

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

NEWSLETTER JUNE 2026



Please note that our offices will be closed on June 24th and July 1st



*JOYEUSE ST-JEAN BAPTISTE
ET BONNE FÊTE DU CANADA*

**We will also be closed for the construction vacation
From July 19 to August 1st**



Important dates in June:

- June 18 Annual General Assembly of the CABMN
- June 21: Father's Day
- June 21: June Solstice (longest day) The start of Summer.
- June 24: Saint-Jean-Baptiste Day (Quebec statutory holiday)
- June 30: Full moon (Strawberry Moon)
- July 1: Canada day (Canada Holiday)



Zodiac sign: Gemini spans from May 21 to June 20 is the third sign of the zodiac, represented by the Twins and ruled by Mercury. As a mutable air sign, Geminis are known for being highly adaptable, curious, intelligent, and communicative social butterflies. They are quick-witted, versatile, and often intellectually curious.

MESSAGE FROM THE DIRECTOR GENERAL OF CABMN



FUNDRAISING DRIVE

BETTER LIVES. STRONGER TOGETHER.

Improving quality of life for all

The CABMN will launch its annual fundraising campaign in June. Offering weekly programs for seniors, youth, and people with intellectual or physical disabilities, as well as a multitude of services and activities, we ask those who are able to make a donation to support our mission of improving the quality of life for all. Your generosity and kindness are always greatly appreciated, as is the time dedicated by our volunteers. Thank you in advance for your continued support. To make a donation, please visit our website: www.cabmn.org or send a donation payable to the Centre de bénévolat de Missisquoi Nord (CABMN) to the

following address: 314B, rue Principale, Mansonville, Quebec J0E 1X0,
or by e-transfer to infos@cabmn.org

CONCERT SATURDAY JUNE 6

La
CHOUETTE
chorale



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
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MISSISQUOI NORTH VOLUNTEER CENTRE


FOR JUNE
LAST ACTIVITY OF THE SEASON TO ADD TO YOUR CALENDAR
A 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





**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!

PARC DE LA RIVIÈRE MISSISQUOIS-NORD PARK
 364 ROUTE DE MANSONVILLE ROAD, MANSONVILLE **5\$**

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



Thursday June 18
Please note that this meeting will be
at the new MJM Center 471 route de Mansonville



ASSEMBLÉE GÉNÉRALE ANNUELLE
ANNUAL GENERAL ASSEMBLY

Le 18 juin 2026 à 16h

June 18, 2026 at 4 pm

Lieu de rencontre/Meeting place : Centre MJM 471 rte de Mansonville, Mansonville QC

Cette activité s'adresse aux membres, bénévoles et usagers ainsi qu'aux personnes... qui sont ou pourraient être intéressées par nos activités, nos services et notre mission.

This activity is for members, volunteers, users, and clients. Anyone who is (or could be) interested in our activities, services, and mission are also welcome.

Inscription obligatoire par téléphone au 450-292-3114 ou par courriel à l'adresse d.harding@cabmn.org, au plus tard le 14 juin.

Registration obligatory by phone at 450-292-3114 or by email atd.harding@cabmn.org, no later than June 14.

Proposition d'ordre du jour

1. Mot de bienvenue de la présidente
- 1.1 Présentation du conseil d'administration et du Personnel
- 1.2 Nomination d'un(e) président(e) et d'un(e) secrétaire d'assemblée
- 1.3 Vérification du quorum
2. Lecture et adoption de l'ordre du jour
3. Lecture si requise et adoption du procès-verbal de l'assemblée générale du 12 juin, 2025
4. Présentation du rapport d'activité 2025-2026
5. Présentation des états financiers au 31 mars 2025
6. Présentation du budget 2026-2027
7. Nomination de la firme comptable pour la vérification
8. Présentation du rapport du comité de sélection et Élection
9. Période de questions et commentaires
10. Levée de l'assemblée

Proposed Agenda

1. President's welcome
- 1.1 Introduction of the Board of Directors and staff
- 1.2 Nomination of a President and Secretary of the meeting
- 1.3 Verification of quorum
2. Reading and adoption of the agenda
3. Reading, if necessary, and adoption of the minutes of the AGM held June 12, 2025
4. Deposit of the 2025-2026 Activity Report
5. Presentation of the Financial Statement of March 31, 2025
6. Presentation of the 2026-2027 budget
7. Appointment of the auditor
8. Report of the Nominating Committee and Election of the Board
9. Questions and comments
10. Adjournment

IN JUNE AT THE FEATHER IN THE WIND CENTER

309 rue Principale in Mansonville

THE REGULAR ACTIVITIES WILL END ON JUNE 12

Summer Break at « The Feather in the Wind »

Activities at the Centre will be on pause for the summer.

