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Weather



TODAY:
SUNNY
HIGH OF 13
LOW OF ZERO



TUESDAY:
CLOUDY
HIGH OF 13
LOW OF 8



WEDNESDAY:
RAIN
HIGH OF 12
LOW OF 5



THURSDAY:
CLOUDY,
SHOWERS
HIGH OF 12
LOW OF 4



FRIDAY:
CLOUDY, 60%
CHANCE OF
SHOWERS
HIGH OF 10
LOW OF 2

Record numbers at second annual Seniors Day in Potton



THE SCOOP
MABLE HASTINGS

On Wednesday, October 16 from 9:30am to 4:00pm, seniors from Potton and Bolton-Est came out in record numbers for the 2nd Annual Senior's Day event held at Potton's Town Hall in Mansonville. Organized by the SAPA-Seniors Services Coordination Team of the Missisquoi North Volunteer Centre (CABMN), and the lunch funded by the Municipalities of Bolton-Est and Potton, the event included a day of workshops, information and fun.

The first workshop of the day was presented by Frederic-Alexis Marcil and his assistant Stephanie Neiderer hearing care specialists from Julie Rodier Audio-



COURTESY

prothesiste Inc. 10% of the global population is affected by a hearing loss. This workshop talked about ways of caring for your hearing and had 26 seniors in attendance. The second workshop was an initiation to Yoga on a chair and was presented by Marie Garon from the "Centre de Yoga l'etoile." The workshop introduced this type of yogo to all regardless of an individual's fitness level and 30 persons participated. The third workshop was animated by Lucie Blanchard from the electric bike company called, "La Bouffee d'Air." The workshop included a demonstration and the opportunity to try this new form of cycling using an electric bike. 10 participants joined Lucie in Parc Manson to give the bikes a try and great fun was had by all.

After the third workshop, 58 persons gathered for the lunch served compliments of the two Municipalities and prepared by Epicerie Jacques Ducharme (Richelieu) that consisted of sandwiches, salads, desserts and more... Before the meal, the group was addressed by SAPA Services Team Member, Monique Gilbert who welcomed all and expressed her gratitude at seeing so many eager participants in attendance. Martin Maltais, Director General of the Municipality of Potton welcomed the group to the Town Hall and extended his happiness in hav-

ing the group there. Potton Community Organizer, Trish Wood was also present throughout the day to lend a hand.

"The goal of this annual day is to recognize seniors and their importance and implication in community life," said Gilbert. "We are proud of our senior population and we want them to know it."

In the afternoon, the fourth workshop was animated by Krystelle Rivard from "ACEF-Association Cooperative Economie Familiale de l'Estrie" where the 26 in attendance were provided with information on preparing and planning for travelling. The final workshop was animated by Steeve Cote from the Surete du Quebec Police who spoke about good driving skills and shared information with the group of 29 in attendance. Certificates were presented recognizing the participation of all who took part. From the local grocery store to the youth centre at the other end of the town people were abuzz about the event. Those who shared in the day were extremely happy with the activities organized and available. For Monique Gilbert and Angelle Laplume, who organized and animated the day, it was another joyous exchange with some extremely inspiring and motivated seniors.



Ben by Daniel Shelton

