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## Weather



TODAY:  
SHOWERS

HIGH OF 6  
LOW OF -2



TUESDAY:  
SUNNY

HIGH OF 2  
LOW OF -5



WEDNESDAY:  
SNOW OR  
RAIN

HIGH OF 6  
LOW OF 4



THURSDAY:  
CLOUDY,  
SHOWERS

HIGH OF 7  
LOW OF 4



FRIDAY:  
RAIN

HIGH OF 9  
LOW OF 3

# Senior's Day celebration in Potton



## THE SCOOP MABLE HASTINGS

On Wednesday, October 24, the Misquisqui North Volunteer Centre (CABMN) Senior Service Coordinators, Monique Gilbert and Angelle Laplume assisted by Trish Wood, in collaboration with the Municipalities of Potton and Bolton-Est celebrated, Senior's Day highlighting the importance seniors play in every community. The event gave the opportunity to share quality time together while learning, exchanging and partaking in a variety of activities.

The event took place in the Council Room at the Mansonville Town Hall and included a free meal (cold buffet) prepared by Epicerie Jacques Ducharme. Seniors were invited to take part in the following activities throughout the day: 9:30 to 10:15am-Wake up activity with an introduction to Tai Chi/QiGong courtesy of Lolita Dalpe, certified instructor, 10:30am to noon a Digital workshop to help seniors to improve their computer skills, smart phone, tablet and other technological components was offered by Robert Gagnon.

Before the free lunch, speeches were made by Potton Mayor, Jacques Marcoux, Bolton-Est Pro Mayor, Pierre Piché and Mable Hastings, CABMN Executive Director. The three were quick to praise the hard work and contribution made to every community by the seniors who give so generously of their time. The Municipal Representatives expressed their pride in collaborating in this wonderful event. Trish Wood, Community Organizer for Potton Township also shared information about upcoming exercise programming in the community.

After the free lunch, the sessions continued from 12:45 to 1:30pm with a demonstration and free trial of an electric bike at the Park Manson animated by "La Bouffée d'air," (Lucie Blanchard). From 1:30 to 2:15 was a workshop on balance and the risk of falls offered by Gisele Lessard (Physical Therapist assistant) from the CIUSSSE Memphremagog.

The day ended with a wrap-up coffee hour from 2:30 to 3:30pm where all who participated were able to discuss their experiences, review and share information about the day. Officer Steeve Cote from the Quebec Provincial Police (QPP) joined those at the coffee hour for discussion and to answer questions in regards to a variety of subjects as raised by participants.

Targeted for seniors 65 and over, many of those present for the event were in their 80's. The group was active, inspiring and enthusiastic. I had the privilege of joining those who took part in the electric bike demonstration with "La Bouffée d'air." The terrific job done by Lucie Blanchard, a retired Phys. Ed. Teacher and co-owner of the electric bike rental company located on Rue Principale in Mansonville, and her ability to put the participants at ease and to as-

sure them of her support made many feel comfortable in trying a bike.

"I never thought I'd be doing this," shared Sheila Kerr who participated in the session. "I am so happy that I did it!"

There were many who gave the electric bikes a try and all who did were quite impressed by the experience. The expression on the faces as many effortlessly came up a hill and made the corner in full speed was priceless!

For Monique Gilbert and Angelle Laplume, organizers, the day was a great success.

"After a long and full day of activities, I am sure that all of those who participated had a good night's sleep," said Gilbert. "As organizers, we appreciate their participation, that of those who animated the sessions as well as the support of our partners."



Sheila Kerr who also tried out the electric bike and loved it



Marie Jeanne Fidler trying out the electric bikes



PHOTOS: MABLE HASTINGS

Potton Mayor Jacques Marcoux and Bolton-Est Pro Mayor, Pierre Piché proudly welcomed the seniors who attended the Senior's Day celebration.

## Ben by Daniel Shelton