We look forward to welcoming you back in September!

During the summer break, we'll also be taking a few weeks to plan our fall programming, which is expected to begin on September 9 with our Open House.

It will be a great opportunity to discover upcoming activities and events... and maybe even a few new surprises.

We look forward to seeing you again soon!

CENTRE D'ACTION BÉNÉVOLE DE LA MISSISQUOI-NORD MISSISQUOI NORTH VOLUNTEER CENTRE		CENTRE LA PLUME AU VENT 309 rue Principale Mansonville		juin 2026	
Pour plus d'information / for mor information 459-292-3114 poste 113					
Lundi	Mardi	Mercredi	Jeudi	Vendredi	
1	2	3	4	5	
Centre de jour pour aînées Senior Day Center 8H30 - 14H30 présences____	Bingo 13H30 - 15H30 présences____	Au Parc André Gagnon Viactive 10H00 - 11H15 présences____ 11H00 Marche au Parc Diner 11h45 Pique-nique 13H30 pour 12 personnes \$\$ Atelier (Plate Bandes-nourricière)	Scottish Danse 11H30 - 13H00 présences____ Broderie , Tricot & Switch 13H30 - 14H00 présences____	Club de marche panoramique 10H00 - 11H00 présences____ Bridge aux Appartements Potton	
8	9	10	11	12	
Centre de jour pour aînées Senior Day Center 8H30 - 14H30 présences____	Bingo 13H30 - 15H30 présences____	Préparation du déjeuner de femmes du jeudi	Déjeuner de femmes au Camping Nature Plein Air 9H00 - 12H00 présences Scottish Danse 11H30 - 13H00 présences____	Club de marche panoramique à Eastman Sentier Louise Portal 10H00 - 11H00 présences____ Bridge aux Appartements Potton	
15	16	17	18	19	
Centre de jour pour aînées Senior Day Center 8H30 - 14H30 présences____	Planification d'automne Fall Planning	Planification d'automne Fall Planning	Planification d'automne Fall Planning	Planification d'automne Fall Planning	
22	23	24	25	26	
Centre de jour pour aînées Senior Day Center 8H30 - 14H30 présences____	Planification d'automne Fall Planning	Planification d'automne ST-JEAN-BAPTISTE Fall Planning	Planification d'automne Fall Planning	Planification d'automne Fall Planning	



Thursday 13:30H
With Knitting and Switch

ENDING ON THE 4TH

Thursday June 11 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
début 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




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" **Réservation obligatoire**
309, Principale Mansonville **Lucie**
450-290-3114 poste 113

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



CENTRE D'ACTION BÉNÉVOLE
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Panoramic Walking Club - CABMN
Last Walk of the Season - CABMN

To wrap up the year, join us for a walk on the Louise-Portal Trail in Eastman.

All citizens from the 5 municipalities served by the Centre d'action bénévole de la Missisquoi Nord are welcome.

Come meet new people while enjoying beautiful scenery!
Friday, June 12
Join us for the last walk of the year!
Departure: 10:15 a.m.
Bowen Café parking lot / Louise-Portal Trail
Suggested route: 75 minutes for those completing the full loop around Lake d'Argent
Option to turn back after 30 minutes for a shorter walk


After the walk
A friendly gathering to commemorate our walks together before the break.
If you'd like to continue with a lunch at a restaurant in Eastman, please let us know so a reservation can be made
Please confirm by June 2, 2026 at noon with
Lucie Beaudoin

450-292-3114 poste 113
l.beaudoin@cabmn.org
Please include your name and phone number when registering

Don't forget :
Water bottle
Sunscreen
Hat (strongly recommended)

If raining postponed
til the fall

We look forward to sharing this final outing together in a cheerful atmosphere and beautiful surrounding!



Friday June 12
Last walk of the season

PHOTO ALBUM OF LATEST ACTIVITIES



“Mr. Lucky”
the panoramic walking club mascot is visiting Viactive...



