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Weather



TODAY:
MAINLY SUNNY

HIGH 19
LOW 9



WEDNESDAY:
MAINLY SUNNY

HIGH 23
LOW 10



THURSDAY:
MAINLY CLOUDY

HIGH 22
LOW 16



FRIDAY:
LIGHT RAIN

HIGH 21
LOW 8



SATURDAY:
LIGHT RAIN

HIGH 17
LOW 10

Stukely-sud holds final “Jog your mind” session



THE SCOOP MABLE HASTINGS

On Tuesday, May 17, the Stukely-Sud “Jog Your Mind” group held its final meeting after completing the nine-week program together (this is normally a ten-week program but one week was cancelled due to bad weather). Organized by the Missisquoi North Volunteer Centre (CABMN) and animated by Stephanie Cramp of the Eastern Townships Alzheimer’s Association, the lively and dynamic group posed here for a final photo together.

Stukely-Sud is a village of 950 people, part of the Memphremagog Regional County Municipality located in the Estrie region and part of the service territory for the Missisquoi North Volunteer Centre (CABMN). The area is filled with dynamic people and the group who gathered for the Jog Your Mind program was no exception.

For Stephanie Cramp, this will be the last Jog Your Mind group that she

will animate as the grant received by the Alzheimer’s Association to offer the program is coming to an end. The next Jog Your Mind sessions will be animated by members of the CABMN Senior Services Staff team, Monique Gilbert and Angelle Laplume, in the new year.

“It was a great collaborative effort working alongside Stephanie,” said Monique Gilbert, Coordinator for senior services with the CABMN. “We enjoyed her enthusiasm and expertise as did those who participated,” she added.

Jog your Mind is an instructional program given in both French and English to stimulate attention and memory to maintain the intellectual vitality of people 55 years and older.

The Jog Your Mind program was offered three times in 2021 through the Missisquoi North Volunteer Centre (CABMN). In the

spring, seven people from East Bolton participated in a group. In the fall, in Mansonville, two groups participated (eight in French and five in English). These programs were also animated by a worker from the Eastern Townships Alzheimer Association.

“While many are conscious of the fact that their bodies need exercise to stay healthy and mobile, they may not realize that their mind is equally in need of exercise to remain alert and functioning well,” said Gilbert. “Jog Your Mind” is a program for those who want to keep healthy mentally as well as physically.”

For more information or to sign up for a future Jog Your Mind program, contact the CABMN Main Office at 450-292-3114 or visit the website at: www.cabmn.org



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