



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

# Newsletter

## Holiday picture edition

### Bay Grannies entertain at Christmas social

The Bay Grandmothers (right) entertained members of the Seniors Association and guests at a Christmas social at Shining Waters Marina.

The Bay Grannies are part of a network of 200 grandmothers' groups who raise money to support the Stephen Lewis Foundation.

The Grannies sang carols and sold jewellery made by children in Africa.

After a break for eggnog and home-made treats, Dr Philip Welch read 'A Child's Christmas in Wales' by Dylan Thomas.

Entertainment included raffle and 50-50 draws, and a chance to buy the Association's new cookbook, [A Matter of Taste](#), written by cooks living around St Margaret's Bay.



**Season's Greetings**  
We hope you are enjoying the holiday season, and we wish you the best of health and happiness in the New Year.  
For help on seniors' matters, contact our [Information Centre](#): 902.820 3334



Linda Morehouse (left) receives a raffle prize from Annis Jones



Dr Philip Welch entertains the audience with a reading of *A Child's Christmas in Wales*, by Dylan Thomas

*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.*





*Seniors Association President Doug Poulton (above) told guests that plans for 2014 included increasing membership and expanding the association's network of volunteers.*



*The Christmas Social was organized by Annis Jones (above). Annis is standing down after three years of organizing topics and speakers for the monthly meetings of the association.*



*The Bay Grannies have raised \$134,000 in 6 years for children made orphans by AIDS in Africa.*



*The Grannies raise money by selling jewellery made by children in Kenya. Sandy Larsen (above) models a necklace, and Mary Stone checks other pieces on the display table.*



## **FUTURE EVENTS**

### **Tai Chi classes**

Introductory Tai Chi classes start Jan 13, (and again March 17). Both 8 week sessions will be on Mondays (10 to 11:30 am) at Shining Waters Marina.

Space is limited. Contact Rowena Morrison [TaiChi@bayseniors.ca](mailto:TaiChi@bayseniors.ca) or call 820-3334.

### **Potluck Lunch**

Thursday, Jan 16, at 1pm Shining Waters Marina.

The potluck will be based on our new cookbook *A Matter of Taste*. If you would like to bring a dish or treat made from the cookbook, please contact Becky at [potluck@bayseniors.ca](mailto:potluck@bayseniors.ca) or call her at 823-2499, so she can coordinate dishes.

Everyone is invited. Bringing a dish is optional.

### **Games@theLibrary**

If you like card games you can play at Tantallon Library on Friday afternoons (from 12.30). Call 826 3330.



*Art Flynn gets a raffle prize and a kiss from Annis Jones.*



*Dr Philip Welch reads a Dylan Thomas Christmas story.*



*Members of the audience sing along with the Bay Grannies.*



*Fred and Betty Dolbel sell the popular *Matter of Taste* cookbooks*