



# Festival of Hearts

ORGANIZED BY



POTTON

FEBRUARY 2019  
CALENDAR



**Every Saturday in February!**

**Snowshoe  
Excursions with Potton's Heritage Association**

Come and discover the beautiful winter landscapes of Potton and join a guided excursion on Saturday throughout February. Outings planned for all fitness levels.

**Age:** 13 years +

**Schedule:** Morning excursions

**Information:** For all details regarding excursions including meeting locations, times and variable costs, please visit [pottonheritage.org](http://pottonheritage.org)

**Information:** Janine Sourdif  
450 292-3780

### ♥ **Healthy Heart Cooking**

The health of our heart and of our whole body depends on, to a large extent, our diet. This workshop will allow you to discover the principles of the tonic diet which eliminates the generation of glycotoxines in your body that can cause certain diseases. Small tastings and easy recipes will be provided.

**Date:** Saturday, February 2<sup>nd</sup>

**Time:** 10:00 a.m. - 12:00 p.m.

**Location:** Town Hall

**Cost:** Free

**Reservations:** Registration is mandatory / Edith Smeesters  
450 292-0547

### ♥ **Initiation Salsa Dance!**

Want to warm up your soul in the doldrums of winter? Come and join this introductory Salsa dance class! Let yourself be guided by Anne-Lise, passionate about Latin dance, and embrace the sunny music!

**Date:** Saturday, February 2<sup>nd</sup>

**Time:** 7:00 p.m.

**Location:** Town Hall

**Cost:** Free

**Information:** [astrafitness.com](http://astrafitness.com)  
514-466-8189 / [info@astrafitness.ca](mailto:info@astrafitness.ca)

### ♥ **Screening of the film "MODIFIED" and a potluck lunch**

The Mansonville Public Market and Cinema Potton invite you to a screening of the multiple award-winning documentary film "MODIFIED: A Food Lovers Journey into GMOs", followed by a discussion and potluck lunch. One of the film's producers will be present. Sponsored by The Townshipers' Foundation.

**Date:** Sunday, February 3<sup>rd</sup>

**Time:** 11:00 a.m.

**Location:** Town Hall

**Cost:** Free

**Information:** Gwynne Basen  
450 292-0732 /  
Stansje Plantenga 450 292-3454

### ♥ **Cooking Class Featuring Squash and Beans, Excellent for your Health, and Rich in Taste!**

Organized by the Owl's Bread Bakery who are celebrating 25 years of operations.

**Date:** Tuesday, February 5<sup>th</sup>

**Time:** 9:00 a.m. - 12:00 p.m. followed by a tasting until 1:00 p.m.

**Cost:** \$15 per person

**Location:** Owl's Bread Bakery,  
299-A rue Principale

**Reservations:** 450 292-3088

### ♥ **Traditional Chinese Medicine / Holistic Health**

Join certified instructor, Lolita Dalpé and celebrate Chinese New Year while discovering the holistic benefits of traditional Chinese medicine (\*TCM). Tai Chi, Qi Gong, Meditation, Food, Plants, Massage, Acupuncture.

**Dates:** Tuesday, February 5<sup>th</sup>

and Sunday, February 17<sup>th</sup>

**Time:** 9:00 a.m. - 3:30 p.m.

**Location:** Town Hall

**Cost:** Free

**Reservations:** Lolita Dalpé  
450 534-5585 ou [taikigong@gmail.com](mailto:taikigong@gmail.com)

### ♥ **Potton Cinema / Regular programming**

Cinema Potton will present 2 films whose titles are not yet known. See the Facebook page for details / Potton Cinema

**Date:** Thursday, February 7<sup>th</sup> and 21<sup>st</sup>

**Time:** 4:00 p.m.

**Location:** Town Hall (2 Vale Perkins)

**Cost:** Members \$7, non-members \$9, students \$5.

### ♥ **Tiny Tots Circle / Storytime & Crafts**

Join Les Productions Super Hiro for a special animated activity celebrating Valentines Day! Listen to stories that will warm your heart followed by a special arts & crafts workshop. Enjoy some time at your local library and meet other Potton parents. Healthy snacks provided! This activity is free, sponsored by the library. ▶

**Cost:** Free for 0-5-year old's and their parents

**Date:** Friday, February 8<sup>th</sup>

**Time:** 9:30 - 10:30 a.m.

**Location:** The Library (2 Vale Perkins)

**Cost:** Free

**Info:** 450 292-3313 ext. 228

### ♥ Learn C.P.R.

Show your LOVE to your family, friends, and neighbors and learn the lifesaving technic of C.P.R (cardiopulmonary resuscitation). In addition, learn how to use a defibrillator. Mr. François Aumais TAP, CPR-AED instructor certified by the Heart and Stroke Foundation of Quebec, will join Potton's First Responders to explain how to intervene during a resuscitation situation.

*Organized by the Municipality of Potton / First Responders / Formation SAVIE Inc.*

**Date:** Saturday, February 9<sup>th</sup>

**Times:** French session:

9:00 a.m. - 12:00 p.m. /

English session 1:00 - 4:00 p.m.

