

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

NEWSLETTER MAY 2026

Le CABMN sera fermé le lundi 18 mai 2026 à l'occasion de la Journée Nationale des Patriotes.

The CABMN will be closed on Monday May 18, 2026 for National Patriots day.



Important dates in May:

- May Day / International Workers' Day: Friday, May 1
- **Full Moon** (Flower Moon): May 1
- **Cinco de Mayo**: Tuesday, May 5 commemorates the Mexican army's unlikely victory over French forces at the Battle of Puebla on May 5, 1862.



- **Mother's Day**: Sunday, May 10
- Ascension Day: Thursday, May 14
- National Patriots' day (Victoria Day Canada): Monday, May 18
- **Full Moon** (Blue Moon): May 31 (second full moon of the month)

Zodiac sign: Taurus (April 20 -May 20) is the second astrological sign, represented by the Bull and ruled by Venus. As a fixed earth sign, Taurus is known for being reliable, practical, and ambitious, often seeking stability, luxury, and comfort. They are hard workers who value security but can also be stubborn and resistant to change.



Strengths: Dependable, patient, devoted, responsible, and practical.

Weaknesses: Stubborn, possessive, uncompromising, and sometimes over-indulgent.

IN MAY 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 309 rue Principale Mansonville		MAI 2026 Pour plus d'information / for mor information 450-292-3114 poste 113	
Lundi	Mardi	Mercredi	Jeudi	Vendredi	
4	5	6	7	8	
Centre de jour pour ainés(ées) Senior Day Center 8H30 - 14H30 présences___	Bingo 13H30 - 15H30 présences___	VIACTIVE 10H00 - 11H00 présences___ La Chouette Chorale 17H00 a 20H00 présences___	Scottish Danse 11H30 - 13H00 présences___ Broderie, Tricot, Switch 13H30 a 15H30 présences___	Club de Marche 10H00 - 11H00 présences___ Bridge Au appartements Potton 12H30 - 15H30 présences___	
11	12	13	14	15	
Centre de jour pour ainés(ées) Senior Day Center 8H30 - 14H30 présences___	Bingo 13H30 - 15H30 présences___	VIACTIVE 10H00 - 11H00 présences___ GROUPE ÉCHANGE ET SOUTIEN proches aidants français 13H - 14H30 Support & Sharring Group for family Caregivers 15H00 to 16H30 La Chouette Chorale 17H00 a 20H00	SCOTTISH COUNTRY DANCE 11H30 - 13H00 présences___ Crible & Jeux 13H30 a 15H30 présences___	Club de Marche 10H00 - 11H00 présences___ Bridge Au appartements Potton 12H30 - 15H30 présences___	
18	19	20	21	22	
Centre de jour pour ainés(ées) Senior Day Center 8H30 - 14H30 présences___	Bingo 13H30 - 15H30 présences___	VIACTIVE 10H00 - 11H00 présences___ CAFÉ-RENCONTRE Edith Dandenault (FR) 13H30 - 15H30 présences___ La Chouette Chorale 17H00 a 20H00	SCOTTISH COUNTRY DANCE 11H30 - 13H00 présences___ Broderie, Tricot, Switch 13H30 a 15H00 présences___	Club de Marche 10H00 - 11H00 présences___ Bridge Au appartements Potton 12H30 - 15H30 présences___	
25	26	27	28	29	
Centre de jour pour ainés(ées) Senior Day Center 8H30 - 14H30 présences___	Bingo 13H30 - 15H30 présences___	VIACTIVE 10H00 - 11H00 présences___ CAFÉ-RENCONTRE Edith Dandenault (AN) 13H30 - 15H30 présences___ La Chouette Chorale 17H00 a 20H00	SCOTTISH COUNTRY DANCE 11H30 - 13H00 présences___ Crible & Jeux 13H30 a 15H30 présences___	Club de Marche 10H00 - 11H00 présences___ Bridge Au appartements Potton 12H30 - 15H30 présences___	

Please note that special events notices will also be sent to you ahead of time
 ...if you are on the mailing list.

