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Shopping bus makes seniors' lives easier

The Seniors Association of St. Margaret's Bay, in conjunction with Bay Rides, is planning a regularly scheduled bus service for seniors to do their grocery shopping.

"We want to help seniors who are struggling with the simple chore of getting their groceries, so they can continue living in St. Margaret's Bay, even as driving becomes problematic," said Donna McInnis, who is coordinating the project.

This service will be a boon to people who are dependent on others to get to the grocery store, or who have to stay at home waiting for others to deliver their groceries.

Volunteers will be on hand to help shoppers and to assist participants to bring their groceries into the house, if required. The outings will also (Continued on Page 2)



Fun for all ages at Bay Expo. We have more photographs from the event at <http://bayseniors.ca/galleries/2016expo/index.html>

Something for all at Expo

The 2016 Bay Expo was a big success and a great opportunity to bring the community together. There was something for everyone: a silent auction, Tai Chi demonstrations, face painting and crafts for the kids, a variety of vendors and non-profit organizations, a café, a book sale, and much more. The Expo is the Seniors Association's opportunity to encourage residents to learn more about the organizations and businesses in the Bay.

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.

Shopping bus

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involve a chance to sit, chat, and have a cup of tea or coffee and an opportunity to get out of the house on a regular basis.

This program is in the pilot stage and will be offered free of charge this year.

People who are interested in using the service, or know someone who may benefit from the program, can contact the Seniors Information Centre at (902) 820-3334 or call co-ordinator Donna McInnis at (902) 826-7076.

Kick-off summer at our BBQ and potluck

Join the Seniors Association in kicking off summer with a BBQ and Potluck Party on Thursday, June 23.

The event starts at 1:00 at Shining Water Marina.

Hamburgers will be provided and members and guests are encouraged to bring salads, homemade condiments and desserts to share.

The event will also see the official naming ceremony and launch of the boat built by the Seniors' Association Woodworking Group.

Check our website www.bayseniors.ca for more information.

The next monthly meeting will be held in September.



Book now for vineyard tour and Tangled Garden visit

Join us for a tour of the Lockett Vineyard, near Wolfville, on Tuesday, July 12.

The trip is sponsored by the Seniors Association.

Participants will enjoy a tour of the vineyard, a tasting of five of [Lockett's](#) award winning wines, and a light lunch on the patio with a view over the Minas Basin.

After the vineyard, the group will visit [The Tangled Garden](#)

in Grand Pre, where herbs and fruit are transformed into flavourful jellies and vinegars.

For more information, or to reserve your seat, email excursions@bayseniors.ca or call the Information Centre at (902) 820-3334. The bus can only accommodate 24. Pre-registration is required. Book early to secure a place.

Gather at the Information Centre by 9:00am on July 12.

Volunteer role for Beverly

Beverly Carlsen is the Association's new volunteer coordinator.

Beverly will be recruiting volunteers, and matching them with committees and projects. Volunteer opportunities are varied and can be managed to fit your interests and availability. Please contact the Seniors Information Centre at (902)820-3334 or volunteer@bayseniors.ca.

'Record those stories' - speaker

Local historian Gary Meade provided an interesting and detailed account of the history of the St. Margaret's Bay area at our May meeting.

Gary ended his presentation by encouraging Association Members to write down their own histories. "History is not history until it's documented," he said.

He said stories and autobiographies would make great gifts for grandchildren.

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.