres, reintegration services and more.

**Sex Addicts Anonymous Montreal**

[saamontreal.org](http://saamontreal.org)  
12-step recovery program based on the AA model, with meetings three times a week – both in-person and online. For more info, call or email [montrealsaa@gmail.com](mailto:montrealsaa@gmail.com)

**Sex and Love Addicts Anonymous**

[dasa-slaa-mtl.cbti.net](http://dasa-slaa-mtl.cbti.net), [mtldasaslaa@gmail.com](mailto:mtldasaslaa@gmail.com)  
Local meetings and recovery resources following a 12-step program. Support and guidance toward developing healthy romantic and sexual relationships.

**Sexaholics Anonymous**

514-254-8181 [sa.org/f2f/canada/quebec](http://sa.org/f2f/canada/quebec) [sa-quebec.org](mailto:sa-quebec.org) [info@sa-quebec.org](mailto:info@sa-quebec.org)  
Another sex addiction program based on AA's 12-step model.

**FOOD BANKS**

**Accueil Bonneau**

427 de la Commune E. 514-845-3906 [accueilbonneau.com](http://accueilbonneau.com)

Food bank and used clothes. They have a dining room, drop-in centre, showers, health services and more. Check out their website for specific services and hours.

**Depot Community Food Centre (fka NDG Food Depot)**

6450 Somerled 514-483-4680 [depotndg.org/en](http://depotndg.org/en) [info@depotmtl.org](mailto:info@depotmtl.org)  
Emergency food baskets, cooking classes, collective gardening, a “good food” market and more food security services for those living in the NDG area. They do not, however, accept food donations.

**Ressource Action-Alimentation de Parc-Extension**

419 St-Roch #SS13 514-948-3246 [ressourcealimentation.org](http://ressourcealimentation.org)  
Food aid, clothing and social support to residents of Parc Ex. Check out their website for a list of services or to make an appointment.

**Sun Youth**

6700 Parc #100 [sunnyouth.org](http://sunnyouth.org) 514-842-6822  
Food aid, clothing and social support to residents of Parc Ex. Check out their website for a list of services or to make an appointment.

**The Yellow Door**

3625 Aylmer [yellowdoor.org](http://yellowdoor.org) 514-845-2600  
Provides numerous services to the McGill Ghetto community, including a food bank for students in a pinch, wellness groups, access to a collective kitchen and meal delivery services for the elderly. Always looking for volunteers.

**MEAL PROGRAMS**

**Midnight Kitchen (McGill)**

3480 McTavish [midnightkitchen.org](http://midnightkitchen.org), [midnightkitchencollective@gmail.com](mailto:midnightkitchencollective@gmail.com)  
Midnight Kitchen is McGill's not-for-profit volunteer and worker-run collective that runs workshops, a food bank and provides on-campus PWYC vegan lunches.

**People's Potato (Concordia)**

1455 de Maisonneuve #H-700 (mailing address #H-711), [peoplespotato.com](http://peoplespotato.com)  
Concordia's vegan soup kitchen, known for serving wholesome daily PWYC lunches during the school year.

**entertainment**

Check [cultmtl.com](http://cultmtl.com) for event announcements, event listings and daily recommendations for What To Do in Montreal.

**art**

**MUSEUMS + GALLERIES**

**Arsenal / Division Gallery**

2020 William [arsenalmontreal.com](http://arsenalmontreal.com)

**Bradley Ertaskiran Gallery**

3550 St-Antoine W. [bradleyertaskiran.com](http://bradleyertaskiran.com)

**Canadian Centre for Architecture (CCA)**

1920 Baile [cca.qc.ca](http://cca.qc.ca)

**Fondation PHI**

451 St-Jean [fondation-phi.org](http://fondation-phi.org)

**McCord Stewart Museum**

690 Sherbrooke W. [musee-mccord.qc.ca](http://musee-mccord.qc.ca)

**Musée d'art contemporain (MAC)**

1 Place Ville-Marie (& satellite locations) [macm.org](http://macm.org)

**Museum of Fine Arts**

1380 Sherbrooke W. [mbam.qc.ca](http://mbam.qc.ca)

**Pointe à Callière**

350 Place Royale [pacmusee.qc.ca](http://pacmusee.qc.ca)



# MYRIADE



café myriade - mille carré doré  
1432 rue mackay

café myriade - le plateau  
4627 rue saint-denis

café myriade - westmount  
347 av. victoria

café myriade - mont-royal  
28 av. mont-royal o.

café myriade - shaughnessy village  
2021 av. atwater, #100

[www.cafemyriade.com](http://www.cafemyriade.com)



3780 Saint-Patrick St., Montreal, Quebec H4E 1A2



# bars, clubs and live music

Here’s a brief newbie guide to Montreal nightlife.

Cocktail, wine and dive bars, taverns, pubs and speakeasies can be found all over the island, with concentrations in the broad downtown area, from Atwater to Papineau, René-Levesque to Sherbrooke.

Crescent Street, located between the Concordia and McGill downtown campuses, and St-Laurent Boulevard between Milton and Mont-Royal Avenue are long-standing go-to strips with clusters of student bars and pubs, restaurants and nightclubs. However, you’ll now find bustling nightlife hotspots in outlying neighbourhoods like Verdun, Saint-Henri, Petite-Patrie and beyond.

## MUSIC AND NIGHTLIFE HOTSPOTS

**212**  
212 Notre-Dame W.  
A hot Old Montreal nightclub with the standard 18+ restriction on Thursdays but 21+ on Fridays and Saturdays. Dress code in effect.

**Apt. 200**  
3643 St-Laurent  
From the Saintwoods lifestyle empire, this club has arcade games, pool, bottle service and beautiful people (and locations in Toronto and L.A.).