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

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!

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

Wednesday May 13

Wednesday May 27
in English

Sharing Group for Family Caregivers and Seniors



Do you sometimes feel lonely?
Are you helping someone close to you? (with transportation, maintenance, organizing care or preparing meals, etc.)
Are you grieving the loss of someone?

These gatherings will offer you a listening ear and practical tools. They will help you break out of isolation and move forward with a heart full of hope.

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 13, 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




DECLUTTERING

Simplify your life, free your mind

CONFERENCE

With Edith Dandenault
 May 27th, 1:30 to 3:30 pm

“Centre La Plume au Vent”
 309, Main Street, Mansonville
 Coffee and snacks provided
 Reservations:
 Lucie, (450) 292-3114 ext. 113




This talk is courtesy of
 Les Immeubles Coldbrook

Every 1st, 3rd and 5th Thursday 13:30H
Now with Knitting and Switch

Thursday May 7 8:45H



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



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.

- 09 avril — Mon legs : présent et futur
- 07 mai — Les leçons de vie, (exception 1er jeudi du mois)
- 11 juin — On joue !

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





Venez célébrer avec nous la vie
extraordinaire de John

Come celebrate the amazing
life of John with us

John

1930 - 2025

Haberl

*Merci d'apporter une
photo pour nous aider
à célébrer sa vie*

*Please bring a
photo to help us
celebrate his life*

Pour nous donner une idée
approximative du nombre de
personnes présentes, merci
de confirmer votre présence
auprès de Murielle Parkes :
murielleparkes@gmail.com *

To give us a rough idea
regarding attendance, please
RSVP to Murielle Parkes:
murielleparkes@gmail.com



May 16, 2026 at 1:00PM
Light lunch provided
471 RTE DE MANSONVILLE

Thursday May 7 Virtual with Florence K

Florence K will present a virtual talk titled "Leading the Way in Mental Health" via Microsoft Teams on Thursday, May 7, 2026, from 10:30 a.m. to 11:30 a.m.

Registration: Although free, registration is required via the official Teams event link shared by organizations such as [Loisirs d'Eastman](#).

May 7 Conference in Magog



CONFÉRENCE

Déjouer la fraude : les réflexes à adopter dès aujourd'hui

En collaboration avec

Apprenez à prévenir, reconnaître et signaler les fraudes.
7 mai 2026, 18 h

Réserver votre place dès maintenant
desjardins.com/caissedulacmemphremagog

Desjardins
Caisse du Lac-Memphrémagog

Karl Lapointe-Legault
Conseiller principal en prévention de la fraude

Josée Bordeleau
Conseillère spécialisée en prévention de la fraude



Mener la danse en santé mentale



Conférence de Florence K
Artiste, doctorante en psychologie clinique et animatrice radio

À travers cette conférence, Florence K propose une réflexion accessible et incarnée autour de la santé mentale. Elle abordera :

- les différentes dimensions du bien-être;
- les émotions et leurs fonctions;
- le rôle des relations interpersonnelles et de la créativité pour prendre soin de soi et des autres;
- des pistes concrètes et des outils pour prendre soin de soi au quotidien.

En s'appuyant sur son parcours personnel, elle invite à explorer et à mieux comprendre les multiples facettes de la santé mentale.

