



MOUSETALES

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MAY 2026

www.sourispei.com

TOWN OF SOURIS

MOUSETALES



Souris Locator Map / Plan de la ville de Souris



Sights to See / Attractions

- 1 Town Hall / Hôtel de ville
- 2 Souris Day Park Playground / Terrain de jeux Souris Day Park
- 3 St. Mary's Catholic Church / Église catholique St. Mary's
- 4 St. James United Church / Église Unit. St. James
- 5 Tennis Courts / Courts de tennis
- 6 Playground / Terrain de jeux
- 7 Elementary School / École élémentaire
- 8 High School / École secondaire
- 9 Souris Co-op / Coopérative Souris
- 10 Town Park / Parc municipal
- 11 St. Alban's Anglican Church / Église anglicane St. Alban's
- 12 Bank / Banque
- 13 Post Office / Bureau de poste
- 14 Credit Union / Caisse d'économie
- 15 Fire Hall / Caserne des pompiers
- 16 Playground / Terrain de jeux
- 17 Ferry Terminal / Terminal du traversier
- 18 French School / École française
- 19 Marina
- 20 Lighthouse / Phare
- 21 Mainstreet Mall / Centre commercial de la rue Principale
- 22 Liquor Store / Magasin d'alcool
- 23 Lighthouse Baptist Church / Église baptiste Lighthouse
- 24 Arena / Arène
- 25 Hospital / Hôpital

Map Legend / Légende

- Confederation Trail / Sentier de la Confédération
- Ferry Route / Trajet du traversier
- Downtown District / Centre-ville
- Residential Area / Zone résidentielle

NOTE The deadline for **JUNE'S Mousetales** is **MAY 20TH before noon.**
Send your information to jroche@sourispei.com

BOARDROOM PLACES

- Access PEI - 902-687-7000
- Silver Threads Club - 902-687-4380
- Harbourview Training Centre - 902-687-3032
- St. Mary's Parish Hall - 902-687-2319
- Eastern Kings Sportsplex - 902-687-2323
- Town Hall Chamber Room - 902-687-2157 Ext. 0
- Souris Legion - 902-687-2300



Souris Town Hall Office Hours
Monday- Friday 8:30am - 4:30pm
Contact: town@sourispei.com
902-687-2157





MEET THE TOWN OF SOURIS MAYOR AND YOUR LOCAL MLA FOR DISTRICT 1



Mayor of
Town of Souris

Joanne Dunphy is the Mayor of the Town of Souris and she is honored to serve the Town of Souris. She has lived in this wonderful community for many years and has always been inspired by the resilience, kindness, and spirit of the people who call Souris home. Souris is a vibrant seaside town with a rich history, known for its welcoming nature, stunning coastline, and strong sense of community. The Town of Souris is proud to be the gateway to Îles-de-la-Madeleine, a hub for local businesses, and a place where neighbors still look out for one another. Our town is built on traditions of fishing, farming, and hospitality, but also continues to grow with new opportunities and events that bring people together year after year.

As Mayor, her goal is to listen, support, and work alongside council and residents to make sure Souris continues to thrive. Together, they will focus on community growth, supporting local businesses, improving services, and ensuring that Souris remains a safe, beautiful, and welcoming place to live, work, and visit. I look forward to continuing this journey with you and to celebrating all that makes our town so special.

NEXT SOURIS TOWN COUNCIL MEETING - MONDAY MAY 11TH @ 7:00 PM

TOWN OF SOURIS COUNCILORS:

BOYD LEARD - Fire protection, town buildings & properties,
Eastern Kings Sportsplex Rep.

CURTIS LAYBOLT - Streets & sidewalks, Police protection

DAVID JENKINS - Seniors & Housing

KIM OUTHOUSE - Parks & Recreation, Emergency Measures Operations

REBECCA MACPHEE - Economic development, Tourism, Heritage

STEPHANIE MITSUK - Water & Sewer utility, Info Technology,
Souris Harbour Authority Inc. Rep.



MLA - District 1

Robin's life has been deeply influenced by the people of District 1, Souris-Elmira. He grew up in Souris, attending Souris Regional High School and later graduating from Holland College.

Robin is a small business owner operating Auto Medic, a local automotive services company. He has worked as a primary care paramedic for more than a decade and is also a long time member of the Souris fire department. As a firefighter Robin has braved snow storms and natural disasters to perform wellness checks and render care for seniors.

Robin was elected as the MLA for District 1, Souris-Elmira, on April 3rd, 2023. On February 27, 2025, he was sworn in as Minister of Education and Early Years.

Robin and his wife Mary live in Souris and have three children.

TOWN OF SOURIS



www.sourispei.com



SILVER THREADS SENIORS CLUB

Meetings every 3rd Wed. of each month. No meetings in July or August.

Membership fee \$10 (April to April) Happenings at the club: Bakery

Bingos, Card Games, Crafts, Variety of classes

(Cooking, Exercise, etc.) \$60 Hall Rental available

Call Bonnie at 902-687-4380 to book the hall.



CEILIDHS: (JUNE to DECEMBER) WEDNESDAYS- 7:30 PM - 10:30 PM

Great Local Entertainment -Refreshments provided

SENIORS MENTAL HEALTH & EMERGENCY PREPAREDNESS SESSION

Wednesday, April 29 10 AM – 2 PM

May 9 @ 1:00 PM - 3:00 PM Sundaes & Safety: A Senior Information Session

Sundae Bar opens at 12:30 PM More Info on page 5

SOURIS LIONS CLUB



members meet the first and third Thursday of each month

@Souris Legion

Visitors are always welcome to attend Souris Lions Club meetings

Contact Arie Hoogerbrugge or email at sourislions@gmail.com

Lions Club Draw APRIL'S Winners:



\$1000 – Peter and Lynn Townshend

\$100 – Marilyn Penny and Dale Laybolt, Leo Flynn, and

Carol & Buddy Aitken

\$50 – Bernadette MacInnis, MacAulay Farms, Elwood Ching, Dee Campbell



Little Pond Girl Guides

are hosting a Pancake Breakfast at the

Little Pond Community Centre

Sunday May 3. 11:00 AM – 1:00 PM.

