



### HEALTHY GYM ★ NEW

**Age:** 60 +  
**Duration:** September 4 - December 2  
**Schedule:** Monday 9:30 - 10:30 a.m.  
**Location:** Youth Centre, Mansonville  
**Cost:** \$90/12 sessions or \$12 drop-in  
**Info:** Registration required  
*(minimum of 6 participants)*  
 Monique Gilbert, Kinesiologist,  
 CABMN  
 450 292-3114 ext. 103  
[m.gilbert@cabmn.org](mailto:m.gilbert@cabmn.org), [www.cabmn.org](http://www.cabmn.org)  
 A class that promotes postural balance, muscle tone, relaxation of tension, reduced joint and muscle pain, improved circulation, body awareness and flexibility.  
 Prerequisite: Able to walk unassisted.



### HEART & ENERGY ★ NEW

**Age:** 60 +  
**Duration:** September 9 - December 2  
**Schedule:** Monday 10:45 - 11:45 a.m.  
**Location:** Youth Centre, Mansonville  
**Cost:** \$90 /12 sessions or \$12 drop-in  
**Info:** Registration required  
*(minimum 6 participants)*  
 Monique Gilbert, Kinesiologist,  
 CABMN 450 292-3114 ext. 103  
[m.gilbert@cabmn.org](mailto:m.gilbert@cabmn.org)  
[www.cabmn.org](http://www.cabmn.org)  
 A class to improve muscle tone and cardiovascular capacity, including a period of interval training, strength training and stretching.  
 Prerequisite: Being able to lie on the ground and get up without help.



### JOG YOUR MIND ★ NEW

*(English this fall and French next spring)*  
**Age:** 55 +  
**Duration:** September - December  
**Schedule:** To be determined  
**Location:** Youth Centre, Mansonville  
**Cost:** Low cost  
**Info:** Registration required  
*(limited places)*  
 Angelle or Monique, CABMN  
 450 292-3114 ext. 103  
[a.laplume@cabmn.org](mailto:a.laplume@cabmn.org)  
[m.gilbert@cabmn.org](mailto:m.gilbert@cabmn.org)  
 Jog Your Mind training aims to maintain the intellectual vitality of people 55 years of age and older by offering exciting activities to stimulate attention and memory. The course lasts 10 weeks.



### X - FIT ★ NEW

**Age:** 18 +  
**Duration:** September 12 - October 31  
**Schedule:** Thursday 5:15 - 6:00 p.m.  
**Location:** André-Gagnon Park  
**Cost:** \$80 for 8 sessions  
**Info:** Registration required  
*(4 to 8 participants maximum)*  
 Monique Gilbert, M.Sc., kinesiologist  
 438 872-0829  
[moniq.gilbert@icloud.com](mailto:moniq.gilbert@icloud.com)  
 Improve your cardiovascular capacity and muscle tone. Functional Interval training method, including warm up + 30 minutes of interval training + cool down.



# Leisure Calendar

FALL 2019



NEW ACTIVITIES



CHILDREN ACTIVITIES



REFER TO  
REGISTRATION  
DETAILS LISTED  
UNDER EACH  
ACTIVITY

<http://potton.ca/en/recreation-and-culture/activities/>



### CERCLE DES BAMBINS

**Age:** 0-5 years old  
**Duration:** October 2019 - June 2020  
**Schedule:** Every second Friday of the month  
**Location:** Potton library  
**Cost:** Free  
**Info and to join the mailing list:**  
 450 292-3948  
 Activities for children and parents.



### MAISON DES JEUNES - CABMN -

**Age:** 5 to 18 years old  
**Duration:** October 2019- June 2020  
 The Missisquoi North Volunteer Center (CABMN) youth programming will resume in the fall with all youth programs running from October 2019 to June 2020 at the Youth Centre located at 282, rue Principale. Calendar of youth programs available on the CABMN website, [www.cabmn.org](http://www.cabmn.org)  
 CABMN: 450 292-3114  
 Youth Centre: 450 292-4886



### KARATÉ ★ NEW

**Karate Shinkyokushin**  
**Dates:** September 28 - November 30  
**Schedule:** Saturdays 11:00-12:00  
**Location:** Le Baluchon  
**Cost:** \$ 120 for 10 classes, Kimono included  
 Pre-register by phone before September 15 at 579 488-3058  
**Info:** Alain Veilleux  
 Learn Karate with family members or solo. Develop your physical strength, build character and learn about the importance of loyalty, humility and perseverance.



