



NEWSLETTER MARCH 2026

Important dates in March:

- March 3 A total lunar eclipse, or "Blood Moon," when the moon passes entirely into Earth's shadow, turning a deep red.
- March 8: International Women's Day.
- March 8: Sunday at 2 a.m. put your clock forward one hour.
- March 14: Pi Day. π (3.14)
- March 17: St. Patrick's Day



- March 20: First Day of Spring and the March equinox at 10:46 A.M. EDT. This falls on a Friday and is the astronomical beginning of the spring season in the Northern Hemisphere and the autumn season in the Southern Hemisphere.



Pisces (February 19 - March 20)

If you looked up the word "psychic" in the dictionary, there would definitely be a picture of Pisces next to it. Pisces is the most intuitive, sensitive, and empathetic sign of the entire zodiac—and that's because it's the last of the last. As the final sign, Pisces has absorbed every lesson—the joys and the pain, the hopes and the fears—learned by all the other signs. It's symbolized by two fish swimming in opposite directions, representing the constant division of Pisces' attention between fantasy and reality.

WHAT MARCH HAS IN STORE FOR US AT THE FEATHER IN THE WIND CENTER

309 rue Principale in Mansonville

CENTRE D'ACTION BÉNÉVOLE DE LA MISSISQUOI-NORD MISSISQUOI NORTH VOLUNTEER CENTRE		CENTRE LA PLUME AU VENT		MARS 2026	
		309, Principale Mansonville		* Pour plus d'information / *For more information 450-292-3114 Poste 113 Lucie	
Lundi	Mardi	Mercredi	Jeudi	Vendredi	
2	3	4	5	6	
Centre de jour pour aînés Senior day center 8H30 - 14H30 présences: ___	BINGO 13H30 - 15H30 présences: ___	VIACTIVE 10H00 - 11H00 PRÉSENCE: ___ LA CHOUETTE CHORALE 17H30 - 20H00 présences: ___	SCOTTISH COUNTRY DANCE 11H30 - 13H15 PRÉSENCE ___ BRODERIE , TRICOT, SWITCH 13H30 - 15H30 présences: ___	CLUB DE MARCHÉ 10H00 - 11H00 présences: ___ BRIDGE aux appartements Potton 12H30 - 15H30 présences	
9	10	11	12	13	
Centre de jour pour aînés Senior day center 8H30 - 14H30 présences: ___	BINGO 13H30 - 15H30 présences: ___	VIACTIVE 10H00 - 11H00 PRÉSENCE: ___ GROUPE ÉCHANGE ET SOUTIEN proches aidants français 13H - 14H30 Support & Sharring Group for family Caregivers 15H00 to 16H30 LA CHOUETTE CHORALE 17H30 - 20H00 présences: ___	DÉJEUNER CAUSERIE (femme seulement) 8H45 - 11H00 présences: ___ réservation obligatoire SCOTTISH COUNTRY DANCE 11H30 - 13H15 présences: ___ CRIBLE / JEUX SOCIÉTÉ 13H30 - 15H30 présences: ___	CLUB DE MARCHÉ 10H00 - 11H00 présences: ___ BRIDGE aux appartements Potton 12H30 - 15H30 présences ___	
16	17	18	19	20	
Centre de jour pour aînés Senior day center 8H30 - 14H30 présences: ___	BINGO 13H30 - 15H30 présences: ___	VIACTIVE 10H00 - 11H00 PRÉSENCE: ___ Café-rencontre SAAQ & SQ Au volant de ma santé 1H30 - 3H30 présences: ___ LA CHOUETTE CHORALE 17H30 - 20H00 présences: ___	SCOTTISH COUNTRY DANCE 11H30 - 13H15 présences: ___ BRODERIE , TRICOT, SWITCH 13H30 - 15H30 présences: ___	CLUB DE MARCHÉ 10H00 - 11H00 présences: ___ BRIDGE aux appartements Potton 12H30 - 15H30 présences	
23	24	25	26	27	
Centre de jour pour aînés Senior day center 8H30 - 14H30 présences: ___	BINGO 13H30 - 15H30 présences: ___	VIACTIVE 10H00 - 11H00 PRÉSENCE: ___ Café-rencontre Projection: Le Pérou R. Lamontagne 1H30 - 3H30 présences: ___ LA CHOUETTE CHORALE 17H30 - 20H00 présences: ___	SCOTTISH COUNTRY DANCE 11H30 - 13H15 présences: ___ CRIBLE / JEUX SOCIÉTÉ 13H30 - 15H30 présences: ___	CLUB DE MARCHÉ 10H00 - 11H00 présences: ___ BRIDGE aux appartements Potton 12H30 - 15H30 présences ___	
30	31				
Centre de jour pour aînés Senior day center 8H30 - 14H30 présences: ___	BINGO 13H30 - 15H30 présences: ___			info : Bridge Jane:514-688-9331	