Fundraiser for youth travelling to Our Chalet in Switzerland

By donation- please be generous and help these youth out!



LINDEE GALLANT

Community Navigator
for Eastern PEI

Lindee.Gallant@cbdc.ca

Telephone: 902-969-5989

Rachel Buell

Eastern PEI Community Navigator

(P) 902-786-9942

(E) Rachel.Buell@cbdc.ca



PEI COMMUNITY NAVIGATORS

**JOIN OUR REGIONAL
FACEBOOK GROUPS**

- ✓ WESTERN PEI COMMUNITY NAVIGATOR
- ✓ CENTRAL PEI COMMUNITY NAVIGATOR
- ✓ EASTERN PEI COMMUNITY NAVIGATOR

544 Main Street,
Montague, PE
COA 1R0

The PEI Community Navigators are here to work with all newcomers and new residents to the rural regions of Western, Central, and Eastern PEI. As you transition into your new life, they are here to answer any questions or concerns you may have, and to open the doors to everything you'll need to know about your new community.

You may be moving here from another country (temporarily or permanently), or even from another province within Canada, either way, we are here to help you!

The Souris and Area Community Group If you are new to the Souris area, please consider joining us at our monthly events. Contact Angela at angelaw.pei@gmail.com or via WhatsApp at 902-330-3623 for more information.

**MAY MOVIES:**

ALL MOVIES ARE AT 2 PM.

MAY 3 AVATAR FIRE AND ASH, MAY 10 TBA,

MAY 17 ELIO, MAY 31 MEAN GIRLS

SENIORS MOVIE: MAY 27 PRETTY WOMAN,

SHOWS: MAY 24TH JOYFUL SOUND, YES SOURIS TBA

**YOU CAN ALSO CHECK THE SOURIS SHOW HALL FACEBOOK PAGE
FOR UPCOMING SHOWS**

Sundaes & Safety:**A Senior Information Session**

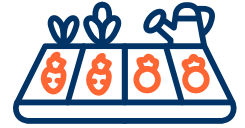
May 9th • 1:00–3:00 PM Silver Threads Club,

75 Main Street, Souris Sundae Bar opens at 12:30 PM

Join us for a fun and informative afternoon designed to support the well-being and safety of older adults in our community. We'll start things off with a Build Your Own Sundae Bar, giving everyone a chance to relax, chat, and enjoy a sweet treat before the presentations begin.

During the session, you'll hear from: • Senior Navigator Jenna Arbring, sharing helpful information about senior programs and supports • Transportation East, explaining local transportation options available to seniors • Constable Kim Dudley (RCMP), offering practical tips on how to recognize and prevent online, telephone, and AI-driven fraud This friendly, community-focused event will give you useful tools, helpful resources, and confidence to stay safe, informed, and connected.

Proudly sponsored by Hon. Robin Croucher, MLA for District 1 Souris–Elmira.



D.P. MacClure Community Gardens

Located at the corner of Chapel Avenue & Colville Street

Do you love gardening but don't have space at home? Why not book a 10' x 20' plot in the D.P. MacClure Community Gardens! Grow your own fresh veggies, herbs, or flowers in a welcoming community space. All you need to bring is your seeds/plants, hose and garden tools—we'll provide the plot! Contact Curtis Laybolt at 902-327-0511 to reserve your spot. Plots will be ready for planting by mid-June, so don't wait! Dig in and grow something beautiful this season!

EASTERN KINGS COMMUNITY CENTRE 85 Munns Road 902-357-2046

There will be a free volunteer food safety presentation held at the community center on Thursday, May 7th at 6:00 pm.

Here is the link to sign up: <https://www.princeedwardisland.ca/.../volunteer-food...>

Baby group is on Monday mornings for children under the age of two. Drop in anytime from 9-11am. Snacks provided.



Souris Striders Ski Club



All members and supporters welcome!

The Ski Lodge offers trails for classic, skate skiing, and snow shoeing. 6 km

North of Souris at Harmony Junction

on Rte. 305 Phone: 902-687-1321 Email: sourisski@gmail.com

Memberships are available online at sourisstriders.ca, with in-person purchases available once the lodge opens. Stay tuned here for updates on our FB page as soon as conditions allow.

Souris Adult Badminton Club

2025-2026 Season

Wednesday September 17, 2025 to

Wednesday May 27, 2026.

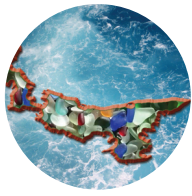


Club plays at Souris Regional School, 15 Longworth Street, Souris from 6:30pm to 8:30pm in the small gym. Our adult club is open to students age 13 and older.

The first two nights are free and membership is only \$30.

Plastic shuttles are supplied. Guests/drop ins are welcome.

Info: Donald Bergeron at dbergeron1104@gmail.com



Discover the Magic of Souris Beach Gateway Park

Located just steps from the shore, Souris Beach Gateway Park is a one-stop destination for seafood lovers.

Mouth-watering Seafood:

- The Poke Shack** – Serving up fresh poke bowls with tuna, shrimp, chicken, and more.
- The Jerk Shack** – Fall-off-the-bone jerk chicken, ribs, and sweet desserts.
- The Lobster Shack** – Located right on the water, specializing in Colville Bay oysters and fresh PEI lobster. Promoting PEI seafood — one delicious species at a time!

