Seniors Day, October 24th 2018

If you are **65** and over, it is with great pleasure that we invite you to the first edition of « **Seniors Day** » highlighting the importance seniors play in the community.

This day will give us the opportunity to share some quality time together as we learn, exchange and partake in a variety of activities.

Organized by *Missisquoi North Volunteer Centre* (CABMN) in partnership with the Municipalities of Potton and Bolton-Est, we offer you the opportunity to participate in the activities offered and then to share a free meal (cold buffet) together as we celebrate YOU!

This event will take place on **October 24** in the Council Room at Mansonville Town Hall:

2, rue Vale Perkins
Canton de Potton

Registration deadline is **October 17** by contacting :



Phone: 450-292-3114 x103 E-mail: a.laplume@cabmn.org m.gilbert@cabmn.org



Schedule

We would like to thank all of our presenters for their generosity and availability.

Wake up activity

9:30 to 10:15 am



Initiation to Tai Chi/QiGong Courtesy of Lolita Dalpé certified instructor

Lunch

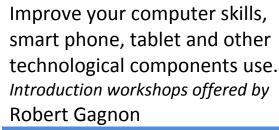
12:00 to 1:30 pm



Dinner offered free of charge by the Municipalities of Potton ant Bolton-Est for those 65 and over. You have to register with your Missisquoi-North Volunteer Centre.

Digital workhop

10:30 am to noon





Electric bike

12:45 to 1:30 pm

Demonstration and free trial of an electric bike at Manson Park donated by the shop:



"La bouffée d'air".

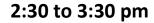


Your balance

1:30 to 2:15 pm

Workshops on balance and risk of falls offered by Gisèle Lessard (*Physical Therapist assitant*) from CIUSSSE Memphrémagog

Coffee Hour and wrap up





Meet and greet over coffee, informations, discussions, etc.