BINGO!
POUR LE PLAISIRS!
FOR FUN!

1\$ la carte / 1\$ per card

Jeux, amusements et petits prix
GAMES FUN AND SMALL PRIZES

Tous les Mardis / Every Tuesday
13h30 à 15h30

"Centre La Plume au Vent"
309, Principale Mansonville

Informations : 450-292-3114
poste 103 / 113

CENTRE D'ACTION BÉNÉVOLE
DE LA MISSISQUOI-NORD
MISSISQUOI NORTH VOLUNTEER CENTRE



VIACTIVE
Bouger pour mieux vivre

Et surtout... beaucoup de plaisir et de rires!

Qu'est-ce qu'on fait pendant une séance Viactive !

- Échauffements et étirements doux
- Exercices pour améliorer la force, l'équilibre et la souplesse
- Mouvements en musique, dans une ambiance conviviale

Les bienfaits :

- Rester en forme et autonome plus longtemps
- Prévenir les chutes et renforcer les muscles
- Briser l'isolement et créer des liens sociaux
- Retrouver une énergie positive au quotidien

Rejoignez-vous au groupe Viactive !
Nos séances sont gratuites, encadrées par des bénévoles formés et ouvertes à tous !

Be active, live better

"What do we do during a Viactive session?"

The benefits:

- "Stay fit and independent for longer."
- "Fall prevention and muscle strengthening."
- "Overcome loneliness and make social connections."
- "Regain or maintain positive energy every day."

Join the Viactive group !
Our sessions are free, led by trained volunteers, and open to everyone!

And above all... lots of fun and laughter!

Tous les mercredis 10:00 à 11:00 Every Wednesday
"Centre La Plume au Vent"
309, rue Principale Mansonville
Informations : 450-292-3114 poste 103 / 113

Thursday March 12



Déjeuner-causerie
*****2026*****
Venez échanger !
 Le deuxième jeudi de chaque mois
 de 8h45 à 11h00
Cercle de discussion avec un thème différent à chaque mois.

08 janvier : La gestion de mes doutes...
 05 février : Amours, Amitiés, Âmes soeurs....
 12 mars : Parle-moi de ton féminisme...

Déjeuner continental pour femmes seulement en français.
Contribution volontaire très appréciée.
 Un minimum de 5 personnes présente pour que l'atelier ait lieu.

Centre La Plume au Vent
 309, Principale Mansonville

Réservation obligatoire
 Lucie
 450-290-3114 poste 113

CENTRE D'Action BÉNÉVOLE
 MISSISQUOI NORTH VOLUNTEER CENTRE

Centre des femmes
 MEMPHRÉMAGOG

C'est le 5 Fév

Every 1st, 3rd and 5th Thursday
Now with Knitting and Switch

Le Tricot et Le Switch se joint au groupe de la Broderie pour tous...
Knitting and Switch join the group of Embroidery for all...