Blend & Brew Truck – Smoothies, coffee, wraps, hot dogs, sandwiches, and more!
902-940-3668

Beachside Sweet Shop – Don't miss her famous homemade ice cream sandwiches!

Charming Shops & Coastal Treasures:

The Seaglass Shanty – Gorgeous handcrafted jewelry and gifts made with authentic beach-found seaglass (you can even bring your own and have it made into a keepsake!). Plus, award-winning Oh Fudge PEI Potato Fudge! Locally made crafts, gifts, and more — there's something for everyone!

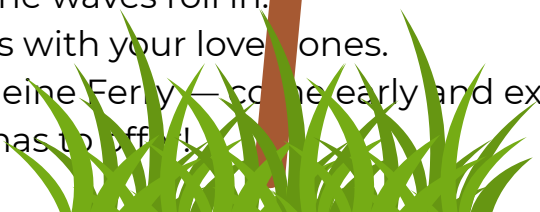
A Park for All Ages

Enjoy the playground, splash pad, picnic area, gazebo, and more. Restroom & shower facilities. Plenty of RV parking. Wheelchair-accessible paths.

Stroll the boardwalk, dip your toes in the Northumberland Strait, collect seaglass, or just relax and watch the waves roll in.

Create unforgettable moments with your loved ones.

Souris is the Gateway to the Îles de-la-Madeleine Ferry — come early and explore all the beach park has to offer!





28 Church St., Souris, PE
902-687-3032



Bakery

Our kitchen is always busy with both clients and staff creating many different types of goods for our customers. It is one of our busiest programs here at the Harbourview Training Center. Below is a list of baked goods, food and services that we offer through our kitchen.

HTC offers catering (pick up or drop off) to individuals, businesses, groups and events.

Cakes for all occasions decorated specifically for each customer.

We do cinnamon rolls, date squares, cookies and sweet trays. Dinner rolls and biscuits.

Pickles, jams and jellies. Loaves of bread including raisin. Our famous carrot cake.

We appreciate every order placed with our bakery as it assists with this program and others within our center. If you have an event, a business or gathering, we welcome you to contact the Harbourview Training Center kitchen to discuss your food needs.



Woodworking

Harbourview Training Center's woodworking shop is one of our busiest programs. Our clients have the opportunity to learn woodworking skills with the support of Harbourview staff. Clients get to build and create wood products that we sell in our showcase gift shop such as seasonal wood decorative items and hanging directional signs that they can personalize specifically just for you.

Our woodworking shop also accepts custom requests to build benches, picnic tables, frames, shelving and more. One of the busiest sections is our refinishing/refurbishing area. Customers bring in items such as desks, chairs, tables for our clients to refinish so if you need a wood item spruced up or brought back to life, please contact us.

Gift Shop

Drop into our location and view our beautiful showroom featuring wood products made exclusively by our clients. You'll find items such as seasonal decorative pieces, cottage decor, rustic signs, birdhouses, mirrors and so much more. If you are looking for decor items for your home, cottage or business no matter what season, please drop in and see what the Harbourview Showcase has to offer.

PLACES TO EAT IN THE CORE OF SOURIS:



The Evergreen Cafe
95 Main Street



Red Claw Bistro,
41 Breakwater Street



Souris Legion
56 Main Street



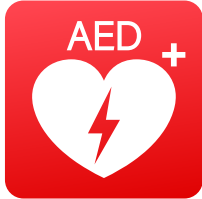
21 Breakwater
Restaurant



Topsy Farmers
120 Main Street

Knowing where to find an AED could save a life!

Automated External Defibrillators (AEDs)
are available at the following
locations in the Town of Souris:



Fiddling Fisherman Lookout - 13 Lower Rollo Bay Rd.

Souris Beach (Summer only)– 8 Main Street

Remedy RX – 51 Main Street

Souris Legion – 56 Main Street

Souris Town Hall – 75 Main Street

Silver Threads Club –78 Main Street

Main Street Pharmasave – 128 Main Street

Souris Fire Department – 135 Main Street

Home Hardware - 175 Main Street

Eastern Kings Sportsplex – 203 Main Street

Souris Regional School –15 Longworth Street

Colville Manor – 20 MacPhee Avenue

Souris Hospital – 17 Knights Avenue

Onda – 20 Hope Street

Agra West – 30 Hope Street

Souris Harbour Authority – 118 Breakwater Street

Kingsboro Baptist Church - 3055 East Point Rd. Available 9-7 daily.

The Ski Lodge - 1358 Souris Line Road

Do you have an AED on site at your business or facility?

If so, we'd love to include you in our community list!

Please contact Jeanne at 902-687-2157

if you'd like us to share that your location has an AED available.

Together we can help ensure everyone knows where to find this lifesaving
equipment in an emergency.



Wishing Our Lobster Fishers a Safe & Prosperous 2026 Season!

The Town of Souris extends our best wishes to all lobster fishers as they set out for
another season on the water.

May you have calm seas, full traps, and a safe return home each day.

Thank you for your hard work and dedication to our community's fishing
heritage. Stay safe, and may this season be a successful one!





Royal Canadian
Mounted Police



A Note From the RCMP: Auto Crime Prevention

- **Lock it or Lose it:** Always lock your vehicle, even for a quick stop, and do not leave keys or fobs inside.
 - **Hide Valuables:** Keep shopping bags, electronics, and personal items out of sight, preferably in the trunk.
 - **High-Tech Protection:** Use a steering wheel lock or an OBD port cover to prevent modern theft methods, and consider hiding a GPS tracker in your vehicle.
- Faraday Bags:** Store key fobs in a Faraday bag while at home to prevent thieves from boosting the signal.



