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Weather



TODAY:
A MIX OF SUN
AND CLOUD

HIGH OF 12
LOW OF 4



TUESDAY:
A MIX OF SUN
AND CLOUD

HIGH OF 13
LOW OF 3



WEDNESDAY:
SUNNY

HIGH OF 15
LOW OF 4



THURSDAY:
SUNNY

HIGH OF 16
LOW OF 8



FRIDAY:
RAIN

HIGH OF 13
LOW OF 5

Fall fun continues for Potton and area seniors!



THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) senior services team continues to bring a variety of activities to the senior population in Potton and surrounding areas. Not only offering regular weekly programs like Viactive, Bingo, Walking group, Scottish Dancing, Breakfast discussions and more but also by offering a variety of other workshops, outings and events, The recent workshop entitled, “Les Trois Mailles,” The three meshes, was a knitting workshop animated by Diane Paradis held at the “Feather In The Wind” Seniors Centre of the CABMN located at 309 Principale in Mansonville. In a relaxed and positive atmosphere, Diane worked with each participant and enjoyed the experience



Serving the Oktoberfest lunch on Seniors Day, October 11 in Potton!



Participants enjoy the knitting workshop with Diane Paradis in Potton

so much that she has offered to return on a monthly basis to bring the joys of knitting to those in attendance.
On Oct. 5 from 2-4 p.m. volunteer Lucie Maurer presented a self-created audiovisual celebrating the Tango at the Senior Centre. These presentations by Maurer are so well done that one is left wanting more! Lucie is a regular presenter now in Potton not only as part of the Municipal Cultural Committee but at the Feather in the Wind Centre as well.
On Oct. 11, thanks to funding obtained through the Municipality of Potton, the CABMN celebrated its Annual Seniors’ Day in Oktoberfest style from 10 a.m. to 4 p.m. at the Municipal space in the basement of the Mansonville Catholic Church. Over 60 seniors as well as staff, volunteers and invited guests took part in the celebration and activities including a lunch of Oktoberfest sausages made by CABMN Youth and Special Programs Coordinator, Ethan Ball as well as salads and cake prepared by the Casa du Spaghetti de Granby, buns from Boulangerie Owls Bread, beer from Microbrasserie Equinoxes, beautiful flower arrangements from La Carotte Sauvage farm, sauerkraut from the

Euro-deli and delicious desserts from Melange Maison in Austin. The day offered food, fun and music provided by Lucie Maurer with presentations by a variety of volunteer animators. Special gifts for the seniors were donated by a generous anonymous donor.
Upcoming activities include an outing on Oct. 19 to bowling and mini golf at Karting Orford. Registration is required at 450-292-3114 extension 103 or 113. Cost is \$20 per person plus a contribution to carpool if needed.
The Scottish Country Dancing continues through to Dec. 14 at the Senior Centre on Thursdays from 11:30 a.m. to 1 p.m. animated by Jane McCusker. This activity has received rave reviews and continues to increase in attendance.
The Senior Services Staff team of the CABMN are a determined and enthusiastic group and there is always something happening to keep seniors active and involved. Don’t miss out! Visit the CAB website at www.cabmn.org and sign up for the weekly digital newsletter or visit the Facebook page. For all other information, contact the main office of the CAB at 450-292-3114.

Ben by Daniel Shelton

