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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

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 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