SOURIS FIRE DEPARTMENT

135 Main Street



During a Fire Emergency

- Get Out, Stay Out: Never re-enter a burning building.
 - Crawl Low: Smoke and poisonous gases collect at the ceiling, so crawl under smoke.
 - Check Doors: Feel doors with the back of your hand; if hot, use your second exit.
 - Stop, Drop, and Roll: If clothes catch fire, stop immediately, drop to the ground, cover your face, and roll.
- Call 9-1-1: Call from outside, not from inside the burning building.

A STROKE is a medical emergency. Do not drive to the hospital.

Call 9-1-1. Learn the signs of stroke. Think **FAST**:

Face: is it drooping? Arms: can you raise both?

Speech: is it slurred or jumbled? Time to call 9-1-1 right away.

If you have any health concerns or need immediate health information, call 8-1-1 to speak to an experienced registered nurse for advice on the best course of action.



Mental Health Counselling in Souris

Caring for your mental health is important any time of year.

Julie Lindsay, licensed Counselling Therapist (CT) and Canadian Certified Counsellor (CCC), continues to accept new clients in Souris. Julie works with individuals, families, couples, and groups. She has years of experience working with children and adolescents, grief and loss, couples/relationships, parenting, anxiety, depression, and trauma. Office hours in Souris have expanded to now include 3 days per week.

You can contact Julie for more information or to arrange a confidential phone meeting at: julielindsaynye@gmail.com

KINGS COUNTY PEER SUPPORT & EDUCATION



Canadian Mental Health Association
Prince Edward Island
Mental health for all

572 Main St. Montague

Services We Provide:

- One-on-one mental health support
- Weekly mental health support groups
- Navigating community support · Advocacy
- Education courses, webinars & workshops



Peer support services are free of charge with minimal to no wait list!
For more information about our programs & services, please contact:

(902) 838-2489 or email

m.grant@cmha.pe.ca or ora.ritcey@cmha.pe.ca

Take -out Lobster Supper or Cold Plate May 30th.



Tickets \$30 for 2 lobster; \$20 for chicken. All tickets sold in advance. Pick up meals at Dundas Plowing Match Grounds, 260 Little River Road, Rte. 314 Dundas, between 1:30 – 3pm. Hosted by Kings United churches (KUPC). Tickets MUST be reserved by calling, Cathy Williams 687-2602; Carol Aitken 969-8910; David Nicholson 583-2710; Shirley MacClure 687-3923; or Cathy Rose 626-6167. Cash, cheque or e-transfer

TEDDY BEAR PHOTO CONTEST

Boughton River Trail

May 2, 2026



Bring the kids for a fun teddy bear hunt!

Find bears along the trail, snap photos & enter to win a family prize.

9 AM – 12 PM: Info tables + Food Bank donations welcome

Part of Hike for the Food Bank – Feed the Body, Feed the Soul

All May long—support PEI Food Banks while you explore!

1559 Seven Mile Rd, Bridgetown



SOURIS LIBRARY

3rd FLOOR OF THE SOURIS TOWN HALL
75 MAIN STREET
902-687-2157 Ext. 4
HOURS: TUESDAY 2:00 PM - 6:00 PM
THURSDAY 2:00 PM - 6:00 PM
FRIDAY 10:00 AM - 3:30 PM
SATURDAY 10:00 AM - 3:30 PM
souris@gov.pe.ca



FAMILY STORYTIME
Saturdays @ 11:00 AM
Enjoy stories, songs, and
rhymes for kids
ages 0-5



MINIATURE HOUSE CREATIONS Ages 6-12 Thursday, May 7th at 3:00 PM. Join us at the library to colour and Build miniature houses to create a springtime town!



Did you know that the public libraries also offer the following items you can borrow:

- **Energy Meters**
- **In partnership with Switch Stratford and Switch Charlottetown, the PEI Public Library Service offers a number of electronic energy meters for the public to borrow. These devices calculate the energy consumption and cost of your home appliances which can potentially lead to helpful advice on home energy use.**
- From story times for toddlers, to technology assistance for seniors, the PEI Public Library Service offers an abundance of FREE programming for all ages. Check out what is happening at our 25 public libraries today online!

TRANSPORTATION EAST INC.

A non-profit organization that provides transportation services to seniors, people with disabilities and low income islanders at affordable rates for individuals living in Eastern PEI.

Contact (902)-380-9277 for more information



TransitPEI

RURAL TRANSIT



Booking Instructions: To ensure you have a seat on the bus please do the following:

1. Click the "Book Seat" button at t3transit.ca/transit-pei-schedules
 2. Complete booking
 3. Bookings must be made online a minimum of 1 hour before you wish to travel (Bus will not stop unless a booking for that pickup location has been made)
 4. Online bookings can be made up to four weeks in advance
- Note - Call 902-812-0808 or email bookings@islandtransitpei.ca for any inquiries or booking assistance (during office hours Mon-Fri, 8am - 4pm)

BUS SCHEDULE:

SOURIS TO CHARLOTTETOWN (Morning)

- 5:58 AM - Souris Ferry Terminal
- 6:00 AM - Eastern Kings Sportsplex
- 6:02 AM - Petro Canada Gas Station
- 6:06 AM - Ecole La Belle Cloche (Rollo Bay)
- 6:08 AM - Fortune Ultramar Travel Stop
- 6:10 AM - Dingwells Mills Park & Ride

CHARLOTTETOWN TO SOURIS (Morning)

- 7:45 AM - Confederation Centre Box Office, Queen St
- 7:54 AM - UPEI Bus Shelter, Browns Court
- 8:00 AM - Royalty Crossing Mall Bus Shelter

(Late Afternoon Times)

- 4:00 PM - UPEI Bus Shelter
- 4:10 PM - Shaw Building
- 4:15 PM Confederation Centre Box Office Queen St.
- 4:18 PM - Holland College, Grafton St.
- 4:23 PM - Queen Elizabeth Hospital



If you require a burning permit, you must apply with the Province, the Town of Souris does not issue burning permits for any area of the municipality.