**Ausgang Plaza**  
6524 St-Hubert  
A multi-purpose party spot with live music, dance parties and more.

**Bar le Ritz PDB**  
179 Jean-Talon W.  
Live music and DJ nights in Mile Ex.

**Cabaret Berlin**  
1982 Ste-Catherine E.  
This alt nightclub hosts a range of goth, glam, new wave, post-punk and techno dance parties.

**Café Campus**  
57 Prince-Arthur E.  
A student-oriented Plateau nightclub and live music venue known for sweaty dance parties.

**Casa del Popolo / La Sala Rossa**  
4871 & 4848 St-Laurent  
A pair of Mile End music venues run by mavericks of the local scene, with basement event space la Sotterenea on the Sala side and a bar/café/DJ space adjoining the Casa side.

**Champs**  
3956 St-Laurent  
A longstanding sports bar now run by hipsters, with DJ nights, Drag Race watch parties, “Queereoke” and more, alongside multiple-screen hockey, soccer, basketball and football.

**Datcha**  
98 Laurier E.  
Mile End’s cozy black box nightclub.

**District Video Lounge**  
1365 Ste-Catherine E.  
A Village resto-bar open 7 days a week, with a music-video jukebox system and small dancefloor that gets rowdy on weekends.

**L’Escogriffe 4**  
461 St-Denis  
The Plateau destination for live punk, indie and underground music.

**MTelus**  
59 Ste-Catherine E.  
A downtown concert hall with a capacity of 2,500 (fka Metropolis).

**Théâtre Beanfield**  
2490 Notre-Dame W.  
Little Burgundy’s concert hall, fka Corona.

**Théâtre Fairmount**  
5240 Parc  
A black box concert space in Mile End.

**Turbo Haüs**  
2040 St-Denis  
Punk-oriented concert space and bar with a great big outdoor terrasse.

## SELECT BARS

**L’Annexe St-Ambroise**  
5080 St-Ambroise  
Old-school pub in deepest St-Henri, with a beautiful terrasse on the banks of the Lachine Canal.

**Atwater Cocktail Club**  
512 Atwater  
A speakeasy renowned for its creative cocktails and upscale menu dotted with dishes like oysters, frogs’ legs and escargot.

**Bar de Courcelle**  
4685 Notre-Dame W.  
Saint-Henri’s “dive chic” with cocktails, snacks and (mostly) locals playing live music early in the week.

**Bar Verdun Beach**  
4816 Wellington  
A Verdun wine bar and restaurant that serves sharing plates, cocktails and interesting beers, too.

**Burgundy Lion**  
2496 Notre-Dame W.  
Montreal’s premiere English pub, with great grub and soccer-game screenings.

**Darling**  
4328 St-Laurent  
This spacious café (and weekend brunch spot) by day morphs into trendy but casual wine and cocktail bar after dark.

**Foufounes Electriques**  
87 Ste-Catherine E.  
Sprawling legacy alt bar with multiple terrasses, haunted by Montreal’s finest punk rock ghosts.

**Le Mal Nécessaire**  
1015 St-Alexandre  
This tiki bar has been killing it since moving to a swanky, 1970s-hued new location.

**Milky Way**  
1886 Centre  
A neon paradise with fine cocktails and food, including pizza from neighbouring affiliated pizzeria Fugazzi.

**Snowbird**  
6388 St-Hubert  
A dark, decked out and intimate Tiki bar in Plaza St-Hubert, with an equally embellished terrasse.

**Le Système**  
7119 St-Hubert  
A cool and cozy uptown bar, restaurant and event space with a young alt crowd and great energy.

**A note: The Quartier des Spectacles is what the city calls the area between Jeanne-Mance and St-Laurent, Ste-Catherine and Président-Kennedy, the site of free and ticketed shows festivals such as Montreal en Lumière, the Jazz Fest, les Francos and Nuits d’Afrique.**

# LGBTQ2IA+ CULTURE

**Image+Nation Culture Queer**  
image-nation.org  
The annual Image+Nation LGBTQ2IA+ film festival.

**Équipe Montréal**  
equipe-montreal.org  
Coalition group for gay and lesbian sports associations, with over 1,000 members.

**Fierté Montreal Pride**  
fiertemontrealpride.com  
Runs the annual Pride festivities in early August, culminating in the Pride Parade.

**Fugues**  
fugues.com  
A free magazine and website for the LGBTQ2IA+ community, including a guide to gay establishments.

**Pervers Cité**  
perverscite.org  
Runs alternative, political Pride activities.

**Complexe Sky**  
1474 Ste-Catherine E. complexesky.com  
Club Unity 1171 Ste-Catherine E. clubunitymontreal.com  
These are the big nightclubs of the Village.

# movies

**In addition to mainstream, art house and repertory cinemas, Montreal is home to a plethora of film festivals, screening series and special events. Check out reviews of new films, coverage of festivals as they’re happening and recommended one-off screenings at cultmtl.com.**

## FIRST-RUN

**Ciné Starz**  
Various locations including 6700 Côte-des-Neiges and 5800 Cavendish  
The CDN location charges only \$8 for tickets (\$6 for matinees, even on weekends, and \$5 all day Tuesday), and serves up possibly the best movie theatre popcorn in the city.

**Cinéma Banque Scotia**  
977 Ste-Catherine W. cineplex.com  
Regular and IMAX theatres.

**Cineplex Forum Cinemas**  
2313 Ste-Catherine W. cineplex.com  
Regular and VIP theatres.

**Cinémas Guzzo**  
Various locations (mostly suburban) including 901 Crémazie W. cinemasguzzo.com  
Regular and IMAX theatres.

