



St. Margaret's Bay Seniors Association
Nova Scotia, Canada

Newsletter

Library debut for Bay cookbook

A book that brings together the best recipes from around St Margaret's Bay has been officially launched at Tantallon Library. A Matter of Taste is a collection of more than 250 recipes compiled by St Margaret's Bay Seniors Association.

It's packed with tasty ideas. (See sample on page 2). And it's a tasty price. Just \$12... which makes it a great Christmas gift. You can buy copies at the Seniors' Association meeting at Shining Waters Marina on November 21 (2pm), Hubbards Area Lions Club on November 3 (10 - 3) or Hubbards Barn Market Christmas Show (November 30).

Library branch operations supervisor Andrew Thexton welcomes volunteers Joan Murray (left) and Annis Jones at the book launch



Online directory is easy guide to vital numbers

Need a handyman in a hurry?
Need a foot care specialist close to home? Need information about home care for seniors?

Most of the important numbers you could ever need are now available 24/7 - and they're just a click away.

An easy-to-use guide to local providers of services, information, products and activities is now available online, through an initiative by the St Margaret's Bay Seniors Association.

The [free on-line directory](#) is designed to help seniors and their families - but it's also a great resource for all residents of the area.

You can find the directory on the Seniors Association website, www.bayseniors.ca.

There are other ways you can get help and advice from the Seniors' Association:

Information Centre.

Volunteers are available to help answer your questions, 10am - 2pm Tuesdays and Thursdays. The Centre is next to Shoppers Drug Mart at 5181 St. Margaret's Bay Road. Drop by, or call 902.820.3334.

Online.

If you are looking for information about pensions, welfare and income assistance, or caregivers in

Talk To Us

Share your news, views and suggestions. Email us at info@bayseniors.ca or call 902.820.3334 (leave a message)

Nova Scotia (and many other topics) you'll find a lot of answers at www.bayseniors.ca.

St. Margaret's Bay Seniors Association is a not-for-profit registered society whose purpose is to provide housing and accommodation options and assistance for seniors, to represent the interests of seniors in the greater St. Margaret's Bay area, and to share in the development of wellness living for seniors in the area.

Tai Chi For Me

A Seniors' Association member who asks to be known simply as 'Kinetic Pathetic' wrote this tribute to the tai chi classes offered by the association:

We seniors must be fit and aim to live to 95

But without exercise it's clear we likely won't survive

Beyond the age of forty (that's the age we feel right now...

Although our sons and daughters have caught up with us somehow)

"Well, we seniors have the answer", they announced confidently.

"Instead of sitting down to have a snooze and then high tea,

"Get your sneakers and your comfy pants and hie yourself to be

"One of these old eager beavers who are practising Tai Chi."

It's true when I retire to bed, I'm sleeping like a log

I think perhaps the reason is my mind's still in a fog.

I thought I was intelligent, but my brain can't take the strain Of memorizing 20 moves - a hundred plus remain!

My kinesthetic prowess must be lacking lots I fear.

I see new people mastering what's taken me a year

But I must persevere and hope that what Paul says is true,

"It took me twenty years to know exactly what to do"

Yet I am 93, I may not even live to see

Perfection in my floundering moves in practising Tai Chi.

Still it's all worth the effort. You should try it. You'll soon see

You benefit in lots of ways, even dolts like me!

Nutritionist talks about healthy diets for seniors

What should we be eating as we age? How much fat? How much salt? And what do those labels on food really mean?

Just some of the questions fired at Superstore dietitian Anne Marie Armstrong at an 'Eating and Nutrition' event organized by St Margaret's Bay Seniors Association.



Nutritionist Anne Marie Armstrong (in red) chats with (l to r) Peggy Bignell, Candace Barbor and Annis Jones

Here are some of the main points from Anne Marie's talk:

- Think about the foods you eat every day. It is what you eat the most that matters the most.
- When you are reading labels, look at the serving size first. You may be eating double the listed serving size (so double the calories, fat etc).
- Aim to keep your daily sodium intake less than 2300 mg. (That's 1 teaspoon of salt).
- Men need 60-90 grams a fat per day, women 40-60 grams per day. (You'd consume 60 grams of fat in a typical fast food meal of burger and fries).

Flu Shot Clinic

Our annual Flu Shot Clinic is on November 21 between 3pm and 4pm at the Shining Waters Marina in Tantallon.

It's free, not limited to seniors, and you can bring a friend or relative.

Don't forget your health card.

FUTURE EVENTS

Nov 7, 10.30am Tantallon

Superstore: 'Healthy Eating Tour' (register at pharmacy)

Nov 8, 7pm Shining Waters Marina: movie night (The Best Exotic Marigold Hotel)

Nov 21, 2pm Shining Waters Marina: chair yoga with Fran Dunn. (Followed by flu shot clinic).

Dec 12, 2pm Shining Waters Marina: holiday social with tasty treats and entertainment.

Sample recipe from our new cookbook

Maryvonne Walsh offers her Maple Pecan Pie recipe in our 'A Matter of Taste' cookbook.

1 pie shell (9 in)

1/4 cup butter or margarine

1/2 cup brown sugar

3 eggs, beaten

1/2 cup pure maple syrup

1/2 tsp maple or rum flavouring

Dash salt

1 cup pecans, halved

Cream butter with sugar; beat in eggs, one at a time. Stir in remaining ingredients and pour into unbaked pie shell. Bake in oven at 350F until toothpick inserted into centre comes out clean (about 40 mins). Serve warm or cold.

At just \$12, A Matter of Taste makes a great gift.