Madeleine & Gisèle

Deux femmes passionnée des arts, artisanats, tissus, fils à broder, de la réutilisation et embellissement des matières.
 Two women with a passion for arts, crafts, fabrics, embroidery threads, reusing and embellishing materials.

Tous les 1er, 3e et 5e jeudi du mois de 1:30 - 16:00 débute le 18 septembre 2025
 Every 1st, 3rd and 5th Thursday of each month from 1:30 - 4:00 starting September 18, 2025
Apportez votre projet
Bring your project

Tous participe au montage et démontage de la salle.
 Everyone participates in setting up and dismantling the room.

Centre La Plume au Vent
 309, Principale Mansonville
 Inscription / Registration : 450-292-3114 113

CENTRE D'Action BÉNÉVOLE
 DE LA MISSISQUOI-NORD
 MISSISQUOI NORTH VOLUNTEER CENTRE

Wednesday March 11

Support & Sharing Group for Family Caregivers

Are You a Caregiver Without Even Knowing It?
 Do you help someone close to you with transportation, housekeeping, coordinating care, or preparing meals?
Or are you grieving someone you once cared for?

Participants from the fall sessions said after three meetings:

- "I really appreciate these gatherings — they give me hope!"
- "I've realized that caregiving is a marathon!"
- "Now I understand my family members better because I see that there are different ways to be a caregiver."
- "I no longer minimize the importance of resting and preventing burnout."

With Natalia Théoret, Trainer Specializing in Caregiving.

Wednesdays, from 3:00 PM to 4:30 PM in English
 February 11, 2026
 March 11, 2026
 April 22, 2026
 May 20, 2026

Free !

Limited spots. Registration required - 450-292-3114 ext. 113 or 103
 «Centre La Plume au Vent», 309 rue Principale, Mansonville

Welcome everyone! Mansonville - Bolton-est - Eastman - Stukely - St-Étienne-de-Bolton

TCA LA VOIX DES AÎNÉS
 TABLE DE CONCENTRATION DES AÎNÉS
 MEMPHRÉMAGOG

CENTRE D'Action BÉNÉVOLE
 DE LA MISSISQUOI-NORD
 MISSISQUOI NORTH VOLUNTEER CENTRE

Wednesday March 25

CAFÈ RENCONTRE

Le Pérou en image

Robert Lamontagne vous présentera les photos de son récent voyage au pays des Incas, endroit de culture, de couleurs et de traditions au peuple des plus accueillants.

Le mercredi 25 mars à 13:30
 au "Centre La Plume au Vent", 309 rue Principale, Mansonville

Vous êtes invités à prendre votre envol au-dessus du Pérou, tout comme le font les condors au-dessus du Canyon de Colca.

Réservation appréciée : 450-292-3114, poste 113 (Lucie)
 Café et biscuits servis
 Contribution volontaire appréciée
 Au plaisir de vous y voir nombreux !

CENTRE D'Action BÉNÉVOLE
 DE LA MISSISQUOI-NORD
 MISSISQUOI NORTH VOLUNTEER CENTRE

PHOTO ALBUM OF LATEST ACTIVITIES

A stop at Daniel Bourassa's sugar shack on Province Hill after a 60-minute walk in -21°C on January 30th.

*Café Rencontre
SOS Médic avec Natalie Léveillé*



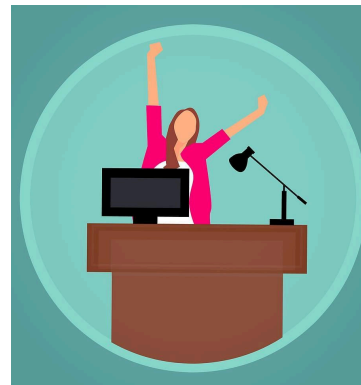
Call for presenters: share your passion

We warmly invite you to share your experiences and passions through a short presentation. Whether it's travel, life experiences, a hobby, or a topic close to your heart, your story matters and can inspire others.