## ARTHOUSE, REPERTORY & MORE

**Cinéma l’Amour**  
4015 St-Laurent cinemalamour.com  
The last porno theatre standing, now with retro exploitation series l’Amour à minuit.

**Cinéma Moderne**  
5150 St-Laurent cinemamoderne.com

**Cinéma du Parc**  
3575 Parc cinemaduparc.com

**Cinema Politica**  
1455 de Maisonneuve W. cinemapolitica.org/local/concordia/  
Monday-night documentary screenings with guests, discussion.



"MASTERFUL... HAT-TIPS AND THEN ONE-UPS CRONENBERG"

PETER HOWELL, TORONTO STAR

# THE SUBSTANCE

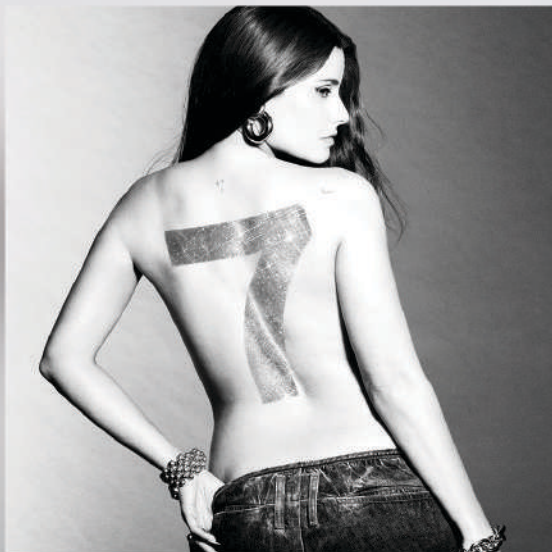
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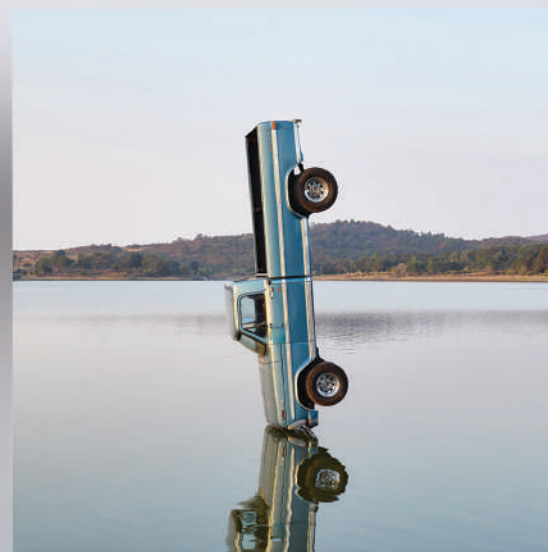
IN THEATRES  
SEPTEMBER 20



**Nelly Furtado** -7 – new album available everywhere on Sept. 20th



**Chappell Roan** – *The Rise and Fall of a Midwest Pincess* – available everywhere



**Post Malone** – *F-1 Trillion* – new album available everywhere



**Cinéma Public**  
505 Jean-Talon E./3980 St-Denis  
New and vintage cinema inside Casa d'Italia, and in the Livart courtyard in the summer.

Cinémathèque Québécoise  
335 de Maisonneuve E. cinematheque.qc.ca

# stage

There's a vibrant performance art scene in Montreal, though many of the theatre spaces stage French-language material, as well as dance. While several underground comedy nights happen weekly at bars, cafés and lofts, here's where you'll find English-language drama, stand-up and other stage performances on any given night.

## COMEDY AND BURLESQUE

**3rd Floor Comedy Club**  
2015 Crescent 3rdfloorcomedyclub.com

**Le Bordel**  
312 Ontario E. lebordel.ca  
A mostly-French-language comedy club with English nights.

**The Comedy Nest**  
2313 Ste-Catherine W. comedynest.com

**Montreal Improv**  
3716 Notre-Dame W. montrealimprov.com  
Improv and stand-up shows in Saint-Henri, with classes offered in a neighbouring space.

**The Wiggle Room**  
3874 St-Laurent wiggleroom.ca  
The city's only showroom dedicated almost exclusively to burlesque, with comedy events, too.

## ENGLISH THEATRE

**La Chapelle**  
3700 St-Dominique lachapelle.org  
The 2024–25 season of French- and English-language theatre productions, as well as dance and music events, is already underway.

**Centaur Theatre**  
453 St-François Xavier centaurtheatre.com  
The Old Montreal anglo theatre mainstay kicks off its season on Sept. 17.

**Geordie Theatre**  
Various locations  
Montreal's youth-oriented theatre production company and theatre school, mounting plays at schools and theatres around the city, including the Geordie Theatre Fest in January..

**Segal Centre**  
5170 Côte-Ste-Catherine segalcentre.org  
The west-end English-language performing arts space and production company mounts a range of plays and musicals, beginning for 2024–25 on Sept. 13.

## MULTIPURPOSE

**Agora de la Danse**  
1435 Bleury #102  
The new season of contemporary dance is on as of Sept. 18.

**Bourgie Hall**  
1339 Sherbrooke W.  
The Museum of Fine Arts' concert space for classical and chamber music, jazz and more, with occasional dance performances and lectures.

**MAI**  
3680 Jeanne-Mance m-a-i.qc.ca

The 2024–25 season of art exhibitions, dance performances and plays began on Sept. 5.

**PHI Centre**  
407 St-Pierre  
Multimedia, live art, live music, DJs, Virtual Reality — this modern Old Montreal art complex covers a lot of creative bases.

