Page 2 Monday, November 14, 2022

## newsroom@sherbrookerecord.com | The Record

## 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 at no additional cost or purchase the online edition only for \$137.50

> **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: \$137.50 1 month web only: \$12.37

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.

## CABMN youth centre —

CONT'D FROM PAGE 1

and theatre began when she was 5 years old and skyrocketed from there. She completed Commercial Dance Studies in Toronto, trained for several years at popular studios around Montreal, danced in Step Up 5, an American franchise film and performed in the first french interpretation of Mary Poppins with Just For Laughs as a dancer and back up singer.

Creative movement, play and wonder are all part of Sarah's vocabulary.

Sarah moved back to her native town of Knowlton two years ago to buy a home and offer her charismatic energy to the people of her community. She now runs a small business, SKH Move & Fitness and offers group fitness classes, private coaching, personal training, events, workshops and dance classes for children and adults.

"I am passionate about moving my body in joyful ways and encouraging others to do the same," says Sarah. "I also focus on a style of teaching that allows people to feel at home, confident and comfortable in their own skin," she adds.

With the MAYO/JAM farm group on Tuesdays after school, the new Home Ec group for cooking on Wednesdays, Dance on Fridays and SADD Students Against Destructive Decisions on Saturday, the youth programs are gearing up for the holiday season.

"We've got lots of fun things planned and adding the dance program with Sarah was something we wanted to try to determine interest and participation," said Youth Centre Coordinator, Ethan Ball who is assisted by Animator, Karina Coates at the Centre.

"I know Sarah from my school days," said Katrina Coates-Animator. "I suggested her to lead the Friday after school dance program because she is so enthusiastic and joyful.'

A seasoned dance instructor today, many moons ago Sarah Holmes performed in Christmas shows organized by the CABMN Volunteer Centre.

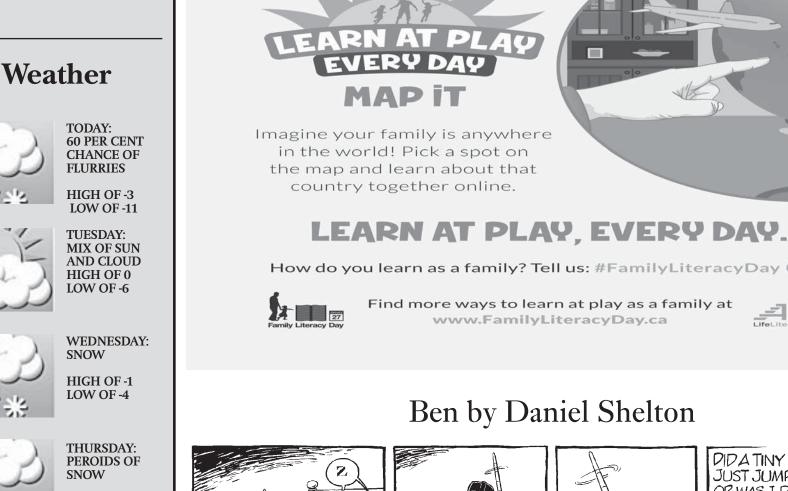
"I was friends with someone in the groups back then and was invited from time to time to join in their annual show," she shares.

The admiration on the faces of the children attending the group speaks volumes in regards to Sarah's talent in teaching the Potton group.

While spaces are limited and more youth have signed up for next week, if you want more information about the Friday dance group contact e.ball@cabmn.org or k.coates@ cabmn.org or you can call the centre and leave a message for a call back at 450-292-4886.

The Youth Centre takes this opportunity to proudly welcome Sarah Holmes to the weekly program schedule through to Christmas.

"If the first week is any indication, the happy faces and feet indicate that this program will be a winner,' said Ball. "Our centre has a beautiful mirrored dance floor area in the basement and it is a space that many deem rare for a small community."

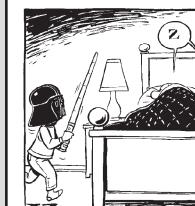


How do you learn as a family? Tell us: #FamilyLiteracyDay 🕤 🕥

Find more ways to learn at play as a family at www.FamilyLiteracyDay.ca

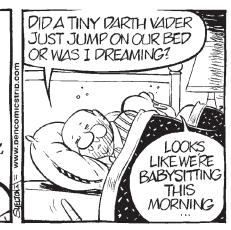
\_≓IBC

## Ben by Daniel Shelton



















HIGH OF -1 LOW OF -4



HIGH OF -2 LOW OF -8