The municipal bylaws for burning are located on the Town of Souris website. In the Town of Souris, Prince Edward Island, burning regulations are outlined in **By-law No. 85-4: Garbage Burning**. This by-law prohibits individuals from burning or incinerating grass or garbage on any property—commercial, residential, or recreational—without prior written consent from the Town Council and approval from the Fire Chief.

The Fire Chief determines the appropriate type of incinerator to be used for such activities.

Violations of this by-law result in fines: \$50 for the first offence and \$100 for each subsequent offence.

Additionally, during the **wildfire season (March 15 to November 15), provincial regulations require checking daily burning restrictions before any outdoor burning. You can check current restrictions or call 1-800-237-5053.

<https://www.princeedwardisland.ca/en/feature/burning-restrictions#/service/FireRestrictions>

For more information or to obtain necessary approvals, contact the Town of Souris at 902-687-2157.

Burning permits are not required for Category 1 fires.

Category 1 fire specifications:

Piles no larger than three metres in diameter,

Piles no more than two metres high,

Multiple piles must be at least 10 metres apart from each other,

No more than two piles burning at one time,

Burning of tree limbs, leaves, brush or cut grass is permitted,

Includes campfires* except in licensed private, municipal, and provincial campgrounds, and **Fire must be attended at all times.**

*Campfires are any open fires** that burn no larger than 0.5 metres in diameter and are intended for recreation (and not for survival).

**Open fires are any fires not in an enclosed CSA approved appliance (e.g. propane or charcoal fueled appliances such as BBQs, propane or natural gas fire bowls, and Coleman-style camp stoves).

Chimneys are considered open fires.

Before burning you must check the Burn Restriction Map





SOURIS LEGION

56 Main Street (902) 687-2300

Open 11 AM - 11 PM Monday - Thursday

Open 11 AM -12 AM Friday & Saturday

Food is served from 11 AM - 7 PM each day, eat in or take out.



Next regular meeting is TUESDAY, MAY 12th at 7:00 PM

AGM - Sunday April 26 at 2 PM. Members are asked to attend.

Reason: Election of officers

REGULAR EVENTS

Open Crib, Wednesdays at 6:30 PM - Bingo, Mondays at 7:00 PM

Saturday afternoon jam sessions at 2:30 PM

Everyone Welcome!



Saturday evening - Dig for the Deuce - Live music

Tickets available at the Legion, or by e-transfer to

sourislegiondeucetickets@gmail.com

NOTE: VOLUNTEERS ARE NEEDED TO HELP WITH EVENTS.

SETTING DAY DANCE - SATURDAY MAY 2ND AT 9 PM

Food Bank (back door to basement)- Saturday mornings 9AM - 11AM

Buddy Check - 1st & 3rd Tuesday every month at 10 AM

There will NOT be any scheduled YARD SALES this year.

MEMBERSHIP FEES ARE NOW DUE: ANY NEW MEMBERS WILL GET

THEIR FIRST YEAR FOR FREE.

CHECK SOURIS LEGION BRANCH #3 FACEBOOK PAGE FOR FURTHER

DETAILS AND EVENTS.



RemedyRx

P H A R M A C Y

51 Main Street
(902) 687-2013



Thank You for 13
Years and Counting!

Souris RemedyRx SEASIDE MEDICAL CENTER

Ever feel like your mood is a rollercoaster you didn't sign up for? It might not just be "stress". It could be your hormones talking.

We're talking about Progesterone. Think of it as your body's natural valium. When it's low, your body loses its "chill" factor.

Keep an eye out for these three red flags:

- Mood Swings: Feeling unusually anxious or irritable?
- Sleep Struggles: Tossing and turning even when you're exhausted?
- Period Problems: Cycles that are suddenly unpredictable or "off."

Your body communicates through symptoms.

Are you listening?

PROGESTERONE
SIGNS OF LOW PROGESTERONE

- MOOD CHANGES**
 - Irritability
 - Anxiety
 - "Up and Down"
- DIFFICULTY SLEEPING**
 - Tossing & Turning
 - Insomnia
 - Restless Nights
- MENSTRUAL IRREGULARITIES**
 - Unpredictable Cycles
 - Skipped Periods
 - Flow Changes

SPEAK WITH OUR PHARMACIST AT: 906-740-1600



ISLAND WASTE MANAGEMENT CORPORATION

Eastern Waste Watch Drop-Off Hours

Dingwells Mills 100 Selkirk Road Rte. 309

Summer & Winter:

Monday 8:00 AM - 4:30 PM,

Wednesday 8:00 AM - 4:30 PM,

Friday 8:00 AM - 4:30 PM

Saturday 8:00 AM - 12:30 PM

CONTACT INFORMATION



Additional sorting guides & calendars can be printed from our website or picked up at any town hall or Access PEI.

WEBSITE: iwmc.pe.ca

PHONE NUMBER: 1-888-280-8111



RECYCLE COACH

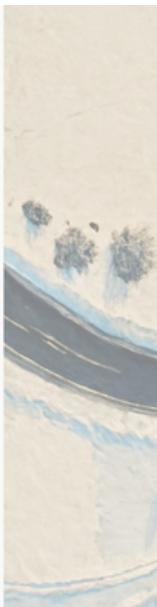
Do you have the RECYCLE COACH APP?

The app is FREE to download on your smart device (mobile phone or tablet) and offers: *Convenient access to collection schedules *Notifications on your smart device to place your carts and recyclables curbside *An easy-to-use interactive sorting guide *And more!

