

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.
Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00

Record subscription rates
(includes Quebec taxes)

For print subscription rates,
please call 819-569-9528
or email us at
billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily Record as well as archives and special editions.
Subscribing is as easy as 1,2,3:
1. Visit the Record website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
PERIODS OF
DRIZZLE

HIGH OF 22
LOW OF 8



WEDNESDAY:
SUNNY

HIGH OF 24
LOW OF 11



THURSDAY:
MIX OF SUN
AND CLOUD

HIGH OF 25
LOW OF 8



FRIDAY:
SUNNY

HIGH OF 24
LOW OF 9



SATURDAY:
CLOUDY
PERIODS

HIGH OF 27
LOW OF 11

Programs for the young and young at heart

CAB Missisquoi North Volunteer Centre offers
something for everyone



THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) senior service support team coordinated by Monique Gilbert continues to offer it's Viactive program including a walking group that meets every week. This motivated group of seniors gathered on Friday, Sept. 2 to enjoy the great company as well as the scenery in the Parc Andre Gagnon that is located On the northern outskirts of the town of Mansonville along the shore of the Missisquoi River.

"All of our fall programs will begin soon," said Monique Gilbert. "We have a lot of great plans and activities organized for the coming months."

On Sept. 29 from 1:30 to 4 p.m. those who register can join others in a charcoal sketching workshop with Sylvie Geneau and experience the pleasure of drawing in black and white. No drawing skills are necessary and equipment will be furnished. To



register call Monique Gilbert at the CABMN at 450-292-3114 extension 103 or email m.gilbert@cabmn.org

From exercise, support, inclusivity and breaking the isolation to computer assistance, workshops and outings, the CABMN seniors programming offers something for everyone.

On the other age spectrum, the Missisquoi North Volunteer Centre Youth programs will soon begin its fall programs with a variety of groups for youth ranging in ages from 5 to 12 with the Mayo/Jam farming and food programs held weekly on Tuesdays and Wednesdays and the Friday dance group through to Saturday's Students Against Destructive Decisions(SADD), an all-day

leadership and team building program for youth 11 to 15. Animated by Youth and Special programs Coordinator, Ethan Ball who will soon welcome a new animator, the Centre will hold Halloween activities and much more in the weeks to come. Spaces are limited so parents are encouraged to contact Ethan at e.ball@cabmn.org for more information.

"We like to give the youth a chance to go back to school and get into a routine prior to our restarting groups," explains Ball. "While it has only been two months since groups stopped for a summer break, I am certainly looking forward to seeing the kids again," he said.

The CABMN youth centre is located at 282 Principale in Mansonville and the phone number is 450-292-4886. Leave a message and someone will call you back.

Animated in the same building by the CABMN are two programs for persons with intellectual and physical challenges; the CIUSSE/CHUS Day Centre on Mondays and Wednesdays animated by Terry Stott and Karen Tinker as well as the Thursday Ken Jones Respite Program animated by Sheila Samborsky and Terry Stott. If you would like more information about these programs, call the CAB Main Office at 450-292-3114.



CIUSSE/CHUS Day Centre managed by the CABMN and KJC Respite for clients with intellectual and physical challenges enjoying activities at their weekly group.



CAB Volunteer Centre SADD (Sudents Against Destructive Decisions) youth at their recent Leadership Building Retreat weekend.

Ben by Daniel Shelton

