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Weather



TODAY:
RAIN

HIGH OF 8
LOW OF 4



TUESDAY:
RAIN

HIGH OF 10
LOW OF 2



WEDNESDAY:
CLOUDY

HIGH OF 15
LOW OF 3



THURSDAY:
CLOUDY

HIGH OF 14
LOW OF 1



FRIDAY:
A MIX OF SUN
AND CLOUD

HIGH OF 16
LOW OF 1

Potton's walking group is enjoying spring



THE SCOOP
MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) walking group for seniors is a group that meets every Friday morning from 10 to 11 a.m. hosted by Marie-Claude Joly, a member of the senior services team at the CAB. The activity has been offered through the non-profit for a few years now and although attendance can vary, each week there are friendly faces to greet others while visiting as participants enjoy some exercise in the beauty that Potton offers.

"The group really enjoys the activity and even though our numbers decrease during the winter months due to the fact that our snowbirds often go south, we gather regardless and look forward to the larger groups when spring arrives and the snowbirds return," said Marie Claude Joly who is responsible for organizing the activity each week.

This Friday found the group on Ch. Province Hill where the road is not too challenging and there are fewer abrupt corners to manoeuvre in traffic which is not too plentiful in



COURTESY

the area. This is a plus for safety.

"The location is important," explains Joly. "We want participant with all levels of fitness to be able to do the walk and we also want to assure that the participants are safe," she said.

The weather these days can be unpredictable. Participants are encouraged to take note of the weather forecast beforehand assuring they are properly dressed for the elements, to bring a bottle of water and to wear good walking shoes. A little planning and preparation can make the walk a positive experience to be repeated and enjoyed.

The walks are attended by persons aged 55 and over including couples and some participants invite a friend to join them to meet the group and partake in the activity hoping to encourage a future participation.

Marie-Claude is following the program that was initiated by Monique Gilbert who is now working for the Municipality of Potton as

Leisure Coordinator. As Monique's replacement for this activity, Marie Claude is alternating the walking site each week to give participants a variety of scenery and experiences.

"Everyone enjoys exploring new places," said Joly. "The group marvels at the beautiful township in which we reside and the snow-covered mountains in the distance reminds us all that the sun will soon arrive and the distant white trails will disappear bringing summer scenes of green."

The senior programming in Potton organized through the CAB Volunteer Centre offers a variety of weekly activities and programs as well as special events and information sessions. For more information visit the website at: www.cabmn.org and subscribe to the weekly newsletter.

If you are interested in the walking group and would like to attend the next walk, contact Marie Claude Joly at 450-292-3114 or write to m.joly@cabmn.org for more information.



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