



Leisure Calendar

Fall 2021

Procedures during the pandemic

All health instructions will be applied during the activities mentioned in this calendar. Participants must keep a physical distance of 1 meter during the activities offered outdoors and indoors.

The municipality would like to sincerely thank all program leaders for offering their activities, helping to improve the quality of life for all.

Please note that all programs listed are subject to be postponed or cancelled pending the government restrictions.



TINY TOTS

Tiny Tots Storytime & Crafts

Ages: 2-5 years and parents

Dates: Tuesdays, September 14th, October 12th, November 9th and December 14th

Time: 10:30-11:30 a.m.

Location: Municipal Library

Cost: FREE! Healthy snack provided.

Encourage a love for stories, books and reading with our Tiny Tots Storytime program. Sessions include stories, rhymes, and crafts that are structured around a theme, like pets, dinosaurs or seasons. For more information: 450 292-3948.



CRAFT NIGHT AT YOUR LIBRARY

Dates: September 10th, October 8th, November 12th, December 10th

Location: Library

Day and time: Fridays at 6:30 p.m.

Cost: Suggested voluntary contribution \$5 for supplies

Registration required : 450 292-3948

bibliotheque@potton.ca

Come and enjoy a great night of crafting amongst friends led by your local librarian, Ann Colgan featuring a new project every month!

CABMN ACTIVITIES



VIACTIVE

Age: 50 +

Duration: September 8 to December 15

Schedule: Wednesday 9:30 am to 10:30 am

Location: To be determined

Cost: Volunteer contribution

Registration: Monique Gilbert, kinesiologist, CAB Missisquoi-North 450 292-3114 ext. 103
m.gilbert@cabmn.org

Improve your muscle tone, your mobility, endurance and quality of life.



WALKING CLUB VIACTIVE

Age: 50 +

Duration: September 10 to October 15th

Schedule: Friday 9:30 am to 10:30 am

Location: To be determined

Cost: Volunteer contribution

Info: Registration

Monique Gilbert, *kinesiologist*, CAB Missisquoi-North 450 292-3114 ext. 103
m.gilbert@cabmn.org

Come walk with us to improve your oxygenation, your cardiovascular capacity, your general physical condition.



JOG YOUR MIND

Age: 55 +

Duration: September to December

Schedule: To be determined

Location: To be determined

Cost 25\$ to 30\$

Info: Registration required (limited places)
Angelle et Monique, CAB Missisquoi-North, 450 292-3114 ext. 103

a.laplume@cabmn.org / m.gilbert@cabmn.org



COLLECTIVE KITCHEN

Age: All

Duration: September to December

Schedule: To be determined

Location: To be determined

Cost: minimal fee:

Info: Registration required (limited places)

Angelle et Monique, CAB Missisquoi-North, 450 292-3114 ext. 103

a.laplume@cabmn.org / m.gilbert@cabmn.org



KEN JONES CENTRE

Age: 18 +

Duration: All year

Schedule: Thursday 8:30 a.m. - 2:30 p.m.

Location: Youth Centre

Cost: to be determined

Info: Sheila Samborsky or Eszter Csiszer
450 292-4886 www.cabmn.org

Social Integration, leisure activities for adults with intellectual disabilities and respite for their families.



YOUTH CENTRE - CABMN

Ages: 5-17 years old

Duration: Annual Weekly programs running from October -June

Location: 282, rue Principale

450-292-4886 www.cabmn.org

Cost: One-time 5\$ annual registration fee per youth per year

•**MAYO-Mansonville Agriculture Youth**

Organization: Monday & Tuesday after-school to 5:00 p.m.

•**Book Club Deliveries:**

Thursdays after-school

•**SADD-Students Against Destructive Decisions:** Saturdays 9 a.m.-4:00 p.m.



PILATES BEGINNER & INTERM.

Age: All

Duration: September 15-December 8

No class one week

Schedule: Wednesday 5:00 to 6:00 p.m.

Location: Town Hall

Cost: \$180 / 12 sessions

Info: Registration required

Monique Gilbert, *M.Sc., Kinesiologist*

438 872-0829 moniq.gilbert@icloud.com

A workout for body and mind.