**Place des Arts**  
175 Ste-Catherine W.  
The grand downtown venue for everything from opera to comedy galas.

**SAT**  
1201 St-Laurent  
Spaces for music, film, multimedia and beyond on two floors, including the Satosphère dome.

**Théâtre Sainte-Catherine**  
English and French improv and comedy in a café/bar setting.

**Théâtre Outremont**  
1248 Bernard  
Film screenings and live music.

**TOHU**  
2345 Jarry  
Year-round circus performances including the Montreal Complètement Cirque Festival in July.

**Usine C**  
1345 Lalonde  
Contemporary dance is the focus at this multidisciplinary performance venue. 2024–25 programming began on Sept. 18.

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# Know your Montreal sports teams

BY DAVE MACINTYRE

Through all the ups and downs (including plenty of the latter), Montreal's sporting culture remains as passionate as ever. Not only do we see this with the most tried and true franchises in town (the NHL's Canadiens and CFL's Alouettes), but relative newcomers are also making noise locally, with PWHL Montreal and the CEBL's Alliance coming to mind. But the in-game performances aren't why you should take a trip to the Bell Centre, or Percival Molson Stadium (not the Big O, due to ongoing renovations on its roof), or Stade Saputo, or the Verdun Auditorium, or all the way up the orange line to Place Bell in Laval this season. The atmosphere itself is worth the price of admission, and the love this city has for their teams reverberates around the buildings they play in.

Here's what you should know about Montreal's biggest sports teams, and what the future currently looks like for each one.



**MONTREAL CANADIENS (HOCKEY, NHL)**  
Three years after the end of Marc Bergevin's tumultuous decade-long reign as GM, the Gorton/Hughes regime's rebuild has truly started coming along nicely. Drafting an outstanding offensive talent in young Russian forward Ivan Demidov is set to help the Habs look more exciting in the offensive zone than they've been in decades. With Hughes also trading for Patrik Laine, the future looks even brighter should the Finnish goalscoring maestro regain his mental and physical health.

As far as immediate results go, however, there may still be some growing pains left to experience this year. The goal at this stage in the rebuild should be to see tangible signs of improvement and growth from young players like Juraj Slafkovsky, as well as Cole Caufield hitting another level as an NHL goalscorer. Captain Nick Suzuki will be relied upon yet again as a lynchpin for the team, while a healthy Kirby Dach will be like a whole new signing after missing all but two games last year. But given how the Atlantic Division remains arguably the strongest in the NHL, it'll be another battle for the Habs to keep pace.



**CF MONTRÉAL (SOCCER, MLS)**  
Lol.

I could end my description of CF Montreal's season with that word alone, because this season looks to be skidding off the rails with only seven games left, and with the team being very much on the outside looking in as far as playoffs go. As of this writing, The Artist Formerly Known as the Montreal Impact™ are much closer to being bottom of the Eastern Conference than they are to the postseason — they're only one point

ahead of the three teams below them, and carry the worst goal differential (-23) in the East, with only the San Jose Earthquakes (-29) being worse than them in all of MLS.

After two humiliating defeats in recent weeks both at home (5-0 versus the New England Revolution) and away (4-1 at FC Cincinnati), serious questions are being asked not only of new manager Laurent Courtois — especially as coaches for this club have been a nonstop carousel ever since joining MLS — but with pressure also mounting on deeply unpopular owner Joey Saputo to sell the club. Saputo also owns Italian Serie A club Bologna, who qualified for this year's UEFA Champions League, and social media chatter alone indicates fans have grown tired of the club's overall lack of ambition or vision, especially after CF's sporting director Olivier Renard departed in May.



**MONTREAL ALOUETTES (FOOTBALL, CFL)**  
Now, on the MUCH different side of success for Montreal pro sports teams. The Alouettes are the defending Grey Cup champions, and the top team in the entire CFL as of this writing with a 10-1 record. Their recent 18-1 run since last season holds the modern CFL record for the most successful 19-game stretch for a team. Quarterback Cody Fajardo remains one of the league's biggest passing forces, while running back Walter Fletcher currently sits fifth in rushing yards across the CFL.

The return of Austin Mack to the team has also added a serious boost to a team that has been one of the most exciting to watch in this year's CFL campaign, after the All-Star wide receiver had spent the first half of the year with the NFL's Atlanta Falcons before being waived. Players like fellow wide receiver Tyson Philpot and defensive back Marc-Antoine Dequoy — the latter known partially for THAT “gardez-le votre anglais” quote in a post-game interview after winning the Grey Cup — are also among the Als' biggest contributors, and going to McGill's Percival Molson Stadium for a game is always a thrill.



**PWHL MONTREAL (HOCKEY, PWHL)**  
Though the PWHL has said teams would soon be getting proper logos and names this summer, neither of those have happened as we've now entered September. Whatever they end up being called, PWHL Montreal enjoyed a successful inaugural season for the quickly growing women's hockey league, finishing second during the regular season before ultimately bowing out to Boston in the semifinals. But with Marie-Philip Poulin as the team's driving force, and with Kori Cheverie and Danièle Sauvageau as head coach and GM, respectively, a solid foundation is in place in Montreal.

Continuing to split time between Place Bell in Laval and the Verdun Auditorium (and sometimes the Bell Centre), PWHL Montreal have also had a busy offseason. The team selected American blueliner Cayla Barnes with the fifth overall pick in the 2024 PWHL Draft, while also acquiring Swedish centre Lina Ljungblom back in June. Given how high attendance figures have already been (their game at the Bell Centre against Toronto last April set a new attendance record for women's hockey), PWHL Montreal will be hoping to give even more reasons to get butts in seats.