**Cost:** Free

**Location:** Town Hall

**Reservations:** Registration is mandatory / 450 292-3313 ext. 228

### ♥ To Your Heart's Desire

Join the "Club de Retraités de Potton" and the Missisquoi North Volunteer Centre for a conference (courtesy of Familiprix) with the theme: « Healthy Medication Management, Osteoarthritis and Shingles » The conference will be followed by a lunch and plenty of activities guaranteed to warm your heart. Wear red for the occasion. Please reserve for the lunch before February 7<sup>th</sup>.

**Date:** Thursday, February 14<sup>th</sup>

**Time:** 10:00 a.m.

**Location:** Saint-Catejan Church (324 Rue Principale, Mansonville)

**Cost:** \$16 with lunch or free without lunch

**Info:** Angelle Laplume or Monique Gilbert 450 292-3114 ext. 103 / a.laplume@cabmn.org or m.gilbert@cabmn.org

### ♥ Outdoor Action!

For those who want to improve their cardiovascular capacity and muscular endurance and learn about outdoor physical activity. This course incorporates cardiovascular exercises and targeted functional exercises to improve your posture and the strength of your entire body.

Please bring snowshoes if weather permits, walking boots if there is a lack of snow.

**Date:** Saturday, February 16<sup>th</sup>

**Time:** 9:30 - 10:30 a.m.

**Location:** André-Gagnon Park

**Cost:** Free

**Information:** Please reserve your place before February 14<sup>th</sup>  
Monique Gilbert,  
Msc, Kinésiologue  
moniq.gilbert@icloud.com

### ♥ I Love Skating

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

*Organized by the Municipality of the Township of Potton*

**Date:** Saturday, February 16<sup>th</sup>

**Time:** 1:00 - 3:00 p.m.

**Location:** André-Gagnon Park

**Information:** 450 292-3313, ext. 228 or loisirs@potton.ca

### ♥ Soirée passion - French Love Songs

To celebrate Valentine's Day, listen and hum along to the love songs of French-speaking, European singers. These songs are presented as a movie while projecting the lyrics encouraging the audience to follow along. Come and discover that these songs are also beautiful poems.

**Date:** Saturday, February 16<sup>th</sup>

**Time:** 7:00 p.m.

**Location:** Town Hall

**Cost:** Free

**Information:** Bring along a picnic dinner and your beverage of choice. Doors open at 6:00 p.m.  
Jean-Claude Duff  
819 843-2131

## ♥ Encounter Trees in Winter

Observe trees in winter and how to look at them in a different way: buds, bark, habitat, etc. followed by a meditative walk in silence to embrace the energy of the trees.

**Date:** Sunday, February 17<sup>th</sup>

**Time:** 1:00 - 3:30 p.m.

**Location:** Réserve Naturelle des Montagnes Vertes

**Cost:** Free

**Number of attendees:** Max. 8

**Reservations:** 450 405-2522 or lou\_morel@hotmail.com

## ♥ Hockey Game

Celebrate winter with a family-friendly hockey match. Spectators welcome! Hot chocolate will be served.

*Organised by the Township of Potton*

**Date:** Tuesday, February 19<sup>th</sup>

**Time:** 5:00 p.m.

**Location:** André-Gagnon Park

**Information:** 450 292-3313, ext. 228 or loisirs@potton.ca

## ♥ The Art of Potton Living

Let's create a Community Art Show. Animated by Les Productions Super Hiro, this 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. Open to all! Free! Snacks and all materials provided. Senior volunteers needed!

*Organized by Potton's Cultural and Heritage Committee in collaboration with the elementary schools of Mansonville.*

**Dates:** Thursdays, February 21<sup>st</sup> and 28<sup>th</sup>

**Time:** 12:45 - 2:00 p.m.

**Location:** Town Hall - 2 Vale Perkins

**Reservations:** 450 292-3313 ext. 228

## ♥ Winterfest

Come enjoy the outdoor and indoor family fun activities! Detailed itinerary will be mailed soon.

*Organized by the dedicated volunteers of the Youth Centre of the Missisquoi North Volunteer Centre and the Municipality.*

**Date:** Saturday, February 23<sup>th</sup>

**Time:** 10 a.m. - 3:00 p.m.

**Location:** Mansonville Elementary School (5, rue Marion-Atwell)

**Information:** Mable 450-292-4886 or mdj@cabmn.org / Trish 450-292-3313, ext. 228 or loisirs@potton.ca

## ♥ "Cultivating, Harvesting and Using Medicinal Plants from your Garden"

Lecture given by Marie-Claire Planet, amateur herbalist, will present several medicinal plants; their culture, harvest, transformation and use for your health and that of your garden.

**Date:** Sunday, February 24<sup>th</sup>

**Time:** 1:00 p.m.

**Location:** Town Hall (2 Vale Perkins)

**Cost:** Free

**Information:** jardinspotton@gmail.com

## ♥ Community Baby Shower!

Did you have a baby in the 2018-2019 year or are you currently pregnant? 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.

*Organized by the Municipality of Potton and Équipe Ressources-Relais.*

**Date:** Tuesday, February 26<sup>th</sup>

**Time:** 9:00 - 11:00 a.m.

**Location:** Town Hall - 2 Vale Perkins

**Cost:** Free

**Reservations:** Appreciated to receive a special baby gift / 450 292 3313 ext. 228