



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

Newsletter

Community benefits from Treasure Chest success

Just four months since its launch on April 16 the [Bay Treasure Chest](#) community fund raiser is proving to be a big success.

More than 3,200 St. Margaret's Bay residents have registered their 'Numbers for Life' and nearly half of all these supporters faithfully deposit their Toonie for a chance to win each week.

So far [eight lucky winners](#) have taken home a total of \$19,946, with the largest prize being \$6,450. Each Wednesday's draw brings a chance to welcome another lucky person to the winner's circle.

Each of the five participating partners, including the Seniors Association, has already received \$3,200 as their share of the \$16,000 distributed to the partners in the first four months.

Organizers believe the positive impact the Treasure Chest fund raiser is having on our community will continue to grow. Treasure Chest volunteers, local SMB Retailers, the Masthead News and the five non-profit partner organizations are working together to make it a success.

Look for a Treasure Chest and sign up at any of [14 local retailers](#). When you support the Treasure Chest you are helping your community, having fun, and you could be a big winner.



Bay Treasure pirates Beverly Carlsen and Fred Dolbel present the prize to the young winner of the Guess the Treasure competition at the SMB Chamber of Commerce annual street party on August 16. His winning guess of 207 was just one off the total of 208 jelly beans in the pot.

Share your best Bay photos

A new selection of all-occasion notecards featuring sunsets and boats is available at our September meeting. The pictures have all been taken by Bay residents. If you have any interesting photographs from around the Bay that you would be willing to share in support of the Seniors Association, please send them to: Info@bayseniors.ca We'll take care of designing and printing the cards.

Can you help us?

A key function of our Association is good communications with our members, friends, sponsors, and general public. If you are interested in helping, please contact us at Info@bayseniors.ca or call 902-820-3334. Website or email skills are a bonus.

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.

Talk emphasizes value of groups, risks of isolation

As humans, we need a family of people who know and respect each other, people with whom to share life's memories, experiences, joys and sorrows. Science tells us that social isolation increases the risk of death. This is especially true for seniors.

Annis Jones (pictured) extolled the therapeutic value of interactions within groups when she spoke at Shining Waters Marina on June 19. Annis talked about the value of small social networks, based on her experiences with the



Glen Margaret Coffee group. She stressed the importance of belonging to a community, and of being actively involved in it. The Coffee group started in 1967, providing stay-at-home moms, young mothers and newcomers a place to socialize, learn about the community, and work together for good causes.

There were a few basic rules: no politics, no religion, no gossip, and no lewd stories.

Over the years, the group supported many good causes and institutions, including hospitals and the East St. Margaret's School.

Annis told the 35 people in the audience that groups played a great role in well-being of individuals. The Seniors Association could be such a group; it is for members and supporters to make it happen.



Good response to first Community Expo

An inaugural Community Expo at Shining Waters Marina gave residents a chance to learn more about Bay area businesses and community groups. A face painter, illusionist and fiddler helped entertain visitors. In our picture, Rita Langille (left) chats with Betty Dolbel (right) and Fran Foley at the Seniors Association table.

FUTURE EVENTS

Our monthly meetings are open to anyone, and they are free - a great way to stay informed and meet friends.

September 18th, 1 pm, Shining Waters. **Potluck Luncheon with You Gotta Sing Choir.**

October 23rd, 2 pm, Shining Waters. **Margaret Guildford** will share memories of her nursing career from as far back as World War II.

November 13th, 2 pm, Shining Waters. **Weatherman Peter Coade.**

Are you a 10-digit dialler?

Starting November 16 you need to dial the 902 area code for local calls in Nova Scotia and PEI; no area code, no call. To help you get ready for the change, you will get an automated message if you forget to dial the area code. Be sure to change your pre-programmed numbers.

ACTIVITIES

More information on the [Activities](#) webpage.

Golf – The Seniors Association is planning an afternoon game and meal at Indian Lake Golf Course sometime in September or October. Please indicate your interest at: Golf@bayseniors.ca

Tai Chi - We have been fortunate in securing another grant from Chebucto West Community Health Board to run three more 8-week sessions of Tai Chi classes this year beginning September 22, at 10am at Shining Waters. Returning and new participants should indicate their intention to attend soon at:

TaiChi@bayseniors.ca

Bird watching - From time to time we ask Suzanne Borkowski (Past President of the Nova Scotia Bird Society) to lead a local bird watching walk for us. Please indicate your interest at: Social@bayseniors.ca

For more information about any of the topics in this newsletter, visit our website www.bayseniors.ca or contact the Seniors Information Centre: email info@bayseniors.ca telephone 902-820-3334. The centre is next to Shoppers Drug Mart, Crossroads, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.