Gratuit
Ouvert à tous

Date : jeudi 7 mai 2026
Heure : 10 h 30 à 11 h 30
Conférence virtuelle (Teams)
Pour vous inscrire : [Cliquez ici](#)

Dans le cadre de la Semaine de la santé mentale, ne manquez pas cette conférence qui éclaire avec authenticité le vécu et les enjeux de la santé mentale

Vous avez des questions?
Écrivez-nous à : reseauclaireurs.ciussse-chus@ssst.gouv.qc.ca

Centre québécois d'expertise en santé et de services sociaux de l'Éclaire - Centre québécois d'expertise en santé et de services sociaux de l'Éclaire - Québec

Friday May 15 at 7:00 pm at Carrefour Austin

Soirée Parcours et Passions : "La Suisse, secrets et surprises" avec Lucie et Rolf Maurer

[Soirée Parcours et Passions : "La Suisse, secrets et surprises" avec Lucie et Rolf Maurer](#)



FOR JUNE
LAST ACTIVITY OF THE SEASON
ADD TO YOUR CALENDAR FOR PICNIC AT THE PARK

The Mayor's Annual Picnic
 Wednesday, June 3, 2026
 at André Gagnon Park



SCHEDULE OF THE DAY
 10:00 a.m. – Viactive with Gail
 11:15 a.m. – Walk on the André Gagnon Park Trail
 12:00 p.m. – Picnic: Hot dogs, salad, chips, beverages
 Voluntary contribution requested

1:30 p.m. – **Special Presentation "Workshop"**
 Les Cuisines Collectives de Magog
 Theme: Edible Garden Beds
Reservation required
Cost: \$5
Maximum of 12 participants

RESERVATION ARE REQUIRED FOR ALL ACTIVITIES BY MAY 27:
 Lucie – 450-292-3114, poste 113
 Please confirm your attendance to help avoid food waste.
 We look forward to sharing this wonderful day with you!

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



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**PLATES-BANDES NOURRICIÈRES,
 TISANES ET SALADES**
 EDIBLE GARDEN BEDS: HERBAL TEAS & SALADS



MERCREDI 3 JUIN/ WEDNESDAY JUNE 3RD
13H30 À 15H-30/ 1:30 PM TO 3:30 PM

RÉSERVEZ VITE ! PLACES LIMITÉES
 BOOK NOW, LIMITED SPOTS AVAILABLE!

5\$



PARC DE LA RIVIÈRE MISSISQUOIS-NORD PARK
 364 ROUTE DE MANSONVILLE ROAD, MANSONVILLE

INFORMATIONS: 819-868-2153
 SECRETARIAT@CUISINESCOLLECTIVESMAGOG.COM
 WWW.CUISINESCOLLECTIVESMAGOG.COM

**Reserve
 now for
 June 6
 concert**



*La Chouette chorale
 vous présente*

-  **SAMEDI**
le 6 juin 2026
 à 14 heures
-  **À L'ÉGLISE ST-PAUL**
 309 rue principale,
 Mansonville
-  **PRIX D'ENTRÉE :**
15 \$
 Gratuit pour les moins de 12 ans
-  **INFORMATIONS :**
Johanne 514-378-7925

**Quand les chansons
 nous rassemblent**



CENTRE D'Action BÉNÉVOLE
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 MISSISQUOI NORTH VOLUNTEER CENTRE

PHOTO ALBUM OF LATEST ACTIVITIES



Our volunteer Viactive leaders went on an outing to Magog wearing their bright new T-shirts.



The AQDR of Sherbrooke, led by Isabelle Guérard, presentation entitled "My Home Tomorrow." Madeleine Langlois was there to provide English translation.



*Scottish dance.
Good for the heart.*



Coffee get together with Francine Dubois about homemade cleaning products appreciated by at least 22 people!



Lucie Beaudoin organiser with Lucie Maurer presenting a documentary on the octopus was appreciated by about thirty people.

Volunteers at the heart of community life

Reflections of Missisquoi North Volunteer Centre-CABMN Director during National Volunteer Week

By Mable Hastings

*"With one person
One very special person
A feeling deep in your soul
Says you were half, now you're whole
No more hunger and thirst
But first, be a person who needs people
People who need people
Are the luckiest people in the world"*

Songwriters: Jule Styne / Bob Merrill
Performed by Barbara Streisand

During National Volunteer Week (April 19–25, 2026), communities across Canada prepare activities to recognize the people whose time, energy, and compassion sustain essential local services. This year's theme, "Mission Volunteering," chosen by the Federation of Volunteer Action Bureaus of Quebec (FCABQ), highlights the collective effort behind volunteerism and its impact on community life.

