

# The Record e-edition

There for you  
24-hours-a-day  
7-days-a-week.  
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.  
Renew or order a new 12-month print subscription and get a 12-month online subscription at no additional cost or purchase the online edition only for \$137.50

Record subscription rates  
(includes Quebec taxes)

For print subscription rates,  
please call 819-569-9528  
or email us at  
billing@sherbrookerecord.com

12 month web only: \$137.50  
1 month web only: \$12.37

Web subscribers have access to the daily Record as well as archives and special editions.

- Subscribing is as easy as 1,2,3:
- 1. Visit the Record website: [www.sherbrookerecord.com](http://www.sherbrookerecord.com)
- 2. Click e-edition.
- 3. Complete the form and wait for an email activating your online subscription.

# Ken Jones respite and day centre programs focus on special needs clients



THE SCOOP  
MABLE HASTINGS

Welcome to the Ken Jones Respite group and the CIUSSSE/CHUS Special Friends Day Centre, two weekly programs sponsored by the Missisquoi North Volunteer Centre (CABMN) held at the Youth Centre in Mansonville.

The Ken Jones Respite group meets every Thursday from 8:30 a.m. to 2:30 p.m. welcoming clients with an intellectual or physical disability while giving their caregivers some respite time. This group has been meeting for many years and offers those who attend a variety of activities including: in house bowling, crafts, coloring, music, visiting and fun. The group

is animated by Sheila Samborsky and Terry Stott.

The Special Friends Day Centre program is funded by the CIUSSSE/CHUS and managed by the CABMN two days per week, Mondays and Wednesdays from 8:30 a.m. to 3 p.m. and is animated by Terry Stott and Karen Tinker. This group offers an exercise time, crafts, games, reading, production of a newsletter, photo dress up, outdoor fun and themed activities. The centre is handicapped accessible in both front and back and can meet the needs of persons with disabilities who are referred by a social worker; spaces are limited.

In today's photos we share some examples of a creative activity done by the clients with these beautiful suncatchers made by the Ken Jones Respite group. The second photo features members of the Special Friends Day Centre as they partake in the Just Dance video tutorials. From these images it is clear to see that a good time is had by all each week.

The Ken Jones Respite program is always looking for new members who are compatible with the group and anyone interested in trying the program can do so by contacting Sheila or Terry at 450-292-4886. Leave a message and someone will get back



TERRY STOTT

Dance exercise CIUSSSE Day Centre group

to you. You can also contact either animator at: [s.samborsky@cabmn.org](mailto:s.samborsky@cabmn.org) or [t.stott@cabmn.org](mailto:t.stott@cabmn.org)

The two programs are offered at the Youth Centre building of the CABMN and the space is cheerful and well equipped with many activities, materials and supplies for the groups to use. The shared space allows the clients an opportunity to exchange with others using the building as well as other CABMN staff and volunteers. The members of these two groups are well loved and respected in the town and are very much part of the community life... Transportation to and from the program can be discussed and the animators are prepared to answer any questions regarding the programs.

## Weather



TODAY:  
PERIODS OF  
SNOW

HIGH OF -2  
LOW OF -18



TUESDAY:  
PERIODS OF  
RAIN

HIGH OF 1  
LOW OF -2



WEDNESDAY:  
PERIODS OF  
SNOW

HIGH OF 1  
LOW OF -7



THURSDAY:  
PERIODS OF  
RAIN

HIGH OF 4  
LOW OF 1



FRIDAY:  
PERIODS OF  
RAIN

HIGH OF 3  
LOW OF -10

## Vision board workshop

CONT'D FROM PAGE 1

reasons for choosing certain things and determined to find just the right word(s) to accompany the images, the afternoon passed by quickly.

"Being the only man in attendance I was feeling a bit out of my element," said Jean-Pierre Gauvin, a CABMN volunteer from the Eastman area. "It didn't take long however before I was feeling comfortable and I enjoyed the process; Linda did a good job in animating the activity," he said.

The Senior Services Coordination team of the CABMN is organizing a variety of activities at the Senior Centre each week. Next Thursday, Feb. 9 from 1:30 to 4 p.m. they will hold a Game Day where seniors are encouraged to bring games to share with others

attending. The Centre is located at 309 Principale in the former hall of St.Paul's Anglican Church in Mansonville. From cribbage, math-able and sequence to other sit-down board games, game day is catching on.

There are also weekly exercise classes taking place including Viactive on Wednesday mornings followed by a relaxation session each week. For more information seniors age 50+ can call the CABMN Main Office at 450-292-3114 and speak to Marie-Claude, Linda or Angelle.

In other CABMN news, the Youth Centre located at 282 Principale in Mansonville is organizing a Second Hand Jewellery and Purse Sale fundraiser to raise money to

fund its weekly Dance and Home Economics groups on Saturday, Feb. 11 from 8:30am to 3 p.m. The sale will include jewellery, purses, scarves, small second-hand items... If you have jewellery or purses to donate, contact Mable Hastings at [m.hastings@cabmn.org](mailto:m.hastings@cabmn.org) to arrange pick up. The Youth Centre is hoping to branch out and get donations from people in other towns so if you can help, it would be much appreciated. The Youth Centre offers weekly programs for youth ages 5-14 including: Tuesday MAYO/JAM Farm program, Wednesday Home Economics cooking program, Friday after school Dance program and Saturday Students Against Destructive Decisions (SADD) program.

## Ben by Daniel Shelton

