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Weather



TODAY:
CLOUDY

HIGH OF -6
LOW OF -17



TUESDAY:
SUNNY

HIGH OF -8
LOW OF -12



WEDNESDAY:
CLOUDY

HIGH OF 3
LOW OF -4



THURSDAY:
60% CHANCE
OF FLURRIES

HIGH OF 7
LOW OF -4



FRIDAY:
PERIODS OF
SNOW

HIGH OF -5
LOW OF -19

Young at Heart-conference on aging in a healthy way



THE SCOOP

MABLE HASTINGS

On Thursday, February 8, the Potton's Retired Club for seniors in collaboration with the Missisquoi North Volunteer Centre (CABMN) held an event as part of Potton's Festive Hearts Month celebration. "To Your Heart's Content," a conference offered by Cathy Riendeau, Pharmacist and co-

owner of the new FamiliPrix pharmacy in Mansonville was attended by over 24 people. The theme of the workshop was, "aging is normal," and it gave those attending information needed to age in a healthy manner. Being 65 years old does not mean the same thing it used to and all were encouraged to stay young at heart!

Pharmacist, Cathy Riendeau who is co-owner with David R. Rousseau of the FamiliPrix Pharmacy located on 316 Rue Principale in Mansonville did an excellent job sharing with the group in an engaging conversation on the subject. Many in attendance commented on the content and ease in which Riendeau shared the information. Handouts were offered at the end of the session and much discussion ensued.

The event held in the basement of the Catholic Church in Mansonville was fol-

lowed by an Italian themed lunch prepared by Lucie Renaud who has long worked in the restaurant, catering and banquet industry. The workshop was organized by Angelle Laplume, Coordinator of Senior's Services at the CABMN.

The Municipality of Potton's Festive Hearts month is now in full swing with a variety of heart healthy activities in place. For more information about this and other upcoming events, visit www.potton.ca or contact Trish Wood at 450-292-3313 extension 228.

For more information about the Missisquoi North Volunteer Centre (CABMN) visit www.cabmn.org and sign up for the newsletter or call the CAB Main Office at 450-292-3114.

During this healthy heart awareness month, all are reminded to explore healthy choices, seek out information and don't forget to have fun!



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Ben by Daniel Shelton



I'M MAKING A VALENTINE'S DAY CARD FOR SOMEONE ...

WHY ISN'T IT IN THE SHAPE OF A HEART?
HUH?

THE BEST VALENTINE DAY CARDS ARE ALL BE IN THE SHAPE OF A HEART!
WHY DOES IT MATTER?

TRUST ME. I SHOULD KNOW.
WHY IS LOVE SO COMPLICATED?

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