

February's Festival of Hearts month in Potton



THE SCOOP

MABLE HASTINGS

As February quickly approaches it brings with it Potton's Annual Festival of Hearts month organized by the Municipality of Potton with fun heart healthy activities just around the corner for all to enjoy. The month long festival offers folks the opportunity to come out and celebrate winter activities held both outdoors and in including snowshoe excursions with Potton's Heritage Association on Saturdays throughout the month. These morning excursions are planned for all ages 13 years and up for all fitness levels. For information visit: pottonheritage.org or call Janine Sourdif at 450-292-3780.

Month long events also include: Healthy Heart Cooking on February 2nd from 10am to noon at the Town Hall. Registration is mandatory by calling Edith Smeesters at 450-292-0547. Initiation to Salsa Dance will be held in the evening at 7pm at the Town Hall free of charge. For information on this activity visit: astrafitness.com or call 514-466-8189. There will be a screening of the film "Modified" with a potluck lunch organized by the Mansonville Public Market and Cinema Potton on Sunday, February 3 at 11am at the Town Hall. For info, contact Gwynne Basen at 450-292-0732 or Stansje Plantenga at 450-292-3454.

Celebrating its 25th year in operation, the Owl's Break Bakery will offer a cooking class featuring Squash and Beans (excellent for your health and rich in taste!) on Tuesday, February 5 from 9am to noon followed by a tasting. This event takes place at the Bakery located at 299-A rue Principale in Mansonville. Reservations can be made by calling, 450-292-3088.

Join certified instructor, Lolita Dealpe and celebrate the Chinese New Year while discovering holistic benefits of traditional Chinese medicine (*TCM), Tai Chi, Qi Gong, Meditation, Food, Plants, Massage, Acupuncture on Tuesday, February 5 and Sunday, February 17 from 9am to 3:30pm at the Town Hall, free of charge. 450-534-5585 or taikigong@gmail.com Cinema Potton presents 2 films February 7 and 21 at 4:00pm at the Town Hall; admission Members \$7, non-members \$9 and students \$5. Tiny Tots Circle Storytime and Crafts with Super Hiro will be held for 0-5 year olds, free of charge on Friday, February 8 from 9:30 to 10:30am at the Library, for info, 450-292-3313.

Learn CPR and how to use a defibrillator with Mr. Francois Aumais TAP, CPR-AED certified instructor by the Heart and Stroke Foundation of Quebec. Join Potton's First Responders on February

9th for the French session 9am to noon and the English session 1:00-4:00pm at the Town Hall. Registration is mandatory at 450-292-3313 ext. 228.

On Thursday, February 14 (Valentine's Day) at 10am in the basement of the Saint-Cajetan Church in Mansonville, the "Club de Retraites" retirees and the Missisquoi North Volunteer Centre (CABMN) will offer a conference courtesy of Familiprix on Healthy Medication Management, Osteoarthritis and Shingles followed by a lunch and plenty of activities guaranteed to warm your heart. Wear red to celebrate the occasion and please reserve for the lunch before February 7. Cost \$16 with lunch. Contact Angelle or Monique at 450-292-3114 ext. 103 to register.

Outdoor activities include: Snowshoeing if weather permits, walking shoes if there is a lack of snow, on Saturday, February 16 from 9:30 to 10:30am, Monique Gilbert (Msc. Kinesiology) will improve your cardiovascular capacity and muscular endurance with this fun outdoor activity. On Saturday, February 16 the Municipality will hold its "I Love Skating" day with skating, sliding, games, hockey, hot chocolate and surprises from 1:00 to 3:pm at the Parc Andre Gagnon. For info call 450-292-3313 ext. 228. In the evening on February 16 at 7pm in the Town Hall, to celebrate Valentine's Day, "French Love Songs" will have you listening, humming along with European singers....bring a picnic lunch and beverage of choice. Doors open at 6pm. For info, contact Jean-Claude Duff at 819-843-2131.

Activities continue on Sunday, February 17 from 1:00-3:30pm with "Encounter Trees in Winter" held at the Reserve Naturelle des Montagnes Vertes. This activity is free of charge with a maximum of 8. Register quickly by contacting 450-405-2522 or lou_morel@hotmail.com On Tuesday February 19th there will be a family-friendly hockey game held at the skating rink at 5:00pm with spectators welcome. On Thursdays, February 21 and 28, from 12:45 to 2:00pm at the Town Hall, the Potton Cultural and Heritage Committee in collaboration with the local Elementary schools of Mansonville present, "The Art of Potton Living."

On Saturday, February 23 from 10am to 3:00pm, the Missisquoi North Volunteer Centre Former Youth Involvement (FYI) and Students Against Destructive Decisions (SADD) will collaborate with the Municipality of Potton for the Annual Winterfest Outdoor/Indoor Family Fun Day held at the Mansonville English School. Activities are free of charge and include: Tubing, Horse-drawn sleigh rides, inflatable outdoor bouncy houses, sugar on snow, bingo, hairwrapping, face painting, refreshments on sale, First Responder/Firemen participation, door prizes and more. For information contact 450-292-4886, 450-292-3114 or 450-292-3313 ext. 228.

The month of heart healthy activities comes to a closure with two other events: Cultivating, Harvesting and Using Medicinal Plants from your Garden on Sunday, February 24 at 1:00pm



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Roger Cote and his Cote Meadows team of horses giving sleigh rides during one of the Municipality of Potton Festive Hearts Month events.

at the Town Hall that will include a lecture by Marie-Claire Planet, amateur herbalist, free of charge and, A Community Baby Shower will be held on Tuesday, February 26 from 9:00-11:00am at the Town Hall organized by the Municipality of Potton and Equipe Ressources-Relais. Special activities will include arts

and crafts for toddlers, snacks and a special visit from a nurse to answer baby related questions.

Potton encourages everyone to celebrate a Healthy Heart Month and the Municipality extends a big thank you to all who make it's Annual celebration a success!



Send in
your
Wedding
Photos

Weddings are milestone events and The Record and Brome County News is planning to compile a special section, on January 29, that captures these special moments over the decades with their various styles of wedding attire.

Whether you've been married in a recent, non-traditional ceremony or 60 years ago, please share your wedding photos with our readers.

Submit your photo, with name, date of marriage and place, along with \$10. (taxes included) to the address or email listed below. We accept visa or mastercard for payment.

Deadline for submission: January 22, 2019.

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