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Weather



TODAY:
CLOUDY

HIGH OF -3
LOW OF -9



TUESDAY:
A MIX OF SUN
AND CLOUD

HIGH OF -4
LOW OF -10



WEDNESDAY:
A MIX OF SUN
AND CLOUD

HIGH OF -1
LOW OF -7



THURSDAY:
CLOUDY

HIGH OF -4
LOW OF -7



FRIDAY:
SNOW

HIGH OF -3
LOW OF -10

Let the games begin!



THE SCOOP MABLE HASTINGS

On Thursday, Jan. 12 the Missisquoi North Volunteer Centre (CABMN) Senior Services coordination team organized a new activity called, "Game Day" welcoming those who wanted to partake in an afternoon of board games with others. Those attending the afternoon that started at 1:30 p.m. and finished 4 p.m. were encouraged to bring a favorite game or two with them to share with others.

"We were happy to have 11 people attending this first game day," said Marie-Claude Joly a member of the CABMN Senior Services coordination team who initiated the new activity. "I am confident that as we continue this bi-weekly addition to our

programs that the numbers attending will only grow," she added. "We had a great time! Who knows, if it becomes popular, we may end up offering it on a weekly basis!"

The CABMN Senior Services coordination team had to relocate the scheduled game day to the Municipal space in the Mansonville Catholic Church basement as new windows and doors are being installed at the "Feather in the Wind" Senior Centre of the CABMN this week thanks to funding obtained through the Federal Government's New Horizons program. When the installations are complete, the game day will return to the senior centre located in the hall of the former St.Paul's Anglican Church in Mansonville; a building now owned by the CABMN.

"We presently offer a weekly Viactive exercise program for seniors animated by Linda Orefice, a member of our team in the Feather in the Wind Centre," said Joly. "The centre is also used to offer technological/computer support with volunteer, Pierre Landry as well as a variety of activities including bridge, workshops and more," she shared.

With a Youth Centre building (282 Principale in Mansonville) housing its weekly youth programs and programs for the intellectually and physically challenged as well as a Senior Centre building (309 Principale) to

offer programs prioritizing seniors' services and events, the CABMN is working hard to assure the upkeep and sustainability of its locations and programs. By improving upon, adding to and identifying the needs and interests of the clientele served, the non-profit organization plays a vital part in the community.

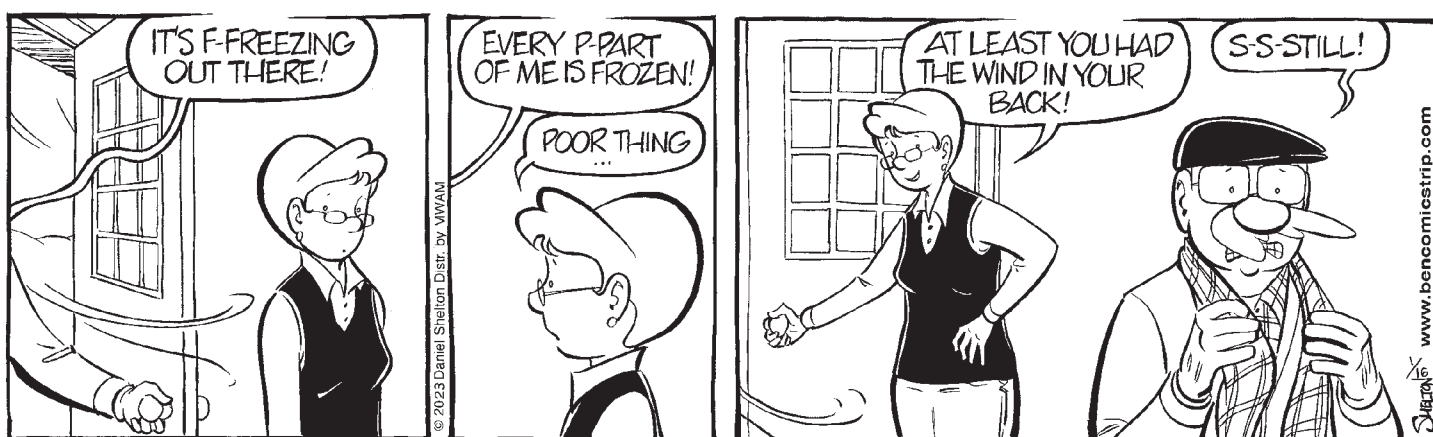
The CABMN launched its 2022-23 Annual Financial Campaign in July with its fiscal year ending on March 31, 2023. The support received through donations and fundraising efforts continues to be encouraging and much appreciated as it is a vital part of the continuing growth in the programs and services offered by the organization. One must also recognize the gift of time given by some amazing volunteers. If a monetary value was put on the many hours contributed annually in time, even at minimum wage, this would result in a tremendous dollar value. It is thanks to all aspects of giving and contributing that the CABMN continues its efforts now in its 41st year serving the western sector of the MRC Memphremagog.

If you would like more information about the next game day scheduled to take place on Thursday, Jan.26, contact the Senior Services Coordination team of the CABMN at 450-292-3114 and ask to speak to (Angelle, Linda or Marie-Claude).



COURTESY

Ben by Daniel Shelton



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