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Weather




TODAY:
RAIN

HIGH OF 20
LOW OF 14




TUESDAY:
CLOUDY

HIGH OF 21
LOW OF 15




WEDNESDAY:
RAIN

HIGH OF 21
LOW OF 13



THURSDAY:
RAIN

HIGH OF 19
LOW OF 11



FRIDAY:
CLOUDY

HIGH OF 21
LOW OF 9

CABMN senior services team launches fall program calendar at open house event in Potton



THE SCOOP
MABLE HASTINGS

On Wednesday, Sept. 6 from 1:30 to 4 p.m. the Missisquoi North Volunteer Centre (CABMN) (SAPA) Senior Services Support Team held an open house at the Feather In the Wind Senior Centre located at 309 Principale in Mansonville (former Saint Paul's Anglican Church hall). Seniors were invited for the afternoon of information, exchange and fun as the SAPA team launched its fall line-up of activities.

Presentations were made by Municipality of Potton Fire and Safety Preventionist, James Bouthillier who presented info on creating a safety kit with checklist to get you through an emergency period. Debra Harding



PHOTOS COURTESY

Municipality of Potton Fire Safety and Preventionist, James Bouthillier and Senior Services Coordinator, Lucie Beaudoin also enjoyed the afternoon.

CAB Assistant to the Director spoke about the pleasures and opportunities in volunteering through the CAB. Dr. Jane McCusker presented a new activity she will offer through the centre, Scottish dancing. CIUSSSE de l'Estrie-CHUS Social Worker for seniors, Valérie LeTarte also exchanged with the

group. The SAPA team demonstrated its exercise program and more as well as launching its fall activity calendar program plan.

The fall program includes the weekly Viactive exercise program, walking group, outings, themed days with discussion topics, bingo, musical themed photo presentations with CAB volunteer, Lucie Maurer and much more...

CAB Senior Services Coordinator, Lucie Beaudoin could not have been more pleased with the afternoon. She along with Angelle Laplume, Marie Claude Joly, Linda Orefice and now Gail Seymour have been doing an outstanding job in offering senior activities, support and healthy programs to enhance aging and enjoying life.

For more information about the SAPA Senior Services of the CAB visit the website at www.CABMN.org or their Facebook page. Sign up for the weekly newsletter to stay informed. You can also call the CAB at 450-292-3114 or stop by and say hello at 314B Principale (CLSC building) and say hello.



The smiling faces of some of the attendees at the CABMN Senior Services (SAPA) Open House on September 6th.

Ben by Daniel Shelton

