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# Walking and much more with the Missisquoi North Volunteer Centre (CABMN) Senior Services Team



## THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) Senior Services Program under the Coordination of Monique Gilbert working with a wonderful team: Carmen Aubin, Angelle Laplume (long-time CABMN senior services animator) and Krysten Vanier continue to offer a variety of programming for the young at heart in Potton and surrounding areas. One of the weekly programs animated by Gilbert is the walking group.

"How fast you walk is secondary," shares Gilbert. "The most important thing is showing up," she added.

Gilbert hopes will soon become a recognized "walking club," celebrating the commitment and self care demonstrated by the groups of

seniors who regularly participate. "It's really a social club that comes together to partake in healthy physical activities," explained Gilbert. "We are a group of friends going for a walk that are always welcoming new faces and encouraging each other," she added.

The weekly walking groups are just one of the activities offered through the CABMN SAPA Senior Services. There is also a heart and energy group, viactive (when Pandemic subsidies) as well as a variety of other opportunities to get together to share, learn, grow and mingle. Getting implicated is always the hardest first step but once the initial effort is made many seniors comment on how much the involvement brings to their lives.

Granted, we are in a Pandemic but the "in person" activities are all organized with Government safety directives in place. Many of the other activities, workshops, information sessions and social gathering is presently being done virtually via Zoom sessions. This can present its own issues and challenges however, the SAPA staff is there to offer help in getting seniors connected. Trial and error will bring ease and comfort in time.

Spring will allow many to finally get outside enjoying their own gardens,

backyards and may allow for family gatherings with directives in place but if you are looking to become involved in healthy activities without pressure that will allow you to socialize in some way, the CABMN may have something of interest to offer you. It will however require your taking that first initial step and giving the senior services team a call.

At present the Senior Service team is there to help seniors who may be experiencing difficulty to register for their vaccine. Should you need assistance you need only call the CAB and ask for help at 450-292-3114. Your location is not an issue; the staff will help you if you need it.

The Volunteer Coordination team (different from the Senior Services team) but also a CABMN staff service is there to help any senior who needs a ride to their injection appointment. Again, call the CABMN office, explain what you need and you will be directed to the staff team that can help.

The Missisquoi North Volunteer Centre (CABMN) serves the western sector of the MRC Memphremagog (Potton, Bolton-Est, Saint-Etienne-de Bolton, Stukely-Sud and Eastman). Located at 314B Principale Mansonville (second floor in the CLSC Medical Clinic building). To find out more, visit their website at [www.cabmn.org](http://www.cabmn.org)

## Weather



TODAY:  
MIX OF SUN  
AND CLOUD

HIGH OF -12  
LOW OF -19



TUESDAY:  
SUNNY

HIGH OF 0  
LOW OF -11



WEDNESDAY:  
SUNNY

HIGH OF 7  
LOW OF -3



THURSDAY:  
MIX OF SUN  
AND CLOUD  
HIGH OF 2  
LOW OF -11



FRIDAY:  
SUNNY

HIGH OF 5  
LOW OF -9

## Weber jersey

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stated. "I have another plan for a future CABMN fundraiser for the hockey enthusiasts," he shared. "Details will follow once the Covid pandemic subsidies."

For the CABMN Volunteer Centre, a non-profit charitable organization in existence in Potton for over forty years, the show of support from individuals and business owners was beyond belief.

"I truly believe that the people of Potton and surrounding areas are some of the most generous and giving possible," commented Hastings who collected the donations along with her CABMN staff. "If they believe in the cause, they always seem to offer what

they can; it is truly heartwarming," she added.

Just one of the many businesses that supported the fundraiser was Potton FamiliPrix pharmacy co-owners, Cathy Riendeau and David Rousseau. It was their names that Quintal drew from the pot on Saturday as the winners of the jersey. Quintal got an extra kick out of the fact that Riendeau originates from his hometown of Boucherville!

Riendeau and Rousseau and their staff have put in a lot of effort throughout the Covid pandemic so many residents in the area were really happy for them when their names were drawn at random. Warm wishes from

the others who purchased tickets were soon extended to the two via Facebook.

The CABMN wants to extend a heartfelt thank you to the Montreal Canadiens Foundation, to Shea Weber, to Stephane Quintal, to Destination Owl's Head's Pierre Bourdages who was instrumental in making this all happen and most importantly, to ALL of the generous donors who truly have made a difference for the youth.

Want to make a donation to this effort even though the draw is over? You can still donate by contacting the CABMN at 450-292-3114 or Mable Hastings at [m.hastings@cabmn.org](mailto:m.hastings@cabmn.org)

## Ben by Daniel Shelton

