



## SNOWMAN CONTEST



Build a snowman at your home or local business and call Johanne to have it judged. Prizes will be awarded. This contest will run throughout the winter.

Info: Johanne Dumberry 450-292-3214. Organized by the Potton's Cultural and Heritage Committee

## LIBRARY ART EXHIBIT



Creations by Genevieve Duplessis

Silkscreen - Open during regular library hours.

Info: 450 292 4583 or [bibliotheque@potton.ca](mailto:bibliotheque@potton.ca)

Organized by the Legion Memorial Library

## NEW AT THE LIBRARY :



To help citizens break up the winter blues, the library will extend its opening hours on Wednesday evening until 8:30 p.m. until March 7<sup>th</sup>. Come and enjoy a night out at your local library. Free WIFI, book loans, fax, photocopy, and computers!

## DISCOVER POTTON'S HISTORIC, LANDSCAPES AND NATURAL HERITAGE



with Potton's Heritage Association. All are welcome! Dates and information below.

- ♥ Excursions are free for members of the Association, but there is a \$ 5 fee for non-members. The excursions are canceled if the weather conditions are extreme.
- ♥ A contribution of \$ 10 per person (member or not) is required from those who participate in the lunch after the excursions, to compensate the hosts.
- ♥ You must book when the lunch is held in a private house, because of the limited number of places.
- ♥ If you must cancel, please do so at least 2 days in advance, as a courtesy to the hosts and to leave room for others, otherwise you will be required to pay your share

## EXCURSION CALENDAR

- ♥ **Saturday, February 10 at 10:00 a.m.**
  - Easy snowshoe excursion on wooded land. Meet at 418, chemin Leadville
  - Hosts : Béatrice and Karsten 450-292-6872 (max. 30 people).
  
- ♥ **Saturday, February 17 at 10:00 a.m.**
  - Walk on the road or easy snowshoeing on the golf course.
  - Meet at 181, chemin Owl's Head.
  - Hosts : Édith and Christian, 450-292-0547 (max. 30 people).

♥ **Saturday, February 24 at noon**

- Easy snowshoeing on the trails near the Missisquoi River with Catherine Gagnieux, founder of SAFE sanctuary for farm animals in the Eastern Townships. Catherine will give a tour of the animal shelters. Meet at 508, route de Mansonville. Lunch around 2:00 p.m. at Bistro Chouette, 304, rue Principale, Mansonville Cost: \$13.00 tax not included; wine and beer available. Online reservations at [pottonheritage.org](http://pottonheritage.org) (max.25 people).

**CINÉMA POTTON**



**Feb 1st and 15th at 4 :00 p.m. (NEW TIME)**

February 1<sup>st</sup>: « De père en flic 2 », in French with English sub-titles and February 15<sup>th</sup> : « **The Other Side of Hope** », a finnish comedy from director Aki Kaurismäki. Original version with English sub-titles. Cost : members \$7, students \$5, and non-members \$9  
Location : Town Hall - 2, rue de Vale Perkins / Organized by: Cinéma Potton

**WINTERFEST**



**Feb 3 - 10 a.m. to 3 p.m. – Outdoor activities**

10:00 a.m. Ski-doo rides  
10:00 a.m. to 12 :00 p.m. Snow sculpting  
10:00 a.m. to 3 :00 p.m. Tubing, Inflatable game  
11:00 a.m. to 2 :00 p.m. Horse drawn sleigh ride  
1:00 p.m. Sugar on snow  
2:00 p.m. to 3 :00 p.m. Guided visits with the First Responders  
Door prizes!  
Indoor activities  
Bingo (for small prizes), Face painting  
Lunch on sale  
Location : Mansonville Elementary School (5, rue Marion-Atwell)  
Info : Mable 450-292-4886 or [mdj@cabmn.org](mailto:mdj@cabmn.org) / Trish 450-292-3313, ext. 228 or [loisirs@potton.ca](mailto:loisirs@potton.ca)  
Organized by the Youth Centre of the Missisquoi North Volunteer Centre and the Municipality

**TO YOUR HEART'S DESIRE**



**Feb. 8<sup>th</sup> at 10:30 a.m.**

Join the “Club de Retraités de Potton”and the Missisquoi North Volunteer Centre for a conference (courtesy of Familiprix) with the theme: **“Getting old is normal, the essential is to grow old healthy. Being 65 years old does not mean the same thing as it used to, come see us to know how to be young at heart!”** The conference will be followed by an Italian lunch and plenty of activities guaranteed to warm your heart. **Please reserve before the 1<sup>st</sup> of February** / Location: Saint-Catejan Church, 324 Rue Principale, Mansonville / Cost for lunch: \$16 Information: Angelle Laplume 450-292- 3114 ext. 103 [a.laplume@cabmn.org](mailto:a.laplume@cabmn.org)

**FREE PILATES CLASS**



**Feb 10<sup>th</sup> - 10:00-11:00 a.m.**

Pilates is a gentle core training method using breathing and communication between mind and body. Movements are focused on creating an imbalance, working muscles deep within your core, strengthening your entire body. Join kinesiologist, Monique Gilbert, for a free workshop and discover the benefits of Pilates! Location: Town Hall / Cost: Free  
Organized by Monique Gilbert Msc, kinesiologist / Info: 438-872-0829

## I LOVE SKATING



**Feb 10<sup>th</sup> 1:00 to 3:00 p.m.**

Activities at the skating rink: skating, sliding, games, hockey, hot chocolate & surprises.