"I Live On A Private Road - What Should I Do?"

Roads must be accessible to collection trucks. If the road is obstructed or not properly cleared, collection cannot take place.

If trucks are unable to access your road, please place your carts and blue bags at the nearest serviceable road by 7:00 AM on your collection day. If you will be placing your material this way, please provide this information to IWMC Customer Service at 1-888-280-8111.



2026 WASTE WATCH RESIDENTIAL COLLECTION CALENDAR

EASTERN, CENTRAL, AND EAST PRINCE

Legend: ■ = COMPOST ■ = WASTE

JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	★	1	2	3	4	5	6	7	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	★	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28
25	26	27	28	29	30	31								29	30	31				

APRIL							MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	★				1	2			1	2	3	4	5	6	
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24/31	25	26	27	28	29	30	28	29	30	1	2	3	★

★ HOLIDAY ALTERNATE COLLECTIONS:
 New Years Day - Saturday, JANUARY 3
 Islander Day - Saturday, FEBRUARY 21
 Good Friday - Saturday, APRIL 4

★ CHRISTMAS TREE COLLECTION: JANUARY 5-9
 Place trees curbside by 7 A.M. on Monday, January 5th. *Contact IWMC no later than Tuesday, January 13th if your tree was missed.

★ COLLECTION SUSPENSION FOR EXCESS YARD & GARDEN DEBRIS:
 From April 6 to May 22.

FALL CLEANUP:
 Place Material Curbside by 7 A.M.

★ YARD DEBRIS:
 Monday, May 4 / Monday, May 18
 *Yard debris will not necessarily be collected on cart day. Contact IWMC by Tuesday of the following week if your yard debris was missed.

★ WASTE:
 Put items next to your waste cart on your normal collection day from May 18 - October 30. A fee will apply. Contact IWMC to register.

COTTAGE COLLECTION: JUNE 1 - SEPT. 25
 Extended service available from May 18 - October 30. A fee will apply. Contact IWMC to register.

STORM DAY INFORMATION:
 • www.IWMC.pe.ca
 • 1-888-280-8111
 • at IWMC PEI

RECYCLE COACH

COLLECTION DAY information for carts & recyclables specific to your home can be found on IWMC.pe.ca (click on 'Collection Days' and follow the prompts to enter your civic address), or by calling 1-888-280-8111

Souris Cultural Heritage and Genealogy Centre

Located in the Matthew & McLean Building
95 Main Street

The Historium room opens in June.

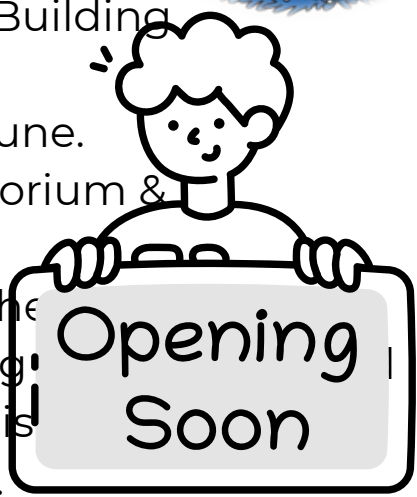
Step Into the Past at the Souris Historium & Genealogy Research Room!

Discover the rich tapestry of Souris' history.

Come explore fascinating artifacts, captivating stories,

and uncover your family roots at the Souris Historium & Genealogy Research Room.

Genealogy Research Room.



Whether you're tracing your family tree, diving into the stories of our seaside town, or simply curious about days gone by—there's something here for everyone!

Located in the heart of Souris

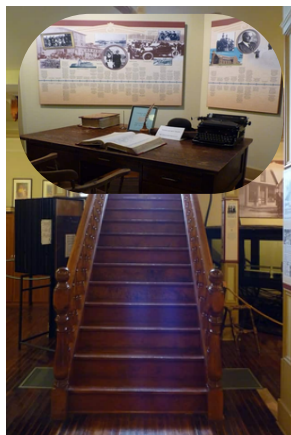
Open Monday - Friday 8:30 AM - 4:30 PM

Will be closed the end of September until the end of May.

Bring your curiosity and leave with a deeper connection to our community.

History lives here—and so might your story!

The Matthew and McLean building was originally constructed in 1869 in order to house the then newly formed Matthew and McLean company. Today the building houses a historical museum with artifacts related to their general merchant business along with the Visitor's Information Center.





ENGLISH TO FOLLOW ... SOIREE WINGS

UNE FOIS PAR MOIS (VENDREDI) - CE MOIS-CI, CE SERA LE 15 MAI 15h-21h

AU PAVILLON DE L'EST • 861 ROUTE 2, ROLLO BAY (902) 687-7179, poste 2

,...*PRODUITS DE BOULANGERIE DISPONIBLES***

* SERVICES DE BAR DISPONIBLES *** POSSIBILITE DE MANGER SUR PLACE
OU EMPORTER!!!

SOUPER COMMUNAUTAIRE GRATUIT ET FESTIVAL MULTICULTUREL

VEUILLEZ L'INSCRIRE A VOTRE CALENDRIER POUR LE MOIS DE MAI, 2026

OFFRE SOUPER COMMUNAUTAIRE GRATUIT AVEC DES ANIMATIONS

REPAS A DETERMINER

MARDI 26 MAI 17 h 00-19 h 00

PROGRAMME DE GYMNASTIQUE

LE KINGS COUNTY GYMNASTICS CLUB PROPOSE UN PROGRAMME DE
GYMNASTIQUE DE 7 SEMAINES

Debutant du **Mercredi 29 AVRIL**

Les heures de cours sont de 17h30 a 18h30 (2-6 ans) et de 18h30 a 19h30

(7 ans et plus) Les cours ont lieu. Le frais d'Inscription est de 110.00\$

Plus une fois par an (1 sept., 2025 - 31 aout, 2026) des frals d'assurance de 40.00\$

Pour s'inscrire ou pour plus d'informations,

Veuillez contacter Darlene Grenier au: cafe.rollobay@gmail.com

OU appelez ou envoyer un message (902) 969-8209

Vous DEVEZ Vous INSCRIRE A L'AVANCE!!!

