

Major work to begin today at Carrefour de l'Estrie bus station

Record Staff

The STS, Sherbrooke's public transportation corporation is beginning a project to redesign its bus station at the Carrefour de l'Estrie shopping mall today. Over the course of the next few weeks, the station will be completely reconfigured in order to improve service in the long term.

Between today, July 8, and August 16, the stops and parking spots nearest the

main entrance of the mall will be closed to the public so that work can be done to improve accessibility for people with limited mobility, improve lighting, install new benches, add two new bus stops, install shelters, and generally rearrange the site to make it safer and more user-friendly.

According to STS President, Marc De-nault, the changes come as a result of the fact that increases to the number of busses the STS is running require the

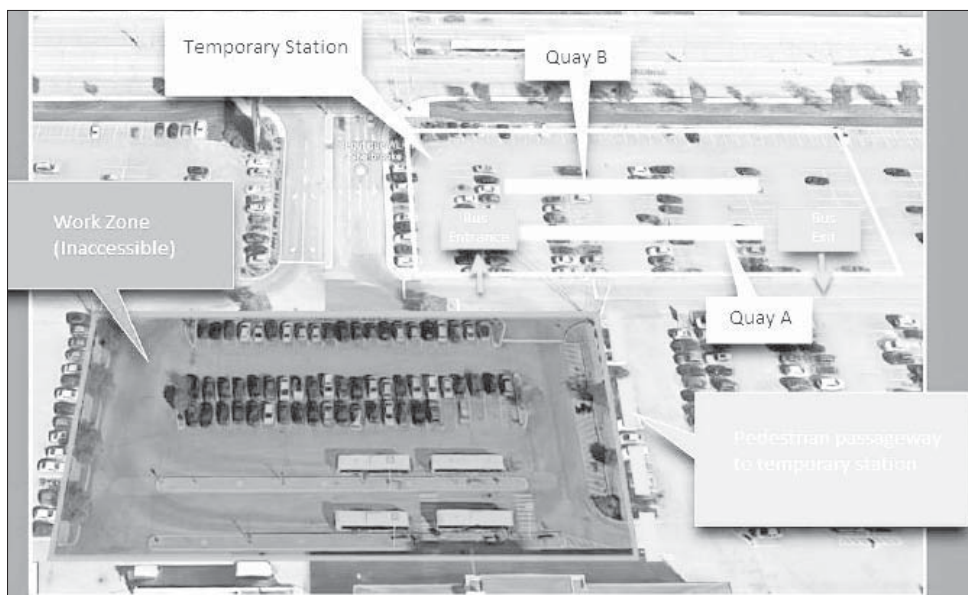
mall station to be able to accommodate more vehicles at once. In addition, he said, this work is necessary in order to meet to the needs and expectations of customers.

The cost of the work is estimated at about \$ 750,000.

During the construction period, a temporary station will be set up nearby and on-site signage will help redirect customers safely. The current schedules of bus lines will be maintained, but rid-

ers need to be ready to catch the bus from the mall in a different location and arrive at the mall in a slightly different place than the one they might be used to. Similarly, drivers in the parking lot should be prepared to encounter busses driving into an area where they have not previously been.

For additional information, riders are encouraged to consult the STS website, www.sts.qc.ca, or contact customer service at (819) 564-2687.



Vieactive Exercise Program for seniors celebrates before breaking for summer



THE SCOOP

MABLE HASTINGS

On July 3, the Missisquoi North Volunteer Centre (CABMN) Senior Services Coordination Team : Monique Gilbert and Angelle Laplume hosted a lunch at the Owl's Head Golf Course for some 25 seniors who took part in their Vieactive Exercise Program for seniors throughout the year. Before breaking for the summer months, the group got together for some « Joie de vivre » in celebration of the participation in the well attended program.

« Vieactive is an exercise program that encourages the discovery of a wide range of activities specifically designed for seniors, » explained Monique Gilbert who animates the group through the CABMN. « Vieactive aims to help integrate physical activity into your lifestyle, » she added.

The Vieactive is offered two days per week in Potton from September to June and once a week in other Municipalities (Eastman and South Stukely), from September to April. The groups also create

an opportunity to break the isolation that seniors often find themselves living in. The group is inclusive, encouraging and a good time.

« There is a positive dynamic and a bond that is established through the group, » explains Angelle Laplume who works alongside Gilbert to form the CABMN Senior Services Team. « It is a circle of friendship that provides opportunities for seniors to remain active which promotes better health and wellness. »

An extra day of physical activities for seniors was added to the Potton program thanks to an increase in donations made by individuals and companies who gave so generously to the CABMN Annual Financial Campaign last year. As the CABMN is about to launch this year's campaign the second week of July, the increase in this program is noted in regards to the contributions made last year. The Vieactive will resume its « cruising pace of fun, » after Labour Day in September. All are looking forward to it.

For more information about this program or the many offered through the CABMN Volunteer Centre, visit the website at : www.cabmn.org and if you wish to make a donation you can do so on the site through Canada Helps. While visiting the site, don't forget to sign up for the weekly newsletter, sign up is fast and easy. If you would like to visit or reach the CABMN, it is located at 314B Principale in Mansonville, above the CLSC/CIUSSSE Medical Clinic. 450-292-3114



PHOTOS: COURTESY