No special skills required — just the desire to share and connect in a friendly, supportive setting.

Join us and let your voice be heard! At La Plume au Vent next Fall and Winter.

Contact Lucie Beaudoin. l.beaudoin@cabmn.org



Help will be provided if needed.

WHAT'S NEW?

By our Executive director Mable Hastings
In the Sherbrooke Record "THE SCOOP"

- **Two day programs come together**
https://cabmn.org/wp-content/uploads/2026/02/2026_02_16_Two_day_programs_come_together_for_special_day_of_activities.pdf
- **Mansonville Elementary School at Massey Vanier's Science**
https://cabmn.org/wp-content/uploads/2026/02/2026_02_02_Mansonville_Elementary_School_shares_pride_in_student_participating_in_Massey_Vaniers_science.pdf
- **SOS Medic and PAIR information session on February 4th**
https://cabmn.org/wp-content/uploads/2026/01/2026_01_26_SOS_MEDIC_and_PAIR_program_to_offer_information_session_in_Potton.pdf
- **Collective kitchens successful event**
https://cabmn.org/wp-content/uploads/2026/01/2026_01_22_Collective_Kitchens_Bouchee_double_Memphremagog_celebrates_a_successful_event.pdf
- **Series of tourist videos launched by Potton**
https://cabmn.org/wp-content/uploads/2026/01/2026_01_19_Municipality_of_Potton_launches_new_series_of_tourist_videos.pdf
- **Artist Claude Lacroix exhibit at library**
https://cabmn.org/wp-content/uploads/2026/01/2026_01_12_Artist_Claude_Lacroix_exhibit_at_Potton_Municipal_Library.pdf
- **Sports, art, music and discussions in Potton**
https://cabmn.org/wp-content/uploads/2026/01/2026_01_05_Sports_art_music_and_discussion_Pottons_got_it_covered.pdf
- **There is a quiet understanding when women get together**
https://cabmn.org/wp-content/uploads/2026/01/2025_12_23_Theres_a_quiet_understanding_when_women_gather.pdf

To find more information on our services go to : <https://cabmn.org/>

INCOME TAX ASSISTANCE - PROGRAM OFFERED BY CABMN



SERVICE D'AIDE
EN IMPÔT
PROGRAMME
DES BÉNÉVOLES
DEPUIS 1988



INCOME TAX
ASSISTANCE
VOLUNTEER
PROGRAM
SINCE 1988

Income Tax Assistance – Volunteer Program

Volunteers trained by Revenue Canada and Revenue Québec are available to fill out your 2025 income tax returns for you.

This program is available to:

- Single individual with an annual income less than or equal to 40 000\$
- Single individual with one child OR couples with an annual income less than or equal to 55 000\$

Between March 01 and April 15, **you must call to make an appointment at 450-292-3114** your call will be directed to Jennifer, who will be happy to assist you. Please note that this service is offered free of charge.



NEW...



Cellules d'Entraide
Médicale d'Urgence

CEMU Cellule d'Entraide Médicale d'Urgence Guide

If you live in a remote area, far from emergency services, it might be a good idea to form a **Local Emergency Response Team** with your neighbours.

Do you know where your closest Defibrillator (AED) is?

It could be very useful in the case of sudden cardiac arrest or life-threatening cardiac arrhythmias. A defibrillator will deliver a

high-energy electric shock to the heart potentially saving a life.

These Automated External Defibrillators (AEDs) are portable and user-friendly. They are located in public areas for immediate, potentially life-saving, bystander intervention.

If used within the first minutes of cardiac arrest, the chances of survival are nearly 90%, making immediate, prompt action crucial.. Survival rates decrease by 7% to 10% for every minute that passes without defibrillation, making immediate, bystander-initiated shocks critical for survival.

Our local Fire Department and Emergency response team occasionally give training on how to use these AEDs.