For me, Director of the Missisquoi North Volunteer Centre (CABMN), based in the MRC Memphrémagog West territory, the occasion is both professional and personal reflection.

Many of you may know me as the writer of the weekly Scoop column in The Record, but like many of you, I wear multiple hats. I am also the director of the Missisquoi North Volunteer Centre

located in Potton.

I have been working with the CABMN since 1986, and with decades of experience I have been given a deep appreciation for the meaning of volunteering—both for those who give their time and those who receive support. For the past ten years I have assumed the role of executive director at the CABMN.

Throughout my career, I have often reflected on the emotional connection between volunteers and community members in need, seeing it as a relationship built on trust, openness, and dignity.

For the volunteer, it is time and talent shared with others, for those who need help, it is the freedom to ask for a helping hand without fear or loss of pride. To connect with another person at that level makes both lives richer.

We must acknowledge that volunteers come from all walks of life and contribute in countless ways across communities large and small. From firefighters and board members to meal providers and transportation volunteers, each role contributes to the well-being of others.

These special people come in a variety of shapes, ages, backgrounds, and experiences. Every effort, no matter how small it may seem, improves the quality of life in our communities.

There is a growing trend towards



Just some of the faces of the CABMN volunteers who give of their time and talents

individuals turning to volunteering after retirement, with many finding a renewed purpose in giving back. There is a belief among many volunteers that removing money from the equation makes the giver richer in heart and spirit.

To better understand the impact of volunteerism, CABMN conducted an informal assessment during last year's Volunteer Week. The organization calculated the hours contributed by volunteers serving on committees, boards of directors, accompanied transports, and seasonal initiatives such as food bank support, Christmas baskets, and income tax services.

The estimated value of that time,



PHOTOS COURTESY

Louis Villeneuve, Member of Parliament, poses with Anne-Marie Savard who volunteers regularly with the CABMN

calculated at minimum wage, exceeded \$65,000 in a single year for CABMN alone.

There is no other way to say it—volunteers are essential. Hour by hour, their efforts shape what communities are able to accomplish.

As Volunteer Week is marked this year, CABMN is extending its gratitude to all those who give their time and energy in service to others.

This week, we salute and recognize the people who make our lives better. That is you—our volunteers in all communities far and wide. Thank you.

Semaine de l'action bénévole, du 19 avril 2026 au 25 avril 2026

This year's event was held at the Feather in the Wind senior centre on April 23.

Over 45 volunteers joined us to celebrate and recognize the contributions they make to help improve the quality of life in the communities they selflessly serve



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



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


Cette année, l'événement s'est déroulé au centre pour personnes âgées « La Plume au Vent » le 23 avril. Plus de 45 bénévoles se sont joints à nous pour célébrer et saluer leur contribution à l'amélioration de la qualité de vie au sein des communautés qu'ils servent avec dévouement.

Volunteer Action Week April 19, 2026 to April 25, 2026

CONGRATULATIONS AND THANK YOU GEORGE

THE CABMN
VOLUNTEER FOR THE
MONTH OF MAY

GEORGE IS ALWAYS THERE TO SAVE THE DAY WHEN IT COMES TO US
NEEDING TECHNICAL SUPPORT AND CREATING OUR VOLUNTEER
DATABASE!



GEORGE GALVIN

THANK YOU FOR YOUR DEDICATION AND HARD WORK
WE'RE PROUD TO RECOGNIZE YOU AS THE VOLUNTEER OF
THE MONTH

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

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



SENIOR HOME VISITS

Did you know that the CABMN offers personalized home visits for seniors that are not able to get out and socialize as often as they would like? Well, we do! We have two CABMN employees that love spending a part of their day with someone who just needs to talk. This visit can be as simple as them going to see you or even going out for a coffee and a chat. It is all up to you!

 www.cabmn.org  450-292-3114

In case you missed it in the Sherbrooke Record, you can find it right here.