Canadiens fans at the Friday scenic walking club

**CONGRATULATIONS AND
THANK YOU
JANE AND MICHEAL**

**CABMN'S
VOLUNTEERS
OF THE MONTH
FOR JUNE**

MICHAEL AND JANE MCCUSKER, A WONDERFUL COUPLE, HAVE BEEN VOLUNTEERS FOR THE CABMN SINCE 2024. BETWEEN THE BOTH OF THEM THEY HAVE GIVEN COUNTLESS HOURS AT THE FEATHER IN THE WIND SENIOR CENTRE. JANE LEADS SCOTTISH DANCE EVERY THURSDAY AND MICHAEL LEADS THE BRIDGE CLUB EVERY FRIDAY.



MICHAEL AND JANE MCCUSKER

THANK YOU BOTH FOR YOUR DEVOTION IN GIVING BACK TO THE COMMUNITY!

**CENTRE
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DE LA MISSISQUOI-NORD
MISSISQUOI NORTH VOLUNTEER CENTRE**

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MISSISQUOI 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?

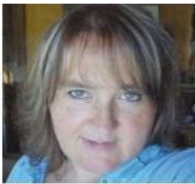
**By our Executive director Mable Hastings
In the Sherbrooke Record "THE SCOOP"**

- **Welcoming Watoto Children's Choir in Mansonville**
https://cabmn.org/wp-content/uploads/2026/05/2026_05_15_Mansonville_to_welcome_Watoto_Childrens_Choir_for_evening_of_hope_and_joy.pdf
- **Greater flexibility for emergency calls in rural area**
https://cabmn.org/wp-content/uploads/2026/05/2026_05_15_Potton_seeks_greater_flexibility_for_Priority_3_emergency_calls_in_rural_area.pdf
- **Movie night fundraiser in Mansonville**
https://cabmn.org/wp-content/uploads/2026/05/2026_05_08_Community_comes_together_for_inclusive_movie_night_fundraiser_in_Mansonville.pdf

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

https://cabmn.org/wp-content/uploads/2026/05/2026_05_15_Potton_seeks_greater_flexibility_for_Priority_3_emergency_calls_in_rural_area.pdf

Potton seeks greater flexibility for Priority 3 emergency calls in rural area



THE SCOOP
MABLE HASTINGS

The Township of Potton is urging provincial health authorities to reconsider restrictions surrounding local first responder interventions for certain medical emergencies, citing growing concerns about ambulance wait times and the realities faced by rural communities.

In municipalities across Quebec, first responder services have long played a critical role in providing rapid assistance during emergencies, often stabilizing patients before ambulance crews arrive. In Potton, local officials and residents say these services are particularly vital due to the municipality's geographic isolation and aging population.

Last September, Santé Québec withdrew first responders from medical calls classified as less urgent, known as "Priority 3" calls. According to Santé Québec, the directive was introduced to ensure first responders remain available for life-threatening emergencies while making better use of limited resources and reducing unnecessary emergency dispatches.

However, the decision has raised concern in many rural regions where

ambulance response times can be significantly longer than in urban centres.

Located approximately 50 kilometres from the nearest hospitals, Potton's large rural territory includes isolated roads and dispersed residences. More than 60 per cent of the municipality's population is composed of seniors, making timely emergency intervention an important issue for many residents.

The concerns became even more tangible following recent incidents highlighted in a letter sent by resident Raymond Chierri to municipal officials.

"Potton citizens contribute financially to these services and have the right to rapid response, efficiency and those adapted to the needs in any particular situation or medical crisis," wrote Chierri in correspondence addressed to Preventionist James Bouthillier and members of Municipal Council on April 27, 2026.

In his letter, Chierri described medical emergencies where individuals reportedly waited more than an hour for ambulance services without any medical support on site due to the current restrictions.

In response, Potton Municipal Council has formally expressed support for exploring the possibility of allowing local first responders from the Fire Department to intervene on calls classified as "Priority 3 (flexible)" within the municipality.

Council has authorized the sending of an official request to provincial and regional authorities seeking discussions with the coordinator of prehospital emergency services, the regional medical directorate and the Estrie Health Communication Centre (CCSE). The



COURTESY

discussions would aim to establish implementation procedures, activation criteria, monitoring mechanisms and evaluation methods for such interventions.

Municipal officials note that the size of Potton's territory, combined with long travel distances for ambulances and mobilization delays, can result in extended response times during medical emergencies.

