



IN THIS NEWSLETTER

Our volunteers are here to help you

Treasure Chest boost for seniors' funds

Pier 21 trip deadline extended - book now

How toxic is your home?

Need help? Our Info Centre may have answers

Do you need help navigating government departments? Perhaps you want to find a reliable care-worker, or plumber?

There's a great resource on your doorstep, in the Bay Seniors Information Centre.

Our volunteers have a track record of helping seniors with answers to questions about home repair, home care, housekeeping, and finding support and connections within the community. All inquiries are dealt with in strict confidence.

The Centre has information about Old Age Security, Canada Pension, NS Pharmacare, Heating and Property Tax rebates, Guaranteed Income Supplement programs, and much more.

We welcome new questions as these add to our store of



knowledge for the next visitor. Much of the shared information can be found 24/7 on our www.bayseniors.ca website and in our Local Services Directory at www.bayseniors.ca/localservices.html.

Seniors' AGM hears of growth plans

A sound financial position means the Seniors Association is poised to offer new programs. The AGM was told Bay Treasure Chest Funds were partly responsible for the rosy picture. Our picture shows outgoing 2015-16 Board (l-r) Fred Dolbel, Doug Poulton, Becky Weickert, René Lavoie, Carol Evans, John McKee, Rowena Morrison, Melan Sapp. More on page 2.

NEED HELP?
(902) 820 3334
If you have questions,
our volunteers will
help find the answers

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

FUTURE EVENTS

Our monthly meetings are open to anyone, and are free.

Monday, April 4 - Tai Chi.

The Spring session of Tai Chi starts at 10:00 am at Shining Waters Marina. Registration is required - email taichi@bayseniors.ca or call the Information Centre. If you are curious, stop in and observe a class.

Wednesday, April 6 - Low-Impact Fitness.

This class is now offered Wednesdays and Fridays at 10:00 am at the Bay Community Centre, 11 Station Rd., Head of St. Margaret's Bay. Drop-ins are welcome, \$2/class. For more information email social@bayseniors.ca or call the Information Centre.

Thursday, April 21, 2016 - 'A History of Whaling in Eastern Canada' and 'Prescription Drug Costs' 2:00 p.m. at Shining Waters Marina.

Dr. Brenna (McLeod) Fraiser will talk about whaling. Brenna is a research associate with the Nova Scotia Museum of Natural History and the Frasier Lab of Molecular Biology and Evolution at Saint Mary's University.

Member Dr. Philip Welch will talk about what drug prescriptions really cost, and what we can do about it.

DEADLINE EXTENDED

Register by Friday, April 8 for our excursion (Saturday, April 23) to Pier 21, Seaport Market and new Halifax Central Library. Email: excursions@bayseniors.ca



'Green' products may contain toxins

How toxic is your home? That's the question Pauline MacDonald (above) and Bill MacDonald posed at our February meeting. Among the points highlighted:

- There are currently no health regulations for household chemicals in Canada.
- Products labelled 'green' or 'natural' can still contain toxic chemicals.
- Infants and toddlers, the elderly and chronically ill are most affected by indoor air quality.

Mark your calendars

Saturday, May 14 is the date for Bay Expo 2016.

Registration is now open for exhibitors, visit the event page <http://bayseniors.ca/bayexpo.html>.

This family focused event showcases businesses, and services from around the community.

Association picks new officers

The Association's annual general meeting heard an encouraging financial report by Treasurer Melan Sapp.

The incoming 2016-2017 Board and Directorial roles and responsibilities are as follows: President - Becky Weickert, Corporate Secretary & Seniors' Housing – Carol Evans, Treasurer – Melan Sapp, Director of Community Relations & Past President – Doug Poulton, Director of Social Activities – Rowena Morrison, Director of the Information Centre & Sustainable Housing Liaison – Fred Dolbel.

Help Wanted

Volunteer Webmaster (Expression Web, Dreamweaver, Wordpress) – for www.BayHousing.ca and backup person for www.BaySeniors.ca websites.

Microsoft Excel expert - to back up and or develop and maintain many Bay Seniors spreadsheets and VBA macros. Call (902) 820 3334

BayRides is looking for Volunteer Drivers. Contact info@bayrides.ca or call (902) 820-6600.

The Bay Refugee Project is looking for housing for refugee families. Contact Beverly Carlsen at beverly.carlsen@yahoo.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 inside The Doctors' Office at 5181 St Margaret's Bay Road, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.