WHAT'S NEW?

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

- **Out of this world bingo for National volunteer week**

https://cabmn.org/wp-content/uploads/2026/04/2026_04_27_Out_of_this_world_volunteer_bingo_event_in_Potton.pdf

- **Volunteers at the heart of community life**

https://cabmn.org/wp-content/uploads/2026/04/2026_04_21_Volunteers_at_the_heart_of_community_life.pdf

- [Seven members of Potton's Fire Department to participate in Firefighters Relay 2026](#)

- [Coffee gathering highlights homemade household products](#)

- [Pickleball pros serve up fun at Mansonville Elementary School](#)

- **New outreach service for community well being**

https://cabmn.org/wp-content/uploads/2026/04/2026_04_07_Volunteer_centre_launches_new_outreach_service_to_support_community_well_being.pdf

- **Old fashioned breakfast event in Potton**

https://cabmn.org/wp-content/uploads/2026/04/2026_04_03_Old_fashioned_breakfast_event_in_Potton_welcomes_spring_with_sweet_treats_and_delicious_goodies_for_all.pdf

- **Students environmental voice to municipal council**

https://cabmn.org/wp-content/uploads/2026/03/2026_03_30_Students_bring_environmental_voice_to_municipal_council_through_generational_chair_project_in_Potton.pdf

- **Movie fundraiser for special programs at the volunteer center**

https://cabmn.org/wp-content/uploads/2026/03/2026_03_30_Movie_night_fundraiser_to_support_Special_Programs_at_Missisquoi_North_Volunteer_Centre.pdf

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

Call for volunteers from the municipality of Potton

ACTIVITÉS - <i>Activity</i>	BESOINS - <i>Needs</i>	HEURES - <i>Hours</i>
Nettoyage des sentiers secteur West Hill	10 PERSONNES	13h à 16h
<i>Clean up trail West Hill sector</i>		<i>1 pm to 4 pm</i>
Nettoyage des sentiers secteur Owl's Head	10 PERSONNES	13h à 16h
<i>Clean up trail sector DOH</i>		<i>1 pm to 4 pm</i>

1. Lieu de travail - Work location :

2 secteurs possible : 1° secteur chemin West Hill, 2° secteur Owl's Head

Two possible sectors: 1° West Hill sector, 2° Owl's Head sector

2. Responsabilités Principales (responsabilités et fonction) - Key Responsibilities (Responsibilities and Duties):

- Nettoyage léger des sentiers MN à l'aide de balai à feuilles, sécateurs et/ou cisailles. *Light clearing of MN trails using a leaf rake, pruning shears and/or loppers.*
- Être en bonne forme physique. *Be in good physical shape*
- Disponible pour 3 à 4h. *Available for 3 to 4 hours.*

3. La durée de l'engagement (durée de bénévolat - The length of Appointment (duration of the volunteer opportunity): de 9h à 12h/13h – *9 am to noon or 1pm*

4. Engagement en temps (jour de la semaine, heure, cedula spécifique) - Time Commitment (days of the week, hour, specific schedule) : Voir tableau plus haut. *See table above*

5. Qualifications - Qualifications: non - *no*

6. Soutien et formation – Support and training : des membres de l'équipe du comité des loisirs sera là en support - *Members of the Leisure Committee team will be on hand to provide support*

7. Code vestimentaire - Dress code : Selon la température, nous recommandons d'apporter de l'insecticide, de la crème solaire, un chapeau, de porter des vêtements longs et de prévoir un petit sac à dos. *Depending on the weather, we recommend bringing insect repellent, sun cream and a hat, wearing long sleeves and trousers, and packing a small backpack.*

