

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 :

CENTRE
D'ACTION BÉNÉVOLE
DE LA MISSISQUOI-NORD
MISSISQUOI NORTH VOLUNTEER CENTRE

Phone : 450-292-3114 x103

E-mail :

a.laplume@cabmn.org

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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

Digital workshop

10:30 am to noon

Improve your computer skills, smart phone, tablet and other technological components use.
Introduction workshops offered by Robert Gagnon



Lunch

12:00 to 1:30 pm



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

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 assistant*) from CIUSSE Memphrémagog

Coffee Hour and wrap up

2:30 to 3:30 pm

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



Organized by your **CENTRE D'ACTION BÉNÉVOLE DE LA MISSISQUOI-NORD**
MISSISQUOI NORTH VOLUNTEER CENTRE

Thank you to our partners

