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## Weather



TODAY:  
CLOUDY

HIGH OF 23  
LOW OF 15



TUESDAY:  
SHOWERS

HIGH OF 17  
LOW OF 12



WEDNESDAY:  
SHOWERS

HIGH OF 17  
LOW OF 10



THURSDAY:  
CLOUDY,  
SHOWERS

HIGH OF 18  
LOW OF 7



FRIDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF 19  
LOW OF 7

# Numbers on the rise for Potton's Vieactive program for seniors



## THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) is proud to announce a notable increase in attendance in its weekly Vieactive Program for seniors. The group gathers to improve the health of participants who are opting for a less sedentary lifestyle in hopes of increasing the lifespan of each individual.

The CABMN Senior Service Coordination team has been working to find a variety of fun ways to expand upon its already popular seniors programming attended by many in the area.

Monique Gilbert (an accredited Kinesiologist), was hired at the CABMN over a year ago and is now working four days per week as part of the SAPA senior services support staff, alongside long-time SAPA organizer, Angelle Laplume. Monique's background and training is a great asset to the CAB's program for seniors.

The Vieactive Program is a group exercise program that encourages the discovery of a wide range of activities specifically designed for seniors. Vieactive aims to help them integrate physical exercise into their lifestyle in manageable ways.

Thanks to an increase in the CAB's Annual Financial campaign funding, the program is now offered two days a week in Potton (in spring, the second day becomes a walking club) and once a week in other municipalities (Eastman, South Stukely and Saint-Etienne de Bolton).

The group also serves to create significant ties to counter isolation with a dynamic and notable zest for life. Numbers have increased to a regular participation of thirty seniors per session!

"The space is tight with this many participants," says Gilbert as she refers to the area on the second floor of the Town Hall that is provided free of charge by the Municipality of Potton. "The

numbers fluctuate but seeing so many interested and enthusiastic people is very encouraging," she added.

The group needs room to stretch their arms and legs and don't let the word "seniors" fool you, these folks are determined to get in a good workout! For more information about the Vieactive program or any of the other SAPA Senior Services, visit the CAB website at

[www.cabmn.org](http://www.cabmn.org) or call and ask to speak to a member of the Senior Services Coordination Team, 450-292-3114.

The CABMN in collaboration with the Municipality of Potton will hold its Annual Senior's Day on October 16 from 8:30am to 4:00pm, for local senior's however pre-registration is required by contacting the number above.



PHOTOS: DEBRA HARDING

## Ben by Daniel Shelton