FROLIC EN FRANCAIS

Vous avez plus de 50 ans et vous souhaitez participer a une rencontresociale d'une
heure et demle cheque semaine en fram,ais ? La FAOiPE, en partenariat avec la
CAFE, vous accueille tous les Jeudis de 13h a 14h 30. Pour plus d'informatlons,
veulllez contacter Judy Chaissonau (902) 687-2209.

LOCATION D'INSTALLATIONS/DE SALLES

CAFE (comite acadlen et francophone de l'est) OFFRE LA LOCATION DE
SALLE/GVMNASE, etc. a NOTRE INSTALLATION.

NOUS LOUONS DES ESPACES POUR DES EVENEMENTS/ACTIVITES TELS QUE DES
REUNIONS, DES ATELIERS, DES ANNIVERSAIRES, DES MARIAGES.

POUR PLUS O'INFORMATIONS, ENVOYEZ UN COURRIEL A DARLENE a:
cafe.rollobay@gmail.com

COMITE ACADIEN ET FRANCOPHONE DE L'EST

861 ROUTE 2, ROLLO BAY

COA 2B0, PE

902-687-7179



facebook.com/PavillonDeLest



SOIREE WINGS

Once a month (FRIDAY) -This months date: **May 15th** 3 p.m. to 9 p.m.

(902) 687-7179, ext. 2 *BAKERY ITEMS AVAILABLE*

* BAR SERVICES AVAILABLE* EAT IN OR TAKE OUT!!!

FREE COMMUNITY SUPPER AND MULTICULTURAL FESTIVAL

PLEASE MARK THIS ON YOUR CALENDAR FOR MAY, 2026

(MEAL TBD)

TUESDAY, MAY 26TH FROM **5:00 p.m.- 7:00 p.m.**

GYMNASTICS PROGRAM

THE KINGS COUNTY GYMNASTICS CLUB IS OFFERING A 7-WEEK GYMNASTICS PROGRAM Starting **Wednesday, APRIL 29**

Class times are from 5:30 p.m. to 6:30 p.m. (ages 2-6) and from 6:30 p.m. to 7:30 p.m. (ages 7 and up)

Registration fee is \$110.00 plus once a year (September 1, 2025 - August 31, 2026) insurance fee of \$40.00. To register or for more information, please contact Darlene Grenier at: cafe.rollobay@gmail.com OR call or send a message to (902) 969-8209 you MUST REGISTER IN ADVANCE!!!

FROLIC EN FRANCAIS

Anyone 50+ years and interested in a 1 1/2hour social each week in French? FAOIPE In partnership with CAFE welcomes you every Thursday from 1:00-2:30 p.m. Contact Judy Chaisson for more information at (902) 687-2209.

RENTAL OF FACILITY/ROOMS

C.A.F.E OFFERS HALL/GYM RENTALS, etc. AT OUR FACILITY- WE RENT SPACES FOR EVENTS/ACTIVITIES SUCH AS MEETINGS, WORKSHOPS, BIRTHDAY PARTIES, WEDDINGS.

FOR MORE INFORMATION EMAIL DARLENE at:
cafe.rollobay@gmail.com



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Hot Stone Massage

*Promoting wellness
through massage and motion*

Nancy Cook RMT, CSEP-CPT

175 Main St. Suite 210, Souris
705-229-7729 text preferred
nancy@gofigurefitness.ca

www.gofigurefitness.ca



CO-OP

Souris Co-op
83 Main St. Souris, COA 2B0
ph. 902 687 2723
fax 902 687 2020
HOURS:
Sunday 12 pm - 6 pm
Monday to Friday 8 am – 8 pm
~ Saturday 8 am – 6 pm



Just For You Massage Therapy

Come and be Kneaded

Serving the Community
since 2014

Book online @

Justforyoumassagetherapy.ca
or text 902-208-1105

ACCEPTING NEW CLIENTS!

Exploring Careers? Looking For Work?

We Can Help!

- Job search & career exploration support
- Information on training & funding programs
- Free computer & WiFi; printing and scanning for job search purposes
- A quiet space to apply for work
- Free & confidential. Funded by the Department of Workforce, Advanced Learning and Population through the Canada-PEI Labour Market Agreements.

Contact us to learn more: **902.687.1526** or **souris@cdspei.ca**

Souris Mall, 175 Main Street (above Home Hardware)



KATE'S
SOURDOUGH



I've got your sourdough needs covered, from artisan boule to bagels, breadsticks and buns.

Discover gut benefits from long fermented sourdough made with organic wholegrain or white flour. Text me today at 902-215-0390 to order your loaf and bite into freshly baked warm crunchy bread!

Artisan loaf \$10. From my rustic kitchen to yours.

CDS

CAREER DEVELOPMENT
SERVICES INC.



THE TOWN OF SOURIS DOG LICENSING PROGRAM

runs from **June 1 to May 31.**



Residents are required to annually register their dogs through this program in person at the Souris Town Hall.

We will need your name, address, phone number, email, the name of your dog(s), the color of the dog(s), the breed, male or female and whether they are spayed or neutered.

Dog tags are \$5 for spayed/neutered dogs and \$10 for non-spayed or non-neutered dogs



The Town of Souris enforces its animal control regulations through the Companion Animal Control By-law 2004-05. This by-law mandates that all dogs residing within the town must be registered and wear a valid dog tag.

