A new monthly Dance program is being held at the Missisquoi North Youth Centre in Mansonville on Friday evenings starting October 27 from 7:30 to 8:30pm. With volunteer instructors, Lauren Andradi of Ayers Cliff and Alexyah Cervinka of Potton who are pictured here with some of their new students. It took only forty minutes for the group to learn a wonderful new dance; the instructors were very impressed. The next class will be held on November 10th and a third on December 15th. For more information, contact the Youth Centre in Mansonville at 450-292-4886 or visit www.cabmn.org

Exercise through boxing techniques is another program being offered at the Youth Centre in Mansonville animated by volunteer Ethan Ball held weekly on Friday evenings from 5:30 to 6:30 for youth 10 and up. Ethan will soon be assisted by volunteer Brenda Clark as the numbers in the group have reached a maximum. The exercise through boxing techniques teaches youth self discipline, focus and get them moving and active. Those attending for the past two weeks have been enjoying it tremendously.

Ben by Daniel Shelton