

Take a step in the right direction

New walking club for Potton seniors



THE SCOOP

MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) in collaboration with the Municipality of Potton will be offering a new activity in Potton this summer. The objective is to encourage seniors to seize every opportunity to get up and move! Opting for a less sedentary lifestyle will likely increase the lifespan of any individual and the CABMN Senior Service Coordination team is working to find a variety of fun ways to expand upon its already popular Viactive program attended by many seniors from the area.

Starting Wednesday the 27 of June, the walking group will give seniors in Mansonville the opportunity to participate in a social activity while benefiting from the physical necessity of being active. The walk will be easy and adapted to the physical condition of those who are participating. For sure, a person who has been sedentary will in time find that

their physical condition and capacity to move will improve and likely increase as well as their psychological health and outlook.

Monique Gilbert (an accredited Kinesiologist), was hired at the CABMN three months ago to work as a Coordinator of SAPA senior services alongside long-time Coordinator, Angelle Laplume. Monique's background and training is a great asset to the CAB's program for seniors.

"It will be possible for those who wish to use walking poles," explained Gilbert. "The walking poles have been furnished by the Municipality and will add to the program by increasing the propulsion motion of moving forward."

It is important to note that this initiative will benefit the physical conditioning of those taking part as well as building muscle strength in the upper and lower body reducing stress and diminishing the risk of injury regardless of the different type of terrain.

"This is a pilot project and we are targeting a group of 10 to 15 seniors maximum," said Gilbert. "The session will include information, will incorporate core strength exercises as well as the walk and the class will not exceed 50 to 55 minutes. The session will take place from 10 to 11am on Wednesday mornings and the group will meet in front of the Town Hall in Mansonville in the park," she added.

For more information, please contact

Angelle or Monique at the CABMN Main Office at 450-292-3114 extension 103.

The weekly Viactive exercise program for seniors offered through the CABMN throughout the year from fall to early summer breaks during the summer months. The walking group will provide an opportunity for those who

wish to continue being active to choose to and will take place while the weather is ideal and people want to be outside enjoying nature in the good company of friends.

Why not take a step in the right direction and join the Potton group as they take the high road to good health.



COURTESY

Monique Gilbert is getting ready for her first Walking Club for seniors in Potton. Gilbert (an accredited Kinesiologist), was hired at the CABMN three months ago to work as a Coordinator of SAPA senior services alongside long-time Coordinator, Angelle Laplume.

Sylvie des Rosiers receives National Assembly medal

Record Staff

Pierre Reid, Member of the National Assembly for Orford, presented National Assembly Medal to Sylvie des Rosiers, founder of the Magog Montessori School, late last week. Des Rosiers was recognized for her entrepreneurial attitude and community spirit.

Reid reminded those gathered for the ceremony that he participated in the creation of des Rosier's school.

"I got involved after having met Sylvie des Rosiers : a visionary woman with the power to share her vision and her love of children with an entire community," the MNA said. "I was impressed and I am still impressed by her vision and her success."

Before starting the Magog Montessori school des Rosiers was involved in the training of Canada's National ski team, she taught elementary school, and she was also a research assistant at the Uni-

versite de Sherbrooke. Since opening the school, and despite the work involved in running the facility, she has successfully completed Masters and Doctoral studies.

"Since its founding, our school has been a leader in pedagogical innovation and has taken a different approach than

that of traditional teaching," des Rosiers wrote in a text presented to the Minister of Education in 2016. "Created with the goal of offering a teaching and learning environment adapted to the needs of each student, the Magog Montessori school uses many different pedagogical approaches."



COURTESY

Pierre-Alexandre Morier, President of the École Montessori board of directors, Sylvie Des Rosiers, Principal of École Montessori and Orford MNA Pierre Reid

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