Potton's emergency service currently operates three emergency vehicles equipped with first responder equipment and maintains what officials describe as strong operational capacity to ensure adequate territory coverage and rapid intervention when needed.

Since 2025, the municipality has also implemented an internal response model operating seven days a week, combined with additional overnight response measures. Municipal leaders say the

system promotes constant availability, ongoing professional training and shorter intervention times to better protect residents.

Mayor Louis Veillon and members of Municipal Council say they are committed to working collaboratively with health authorities to find practical solutions that recognize the unique realities of rural municipalities.

In a letter recently sent to the Coordinator of Emergency Services, Mayor Veillon emphasized the importance of maintaining effective first responder services for residents living far from major medical centres. Potton Municipal Council also adopted a formal resolution supporting the initiative on April 8, 2026.

For many residents, the discussion goes beyond policy and procedure – it is about ensuring that help arrives when it is needed most.

POTTON ACTIVITIES AND SPORTS THIS SUMMER

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_WEB.pdf

Sundays in The Park

Every Sunday of July and August,

from 11:30am to 1pm, come and enjoy free live music performed in the heart of the village of Mansonville in Place Manson, located in front of the Town Hall (2 Vale Perkins rd.) Bring a chair, pack a picnic and enjoy jazz, folk, country, blue grass, Celtic, rhythm and blues and more...

A great time for all! Consult for programming

[Special Events - Potton](#)



AUGUST 20-22 The Spirit of Potton Festival takes place every year in August at Missisquoi North Park, André-Gagnon sector. We offer all sorts of activities like games, concerts, fireworks, a lawn tractor race, a mobile farm, bingo, a community dinner, and much more!



*EPIQ Triathlon will be held on
September 26, 2026
Volunteers will be needed*

MUNICIPAL LIBRARY

bibliotheque@potton.ca

Exhibit May 19 to June 13

The library Summer hours (*June 6 to September 4*) Tuesday to Friday from 9 a.m. to 12:30 p.m. and from 1:15 p.m. to 4 p.m. , Saturday and Sunday from 10 a.m. to 2 p.m. You can also reserve your books by phone at 450 292-3313, ext. 23



EXPOSITION · EXHIBIT

Gaïa in Blue

Carole Audran | Artiste cyanotype

Summer reading club

Be among the first 10 subscribers and receive an ice cream.



19 MAI
– 13 JUIN



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



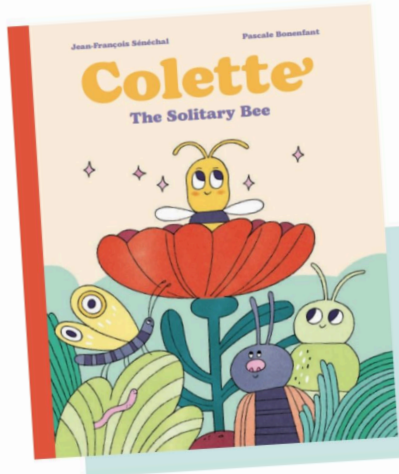
TD
Summer
Reading
Club
2026

Join us for the
TD Summer
Reading Club
StoryWalk®

Enjoy reading a story
outside as you stroll
along from one page
to the next!

Colette: *The Solitary Bee* by Jean-François Sénéchal, illustrated by
Pascale Bonenfant. Reprinted by permission of Milky Way Picture Books. © 2025

The Reading Trail will be at Manson Park from June 9 to September 6, 2026



TD
Summer
Reading
Club
2026

Join the Club!

Sign up at your local library

Reading fun for kids, from
Canada's public libraries

An accessible
club for all
kids!

Du 9 juin au 31 août
From June 9 to August 31

Les 10 premiers abonnés recevront une crème glacée
The first 10 subscribers will receive an ice cream

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](#) .

Orford Music celebrates its 75th anniversary!



2026 Orford Music Festival is back this summer! Discover an exceptional program from **June 10 to August 15, 2026**. Tickets are now on sale.

<https://www.orford.mu/en/>



The 32th edition of the Circuit des arts

Memphrémagog will take place from June 27th to July 5th, 2026, from 10 am to 5 pm.

The works of more than thirty professional artists will enthrall you. Start your circuit at the collective exhibition held at the Centre d'arts visuels de

Magog, 61, rue Merry Nord, Magog.