**MONTREAL ALLIANCE (BASKETBALL, CEBL)**  
Success in the still-very-young Canadian Elite Basketball League (CEBL) continues to be difficult to come by for the Montreal Alliance after the 2024 season came to a close in August. Under head coach Derrick Alston, the Alliance performed even worse than last year's .350 record, winning 6 games and losing 14 for a .300 record this season to be tied with the Brampton Honey Badgers for bottom of the Eastern Conference. Since Montreal hosted last season's Championship Weekend, however, they still competed for the CEBL

title, losing 78-75 in the semifinals to the Niagara River Lions.  
29-year-old shooting guard Ahmed Hill has been the offensive standout for the Alliance, racking up a 16.2 point-per-game average during the regular season and finishing fifth league-wide in total points scored. Jordan Bowden and Alain Louis have proven themselves to be key contributors, as have Guillaume Payen-Boucard and Chris Smith. Attending a game at the Verdun Auditorium is a far more intimate experience than you'd have at an NBA game, and an incredibly fun one even if the team's on-court performances aren't optimal.



**LAVAL ROCKET (HOCKEY, AHL)**  
After head coach Jean-François Houle suddenly left the Laval Rocket this offseason to become the bench boss at his alma mater of Clarkson University, the team heads into a new season with an experienced replacement in Pascal Vincent, and no shortage of promising young talent on all ends of the ice. 2022 draft picks Owen Beck and Filip Mešar will be onboard this season, as will feisty young forward Florian Xhekaj, the younger brother of Habs defensive freight train Arber.

Perhaps the biggest storylines defensively for this Rocket team are the potential inclusion of first-rounders Logan Mailloux and David Reinbacher, both of whom have drawn controversy from fans: Mailloux for well-documented past off-ice transgressions, and Reinbacher for not being Matvei Michkov. Both players will have legitimate opportunities to crack the Habs' opening day lineup, but one or both will likely go back to Laval to start the season. Should they both make the big club or get midseason call-ups, this could spell trouble for the Rocket's defence corps as the season wears on.



**BLAINVILLE-BOISBRIAND ARMADA (HOCKEY, QMJHL)**  
If you feel like going wayyyyy up north for some major junior hockey, the Blainville-Boisbriand Armada are your ticket. Founded in 2011 after the QMJHL's Montreal Junior was relocated north of Laval, the Armada play at the Centre d'Excellence Sports Rousseau in Boisbriand. It'll take you a good 40 minutes or so to drive there, but those who do make the trip up are in for an exhilarating time.

The Armada have consistently qualified for the QMJHL playoffs the last couple seasons, but their last two campaigns have ended in first-round exits. Though they don't currently have any NHL-affiliated players on their roster, 17-year-old winger Justin Carboneau is a projected first-round pick in the 2025 NHL Entry Draft. Jonathan Fauchon and Xavier Villeneuve are two of the Armada's biggest offensive stalwarts, while Habs fans of a certain age will recognize some familiar bloodlines on their back-end: Bo Damphousse, the son of former Canadiens captain Vincent Damphousse.



## The ghost with the most



BY JUSTINE SMITH

It's been 36 years since the original *Beetlejuice* film hit the screens. The improbably strange and inventive meditation on death was a surprise critical and box-office success.

Tim Burton was still a relatively unknown filmmaker. He was a failed concept artist with Disney, working on films like *Tron*, *The Fox and the Hound* and *The Black Cauldron*. His designs never made it on screen. Burton had moderate success with a short film narrated by Vincent Price called *Vincent* and made his first feature, *Frankenweenie*, in 1984. Paul Reubens saw and loved the movie. He asked Burton to direct *Pee-wee's Big Adventure*, which was a huge return on investment. *Beetlejuice* was his next film.

Since then, the film world has changed drastically. Despite a few bumps, Burton has continued to see box-office success. While many beloved American filmmakers struggle to get films made, Burton's budgets have steadily risen. As cinema struggles to compete against TikTok and social media, he's likely one of the few filmmakers who is still a household name.

His nouveau goth style has become something of a punchline. But even his haters must admit that his directorial style is distinct and unmistakable. While his films have mostly moved away from the artisanal handcrafted style of his earliest films, embracing instead glossy CGI spectacles, it's undeniable that he's held onto his voice.

After nearly four decades, *Beetlejuice Beetlejuice* brings us back to Winter River, Connecticut. While *Beetlejuice*, *Beetlejuice* stays true to the original film, it also introduces some new characters as part of its contemporary update. *Cult MTL* was able to sit down and speak with two new additions to the cast, Justin Theroux and Monica Bellucci.

It would be a mistake to assume nothing has changed since 1988. Burton, along with writers Miles Millar and Alfred Gough, bring the film into the new century. Lydia (Winona Ryder) has a popular TV show where she confronts the supernatural for a rapt audience. She works with her boyfriend Rory (Justin Theroux), the show's producer. Inspired by shows like *Ghost Adventures*, the program flirts

with authenticity and artifice. Theroux admits to getting drawn into those types of shows during the pandemic: "They're kind of fun to watch, sort of background-while-cooking type shows."

Lydia now has a teenage daughter, Astrid (Jenny Ortega), a pariah at her private school. The pair have a rocky relationship that will be tested when the whole family has to return home to Connecticut after a tragedy. It won't be long before *Beetlejuice* is summoned once again.

An upwardly mobile Hollywood type with a penchant for wellness and spiritualism, Rory acts as Lydia's rock, much to the chagrin of her family. Theroux explained that they imagined him "as a sort of guru-ish and yogi-ish guy who shapeshifts to be more like his girlfriend."

