

# MHIM in a few words



## 50 + Bouger + Committee: A Great Team Behind a Great Cause

Since its inception in 2007, the 50 + Bouger + Committee has been devoting itself to the betterment of senior's health all around Argenteuil through a multitude of different activities. Whether it takes place in the snow or in a colourful autumn forest, whether the participant is 50 or 90 years young, or whether their motivation to partake in the activity is to socialize, workout, or simply get out of the house, the committee's impact is felt both on a local and a regional level.

Though the focus is undeniably dedicated to Argenteuil and its vicinities, the committee's outstanding work with seniors and retirees has attracted the spotlight quite a few times over the last couple of years. Indeed, the committee has had its fair share of attention due to ambitious projects like the Journée 50 + Bouger + for example, which is now, as I am quite sure, a highlight of your fall season. The activity consists in introducing the population to different physical activities available in the area which vary from Pilates, Zumba, and pickleball to Tai Chi/Qi Gong and indoor curling. The goal of this activity and the purpose of the committee 50 + Bouger + itself is to promote the adoption of a healthy lifestyle and break the isolation seniors too often experience. The project was presented at a symposium where various representatives of the Laurentians were present and received an overwhelming wave of appreciation from the participants which only rebooted the will of the committee members to do even more towards bettering the quality of lives of their peers.

Over the last few years, the committee has hosted more than 24 discovery walks, 5 Journée 50 + Bouger +, 7 Plaisirs d'Hiver activities, 6 seasons of weekly snowshoeing and cross-country skiing, and 1 special event for the 2010 Winter Olympics in Vancouver. It is more than 2 500 seniors and retirees that participated in those various activities and it is those very people that inspire the committee members to continue on with their noble endeavour.



Affaires municipales,  
Régions et Occupation  
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Québec

Centre de santé et de services sociaux  
d'Argenteuil



Agence de la santé  
et des services sociaux  
des Laurentides  
Québec  
Direction de santé publique

## July 2013

- 50 + Bouger + Committee
- Not to be missed

### The Mini-Jeux d'Argenteuil: A Sunny Success Story!

Thursday, July 11 was held the 9th edition of the Mini-Jeux d'Argenteuil: an activity dedicated to the promotion of the importance of daily physical activity and the adoption of a healthy lifestyle. Over 360 kids aged 6 to 12 got to participate to this activity completely free of charge and had the opportunity to learn three different sports with some of the best athletes of Argenteuil. Keep your eyes peeled for the next "My Health in Mind" Column to catch stunning pictures from the event.



Certainly, the members are aided by two resources from the CSSS d'Argenteuil and the MRC d'Argenteuil; however it is their involvement that really does make the difference. They are all volunteers that willingly give their time to this cause and this month's column is dedicated to their remarkable tenacity and endurance. The whole community appreciates your efforts and would like to thank you Carmen Boisvert, Raymond Carrière, Jovette Labelle, Hélène Lewis, Jocelyne Louis-Seize, Denise Patry and André Therrien for your commitment to better the lives of Argenteuil's seniors. Congratulations!



*Bouger : un + pour la santé*

You really are a great team behind a great cause!

## Not to be missed

### Samedi Vélo: 8<sup>th</sup> Season

Every Saturday until September 21, 2013 – Would you enjoy cycling just for the pleasure of it? Departure every Saturday morning at 9 a.m. from the Saint-André-d'Argenteuil elementary school at 1, rue Legault. For additional details:

[www.samedivelo.ca](http://www.samedivelo.ca)



You missed the last column?



Fin dit at

[www.argenteuil.qc.ca](http://www.argenteuil.qc.ca)

### Argenteuil MRC Mayors Golf Tournament

Wednesday, August 21, rally around for a good cause: amateur sport and physical activity in Argenteuil. Come enjoy a day at the Lachute Golf Club at a cost of \$ 180 (includes brunch, playing golf, cart and dinner). Dinner only: \$ 60. All proceeds go to the Argenteuil MRC amateur sport and physical activity fund.

Tickets: Dany Robillard at 450 566-0530, Ext. 2307.



### Coureur des bois Challenge

Everyone in Argenteuil is invited to a thrilling experience on July 27: the Coureur des bois Challenge!

- 2 km race for 16 and under
- 8 km race with a 1/4 km swim at the mid-point for adult singles or 2 persons teams
- 2 km walk for seniors 70+

There will be plenty of fun for the whole family (ball hockey, knife and tomahawk throwing, WIXX zone, and more)

Fee: \$20. Activities and festivities all day long at Gore's Municipal Park. Registration (solo or team): Tammy Hall at 450 562-2025, Ext. 21.

