

Getting in shape in Potton



THE SCOOP MABLE HASTINGS

fun. The Saturday morning program is held at the Mansonville Elementary School from 9:30-10:30 a.m. and the following programs are being offered weekly, free of charge, through to December 1st.

Tiny Tots with Hiro Gagnon, Open Gym with Aleeyah Cervinka and Victor Gagnon, Yoga with Marie Garon, November 17th, Zumba with Geneviève Quintin, November 3rd and November 24th, Pilates with Kinesiologist, Monique Gilbert November 10th and December 1st.

The program is meant to be flexible, and although it is hoped that citizens participate as much as possible, people do not need to commit to the entire 6 weeks.

The Open Gym program will rotate ac-

activities each week. Floor hockey 2 weeks, Basketball 2 weeks and Obstacle Courses 2 weeks.

Parents can participate in activities at the same time as their children, giving them a well-needed break.

This program was created by the Potton Leisure Committee and is offered FREE of charge! The Goal is to expose local Pottoneers of all ages to local programs that are already in place and to continue to support our citizens on their mission to adopt an active and healthy lifestyle. Members / Municipal Leisure Committee include:

- Bruno Coté (President)
- Michael Laplume (Councillor)
- Monique Gilbert (Seniors Services / CABMN)
- Catherine Ducharme (Citizen)
- Monica St. Onge (Citizen)
- Trish Wood (Municipality)

There are currently over 20 different leisure & sport programs offered by local citizens and organisations in the Township of Potton. To see all program details, visit <http://potton.ca/en/recreation-and-culture/activities/>

The Municipality of Potton wishes to promote recreational activities for young people by offering sports programs at a reasonable cost for its residents; it will therefore provide financial assistance to parents who enroll their

children in higher-level programs that are offered outside of the Township of Potton. This assistance is provided by means of a reimbursement requested by the parents. Up to \$200 per child per year could be reimbursed. Details: <http://potton.ca/en/recreation-and-culture/activities/activities-for-children/>

There are a variety of amazing instructors and animators delivering high-quality programs in Potton. The Leisure Committee would like to introduce these instructors to those who are not yet participating.

The key is get people from the community to take part in the programs being offered to assure that they continue. Potton is lucky to have local instructors who can offer these programs and participation is the best way to show interest and support.

Saturday's participants were thrilled with the concept and enjoyed the flexibility and quality of the instruction. Additional interest has been expressed so numbers are expected to grow each week.

For more information contact:
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THE RECORD

Brome County NEWS



ON NOVEMBER 20th

The Record and Brome County News will publish a special supplement

in partnership with

The Pet Connection Lennoxville, SPA des Cantons, SPCA Montérégie and Frontier Animal Society.

This edition will be filled with wonderful pets up for adoption, success stories and adoption tips. If you would like to help a pet find a home by sponsoring a pet please call **819-569-9525** or email classad@sherbrookerecord.com

Cost \$15

Deadline November 13th

*A portion of proceeds of this special edition will be donated to:

Blue Seal Animal Nutrition Center, SPA des Cantons, SPCA Montérégie and Frontier Animal Society



This is Buddy. He is a 3 year old beagle. He is good with other dogs and small children and is looking for a good home.

Buddy is Sponsored by
Patty Curtis
North Hatley

I'm gonna be a Fireman someday.

Muscular Dystrophy Association of Canada

1 800 567-ACDM
Until there's a cure, there's us.