While the couple makes a performance of being very loving, Theroux points out they're actually rather toxic. "Rory is one of those people who has the appearance of caregiving and being concerned about his partner. But really, he lures her in to make himself the victim all the time. So he's sort of a victim in the relationship, or he wants to be seen as sort of the put-upon victim. So that just made us laugh. We just thought, oh, this is so toxic, this relationship."

Building on some of the themes from the original film, a lot of *Beetlejuice Beetlejuice* is structured around the question of what it means to have a loving relationship. Each character struggles with love and loss in their way. While love can be revelatory and transcendent, a bad relationship can drag you down (sometimes all the way down, into the underworld).

Monica Bellucci also joins the film as *Beetlejuice*'s long-lost wife, Delores, a bride of Frankenstein-esque villain who's hungry for souls and revenge. Bellucci was attracted to the character's duality. "She's full of rage but also funny. Even though she's dead, there is so much emotion there. For me, she's a metaphor of life because she's full of scars but she's strong and she's coming back. In real life, we have the same fight many times. There's something human about her." While troubled, or in Bellucci's words "poisoned," the love that fuels Delores is very true. "When you say yes to a character," says Bellucci, "even though it's different from you, you have to have passion and compassion."

In many ways, Rory and Delores embody different ways of confronting death. Part of the appeal of *Beetlejuice* has always been its lighthearted approach to grief and the

afterlife; through these new characters, we can see fresh perspectives on this.

Theroux particularly is attracted to Burton's approach to comedy. "You know," he says, "we should all be trying to find joy in our lives at all times. It's obviously very difficult. Even something as simple as stubbing your toe or not being able to hail a taxi cab can be very frustrating. Then, there's death in and of itself, but if you train your brain to see the irony or humour in it, it makes life easier."

Part of Burton's approach to the film is to remain true to using practical effects and sets, grounding the film in reality. The impact on the actors is clear.

To become Delores, Bellucci went through three hours of makeup every day. "It all helped me get into character. Then we get to wear the amazing costumes of Colleen Atwood and step into these beautiful sets." She explains how Burton helps create the strange world. "Tim loves to draw — there are always drawings of characters and situations." The tangible world feels like a return to Burton's roots. "Instead of a green screen," Bellucci says, "you have real monsters to react to. You can go further with your fantasy and your imagination."

"It's so great to be able to have the actual thing in front of you," says Theroux. "As a viewer, we have all had that experience where we see a movie that has so much CGI or everything is completely manufactured. It can almost feel overwhelming sometimes. This sort of gets back to genuine quality filmmaking, where the size and the scope of it is digestible." On set, it also helps things feel more real. "As an actor, of course, it's fabulous when guts blow all over you, they actually blow all over you, you know?"

This artisanal quality feels rooted in Burton's long-standing appeal to audiences. Even as he tackles old IPs, whether it's *Dumbo* or *Alice in Wonderland* or *Beetlejuice*, it remains authentic and tangible. Rather than something generic and cookie-cutter, it feels like the work of a human being. For Theroux, the experience paid homage to the experience of watching the first film as a young person. He explains that the first *Beetlejuice* film "obviously had a big impact on me, and on culture. I loved watching this film because it reminded me why I love that film."

→ *Beetlejuice Beetlejuice* opens in Montreal theatres on Friday, Sept. 6.



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# On Screen



His Three Daughters



Deaner '89



Transformers One



The Substance

BY JUSTINE SMITH

After a relatively slow August, cinema seems to be picking up again with some major releases in September.

Tim Burton returns to the big screen with *Beetlejuice Beetlejuice* (Sept. 6). After the disastrous *Rise of the Beasts*, *Transformers One* (Sept. 20) looks to redeem the franchise. Brad Pitt and George Clooney team up in *Wolfs* (Sept. 20), a thriller-comedy about two fixers assigned to the same job. For some essential canon, *Deaner '89* (Sept. 6) is a hilarious '80s throwback (and *FUBAR* prequel) about the origins of metal headbanger Dean Murdoch. Paul Spence returns as Dean, and the supporting cast is a who's who of Canadian icons including Stephen McHattie, Will Sasso, Kevin McDonald and Mary Walsh.

Some hotly anticipated independent releases also hit the big screen this month, including Francis Ford Coppola's self-financed behemoth *Megalopolis* (Sept. 27). Starring Adam Driver, Aubrey Plaza and Jon Voight, the film about a futuristic utopian city is either the best film of the year or the worst, depending on who you ask. For our money, it's unlike anything else playing in theatres right now and is at least worth the price of admission.

The acclaimed Spanish filmmaker Victor Erice, best-known for his masterpiece *The Spirit of the Beehive* (1973), is

back with *Close Your Eyes* (Sept. 6) his first feature film in decades. The film is about the mystery of an actor who has disappeared.

If you can't wait for spooky season, there are a number of thrillers and horror films to pique your interest this month. James McAvoy stars in *Speak No Evil* (Sept. 13), a remake of a critically acclaimed Dutch and Danish horror film of the same name, about a family vacation gone wrong. One of the most divisive films at Cannes this year, *The Substance* (Sept. 20), marks the big-screen return of Demi Moore as a fading celebrity who decides to use a black market drug — a cell-replicating substance that temporarily creates a younger, better version of herself. Dennis Quaid and Margaret Qualley co-star.

Also be sure to check out *The Front Room* (Sept. 6) starring former popstar Brandy Norwood. Directed by Sam and Max Eggers (co-writers of *The Lighthouse*), the film is the story of a newly pregnant couple who are forced to take in an ailing, estranged stepmother. Alexandre Aja returns to the director's chair with *Never Let Go* (Sept. 27), a survivor horror starring Halle Berry as the matriarch of a family plagued by evil.

