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Weather



TODAY:
60 PERCENT
CHANCE OF
FLURRIES

HIGH OF -6
LOW OF -12



TUESDAY:
SNOW

HIGH OF -6
LOW OF -13



WEDNESDAY:
MIX OF SUN
AND CLOUD

HIGH OF -11
LOW OF -15



THURSDAY:
SUNNY WITH
CLOUDY
PERIODS

HIGH OF -10
LOW OF -16



FRIDAY:
60 PERCENT
CHANGE OF
FLURRIES

HIGH OF -10
LOW OF -19

2024 promises exciting new year of senior activities in Potton



THE SCOOP MABLE HASTINGS

The Feather In The Wind Senior Centre in Potton is embracing 2024 with a variety of activities planned and with activities already in motion. The Missisquoi North Volunteer Centre (CABMN) has been offering senior programming for close to forty years and its Senior Centre located at 309 Principale has allowed the organization to expand programming even more.

On Jan. 10, 2024, groups restarted following the brief holiday break with 21 in attendance for a sharing by the staff of upcoming programming at the centre. The group enjoyed a delicious homemade vegetable soup served with garlic bread au gratin, followed by delicious homemade desserts all prepared by staff and volunteers for the occasion. The set-up of the tables and the warm atmosphere created harmonious bonds of friendship and a feeling of belonging to the Centre.

"We received a lot of positive feedback from some of the attendees," said Senior Services Coordinator, Lucie Beaudoin. "Many feel that the many weekly groups, programming and events are really great and this is a supportive indicator for us that we are meeting the needs of our senior population," she added.

On Jan. 12, was the first breakfast/talk of the year 2024 under the theme, "2024 has arrived "Changement ou Continuité" with Le Centre des femmes de Magog hosted by Chantal Pinard. This got the ten people in attendance off to a great start as they reflected on the new year and shared a small glass of mimosa prepared by Beaudoin. The



COURTESY

breakfast/talk meetings take place every second Thursday of the month from 8:45 to 11:00 with a continental breakfast for a voluntary contribution offered. The next one will take place on February 08 under the theme, "Le pouvoir de l'amour," reservation required

450-292-3114 ext. 103 / 113.
There is always something happening at the Feather in the Wind Centre in Potton. From weekly Bingo on Wednesdays to a variety of music, dancing, exercising and more.... For more info go to www.cabmn.org or call 450-292-3114.

Ben by Daniel Shelton

