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Weather



TODAY:
MIX OF SUN
AND CLOUD

HIGH OF 14
LOW OF 1



TUESDAY:
CLOUDY

HIGH OF 15
LOW OF 6



WEDNESDAY:
SUNNY

HIGH OF 11
LOW OF -3



THURSDAY:
SUNNY

HIGH OF 15
LOW OF 4



FRIDAY:
CLOUDY
PERIODS

HIGH OF 18
LOW OF 10

Missisquoi North Volunteer Centre (CABMN) hosts Annual Senior's Day in Potton



THE SCOOP MABLE HASTINGS

On Wednesday, October 26 the Missisquoi North Volunteer Centre (CABMN) in Mansonville held its third Annual Senior's Day in collaboration with the Municipality of Potton. The event was held in the basement of the Catholic Church; a space now managed by the Municipality.

The all-day event began with some gentle exercising followed by a conference on the Pitfalls of Consumerism and Online Shopping

presented bilingually by Steve Cote from "ACEF Estrie." The conference was followed by a lunch prepared by Epicerie Jacques Ducharme (Richelieu) that included a variety of delicious sandwiches, salads, cheeses, cold cuts, veggies and sweets! The Senior Services Staff Team of the CABMN (Angelle Laplume, Marie-Claude Joly and Linda Orefice) took the opportunity after the lunch to join the over fifty seniors present, on behalf of the CABMN to recognize and thank Monique Gilbert who has coordinated the senior services of the CAB for the last four years. Monique is embarking on a new adventure and will be working for the Municipality of Potton in leisure. The team presented Monique with flowers, wine and chocolate to thank her for her wonderful contribution to the CABMN services.

From 1:30 to 2:15pm Romeo Cote animated a vivacious and popular line dancing session. After dancing up a storm, a bilingual documentary movie was presented by Cinema Potton, "The Last Villains" that included an in-person visit from one of the stars of the film, Paul "the Butcher" Vachon. Many

commented that this was a highlight of the day that instilled emotion and brought back many fond memories for the majority in attendance. A barrage of photo opts with "the Butcher" ensued with smiles aplenty. As the event came to an end, closing words were shared from 4:00 to 4:15pm.

With Senior's Day now complete, the CABMN will focus on the programs and activities still to come from fall through to the holidays.

The Senior Services team will be holding an information session with the Eastern Townships Alzheimer's Society on Tuesday, November 1, 2022 from 10:00 to 11:30am. The session will be held at the "Feather in the Wind" senior centre located at 309, Principale in Mansonville. Registration is appreciated: 450-292-3114.

Claude Gauthier, consultant will answer your questions as well as discussing: normal aging and Alzheimer's, Myths and realities, the ten warning signs and more...

For more about the CABMN senior and other programs visit: www.cabmn.org



COURTESY OF LINDA OREFICE

Ben by Daniel Shelton