37th Edition of the TOUR DES ARTS July 11 to 19

Discover the 38 artists and artisans of the 2026 Tour des Arts

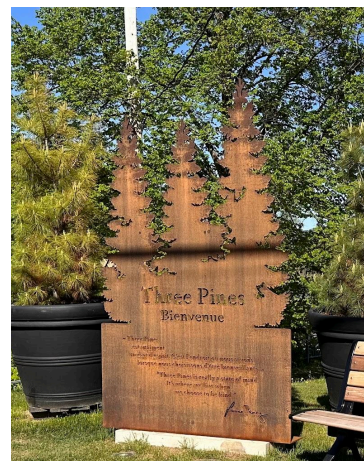
[Tour des Arts : Studio Tours in the Eastern Townships](#)



THINGS TO DO THIS SUMMER IN THE TOWNSHIPS



Discover the lovely THREE PINES CAFÉ in Knowlton. Inspired by the bistro in Louise Penny's Three Pines novels, this café is a haven for book lovers, croissant and pastries seekers, or anyone in need of a quiet moment with an excellent coffee. *Also dog friendly.*



Places where to Enjoy Brunch

On a weekend morning if you don't feel like cooking, head out to one of these restaurants that serve some of the best brunches in the region!

[These Places Where to Enjoy Brunch | Eastern Townships \(Quebec\)](#)

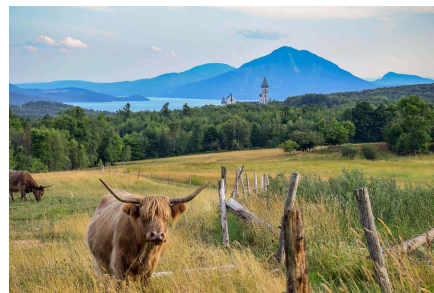
Gardens and horticulture

Stop and smell the roses... as well as the lilacs, lavender and more. These gardens are home to countless species, many of which are used as key ingredients from luxurious body products to medicinal concoctions. Discover the stunning properties of plants while marvelling at impressive works of mosaiculture. [Gardens and flowers | Eastern Townships \(Quebec\)](#)

ONE OF THE BEST WEBSITE TO GUIDE YOU ON WHAT TO DO IN THE TOWNSHIP

[Chemin des Cantons](#)

- **6 MUSEUMS** for affordable culture for the whole family, 1 SINGLE MAP, 1000 STORIES!
- **8 THEMATIC PATHWAYS** To discover the Eastern Townships in a different way.



TOWNSHIPS ENGLISH STYLE TEA FESTIVAL in five heritage sites .

Discover the delightful tradition of afternoon tea at these five heritage sites along the Townships Trail. The Colby Curtis Museum, the Uplands Cultural and Heritage Centre, the Beaulne Museum, the Ulverton Woolen Mill, and Merry House await you.

To reserve [Chemin des thés à l'anglaise - Découvrir les Cantons-de-l'Est par les routes](#)

HEALTH AND FITNESS

Tricks and inspirations

4 best ways to prepare **fruits and vegetables** on the BBQ

[Les 4 meilleures façons de préparer fruits et légumes sur le BBQ](#)



Melting Brie
on the BBQ:
13 ideas

[Brie fondant sur le BBQ: 13 idées de garnitures alléchantes](#)

8 myths and realities about walking

[8 mythes et réalités sur la marche | TOUGO](#)



14 plants that repel mosquitoes, to plant immediately in your yard

<https://www.noovomoi.ca/style-et-maison/plantes-et-jardin/plantes-eloigner-insectes-moustiques-planter-cour.html>

COME JOIN US ON MONDAYS CONTINUING ALL SUMMER



CENTRE DE JOUR POUR LES PERSONNES ÂINÉES !

SENIOR DAY CENTRE



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

JOIN US FOR A DAY OF FUN FOR SENIORS!

Venez essayer ! Come and give it a try!

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

Date: Chaque Lundi (8h30 a 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).

A TOUCH OF HUMOUR

*June,
the month when coffee
turns into iced lattes.*



THOUGHT OF THE MONTH

*A father is someone you look up to
no matter how tall you grow*



Your Newsletter editor is taking a break for the Summer as there will be less organised activities to report on.

Your SAPA team and I hope you enjoy your Summer and trust Mother Nature to be kind and generous to make this season enjoyable for you. I will be back in September.

Lucie Maurer

Editing and publishing by Lucie Maurer in collaboration with the CABMN team

l.maurer@cabmn.org