



Newsletter

Helping you, helping our community



As we roll into a new season of activities at St. Margaret's Bay Seniors Association, we are delighted to welcome new members and visitors.

So this is a great time to remind newcomers about the wide range of activities available through the association.

We also want to make sure everyone is taking full advantage of the opportunities and resources available through the association.

One of the big benefits of being involved with the Association is the social aspect. Our regular monthly meetings are a great place to meet friends and make friends. Bring along a neighbour - especially if they don't get out much.

We usually meet on the third Thursday of each month - but some dates change, so check our [website](#).

There's no charge to come to our public meetings and most events, although there is a minimal fee for certain activities where costs have to be recovered, like our popular Tai Chi classes.

The [VON Tantallon Breakaway](#) group (table front right) enjoyed a pot luck dinner and entertainment with the Seniors Association. We're pleased to be associated with this popular adult day program.

If you become a member (\$10 per person, \$18 per couple, for a calendar year) you get priority access to certain activities. And you get a chance to shape the priorities of the association by voting at the annual general meeting in March.

Throughout the year we have interesting speakers, we organize and support community events, we can get you exercising or bird-watching, cooking, singing or just playing cards with friends.

Our [website](#) is a great place to find help and advice, and so is our [Information Centre](#).

Our Association is what you make it. So welcome. We hope you take advantage of us.

VOLUNTEERS NEEDED: SEE PAGE 2

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.

If you are ready to volunteer, we have work for you

We'd love to have more volunteers. If you have some time and the inclination, we can help you get involved with projects that assist seniors and the community.

Check our [website](#) for a list of opportunities.

Over 30 volunteers already contribute time, creativity and initiative to help the association help the community.

To learn more about volunteer activities and opportunities call the Seniors Centre at 902-820-3334 or email info@bayseniors.ca.

Your chance to learn about leadership

The Association has negotiated an opportunity for members, volunteers, directors and friends to participate in a free 10-session course [Step Up to Leadership](#) conducted by Halifax Volunteer Services.

The course will be held at the Tantallon Public Library, starting Thursday, October 9 and will run for 10 weeks.

For more information, please click on [Step Up to Leadership](#) to visit the Halifax Volunteer Services website.

It's free, but numbers are limited, so register as soon as possible. To register, leave your name, phone number, email address and any questions at the Seniors Information Centre by telephone at 902-820-3334, by email to InformationCentre@BaySeniors.ca, or by contacting Beverly Carlsen at 902-876-7963.

FUTURE EVENTS

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

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

November 20, 2 pm, Shining Waters. **Peter Coade** on 52 years as 'the weatherman'.

December 11, 2pm, Shining Waters. **Holiday Social.**



Are you getting the 10-digit habit?

Seniors Association member Elvira Gonella Welch provides our light-hearted reminder (above) about 10-digit dialling. Starting November 16 you need to dial the 902 area code for local calls in Nova Scotia and PEI.

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.

Vial of Life could save your life

The Vial of Life program helps emergency personnel get important medical facts during a crisis in your home.

Pick-up a free Vial of Life kit from our Information



Centre any Tuesday or Thursday from 10am to Noon. The Vial makes sure vital medical information about each person in the home is easily accessible to paramedics.

Connecting our communities

'Better together' is the theme for a project that seeks to draw on the strengths and resources of the communities around St. Margaret's Bay for the benefit of everyone.

The Seniors Association is supporting the Connecting Communities initiative.

The project seeks to help communities, non-profit organizations, societies, clubs, and volunteer groups communicate and coordinate their events and resources.

Connecting Communities, also known as CC-Net, grew out of the Building Community conference hosted by the Seniors Association in June 2013.

The website (www.CC-Net.org) has more information about the participants and a [Community Calendar](#) that displays events in the region. More than 50 groups are expected to participate in the first year alone.

Watch www.BaySeniors.ca and the Masthead News for updates.

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.