Action-heads can check out *The Killers' Game* (Sept. 13), starring Dave Bautista as a veteran assassin fending off a hit he placed on himself after learning that the terminal medical diagnosis he received was incorrect. If you prefer something more comedic, Aubrey Plaza stars in *My Old Ass* (Sept. 13)

as a woman who's been advised by her future self not to fall in love. She's sure she can follow the advice she's been given until she meets the boy her older self warned her about.

For some slightly more intimate cinema, *His Three Daughters* (Sept. 6) features a tour-de-force trio of performances by Elizabeth Olsen, Carrie Coon and Natasha Lyonne as three sisters waiting for their father to pass away. Kate Winslet stars as Lee Miller in the biopic *Lee* (Sept. 27), about the American fashion model who became an acclaimed war correspondent for *Vogue* magazine during WW2. The all-star cast features Alexander Skarsgård, Andy Samberg, Andrea Riseborough, Josh O'Connor, Noémie Merlant and Marion Cotillard.

If you're looking for something the whole family will enjoy, *The Wild Robot* (Sept. 27) is a film about a robot named Roz who's stranded on an island after a shipwreck. To survive the harsh environment, Roz bonds with the island's animals and cares for an orphaned baby goose. The animated movie features voice performances from Lupita Nyong'o, Pedro Pascal, Matt Berry, Mark Hamill, Ving Rhames and Catherine O'Hara.

With Cinéma du Parc's renovations officially being done, the theatre is launching a week of special programming from Sept. 13 to 19, where former programmers will pick their favourite film that once played at Parc. The special program will feature *Mulholland Dr.*, *Fish Tank*, *Parasite*, *Mohawk Girls*, *Les nouveaux sauvages* and *Faster, Pussycat! Kill! Kill!*.



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## Fall Arts Calendar



Aurélien Ann Figaro, Miranda Chan, Jeimy Oviedo Quesada, Nicole Jacobs in *Connecting From the Inside Out*

BY SAVANNAH STEWART

A guide to some of the most promising performances and exhibitions happening and launching in Montreal this month.

### CONNECTING FROM THE INSIDE OUT

Montreal-based artist My-Van Dam's work exploring trauma and societal pressure's impacts on the body is on display in this solo exhibition curated by Geneviève Wallen for Montréal, arts interculturels (MAI). Featuring a video installation, sculptures and drawings, Dam charts a pathway to healing for individuals and the collective, with a particular focus on the solidarity of women of colour to tend to shared wounds.

3680 Jeanne-Mance, Sept. 5–Oct. 26.

### TWO BY TWO, TOGETHER

It's all in the name: to present the Museum of Fine Arts' newest acquisitions, *Two by Two, Together* is putting them on display in pairs, allowing the artworks to enter into dialogue with each other and complement or contrast in their subject matter, period, style or medium. The most notable additions include works by Stéphane La Rue, Lawrence Paul Yuxweluptun, Rembrandt and Robert Mapplethorpe. Most of the works in *Two by Two, Together* have never yet been on display for a Montreal audience.

1380 Sherbrooke W., Sept. 11–Oct. 5.

### TO ALL THE UNNAMED WOMEN

This year's artist in residence at the McCord Stewart Museum, Michaëlle Sergile, shines a spotlight on the lives and contributions of Black women in Montreal from 1870 to 1910, with a particular focus on the creation of the Coloured Women's Club of Montreal. Using weaving, a medium associated with femininity, and archival sources, Sergile presents the stories of the women who founded the club, which aimed to help migrant families begin their new lives in Montreal.

690 Sherbrooke W., Sept. 13–Jan. 12, 2025.

### HOW TO SURVIVE IN THE WILD

First an acclaimed French-language play at Théâtre Duceppe, then a TV series, and now an English-language premiere at the Segal Centre: *Manuel de la vie sauvage* is coming to an English audience as *How to Survive in the Wild*. The story follows Kevin Bérard, a fictional Québécois entrepreneur who invents an app using AI to allow people to converse with their recently deceased loved ones. His app may have brought him fortune and fame, but Bérard soon realizes it all comes at a cost, and he might not be willing to pay the price. Presented by Persephone Productions, *How to Survive in the Wild* is a timely tale about success and what it takes to achieve it.

5170 Côte-Ste-Catherine, Sept. 14–29.

### SAKURA – AFTER CHEKHOV

Anton Chekhov is coming to the Centaur Theatre, reimagined for the 21st century. His acclaimed classic *The Cherry Orchard* gets a modern revamp in the form of *Sakura*, a comedy recounting the impending sale of a beloved orchard after the family owning it falls on hard times. With its setting along the St. Lawrence River, this play by Montrealer Harry Standjofski will feel just like home to a local audience.

453 St-François-Xavier, Sept. 17–Oct. 6.

### MONTRÉAL - MARRAKECH

Montreal dance company Le Carré des Lombes teamed up with Marrakech-based company Anania Danses to create this lively quartet inspired by the coming together of their different practices and cultures. Choreographed by Danièle Desnoyers and Taoufiq Izeddou, the piece features two dancers from each company and evokes questions as political as they are artistic.