8. Age Requis - Age Requirement : 16 ans et plus

9. Attentes des bénévoles - Expectations of the volunteers : Être en bonne forme physique et avoir à cœur de prendre soin de nos sentiers. *Being physically fit and committed to looking after our trails.*

10. Les bénévoles doivent-ils apporter Bouteille d'eau, Des gants, sécateur et /ou balai à feuilles. *A bottle of water, gloves, secateurs and/or a leaf rake.*

Pour toutes questions – For all questions : Debra Harding 450-292-3114 poste 109 ou d.harding@cabmn.org

POTTON ACTIVITIES AND SPORTS

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

For the **Spring and Summer Programming of Leisure and Activities** click on the following link:

https://potton.ca/wp-content/uploads/2026/03/EN_PROG-LOISIRS_PE2026_WE_B.pdf



Corvée des sentiers
Hiking Trails Clean-Up

2 options s'offrent à vous cette année

- Les sentiers du mont Owl's Head
- Le sentier West Hill

2 options are available to you this year

- Owl's Head trails
- West Hill trail

Inscriptions
Registration



23 MAI
8h30-12h



Lunch fourni
Lunch provided

Une collaboration entre / A collaboration between




Atelier Mini-Gym
Mini-Gym Workshop

AVEC / WITH **Super Hiro**

0-5
ans / years old

9 MAI 10h-11h

Inscription obligatoire
Registration Required



Le Mini-Gym Circonflexe 0-5 ans est un espace de jeu spécialement aménagé où les petits peuvent découvrir et développer des habiletés sur les plans sensoriel, socioaffectif, cognitif et physique.

The Mini-Gym Circonflexe 0-5 years is a specially designed play space where young children can discover and develop skills on the sensory, socio-emotional, cognitive, and physical levels.

Église Saint-Cajetan
324, rue Principale

Gratuit / Free




TERRAIN DE PICKLEBALL MUNICIPAL MUNICIPAL PICKLEBALL COURT

Félicitations de prendre soin de votre santé!
Voici l'horaire hebdomadaire.

Congratulations on taking care of your health!
Here's the week schedule.

HORAIRE / SCHEDULE

DIMANCHE ET LUNDI POUR TOUS	/ SUNDAY AND MONDAY FOR ALL	9h – 12h
MARDI ET JEUDI POUR DÉBUTANT	/ TUESDAY AND THURSDAY FOR BEGINNERS	9h – 12h
MERCREDI ET VENDREDI POUR TOUS	/ WEDNESDAY AND FRIDAY FOR ALL	13h – 16h



En cas d'urgence ou de blessures, composez le 911
In case of emergency or injury, call 911

Veuillez signaler toute défectuosité ou anomalie au 450 292-3313, poste 226
Please report any defect or anomaly to 450 292-3313, ext 226



MUNICIPAL LIBRARY bibliotheque@potton.ca

Exhibit for April 8 to May 18

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.

MISSISQUOI NORTH CINÉMA FOR MAY

at 16:00 h in Potton and
at 19:30 h in Rucher, Bolton-est

Movies in May

May 1st FANON in Mansonville

May 8th AU PIED DU MUR in Bolton-east

May 22nd LE GÂTEAU DU PRÉSIDENT in Bolton-east

Please note that there will be no film projection in the Summer



A brief reminder of the annual general meeting of the Missisquoi-Nord Cinema this Sunday, May 3rd at 2 p.m. in the basement of St-Cajetan church.

For the "Friends of Cinema Missisquoi-Nord" who frequent our cinema, we invite you to become a member. By doing so, you demonstrate your support for our organization and gain the right to vote at our general assembly.



EXPOSITION · EXHIBIT

Stephen Hayes

Pastelliste · Pastel Artist

7 AVRIL
– 18 MAI

Bibliothèque municipale
Municipal Library
2, rue Vale Perkins (2^e étage / 2nd floor)



CONCERTS AND EVENTS IN THE AREA (one stop shopping)

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:** [Carrefour Austin](#)
- The **Brome Lake** Théâtre - [Programmation | Théâtre de Lac-Brome](#)
- Le Vieux Clocher de **Magog** -[Vieux Clocher de Magog](#)
- Octave microbrasserie **Magog** [Octave Microbrasserie](#)
- 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](#) .

