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Weather



TODAY:
CLEAR

HIGH OF -4
LOW OF -12



TUESDAY
SOME RAIN OR
SNOW

HIGH OF -1
LOW OF -2



WEDNESDAY
SOME RAIN OR
SNOW

HIGH OF 3
LOW OF -13



THURSDAY:
SUNNY WITH
SOME CLOUDS

HIGH OF -4
LOW OF -7



FRIDAY:
SOME CLOUDS

HIGH OF -1
LOW OF -7

Launching of the resource directory for seniors



THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) Senior Services Team was proud to host collaborators at the Feather in the Wind Senior Centre in Potton on Wednesday, November 15th for the launch of the annual seniors' Resource directory. The launch was held following the

weekly Viactive exercise group that meets every Wednesday morning with eighteen participants attending. The Resource Directory has become a vital reference guide for many seniors throughout the territory.
Attending the launch and pictured here are: Simon Roy, social worker CIUSSS-CHUS, Angelle Laplume, CABMN Senior Services team member, Louise Pelletier de l'AREQ, Christine Cormier du CIUSSS-CHUS, Lucie Beaudoin, CABMN Senior services Coordinator, Valérie Letarte CIUSSS-CHUS social worker and Gail Seymour, CABMN Viactive Animator.

During the launch, many participants questioned the future of our seniors, hence the importance of having someone on the committee of "La table de concertation de Magog." The future, well-being, inclusion and participation and involvement of the senior population is vital to all

communities with seniors providing history, knowledge, volunteering and leadership when implicated and included.
The CABMN is proud to continue to work on its Senior Centre and as each renovation is completed the organization is one step closer to a long-standing dream of giving the senior population a safe, comfortable and joyous space where their needs, interests and involvement is a priority.
The launch of the Seniors' Resource Directory and welcoming guests and collaborators always instills a true sense of pride for all involved. Seniors truly are one of a communities' greatest contributors.
Copies of the directory were distributed by the CABMN in various locations throughout the MRC Memphremagog west this week. For more information, call the CABMN main office at 450-292-3114.



COURTESY

Ben by Daniel Shelton

