## "Disco fever" in Potton with a variety of programs for youth ages 5–12!



THE SCOOP MABLE HASTINGS

The Missisquoi North Youth Centre in Mansonville is offering a dance class for youth ages 5-12 on Saturdays from 1:00 to 3:00pm at the Youth Centre located at 282 Principale. A variety of numbers will be performed at the youth talent show held in June of each year and will feature dances from the decades; 50's, 60's, 70's, 80's, 90's and 2000's. For the past two weeks the kids have been enjoying the music of the 70's and have come down with a severe case of "disco fever."

Holding classes on Saturdays has made it easier for youth from Mansonville, Bolton and Knowlton to attend. Eight of the youngsters participating attend Knowlton Academy and the remaining fourteen are from the Baluchon and Mansonville Elementary schools. Attendance is nearing the maximum (25) with three spaces still available. Those interested should contact the Youth Centre at 450-292-4886 or m.hastings@cabmn.org

Following dance class every Saturday, Leadership groups meet from 3:00 to 4:30pm for youth ages 5-12. These small groups meet to develop leadership skills, self-esteem, community interest and involvement as well as team building and anti-bullying projects. Thanks to funding from the Canada Post Foundation and the Scowen Foundation, last year's pilot leadership project has been expanded with many more youth of all ages taking part and more groups operating.

The weekly boys and girls groups (boys on Thursdays) and (girls on Fridays) from after school to 4:30pm continue this year for youth ages 5-12 and in fact, these weekly groups have been welcoming youth for the last thirty years. With 20 youth registered thus far in each of the two groups, animators are looking forward to a fun-filled year.

The groups for older youth continue at the centre as well. Friday Students Against Destructive Decisions (SADD) meets from 6-7pm followed by the Friday







PHOTOS BY MABLE HASTINGS

Various members of the Saturday Dance group ages 5-12 enjoying Disco Fever as they prepare dances for the 2017 Youth Talent Show!

Drop-in for youth ages 12 and up. Saturdays from 6-10pm is the Saturday Dropin where the youth enjoy the use of two pool tables, air hockey, table soccer, internet/computer access, ping pong, Playstation 4, Cable TV through free service from Axion Cable and much more...

New this year the Centre has added a music room in the basement where youth can also enjoy the mirrored dance

floor and costume department. When weather permits, the backyard offers a basketball court, volleyball, badminton and more...

For more information about the youth centre and its programs, visit www.cabmn.org or call the number listed above.

## KEEP YOUR DISTANCE FROM

# THE FLU

#### **GET VACCINATED IF YOU LIVE WITH A CHRONIC ILLNESS** like diabetes, an immune disorder or a cardiovascular, respiratory or kidney disease.

### VACCINATION BY APPOINTMENT ONLY AT MONVACCIN.CA

Make your appointment starting on Monday, October 24.

Make your appointment at monvaccin.ca.

If you don't have Internet access, call one of the following numbers : RLS de Sherbrooke: 819-780-2222 RLS de Val-Saint-François: 819-542-2777, extension 55393 RLS du Haut-Saint-François: 819-821-4000, extension 38498 RLS de Coaticook: 819-849-9102, extension 57302 RLS de Memphrémagog: 819-843-2572, extension 2666 RLS de la Pommeraie: 450-248-4321, extension 5044, or 450-263-0670

#### Vaccination is free for:

- Children age 6 to 23 months
- Pregnant women in the 2<sup>nd</sup> or 3<sup>rd</sup> trimester of pregnancy
- Anyone age 2 to 60 years witha chronic disease, including pregnant women regardless of the stage of pregnancy
- Anyone age 60 or older
- Family members of children under the age of 6 months and the people referred to above
- Health-care workers

Centre intégré universitaire de santé et de services sociaux de l'Estrie - Centre hospitalier universitaire de Sherbrooke