THINGS TO DO IN THE TOWNSHIPS

7 Fabulous Picnic Spots in the Eastern Townships

Looking for the perfect setting? You're in luck: The Eastern Townships region is teeming with picturesque places just waiting for you and your red-and-white tablecloth.

Also, vineyards and Gourmet Food stores you might want to visit.

<https://www.easterntownships.org/article/626/7-fabulous-picnic-spots-in-the-eastern-townships>




Climb Aboard with Escapades Memphrémagog

During the summer and fall, climb aboard Le Grand Cru for a unique experience in the Eastern Townships. This luxurious catamaran offers views of picturesque landscapes, live entertainment, and delicious local

fare. There is a choice of three different types of cruises, so let Escapades Memphrémagog sail you off on a grand adventure! [Escapades Memphrémagog](#)


HEALTH AND FITNESS

Move your butt campaign! Get screened for colorectal cancer



Canadian Cancer Society


[View online](#)



The Canadian Cancer Society's **Move Your Butt** campaign is back! For the past nine years, we've used Colorectal Cancer Awareness Month to remind Quebecers of a simple, but crucial message: colorectal cancer screening can save lives.

Did you know that colorectal cancer is the second deadliest cancer in Quebec, and that more than 90% of cases appear after the age of 50?

The good news is that there's a **simple and painless screening test which can be done at home**. It hardly takes two minutes and allows cancer to be detected at an early stage when the chances of successful treatment are the highest.



This has the power to change your future.

If you're between **50 and 74 years old**, you can get this colorectal cancer screening test (also known as FIT)

- free by making an appointment on [Clic Santé](#)
- or talking to a family doctor or specialized nurse practitioner.

And please tell the people around you about it. Let's encourage our friends and family to take action. Colorectal cancer is one of the rare cancers that can be avoided through **early detection**.

So, this year again, let's move our butts – for us, for our loved ones, to save lives!

[Learn more about the colorectal cancer screening test](#)

Leading the way to a future without cancer.

IT TAKES A SOCIETY

The Canadian Cancer Society works tirelessly to save and improve lives. To take on cancer, it takes all of us. It takes a society.

Questions? Call: 1-888-939-3333 | Email: connect@cancer.ca

[Instagram](#) [YouTube](#) [LinkedIn](#) [Twitter](#) [Facebook](#)

[Privacy Statement](#) | [Cancer.ca](#) | [Manage Preferences or Unsubscribe](#)

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55 St. Clair Avenue West, Suite 300, Toronto, ON M4V 2Y7
CRA Charity Registration Number: 118829803 RR 0001

For more information:

https://view.e.cancer.ca/?vawpToken=JKHZXQQMXTBUHMX2XGS75VXFCQ.100220&utm_source=sfmc-information&utm_medium=email&utm_campaign=prev_qc_bougetesfesses2026_launch_information_e1_qc_en&utm_content=viewonline&utm_id=4541531&ccs_id=20125&ccs_campaign=bougetesfesses2026&s_src=sfmc-information_email_bougetesfesses2026&s_subsrc=prev_qc_bougetesfesses2026_launch_information_e1_qc_en_viewonline_4541531



Find our more about Pickleball: a friendly sport that's gaining ground

[Le pickleball: un sport convivial et populaire | TOUGO](#)

30 recipes for cooking fish (salmon, trout, tuna, cod and other white fish)

[30 recettes pour cuisiner le poisson \(saumon, truite, thon, morue et autres poissons blancs\)](#)



What to cook with **English muffins**: 11 ideas to inspire you

<https://www.noovomoi.ca/cuisiner/trucs-inspirations/article/quoi-cuisiner-avec-des-muffins-anglais/>