Here is a link to give you an idea. <https://www.youtube.com/watch?v=BPxgFPdGpKE>

Danielle Melanson with the assistance of Lucie Maurer put together a guide for these circumstances. It contains helpful information to facilitate the First Responders job to help you as fast as possible. Tips, tricks and useful information to guide you.

Contact Danielle Melanson danielle.melanson@videotron.ca or Lucie Maurer l.maurer@cabmn.org or Lucie Beaudoin l.beaudoin@cabmn.org to get your copy of the Guide.



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Weather



TODAY:
SUNNY
HIGH OF -9
LOW OF -17



TUESDAY:
SUNNY
HIGH OF 3
LOW OF -6



WEDNESDAY:
CLEARING
HIGH OF 6
LOW OF -6

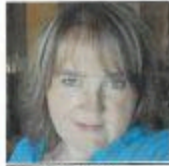


THURSDAY:
SHOWERS
HIGH OF 2
LOW OF -2



FRIDAY:
PERIODS OF
SNOW OR RAIN
HIGH OF 8
LOW OF 2

Welcome to "La Casa d'Art" featuring the creative works of two local Potton artists



THE SCOOP
MABLE HASTINGS

This week's Scoop shines a spotlight on local painter Daniel Dufresne, whose passion for intuitive, emotionally driven art has found a permanent home in Potton. Alongside his partner, mosaic artist Steve-Éric Picard, Dufresne has transformed their residence into La Casa d'Art, a home gallery that celebrates texture, light and human expression.

At La Casa d'Art, visitors encounter two distinct yet complementary artistic voices. Dufresne's paintings explore the depth of human emotion and atmosphere, while Picard's mosaics — composed of meticulously assembled fragments of colored glass — shimmer and shift when illuminated by sunlight.

While Picard's creations come alive when kissed by the sun, Dufresne's canvases aim to capture something less tangible: the silent exchange between subject and viewer. If the eyes are a mirror to the soul, Dufresne positions himself as the messenger, using his brush to reveal what words cannot.

A self-taught artist, Dufresne approaches each piece without rigid structure, guided instead by instinct.

"I paint from the heart, as I believe that my painting will first touch the hearts of those who pay attention to it," he said. "I am inspired by what I feel when I see a subject. What matters to me is creation — the pleasure of discovering what is revealed under the brushstrokes. I let myself be guided by textures and color combinations to create a play of light and shadow."

Dufresne began exhibiting in galleries in 2008, initially working in small formats inspired by landscape photographs captured in his travels. His artistic path continued to evolve, and in 2015-2016 he was featured in *Magazin'art-Repertoire*, a biannual directory showcasing Canadian artists.

Over time, his focus shifted from

landscape toward figurative art. The change marked a deeper exploration into human expression — an effort to capture the essence of emotion, the sparkle in someone's eyes, and preserve those fleeting moments on canvas.

In 2022, the couple joined the *Tour des Arts* in the Eastern Townships, opening their studio to art enthusiasts touring the region. The annual event allows visitors to step inside artists' workspaces, witness demonstrations and engage directly with creators.

Today, La Casa d'Art stands not only as a gallery but as an invitation — to slow down, observe closely, and connect with art born from intuition and light.

A quick dive into the story behind La Casa d'Art reveals that the man behind the brush, Dufresne, is far from a casual hobbyist. His portraits are not merely paintings; they are studies in character. Each face seems to carry a quiet narrative — weathered hands folded in thought, eyes that hint at laughter or loss, expressions suspended somewhere between vulnerability and strength.

La Casa d'Art itself has become something of a creative haven tucked into the landscape of Potton. It is the kind of place you might pass without realizing the stories unfolding inside. Yet within its walls, colour and texture are carefully layered, and everyday people are transformed into subjects' worthy of a gallery in any major city.

What makes Dufresne's work particularly compelling is his ability to draw out authenticity. There is no sense of pretense in his subjects. Farmers, neighbours, elders, young dreamers — all are rendered with the same dignity. Through brushstrokes and palette choices, he captures not only likeness but spirit. The result is a body of work that feels both deeply local and universally human.