PILATES INTERMEDIATE

Age: All

Duration: September 13 -December 6

No class one week

Schedule: Monday 5:00 - 6:00 p.m.

Location: Town Hall

Cost: \$180 / 12 sessions Possibility to take both the Monday and Wednesday class.

Info: Registration required

Monique Gilbert, *M.Sc., Kinesiologist*

438 872-0829 moniq.gilbert@icloud.com

To register for this class, you must have participated in at least 3 Pilates sessions.



X - FIT

Age: 18 years +

Duration: September 16 to October 21

Schedule: Thursday 5:15 to 6:00 p.m.

Location: Missisquoi-North Park

Cost: \$80 for 6 weeks or \$ 15 drop-in

Info: Registration required

(5 to 8 participants maximum)

Monique Gilbert, *M.Sc., Kinesiologist*

438 872-0829 / moniq.gilbert@icloud.com

Functional interval training method, duration of 30 minutes.



INITIATION TO RUNNING

Age: All

Dates: Saturday, September 11th - November 27th

Time: Saturdays at 9:30 at Missisquoi-North Park (André-Gagnon)

Duration: between 45 and 55 minutes

8 training sessions over 12 weeks (first 4 weeks 1 x per week, last 4 sessions, every two weeks)

Reserve your place: Maximum 8 participants

Monique Gilbert, *Msc, Kinesiologue*

438 872-0829 moniq.gilbert@icloud.com



PÉTANQUE

Age: All

Duration: Until October

Schedule: Thursday 10 a.m. – 12 p.m.

In case of rain, postponed to next day

Location: Missisquoi-North Park

Cost: Free

Info: Carole Delaître 450 292-5093

carole.delaitre5@gmail.com

Always with a smile and for the pleasure of playing together!



WISE OWL'S BRIDGE CLUB

Age: All

Duration: All year

Schedule: Friday afternoons. Start date and times to be determined.

Location: To be determined

Cost: free or minimal fee

Info: Michael McCusker 450 292-5295 /

mdmccusker2001@yahoo.com

Novice and experienced players welcome!



RETIREE CLUB

Age: All

Duration: 28 October- April

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 games, Pool, Shuffleboard, darts.



YOGA

Age: All

Duration: Sept. 9 - November 25

Schedule: Thursday 9:00 - 10:30 a.m.

Location: Town Hall

Cost: \$150

Info: Registration is mandatory

Marie Garon 450 292-3923

marieg-yoga@hotmail.ca

Yoga is a discipline that leads participants to greater flexibility, strength and focus through the practice of postures, breathing and meditation.



TAI KI GONG

Age: 18+ years

Duration: September 30 - November 25
(9 weeks)

Details: The person receives a private email on Thursdays. The exercises are done at home, at the participants own pace and at their convenience during the week. Allow 30 minutes to check the email once a week. In addition, a minimum of 20 minutes per day is required to complete the suggested exercises.

Cost: \$189 to be paid before the beginning of the first class. **Contact:** 450 534-5585



BADMINTON

The Badminton group is currently seeking a coordinator to administer simple duties such as processing payment and coordinating play times.

Info: 450 292 3313 ext. 228



PICKLEBALL

Dates: October-May

Schedule: Wednesday 4:00 p.m.-8:00 p.m.,
Sundays from 9:00-4:00

Location: Mansonville Elementary School
(pending approval)

Cost: To be determined.

Info: Lucie or Rolf Maurer 450 292-4175

A fun sport that combines many elements of tennis, badminton and ping-pong.

Register now so you can enjoy this very popular sport!



KARATÉ

Karaté Shinkyokushin

Dates, schedule and location to be determined.

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

Info : Alain Veilleux 579 488-3058.



LE CHŒUR DES CHOUETTES

Choir director: Marie Lyne Phare

Pianist: Nicole Beaudry.

In an atmosphere of fun, camaraderie and of course music, they look forward to seeing you. Practices will begin on Mondays the 3rd week of September, the location and cost is yet to be determined.

For information:

Lise Cameron 819 570-6658

Marie Lyne Phare 438 884-5247

For more details about the activities:

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