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## Weather



TODAY:  
SUNNY

HIGH OF 27  
LOW OF 12



TUESDAY:  
CLOUDY  
PERIODS

HIGH OF 26  
LOW OF 11



WEDNESDAY:  
CLOUDY

HIGH OF 26  
LOW OF 14



THURSDAY:  
CLOUDY

HIGH OF 23  
LOW OF 12



FRIDAY:  
CLOUDY  
PERIODS

HIGH OF 21  
LOW OF 8

# Belly dancing and flowing skirts at breakfast

## Retired dancer shares joy of dance with senior women's group



### THE SCOOP

MABLE HASTINGS

As part of its women's monthly breakfast discussion group, the Missisquoi North Volunteer Centre (CABMN) senior services team invited Lila Courval to their first meeting of the fall on Thursday, Sept. 12. Potton resident, Lila is a retired belly and gypsy dancer who was proud to share her skills with the 17 women gathered at the Carrefours des Campeurs site where the group was hosted for its first group of the fall 2024-25 season. Attendees were encouraged to wear a circular flowing skirt to the event allowing for the full experience of a gypsy dance. Lila even brought a few extra skirts of her own to share with those who did not have one.

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In its second year, the women's breakfast discussion group organized by the CABMN in collaboration and with thanks to Chantal Pinard of Magog's women's center who leads the discussion portion, the first session of the fall was well attended.

Seventeen took part Thursday morning and the theme of the first fall gathering was "spirituality and astrology," accompanied by good coffee from the Appalachian coffee roaster, bagels, fruit, cheese, home-made apple butter, and more was enjoyed by all. The group members made wonderful discoveries both inside and out. Lila Courval offered the participatory demonstration in gypsy dance and following this, six participants expressed interest in seeing a course in gypsy dancing offered weekly at the CABMN Feather in the Wind Senior Centre and therefore, this will happen on Tuesday mornings this autumn.

"The moment the music started and with Lila leading the way in demonstrating the movements, the group of women freely began dancing along," said CABMN Senior Services Coordinator, Lucie Beaudoin. "Lila was deeply moved by the willingness and interest of the group in partaking in this beautiful dance that offers something therapeutic for both body and soul," she added.

*"The moment the music started and with Lila leading the way in demonstrating the movements, the group of women freely began dancing along," said CABMN Senior Services Coordinator, Lucie Beaudoin.*

Future themes for upcoming group discussions include next month's topic on the masks we wear. The second session will be held in the regular meeting place in the hall of the Feather in the Wind Senior Centre (former St.Paul's Anglican Church) located at 309A Principale in Mansonville. If you are a woman interested in participating in a stimulating and inclusive discussion as well as having fun, this may just be the group for you! Contact



COURTESY OF LUCIE BEAUDOIN

*Lila Courval, retired belly and gypsy dancer shared her passion for gypsy dance with woman's discussion group in Potton*

Lucie Beaudoin for more information at 450-292-3114 extension 113 or write to: l.beaudoin@cabmn.org

The CABMN Senior Services team will be sharing information about the upcoming fall programs being offered through the non-profit at an open house event on September 18th. Past favorite activities like weekly bingo (for small prizes), Viactive (exercise program), Scottish Dance, Bridge, information and discussion groups and PIED a balance and well-being program are all on the schedule. As mentioned, the monthly breakfast and discussion group for women will also continue. Special activities like the annual Senior's Day and Christmas lunch are being organized now and as interest is shown in new activities, they may be added, like the gypsy dancing to the roster.

Lila Courval is a perfect example of a community member coming forward with joy wanting to share her gift for dance with others. If you have a talent or expertise and would like to discuss how you can share it with the seniors in the community, contact Lucie and discuss your idea. Lila is an inspiration for all to emulate.

## Ben by Daniel Shelton

