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Weather



TODAY:
CLOUDY

HIGH OF 7
LOW OF -2



TUESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 10
LOW OF 6



WEDNESDAY:
CLOUDY

HIGH OF 16
LOW OF 9



THURSDAY:
CLOUDY

HIGH OF 18
LOW OF 2



FRIDAY:
SUNNY

HIGH OF 15
LOW OF 2

Saturday activities at the Missisquoi North Youth Centre



THE SCOOP

MABLE HASTINGS

For over thirty years, the Missisquoi North Youth Centre (CABMN) in Mansonville has been offering weekly youth programs for youth 5 and up. The programs take place on Thursdays, Fridays and Saturdays at the centre located at 282 Principale.

Saturday activities have restarted for the 2017-2018 youth program year which runs from October to the end of June annually on Saturday afternoons from 1-3pm. The Dance group is for youth ages 5-12 and the first day found 18 youth in attendance. If past years are any indication, numbers will increase in the coming weeks as word spreads and more youth register. This year the first dance routines being learned are from the musical, *Hairspray* (You Can't Stop the Beat) and *(All That Jazz)* from Chicago.

Following the dance group at 3pm is youth leadership for youth of the same age and this group takes place until 4:30pm. The leadership group this year is focusing on the "Dove" program "Free Being Me" that encourages youth to celebrate their inner gifts, share their talents and improve self-esteem and teamwork. This is vital when aiming to instill positive decision making and community involvement in the youth.

For the first week, the leadership group created a Free Being Me Wall where they listed down their best qualities and attributes to put on display as a reminder of their contribution to the group. They also created shoebox "mailboxes" where friends and others can leave messages, letters, little gifts and notices for them each week. As per usual, there was discussion, sharing and games. All present decided that a leadership sleep-over should be held in the very near future.

At 4:30pm on Saturdays the youth Drop-in for older youth ages 12 and up is open through to 10pm. This group en-



PHOTOS BY MABLE HASTINGS



joys a variety of activities including: dance, basketball, indoor and outdoor games, pool, table soccer, ping pong, exercise, sports and more...

at the Youth Centre and guests are welcome. For more information visit the website at www.cabmn.org or call: 450-292-4886.

There is always something happening

Ben by Daniel Shelton

