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## Weather



TODAY:  
CLOUDY

HIGH OF -3  
LOW OF -4



TUESDAY:  
SNOW

HIGH OF 0  
LOW OF -2



WEDNESDAY:  
PERIODS OF  
SNOW

HIGH OF -1  
LOW OF -4



THURSDAY:  
CLOUDY

HIGH OF -2  
LOW OF -3



FRIDAY:  
60% CHANCE  
OF FLURRIES

HIGH OF 2  
LOW OF -1

# Festival of Hearts

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On Saturday, February 8th from 10am to 3pm, come and enjoy WINTERFEST (outdoor and indoor family fun activity day).

Organized by the dedicated volunteers of the Former Youth Involvement (FYI) and Students Against Destructive Decisions (SADD) Youth Centre of the Missisquoi North Volunteer Centre and sponsored by the Municipality of Potton. Location: Mansonville Elementary School (5, rue Marion-Atwell). Information: Sarah 450 292-4886 or [mdj@cabmn.org](mailto:mdj@cabmn.org) (Detailed itinerary to be mailed out soon).

In the evening on February 8th at 7pm at the Town Hall in a celebration of the great classics of French song heritage. Listen and hum along to classic French songs. These songs are presented as a movie while projecting the lyrics encouraging the audience to

follow along. Come and discover that these songs are also beautiful poems. Please bring a snack and your beverage of choice! This is a free event and for Information: Jean-Claude Duff 819 843-2131.

For a Healthy HEART! Join the Missisquoi North Volunteer Centre and the Potton Retirees Club for a conference presented by Annie Thériault, Dt.P., Nutritionist. February 11 at 10am at the St. Cajetan Catholic Church basement at 324 Principale in Mansonville. Come discover essential foods and come up with ideas to maximize your diet. The conference will be followed by a dinner and several activities for all to enjoy being together. Reserve your space by February 3rd. Cost for lunch: \$15. Information: Angelle Laplume or Monique Gilbert: 450-292-3114 ext. 103 [a.laplume@cabmn.org](mailto:a.laplume@cabmn.org) or [m.gilbert@cabmn.org](mailto:m.gilbert@cabmn.org)

Introduction to POUND FIT. Pound fitness is a combination cardio and weight training exercise approach that includes some of the rhythmic

techniques used in Pilates. Comfortable clothes and running shoes. Age: 16 + Date: Wednesday, February 12th Time: 5:30-6:15 p.m.

Location: Town Hall Cost: Free Information: Tamara Hamelin 819 239-8352 [tamara.hamelin1@gmail.com](mailto:tamara.hamelin1@gmail.com)

NEW! If you want to improve your cardiovascular capacity and muscular endurance, there is nothing better than short interval training that effectively improves both to maximize and aerobic power and anaerobic capacity. X'FIT is an indoor activity animated by Monique Gilbert M.Sc. Kinesiologist, being offered on Thursday, February 13 at 5:15pm at the Town Hall in Mansonville, free of charge. For information: [moniq.gilbert@icloud.com](mailto:moniq.gilbert@icloud.com) 438 872-0829. An outdoor session of X'FIT will be held on Saturday, February 15th at 9am Location: André-Gagnon Park...same contact details as above.

Tiny Tots Circle / Storytime & Crafts. Join Les Productions Super Hiro for a special animated activity celebrating Valentines Day! Listen to stories that will warm your heart followed by a special arts & crafts workshop. Enjoy some time at your local library and meet other Potton parents. Healthy snacks provided! This activity is free, sponsored by the library. Free Activity for 0-5-year old's and their parents, Theme: I Love Valentine's Day! Date: Friday, February 14th Time: 9:30-10:30 a.m. Location: The Library (2 Vale Perkins) Cost: Free Information: 450 292-3313 ext. 228

Discover TAI CHI - QI GONG-Presentation of different aspects of traditional Chinese medicine (TCM) and introduction to the practice of Daoyin Yangsheng Gong Shi Er Fa. Twelve exercises that bring together the quintessence of Tai Chi, Qi



Gong and TCM to preserve health and nourish the LIVING! Date: Tuesday, February 18th Time: 9:00 a.m. to 12:00 p.m. Cost: Free. Location: Town Hall, second floor Instructor: Lolita Dalpé, certified Duan international. 450-534-5585 / [taikigong@gmail.com](mailto:taikigong@gmail.com) [taikigong.com](http://taikigong.com) / Facebook SPRING SESSION: A session of 8 classes in Potton will begin on Tuesday, April 14th, 2020 from 10 a.m. to 12:00 p.m. \$20 OFF if you register on Tuesday, February 18th.

Hockey Game: Celebrate winter with a family-friendly hockey match. Spectators welcome! Hot chocolate will be served. Date: Tuesday, February 18th Time: 5:00 p.m. Location: André-Gagnon Park. Organized by the Potton Township. Information: 450-292-3313, ext. 228 or [loisirs@potton.ca](mailto:loisirs@potton.ca)

The Art of Potton Living...Let's create a Community Art Show. Animated by les Productions Super Hiro, this is an interactive program aimed at bridging the age gap and bringing out our inner artist. Best

yet, the municipal library will display the work during the month of March. Open to all! Free! Snacks and all materials provided. Organization: Potton's Cultural and Heritage Committee in collaboration with the elementary schools of Mansonville. Senior volunteers needed! Dates: Thursdays, February 20th and 27th, 12:45 to 2:15pm, 2nd floor town hall, RSVP's appreciated:450 292-3313 ext. 228

Community Baby Shower! Did you have a baby in the 2019-2020 year or are you currently pregnant? If yes, please join us for our community baby shower. Special activities include arts and crafts for your toddlers, snacks and a special visit from a nurse who can answer all your baby-related questions. Organized by the Municipality of

Potton and Équipe Ressources-Relais. Reservations are appreciated to receive a special baby gift. 450 292-3313 ext. 228. Date: Tuesday, February. 25th Time: 10:00 - 11:30 a.m. Location: Town Hall. Free.

Learn C.P.R...Show your LOVE to your family, friends, and neighbors and learn the lifesaving technic of C.P.R (cardiopulmonary resuscitation). In addition, learn how to use a defibrillator. Mr. François Aumais TAP, CPR-AED instructor certified by the Heart and Stroke Foundation of Quebec, will join Potton's First Responders to explain how to intervene during a resuscitation situation. Organized by the Municipality of Potton / First Responders / Formation SAVIE Inc.

Date: Saturday, February 29th Times: English session: 9:00 a.m. - 12:00 p.m. / French session: 1:00 - 4:00 p.m. Cost: Free Location: Town Hall Registration is mandatory 450 292-3313 ext. 228

## Ben by Daniel Shelton

