

Another great year for the Viactive Walking Group in Potton



THE SCOOP

MABLE HASTINGS

Missisquoi North Volunteer Centre (CABMN) SAPA Senior Services team member, Monique Gilbert (an accredited Kinesiologist) is proud to share the results of another successful Viactive walking group year. This year the group came together every Friday starting on April 26 after the winter had passed and the weather was warmer. The weekly walks ended on October 11 with 15 participants taking a wonderful fall jaunt around the back streets of Mansonville, where they stopped for a few exercises and to take this photo. With an average of 13 per Fri-

day, Gilbert is very happy with the dedication and enthusiasm of the group.

During the winter months the group continues to exercise indoors on Wednesdays and Fridays at the Potton Town Hall from 10 to 11 a.m. with the Viactive exercise program. This group has increased in average weekly attendance to 23 participants aged 65 and over.

“We laugh, we exercise and we move,” said Gilbert.

Those participating encourage one another, and many have found in Gilbert both a knowledgeable instructor and a friend. Gilbert, a Francophone, has improved her English and while she sometimes wonders how she feels that the group understands her.

“We don’t want her to improve,” said one participant, “we love her the way she is and enjoy the fun bilingual approach she brings to every session.”

The dedication that Potton seniors have made to their own well-being and health is the only thanks needed by Gilbert. While the group is a part of her job at the Volunteer Centre, she sees the participants as an inspiration for all to emulate.

“They make me feel so proud,” says



COURTESY OF MONIQUE GILBERT

Gilbert. “I really believe that they are making life changes and this can only result in the best for their health and autonomy.”

For more information about the Walking group and Viactive Program, visit the CABMN website at

www.cabmn.org and don’t forget to sign up for the free weekly newsletter. This will keep you informed and up to date on all of the CAB services, programs and events.

Successful 3rd Edition of BMP MOVE BOUGE

Submitted by BMP Foundation

On Saturday, September 28, the 3rd edition of the BOUGE BMP MOVE was held at the Énergie Sud Training Centre. Organized by its owner, Érick Grandmont, and its Organizing Committee composed of Émilie Côté, Francesca Mercier, Frédérique Raymond, Alexandre Beaulieu and Dominique Francis, this edition was a great success. Thanks to the two activities held, the Spin-o-thon and the X-Fit, as well as the contribution of all participants and sponsors, this fundraising event raised \$40,000 for the Brome-Missisquoi-Perkins Hospital Foundation. This money will be used for the redevelopment project of the Orthopedic Clinic, the improvement of home care at the CLSC Pommeraiie as well as for the Emergency Department.

This year, the BOUGE BMP MOVE had concentrated its activities on a single day. With X-Fit and X-Fit Junior competitions running all day and 6 hours of Spin-o-thon, things were on the move at the Énergie Sud training centre. Érick Grandmont would like to especially thank the coaches who organized the activities. Sports enthusiasts were indeed in good hands thanks to the X-Fit competition organized by Frédérique Raymond, certified Kinesiologist and

CrossFit coach and with the Spinning event led by Jean-Christophe Lagacé, PhD student Kinesiologist. The Organizing Committee had worked hard to offer a day that lived up to the expectations of the participants: Continuous music for the ambiance, lunch offered by the Pub Principal in Cowansville, motivated and qualified coaches, everything was on track for the enjoyment of the athletes.

More than 225 people attended this year’s event. Many thanks also to the volunteers for their incredible work and to the sponsors who made this event possible. Finally, thank you to the 2 spokespersons, Dr. Étienne Leclerc,

Orthopedic Surgeon and Dr. Éric Benjamin, Head of the Emergency Department for their participation and motivation from the beginning to the end of the day.

Tite Frette developed a beer especially for the event in collaboration with Énergie Sud and the Microbrasserie Auberge Sutton Brouërie. Named “Dr. Pincott”, this light haskap beer is a tribute to Dr. Pincott’s work and dedication to his community. Available in their 3 stores, a \$1 per bottle sold was included in the grand total of the event. The beer was offered for all the attendees to taste - a good little refreshment for a good cause.

BROME—MISSISQUOI

Bruno CÔTÉ

CONSERVATIVE

IT'S TIME FOR YOU TO GET AHEAD

VOTE

Autorisé par l'agent officiel de Bruno Côté