### CADENCE SPINNING

**Age:** All  
**Duration:** ongoing  
**Schedule:** 5 days per week: Monday, Wednesday, and Friday 8:30 - 9:30 a.m., spinning and weights with Cheryl.  
 Tuesday and Thursday 5 to 6 p.m., spinning with Julie  
**Location:** 614, route de Mansonville  
**Cost:** intro class free, \$8 per class, \$75 for 10 classes, \$140 for 20 classes  
**Info:** Cheryl Clinton 819 640-7948  
[clinton.cheryl@mail.com](mailto:clinton.cheryl@mail.com) or Julie Zeitlinger 514 886-0717.  
 9 spinners maximum. Reserve with the 'Doodle' on Facebook page: Cadence Spin Studio Mansonville



### ZUMBA

**Age:** 16 ans +  
**Duration:** 14 weeks  
**Schedule & location:** to be determined  
**Cost:** one class a week (14 classes) \$ 140 - 2 classes a week (28 classes) \$ 260 or \$ 15 at the door  
**Info :** Geneviève Quintin  
[genevieve.quintin@hotmail.com](mailto:genevieve.quintin@hotmail.com)



### BADMINTON

**Age:** All  
**Duration:** Mid-October - end of April  
**Schedule:** Tuesday and Thursday 4:30 p.m. - 6:30 p.m.  
**Location:** Mansonville Elementary School gymnasium  
**Cost:** to be determined  
**Info:** Johanne Dumberry  
 450 292-3214  
[jodumberry@gmail.com](mailto:jodumberry@gmail.com)



### PICKLEBALL

**Age:** All  
**Duration:** September 29 - April 2020  
**Schedule:** Sunday 9:00 a.m. - 2:00 p.m.  
**Location:** Mansonville Elementary School gymnasium  
**Cost:** to be determined  
**Info:** Lucie or Rolf Maurer  
 450 292-4175 [maurer@axion.ca](mailto:maurer@axion.ca)



### VIACTIVE

**Age:** 50 +  
**Duration:** September 4 - June, 2020  
**Schedule:** Wednesday 10 - 11 a.m. additional day the Friday from October 18  
**Location:** Town Hall of Potton  
**Cost:** Free  
**Info:** Monique Gilbert, Kinesiologist, CABMN  
 450 292-3114 ext.103  
[m.gilbert@cabmn.org](mailto:m.gilbert@cabmn.org), [www.cabmn.org](http://www.cabmn.org)  
 Improve your muscle tone, your mobility, endurance and quality of life. Come and try different types of exercises in a friendly and stimulating atmosphere.



### VIACTIVE WALKING CLUB

**Age:** 50 +  
**Duration:** September 6 - October 11  
**Schedule:** Friday 10:00 - 11:00 a.m.  
**Location:** Meet at Place Manson  
**Cost:** Free  
**Info:** Monique Gilbert, Kinesiologist, CABMN  
 450 292-3114 ext. 103  
[m.gilbert@cabmn.org](mailto:m.gilbert@cabmn.org), [www.cabmn.org](http://www.cabmn.org)  
 Come walk with us to improve your oxygenation, your cardiovascular capacity, your general physical condition and for the happiness of being together.



## POUND – FIT ★ NEW

**Age:** 16 +  
**Duration:** September until November  
**Schedule:** to be determined  
**Location:** to be determined  
**Cost:** \$120 for 12 classes, \$12 drop-in  
**Info:** Tamara Hamelin 819 239-8352  
[tamara.hamelin1@gmail.com](mailto:tamara.hamelin1@gmail.com)  
 Pound fitness is a combination cardio and weight training exercise approach that includes some of the rhythmic techniques used in Pilates



## PILATES Intermediate ★ NEW

**Age:** 18+  
**Duration:** September 9 until December 16, 2019  
**Schedule:** Monday 5:00 to 6:00 p.m.  
**Location:** Youth Centre, Mansonville  
**Cost:** \$168 / 14 sessions or \$15 drop-in possibility to participate in both classes  
**Info:** Registration required  
 Monique Gilbert, M.Sc., *kinesiologist*  
 438 872-0829  
[moniq.gilbert@icloud.com](mailto:moniq.gilbert@icloud.com)  
 To register for Intermediate Pilates you must have attended at least three Pilates sessions. We will deepen the use of the principles in more advanced level sequences always with a view to training the body and mind.



