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'another success'

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## Wildlife rehab centre visit proves popular

Our summer excursions have proved very popular.

The latest outing was to the Hope for Wildlife sanctuary in Seaforth.

[Hope for Wildlife](#) is a wildlife sanctuary that supports the rehabilitation of injured wild animals.

Participants got a chance to see some of the rescued animals, during a walking tour of the sanctuary. The Seniors Association has made a donation to Hope for Wildlife.

The excursion included a chance for a buffet lunch at the Porters Lake Family Eatery and Pub.

Previous excursions took members to Pier 21 in Halifax and Pete Lockett's Winery near Wolfville.

Check page 2 for more pictures from the visit to Hope for Wildlife.



*The visit to Hope for Wildlife gave members of the Seniors Association a chance to meet some of the rescued birds and animals, and to talk with the centre's volunteers.*

## Volunteers thanked - but more still needed

The many volunteers who give their time to support the programs of the Seniors Association were honoured at a reception at the St. Margaret's Bay Sailing Club.

Volunteers are the life-blood of organizations like the Seniors Association of St Margaret's Bay. None of our programs or initiatives would be possible without their help.

And we are always looking for new volunteers. It's a great way to stay active, make new friends, and make a positive contribution to the lives of neighbours and fellow Bay area residents.

Are you interested in becoming a volunteer?

Contact Beverly Carlsen at [volunteer@bayseniors.ca](mailto:volunteer@bayseniors.ca) for more information.

*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.*

## Expert spells out free programs to cut heating costs

With winter around the corner, we're all looking for ways to shave a few dollars off home heating expenses.

The speaker at our September meeting provided a lot of tips to help do just that. Michael MacKay, from the [Clean Foundation](#), also explained some of the free programs to help home owners.

The **Home Warming Program** provides free upgrades to the homes of qualified applicants. A technician decides on the best upgrades and all costs are covered. Additional information at <http://homewarming.ca>.

The **Product Installation Service** from Efficiency NS is another free program to help reduce heating costs. At no cost to you, they'll install certain energy products like LED lights and water-saving shower heads. Another option is to have a **Home Energy Assessment**. More information at <http://clean.ns.ca/programs/energy/home-energy-evaluations>

Make sure you book your assessment before making any improvements to your home. Any improvements before the assessment will not be eligible for a rebate.

The Seniors Association Info Centre (902-820-3334) has more information about all of these programs.



## Hope for Wildlife

*Two more pictures from our well-attended excursion to the Hope for Wildlife sanctuary. It was a great chance to meet some of the rescued animals, talk with volunteers, and enjoy the scenery around Seaforth.*



## 'Save dolphins' talk

Marine biologist and conservationist Dr. Tim Frasier will be the guest speaker at our October meeting. Join us at 2pm on Thursday, October 20 at Shining Waters Marina to hear Dr. Frasier's talk 'Dolphin conservation in Asia: why it is our problem too'.

## New members welcomed

Newcomers to the Seniors Association were welcomed at a coffee party at the new Yardarm restaurant in Indian Harbour. It was a chance for Board members to discover the interests and concerns of newcomers.

## In brief...

**Don't forget to vote** in the municipal election on October 15. A complete list of candidates is available at <http://www.halifax.ca/election/CandidateList.php>

*The Chebucto West Community Health Board has **Community Wellness Funds** available to non-profit and community based organizations. Contact Cathy Leslie at (902) 889-7555 or [cathy.leslie@nshealth.ca](mailto:cathy.leslie@nshealth.ca)*

**Open Mindfulness** in the Bay. Experience the benefits of the practice of mindfulness. No experience required. The first session will be Sunday, October 16 from 2.30-4.30 at the Tantallon Library. Contact Harry Cook at [harrycook@eastlink.ca](mailto:harrycook@eastlink.ca) for more information.

For more information about any of the topics in this newsletter, visit our website [www.bayseniors.ca](http://www.bayseniors.ca) or contact the Seniors Information Centre: email [info@bayseniors.ca](mailto: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.