Location : André-Gagnon Park

Info : Trish 450-292-3313, ext. 228 or [loisirs@potton.ca](mailto:loisirs@potton.ca)

Organized by the Municipality of the Township of Potton

## CINÉMA POTTON & LE MARCHÉ PUBLIC



**February 11 - 11:00 a.m to 3:00 p.m**

Cinéma Potton and the Marché Public present THE GARDENER, a documentary by Sébastien Chabot. Influential gardener and horticulturalist Frank Cabot recounts his personal quest for perfection at Les Quatre Vents. In English with French sub-titles.

Followed by a pot-luck lunch and discussion with Alexander Reford, director of Les Jardins de Métis.

**Cost** : Free / **Location** : Town Hall, 2, rue Vale Perkins, Mansonville

## HEALTHY HEART VEGETARIAN COOKING



**February 13 from 9 a.m. to 12:00 p.m**

Learn heart healthy cooking techniques with Chef Denis Mareuge followed by a tastings lunch.

**Cost** : \$20 per person

Location: Owl's Bread Bakery (299-A, rue Principale, Mansonville)

Reservations : 450 292-3088

Organized by Owl's Bread Bakery

## MEDITATION: " THE HEART CENTER "



**February 15 - 10:30 a.m. to 11:30 a.m.** / Town Hall

**February 18 - 9:00 a.m. to 10:00 a.m.** / Potton Appartments, 27 rue Neil Armstrong

Come and discover Meditation. This class is simple and for all levels and allows one to discover the peaceful place in the "heart center". Everyone welcome! / **Cost**: Free / Bilingual activity

Organized by Marie Garon, courriel: [marieg-yoga@hotmail.ca](mailto:marieg-yoga@hotmail.ca)

## THE ART OF POTTON LIVING



**February 15<sup>th</sup> and 22<sup>nd</sup> at 12:45 p.m. to 2:00 p.m.** at St. Cajetan Church basement

Let's come together, the young and the young at heart, and create a Community Art Show. This intergeneration art activity, animated by les Productions Super Hiro, is an interactive program aimed at bridging the age gap and bringing out our inner artist. Best yet, the municipal library will display the work during the month of March and launch this intergenerational exposition with a community vernissage. Open to all! **Fee**: Free! Snacks and all materials provided.

Organisation: Potton's Cultural and Heritage Committee and the Retired Club for Seniors

RSVP's appreciated: 450 292 3313 ext. 228

## CARING FOR YOU WITH ALL MY HEART



**Feb. 20<sup>th</sup> at 1:30 p.m**

Presented by health professionals from the 'Taking Care of your Health Program' in collaboration with the CIUSSS de l'Estrie-CHUS. Learn practices and discover resources to help start or maintain your good health habits that benefit your heart.

Location: Town Hall 2<sup>nd</sup> floor - 2 Rue Vale Perkins, Mansonville

**Cost** : Free! / **Information** : Angelle Laplume 450-292-3114 ext. 103 [a.laplume@cabmn.org](mailto:a.laplume@cabmn.org)

## **HOCKEY GAME**



**Feb. 20 at 5:00 p.m.**

Celebrate winter with a family-friendly hockey match. Spectators welcome! Hot chocolate will be served. Location: André-Gagnon Park / Info: 450-292-3313, ext. 228 or [loisirs@potton.ca](mailto:loisirs@potton.ca)

Organized by the Potton Township

## **COMMUNITY BABY SHOWER!**



**Feb. 27<sup>th</sup> from 9:00 -11:00 a.m**

Did you have a baby in the 2017-2018 year? if yes, please join us for our community baby shower. Special activities include arts and crafts for your toddlers, snacks and a special visit from a nurse who can answer all your baby-related questions.

Reservations are appreciated to receive a special baby gift.

Location: Meeting Room in the Town Hall, 2, rue de Vale Perkins / Free!

Organized by the Potton Township and the Ressources-Relais Team.

## **THE 100-YEAR-OLD GARDENER/ HOW TO KEEP GARDENING FOREVER AND WHY YOU SHOULD!**



**Feb 28<sup>th</sup> from 7:00p.m to 8:00 p.m**

One of the surest ways to enjoy a happy, healthy old age is to garden. Gwynne will share tips and techniques that make the work lighter and stories of some amazing golden age growers.

Break up your winter routine and enjoy a cozy night at the library. Scones and tea will be served.

Location: Library / Cost: Free

Organized by Gwynne Basen. Info: 450 292 0732 or [abbondanzafarm@gmail.com](mailto:abbondanzafarm@gmail.com)