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Weather



TODAY:
CHANCE OF
SHOWERS

HIGH OF 28
LOW OF 17



TUESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 26
LOW OF 14



WEDNESDAY:
SHOWERS

HIGH OF 23
LOW OF 15



THURSDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 25
LOW OF 8/13



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 27
LOW OF 14

Two-metre greeters assure physical distancing as seniors gather at Potton's Round Barn for friendly visit



THE SCOOP

MABLE HASTINGS

The SAPA Senior Services Coordination Team of the Missisquoi North Volunteer Centre (CABMN) organized a gathering in respect of physical distancing for seniors at the site of Potton's Round Barn on Wednesday, July 15 from 10:00 to 11:00am. All seniors sported masks and cones were placed to assure that seniors sat two meters apart during the get together.

SAPA Organizers: Monique Gilbert, Angelle Laplume and Louise Larose wore masks and disinfected the hands of all seniors in attendance as they arrived. Each attendee was asked to bring his or her own chair and something to drink. Once all were seated respecting the cone indicators, the three then welcomed all to the outdoor gathering emphasizing the happiness in seeing participants since it had been months since being together due to the Pandemic. A small snack was served (with safety measures) providing everyone with tasty treats to enjoy while visiting with friends.

27 participants, who regularly attend (along with many others), the CABMN Viactive group were in attendance. This group has not been able to meet since March when the pandemic was declared and Government directives recommended that seniors quarantine. The outdoor event was a first opportunity for those who felt comfortable with the safety measures taken to come together for a short period in a beautiful location. The animators had prepared a few games and some light exercises to loosen up the muscles which everyone enjoyed.

Animators wanted to get client feed-

back in regards to possible activities given the "new" normal and the group discussed the idea of participants taking part in interior events with masks and physical distancing as well as the possibility of communicating or offering programs via Zoom... The group was unanimously in favor of these two ideas but understood that the CABMN strictly follows Government directives and that the programming of the CAB is a decision of the Board of Director taken with the safety and well-being of clients at the forefront.

"The group was ready to hold another get together in a couple of weeks," said Monique Gilbert a member of the SAPA Services team who animates the exercise programs for the seniors. "We assured all in attendance that we would let them know when another gathering might be possible noting

that all were eager to get back into the swing of things," she noted.

For Louise Larose who recently joined the SAPA team as a part-time employee, the provided an opportunity to witness the enthusiasm and commitment of the seniors who partake in the CABMN programming which includes Viactive, a walking group, exercise initiatives and a variety of workshops and events all aimed at improving the health and well-being of the senior population in the western sector of the MRC Memphremagog.

"I've been working with the senior population through the CABMN for close to 30 years," said Angelle Laplume another member of the SAPA Services team. "We are always impressed by the participation and interest shown and we have as much fun as the participants do."



PHOTOS: ANGELLE LAPLUME

Ben by Daniel Shelton