It raises the question: in a region celebrated for its painters and potters, have we overlooked one of our most powerful visual storytellers?

Perhaps the beauty of communities like Potton lies precisely in these discoveries. Around any corner, behind any unassuming door, artistry thrives. And sometimes it takes a moment of curiosity — a visit to a website, a pause before a striking portrait — to remind us that extraordinary talent often lives quietly among us.

If you haven't yet encountered La Casa



A mosaic piece by artist Steve-Éric Picard



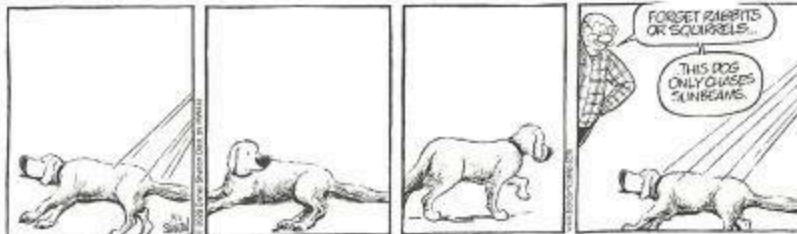
PHOTOS COURTESY

Petit Samson, one of the paintings that will appear in the upcoming Sutton show by artist Daniel Dufresne

d'Art, consider this your invitation. You may just find yourself, as I did, standing before a painted face and recognizing something profoundly familiar. Located at 30 Chemin des Muriers in Potton, lacasadart.ca visits to the studio can be made through reservations at 1 514-233-7480

Daniel and Steve-Éric will present a collective exhibition at the Centre d'art-arts Sutton from March 5 to April 5, 2026 — a perfect opportunity to experience their beautiful works in person.

Ben by Daniel Shelton




pressreader

POTTON ACTIVITIES AND SPORTS

For more information on activities in Potton, go to [Potton in brief](#)


HORAIRE SEMAINE DE RELÂCHE

Spring Break Schedule




1 – 7 MARS


Dimanche Sunday	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday
8 h à 15 h Patinage libre <i>Free Skating</i>	8 h à 15 h Patinage libre <i>Free Skating</i>	8 h à 15 h Hockey libre <i>Open Hockey</i>	8 h à 15 h Patinage libre <i>Free Skating</i>	8 h à 15 h Hockey libre <i>Open Hockey</i>	8 h à 15 h Patinage libre <i>Free Skating</i>	8 h à 15 h Hockey libre <i>Open Hockey</i>
15 h à 21h30 Hockey libre <i>Open Hockey</i>	15 h à 21h30 Hockey libre <i>Open Hockey</i>	15 h à 21h30 Patinage libre <i>Free Skating</i>	15 h à 21h30 Hockey libre <i>Open Hockey</i>	15 h à 21h30 Patinage libre <i>Free Skating</i>	15 h à 21h30 Hockey libre <i>Open Hockey</i>	15 h à 21h30 Patinage libre <i>Free Skating</i>

 **Hockey libre ouvert à tous les âges et tous les niveaux d'habileté**
Hockey time slots open to all ages and skill levels


Cet horaire est sujet à des changements. Vérifiez l'horaire sur notre site web :
This schedule is subject to change. Please check the schedule on our website:

potton.ca/patinoire



 **Obligatoire pour hockey libre : casque, protecteur facial et protège-cou**
Required for open hockey: Helmet, face guard and neck protector

Lire sur la sécurité dans les sports - Règlement sur les équipements protecteurs requis pour la pratique du hockey sur glace (RISQ, c. 531, s. 55 et 55.2)



Aucun bâton ni rondelle dans les blocs horaires de patinage libre
No sticks or pucks allowed during free skating time

Registration for Wildlife Tracking workshop
<https://forms.office.com/r/x4P8BNDBej>

March 14:

Atelier de pistage faunique

Wildlife Tracking Workshop

7 MARS 13h30-16h

Observation de la faune locale et de ses traces avec Jessica Adams, pisteuse et spécialiste en éducation par la nature.