These tags are renewable annually and are essential for ensuring that lost pets can be promptly identified and returned to their owners



114B Main Street, Souris.

Jewellery, fibre and textiles, glass, visual arts, woodwork, photographs

Artisans on Main Souris opens for the Season,

Friday, May 1 and every weekend in May;

Friday – Sunday, 10 – 5 pm

June hours: Wednesday – Sunday, 10 – 5 pm.

SUPPORT LOCAL



Creativity continues year-round with **Artisans on Main Souris.**

Join us for hands-on workshops and relaxed drop-in evenings.

Craft Drop-In Nights Every Wednesday 6:30–8:00 PM AOM Souris Gallery,
By donation | Bring a project you're working on (or start something new)
and create alongside others.

. Follow @sourisartisans for updates and event details or
artisansonmainsouris.com for tickets & more info.

Art Lives Here.



CONCERT ALERT!!

Mark Haines' very talented and hard-working music students are pleased to present their year end graduation concert **Saturday May 2nd., 2:00 PM at Fortune Community Centre.** This is always a great time! Mark has been teaching songs to the kids all year. They learn as many as they can and then play them in a big jam session style concert. Admission is by donation at the door. Proceeds go to Fortune Community Centre and The Road To Fortune School Of Music.



Vendor Registration Now Open – 17th Annual Mermaid Tears Sea Glass Festival Artisan Market!

Join us at Souris Harbour, 118 Breakwater St on July 25th, 2026, from 10 AM – 6 PM for this vibrant seaside market. Showcase your handmade goods and connect with a lively crowd of locals and visitors.

Contact Mary Theresa Hanlon at 902-687-2157 or mthanlon@sourispei.com to register.

Spots are limited—apply today!



Vendor Registration Now Open – Souris Farmers Market!

Be part of a vibrant community market this season! The Souris Farmers Market is now accepting vendor applications for Summer 2026. Join Fridays from June 26th - September 25th at the Eastern Kings Sportsplex, from 10:00 AM - 2:00 PM. Showcase your fresh produce, handmade goods, baked treats, or unique creations in a welcoming, high-traffic local market.

To register or learn more, contact Mary Theresa at 902-687-2157 or email mthanlon@sourispei.com. ANYONE WITH PHOTOS FROM 2025 PLEASE SUBMIT TO MARY T.



Kelsey MacNeill

Trusted Travel Advisor
kelsey@stewarttravelgroup.ca
902.894.9389 | 1.844.660.7329
cell 902.388.1300
Souris, PEI

Stewart Travel Group

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NEED A CIVIC SIGN??

Red House Creations offers durable custom civic signs with reflective numbers for maximum visibility day or night.

- weather resistant - easy to read from the road - locally made - \$35 for a 6"x12" sign

Make sure emergency services can find you!

Contact Jen Today!

creationsfromredhouse@gmail.com

Call or text: 902-969-3843





396 Veterans Memorial Hwy

STORE OPEN;
MON.-SAT.
10 AM – 6 PM
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Delicious, fresh & natural Salsas,
Mustard Pickles, Chow, Pepper
Jellies, Sweet Jams & Pickles made
with organically grown vegetables
& berries grown by us in
Souris West
“From Seed to Salsa”
Tantalize your tastebuds!



NEED A RIDE

If you need a drive, local or long distance. i.e. Moncton, Saint John, Charlottetown or Halifax or to doctor’s appointments, airport or general travel call Danny at (902) 940-6689
Please don’t drink & drive!

Souris-PEI

MAIN STREET MALL



McDuff's Market
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Since 1944

902-687-3113

Proudly Supporting
Events in Our
Community



Home hardware
building centre

902-687-3332

175 Main Street Souris, PEI

Souris Office Suites



Call for Expressions of Interest
Business Opportunity – E-Bike Rental Partnership

The Town of Souris is inviting **individuals, entrepreneurs, and organizations** to submit expressions of interest to operate a **Seasonal E-Bike Rental Service** in Souris. Location is 209 Main Street, Souris, PE. This opportunity is ideal for someone looking to create or expand a tourism-focused business in Souris.

- The Town currently owns **8 Adult E-Bikes** and has a dedicated building equipped with:
- Electrical power and Wi-Fi
 - Helmets
 - Charging capabilities for E-Bikes
 - Storage space and bike rack
 - Locks

- The successful operator will be responsible for:
- Daily rental operations
 - Marketing the service
 - Customer service
 - Developing rental rates and packages
 - Routine maintenance

- The Town will provide:
- Access to the building and equipment
 - Use of the 8 E-Bikes for rental purposes
 - Support in promoting the service through municipal channels



- Interested parties are invited to submit:
1. A short business plan or proposal
 4. Rental pricing ideas
 2. Operating experience (if any)
 5. Any value-added concepts (guided rides, group rates, partnerships, etc.)
 3. Proposed operating hours and season

Proposals can be submitted to:
Town of Souris, Attn: Shelley LaVie, PO Box 628, 75 Main St., Souris, PE, C0A 2B0 or by email to slavie@sourispei.com **Deadline to Submit is March 6, 2026 at 3:00pm**

Additional details to be negotiated between the Town of Souris and interested parties.

***Disclaimer / Rights Reserved** The Town of Souris reserves the right to accept or reject any or all submissions, to negotiate with any proponent, and/or to cancel this opportunity at any time without obligation to any party.*



NIC'S SHOE REPAIR & LEATHER CARE



We repair work boots, dress shoes, sandals, sneakers. We also repair leather products such as belts, bags, jackets & more.
Give us a call today!



Items can be picked up or dropped off. Please call before dropping off items. Phone: 902-314-9453
Address: 40 Chapel Avenue, Souris, PE