1435 Bleury, Sept. 18–20

### CLUSTERS

Two prominent figures behind the camera in the Quebec film industry, cinematographer André Turpin and set designer Léa Valérie Létourneau, have collaborated on a series of photographs telling a whole story in a single snap. Soon to be at the PHI Centre, these intricately staged photographs, figments of the imaginations of these two visual storytellers, present the audience with settings bearing the marks left by

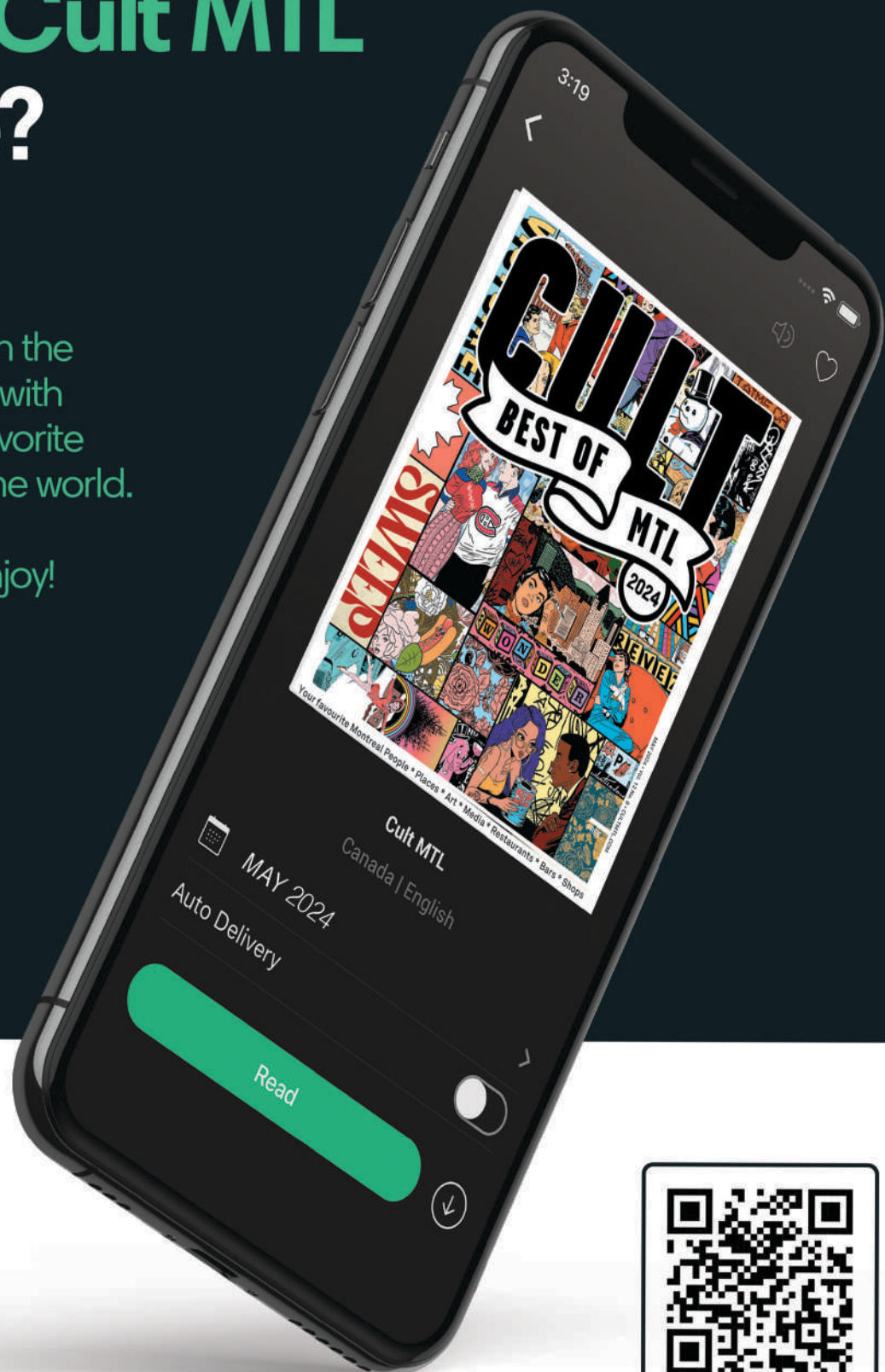




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those living in them. *Clusters* is an exploration of the marks we humans leave on the spaces we inhabit, displayed in exalted environments.  
407 St-Pierre, Sept. 20–Oct. 20.

ALANIS OBOMSAWIN:  
THE CHILDREN HAVE TO HEAR ANOTHER STORY

Renowned Abenaki documentarian Alanis Obomsawin’s large body of work and her remarkable story will be on display at the Musée d’art contemporain, providing a deep dive into the First Nations activist and causes that inspire her to keep filming. Divided by decade and highlighting her most influential films, the exhibition will give vital context to both Obomsawin’s personal sensibilities and the current realities for Indigenous peoples of North America.  
Place Ville Marie, Sept. 26–Jan. 26, 2025

BALLET BC

For just four nights, contemporary ballet troupe Ballet BC will grace the stage at Théâtre Maisonneuve. A triple bill with modern takes on Maurice Ravel’s *Boléro* and Igor Stravinsky’s *Rite of Spring*, the show will begin with a rhythmic crescendo performed by 50 dancers in *BOLERO X*, choreographed by Shahar Binyamini. Next are two pieces choreographed by Medhi Walerski: an intimate duet entitled *Silent Tides* and one of his most acclaimed works, *Chambers*. 260 de Maisonneuve W., Oct. 2–5

CODED DREAMS

In the PHI Centre’s first exhibition dedicated solely to AI, *Coded Dreams* presents two interactive art experiences created by Marc Da Costa and Matthew Niederhauser.



Lets'to:tsehtun – Lawrence Paul Yuxweluptun “Natives Playing on the Land” and Nicolas Party’s “Landscape.”

*Tulpamancer* is like a choose-your-own-adventure Virtual Reality journey delving into the audience member’s past and potential future, while *The Golden Key* presents AI’s fever dreams inspired by thousands of folktales from around

the world. Both use AI and machine learning to create an individualized experience for attendees, who influence the works with their own backgrounds and interests.  
407 St-Pierre, Oct. 9–Nov. 3



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