

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.

Weather



TODAY:
SUNNY

HIGH OF 22
LOW OF 9



TUESDAY:
SUNNY

HIGH OF 25
LOW OF 15



WEDNESDAY:
SUNNY

HIGH OF 26
LOW OF 15



THURSDAY:
SUNNY

HIGH OF 24
LOW OF 11



FRIDAY:
CLOUDY

HIGH OF 18
LOW OF 10

Potton seniors enjoy apple picking outing to Saint-Benoit-du-Lac



THE SCOOP
MABLE HASTINGS

On Thursday, Sept. 28, the SAPA Senior Services team of the Missisquoi North Volunteer Centre (CABMN) organized an apple picking outing at Saint-Benoit-du-lac. 27 fabulous seniors participated in the outing on a beautiful fall day. Participants carpooled to the location and after picking apples as a group some chose to go for a walk together while some preferred to attend a mass in the Monastery. Prior to returning home the group gathered outdoors for lunch with everyone in good spirits after enjoying the activity. Organizers returned to the CABMN with a nice bag of apples that will be used to prepare delicious baked treats for some of the upcoming events being organized at



PHOTOS LUCIE BEAUDOIN

Apple picking at Saint Benoit du lac

the Feather in the Wind Senior Centre in the weeks to come.

Saint-Benoit-du-lac is near Austin and is considered to be one of Quebec's smallest municipalities. The Abbey is where Benedictine monks practice a life of contemplation based on prayer, work, and fraternal life. The Abbey's Gregorian chant ceremonies are open to the public all year round. There is a boutique that offers products made

at the Abbey: cheeses, apple butter, jellies, apple compotes, ciders and more. The orchards are open during apple-picking season. Retreats at the Abbey or Sainte Scholastique Villa may be arranged by online reservation. The Abbaye is located at 1, rue Principale, Saint-Benoit-du-Lac, the phone number is 819-843-4080 ext. 6500. The email address is info-visiteur@abbaye.ca

In the coming months the Senior Services team has organized a full schedule of events and activities. For more information about the upcoming events and programs visit the CABMN website at: www.cabmn.org or visit the facebook page at: Centre d'action bénévole de la Missisquoi-Nord CABMN. Sign up for the newsletter and stay informed. The Feather in the Wind Senior Centre of the CABMN is located at 309 Principale in Mansonville in the hall of the former St.Paul's Anglican Church.

"It is always a magical and uplifting experience to go out with this amazing group of people," said Senior Services Coordinator, Lucie Beaudoin. "My co-worker, Marie Claude Joly and I were beyond thrilled with the turnout today and we even welcomed former CABMN senior services worker, Monique Gilbert who joined the group for the activity."



Apple picking lunch



Lana Lane enjoying a freshly plucked apple

Ben by Daniel Shelton