Observation of local wildlife and their tracks with Jessica Adams, tracker and nature education specialist.



Inscription obligatoire
Registration Required



Initiation au patin

ICE SKATING INTRODUCTION
avec/with **Marie-Lyse Jacques (coach certifiée PNCE)**

Samedis, 13 h 30

Patinoire municipale

SATURDAYS, 1 PM AT THE MUNICIPAL ICE RINK

→ 24 JAN → 28 FÉV → 14 MAR



Inscriptions
Registration

Apportez vos patins. Le port du casque est fortement suggéré.
Bring your skates. Wearing a helmet is strongly recommended.



MUNICIPAL LIBRARY bibliotheque@potton.ca
Exhibit for March



EXPOSITION · EXHIBIT
Potton Valley Quilters
Courtepointières de Potton

The library is open Tuesday to Thursday from 9 a.m. to 12:30 p.m. and from 1:15 p.m. to 4 p.m. (closed from 12:30 p.m. to 1:15 p.m.), Friday from 9 a.m. to 12:30 p.m., and Saturday from 10 a.m. to 1 p.m. You can also reserve your books by phone at 450 292-3313, ext. 23. The library is proud to promote local artists. Art exhibits are on rotation. The library also invites a wide variety of guest speakers to host interesting workshops, most are offered free of charge.

3 – 30 MARS  **Bibliothèque municipale**
Municipal Library
2, rue Vale Perkins 2^e étage / 2nd floor 

MISSISQUOI NORTH CINÉMA - MARCH
at 16:00h in Potton and
at 19:00h in Rucher,
Bolton-est

Mars 2026

Vendredi 6
Mansonville

Vendredi 13
Bistro du Rucher

Vendredi 20
Mansonville

Jeudi 26
Bistro du Rucher

CINÉMA
MISSISQUOI-NORD

GAGNE TON CIEL
LA FEMME LA PLUS RICHE DU MONDE
L'ÉTRANGER
Montreal, ma belle



CONCERTS AND EVENTS IN THE AREA

For your information, we are pleased to share links for concerts and activities presented in our area.



- **CONCERT ROUTE** for classical music lovers [Home – Route des concerts](#)
- **In Bolton East:** [Rucher Boltonnois](#) You can check out their web site for the shows they are presenting and shop for specialty foods online by clicking on the *Marché public icon*.
- **In Austin:** [Lapéa](#)
- The **Brome Lake** Théâtre - [Programmation | Théâtre de Lac-Brome](#)
- Le Vieux Clocher de **Magog** -[Vieux Clocher de Magog](#)
- Centre Culturel de **L'université de Sherbrooke** - [Programmation - Centre culturel de l'Université de Sherbrooke](#)
- Discover the cultural vitality of our region with a wide range of special events. Love music, dance, theater or comedy? Peruse the events listing and reserve your tickets for must-see shows happening **in the Townships**. From season to season, the region serves as inspiration for a number of events ranging from culinary and cultural to athletic or simply festive. Take your pick! [Events | Eastern Townships \(Québec\)](#)
- **In Saint-Étienne-de-Bolton** The Coop du Grand Bois [Le bistrot-épicerie](#)
- **In Cowansville.** [Espace Diffusion](#) .
- **The thirsty boot:** Knowlton [thethirstyboot | Instagram, Facebook | Linktree](#)

Le Comité Bientraitance Memphrémagog vous invite à une pièce de théâtre sur la prévention de la fraude chez les aînés.

EN QUÊTE DE VOTRE ARGENT



Date : Lundi 23 mars à 14h
Lieu : Espace Culturel de Magog
90, rue St-David

Accueil dès 13h15 avec kiosques d'information, café et biscuits.