## PILATES

**Age:** 18+  
**Duration:** September 11 - December 11  
**Schedule:** Wednesday 5:00 - 6:00 p.m.  
**Location:** Town Hall of Potton  
**Cost:** \$168 / 14 sessions or \$15 drop in  
**Info:** Registration required  
 Monique Gilbert, M.Sc., *kinesiologist*  
 438 872-0829  
[moniq.gilbert@icloud.com](mailto:moniq.gilbert@icloud.com)  
 A training of body and mind. The exercises allow you to learn how to develop your breathing, reorganize your movement habits, strengthen and rebalance the deep muscles (abdominal and back muscles). Your body feels and learns.



## TAI-CHI & QI GONG

**Age:** All  
**Duration:** Sept. 17 - November 26 (10 sessions) *no class November 5th*  
**Schedule:** Tuesday 1:45 to 3:45 p.m.  
**Location:** Town Hall  
**Cost:** \$198  
 Minimum of 8 participants  
**Registration and Info:** Lolita Dalpé, certified Instructor, 450 534-5585  
[taikigong@gmail.com](mailto:taikigong@gmail.com)  
 Tai-chi practice harmonizes body and mind, soothes the nervous system and improves coordination and balance. Qi gong health exercises optimize vital energy, relax the body and mind, and strengthen muscles and stability in movement.



## YOGA

**Age:** All  
**Duration:** Sept. 12 - November 14  
**Schedule:** Thursday 9:00 - 10:30 a.m.  
**Location:** Town Hall  
**Cost:** \$120 / 10 sessions or \$15 drop-in  
**Info :** Marie Garon 450-292-3923  
[marieg-yoga@hotmail.ca](mailto:marieg-yoga@hotmail.ca)  
 In this class, postures are practiced to align, strengthen and promote body flexibility. Breathing and meditation techniques are also integrated.



## PÉTANQUE

**Age:** All  
**Duration:** Until October  
**Schedule:** Thursday 10 a.m. - 12 p.m.  
 In case of rain, postponed to next day  
**Location:** Parc André-Gagnon  
**Cost:** Free  
**Info:** Carole Delaître 450-292-5093  
[carole.delaitre@gmail.com](mailto:carole.delaitre@gmail.com)  
 Always with a smile and for the pleasure of playing together



## BRIDGE

**Age:** All  
**Duration:** All year  
**Schedule:** Friday 2:00 p.m.  
**Location:** Town Hall  
**Cost:** Free  
**Info:** Cecile Howe 450 292-3455 or Lynn Burke 450 292-5780  
 Wise Owl's Bridge Club  
 Novice and experienced players welcome!



## RETIRED CLUB FOR SENIORS

**Age:** All  
**Duration:** November 7 - March 26  
**Schedule:** Thursday 1:00 to 3:30 p.m.  
**Location:** Saint-Cajetan Church (basement)  
**Cost:** Membership \$10 / year  
**Info:** Christine Caron 450-292-3250  
 Cards, WII, Pool, Shuffleboard, darts



## CENTRE KEN JONES

**Age:** 18 +  
**Duration:** All year  
**Schedule:** Thursday 9:00 to 3:00 p.m.  
**Location:** Youth Centre  
**Cost:** to be determined  
**Info:** Sheila Samborsky 450 292-4886, [www.cabmn.org](http://www.cabmn.org)  
 Social Integration, leisure activities for adults with intellectual disabilities and respite for their families.



## CUISINE COLLECTIVE

**Age:** All  
**Duration:** October until December  
**Schedule:** To be determined  
**Location:** Le Baluchon Elementary School  
**Cost:** Minimal fee  
**Info:** Registration required  
 Angelle or Monique, CABMN  
 450 292-3114 ext. 103  
[a.laplume@cabmn.org](mailto:a.laplume@cabmn.org)  
[m.gilbert@cabmn.org](mailto:m.gilbert@cabmn.org)  
 Eat well and feel better! Help each other by saving and having fun!  
 Register in September to join a cooking group!