WHERE TO GO FOR MY HEALTH		
PHYSICAL HEALTH PROBLEM	SOCIAL, PSYCHOLOGICAL OR MENTAL HEALTH PROBLEMS	EMERGENCY
<p>For advice or to see a health-care professional</p> <p>Call:</p> <ul style="list-style-type: none"> Your pharmacist 811, option 1 The office of your doctor or Nurse Practitioner (NP) → If you don't have a doctor or NP, call 811, option 3. <p>To find out where to go for a consultation, you can also visit: gap.soinsvirtuels.gouv.qc.ca/en.</p>	<p>For support or to speak to a counsellor</p> <p>Call:</p> <ul style="list-style-type: none"> 811, option 2 The CLSC → For the phone number of the CLSC closest to you visit: santeestrie.qc.ca/clsc <p>If you have suicidal thoughts</p> <ul style="list-style-type: none"> Call 1-866-277-3553 (1-866-APPELLE) or Visit suicide.ca 	<p>Call 911 or go to the emergency room if:</p> <ul style="list-style-type: none"> Your life is in danger or You need care rapidly. <p>For example:</p> <ul style="list-style-type: none"> You have trouble breathing. You can't catch your breath. You feel like you're suffocating. You have a strong pain in your chest or stomach. You suddenly have a very bad headache. You have a burn or serious injury. You lose feeling on one side of your body
	santeestrie.qc.ca/where-to-go	<p>Centre intégré universitaire de santé et de services sociaux de l'Estrie – Centre hospitalier universitaire de Sherbrooke</p> <p>Québec</p>

COME JOIN US ON MONDAYS



CENTRE DE JOUR POUR LES PERSONNES ÂNÉES !

SENIOR DAY CENTRE



Venez essayer ! Come and give it a try!

REJOIGNEZ-NOUS POUR UNE JOURNÉE DE LOISIRS POUR LES SENIORS !

JOIN US FOR A DAY OF FUN FOR SENIORS!

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

Date: Chaque Lundi (8h30 à 15h00/8:30am to 3:00pm)

309 Principale Centre La Plume Au Vent/Senior's Centre CABMN

Répit pour les proches aidants offrant une journée animée et supervisée aux personnes âgées afin qu'elles puissent partager, participer à des activités et passer du temps avec d'autres personnes...

Respite for caregivers providing a animated, supervised day for seniors to share, partake in activities and enjoy time with others...

FREE.....GRATUIT (Apportez votre lunch, nous fournissons une collation...Bring your lunch, we provide a snack)

You must register and be accepted to participate

Vous devez vous inscrire et être accepté pour participer. 4 spaces available only.

Seulement 4 places disponibles.

Contact the CABMN 450-292-3114 extension 104

Contactez le CABMN au 450-292-3114, poste 104 (demandez Mable).

LOOKING FOR A JOB?

If interested check the following link.

[Census.gc.ca](https://www.census.gc.ca) — [Census jobs](https://www.census.gc.ca/jobs)

Statistique Canada embauche!

POSTULEZ DÈS MAINTENANT:

recensement.gc.ca/emplois

• There are approximately 32,000 census jobs available across Canada.

Important to know:

- Pay is **\$25.87 per hour** for non-supervisory positions and **\$31.32 per hour** for supervisory positions, plus authorized expenses.
- The time frame for census jobs is between **March and July 2026**, depending on the position and location.
- You must be available to work flexible hours, including days, evenings, and weekends.



Apply now and tell a friend
census.gc.ca/jobs

If you need assistance with your application, please call **1-833-830-3106**
Teletypewriter (TTY): **1-833-830-3109**



Statistics Canada

Statistique Canada

A TOUCH OF HUMOUR



THOUGHT OF THE MONTH

“Don’t wait for someone
to bring you flowers.
Plant your own garden
and decorate your
own soul.”

—LUTHER BURBANK



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