Accessibilité par ascenseur et stationnements disponibles au 15 et au 90, rue St-David.

Billets 5 \$
En vente au Centre d'action bénévole (CAB) de Magog
344, rue St-Patrice Est

Qu'est-ce qui fait que les fraudeurs réussissent à piéger autant de personnes ?
Ces histoires de fraude vous démontreront comment vous protéger, et vous aideront à reconnaître les signaux d'alarme.



VOIR SORTIE SPÉCIALE À LA PAGE SUIVANTE

🍷 Sortie spéciale – Lundi 23 mars 2026

⚠️ Seulement 12 billets disponibles (pour notre sortie)- Réservez rapidement !

📍 Départ : 10 h 30

Stationnement de l'église St-Cajetan à Potton

🍴 11 h 00 – Dîner au La Falaise d'Orford

Nous dînerons ensemble sur place. (à vos frais)

🚗 12 h 55 – Départ du restaurant

En direction de l'Auditorium des Tisserands

(90, rue St-David, Magog)

Arrivée prévue à 13 h 15.

🍪 Dès 13 h 15 Auditorium des Tisserands

Biscuit et café seront servis sur place.

Des kiosques d'information seront également accessibles avant le spectacle :

- ✓ Information sur les droits des aînés
- ✓ Soutien en cas de maltraitance
- ✓ Ressources communautaires et d'aide

Des intervenants psychosociaux seront aussi présents sur place pour les personnes qui souhaiteraient se confier après la pièce.

🍷 14 h 00 – Pièce de théâtre « En quête de votre argent »

Présentée par la Théâtre Parminou

💎 Coût du billet : 5 \$

Vous pouvez :

✓ Participer au covoiturage (contribution minimale suggérée de 5 \$)

ou

✓ Acheter simplement votre billet et vous présenter directement à 14 h pour la pièce.

☎️ Réservation pour le restaurant et/ou achat de billet :

Lucie – 450-292-3313 poste 113

👉 Avant le 17 mars 2026

Au plaisir de partager cette belle sortie avec vous !

Le Comité Bientraitance de Memphrémagog vous présente la pièce:

Lundi 23 mars 2026 de 14h à 15h

Portes ouvertes à 13h15 : kiosques d'information, café, biscuits.
À l'Auditorium des Tisserands : 90, rue Saint-David à Magog.

5,00 \$
(Une valeur de 18,00 \$)



Logos: TCA (LA VOIX DES AÎNÉS), RPM (POLICE), and Canada.

Français

**CENTRE
D'ACTION BÉNÉVOLE
DE LA MISSISQUOI-NORD
MISSISQUOI NORTH VOLUNTEER CENTRE**

HEALTH AND FITNESS

5 ACTIONS THAT HELP YOU LIVE LONGER

Hassan Vally, Deakin University

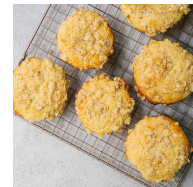
[5 gestes qui aident à vivre plus longtemps - Virage - Le magazine en ligne](#)



Biscottis orange, chocolat blanc et pistaches

With their orange flavor, pistachio pieces, and white chocolate coating, these perfectly crunchy biscotti have everything to add a touch of magic to our breaks Sweet. Perfect for gifting, snacking, or dipping in a good coffee!

[Biscottis orange, chocolat blanc et pistaches | TOUGO](#)



Lemon and yogurt muffins

These lemon and yogurt muffins will make a happy snack for lunches or the house. In addition to being easy to freeze. They'll be a hit with the whole family! A perfect recipe!

[Muffins au citron et au yogourt | TOUGO](#)

THOUGHT OF THE MONTH

Embrace March as a month of renewal, transition, and resilience, balancing winter's end with spring's promise. It is the perfect time to "march forward" with fresh energy, shed old limitations, and cultivate hope, knowing that even small, consistent efforts drive growth and beauty just like the first blooms.



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