



IN THIS NEWSLETTER

How you can join the Association team

Hobbies showcase: photo feature

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Your chance to put your talents to work as a volunteer with our team

Many of you have asked how you can help our Association achieve its goals.

And if you are a regular reader of this newsletter, you will know that we are eager for more hands at the wheel.

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.

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.

We are hosting a special meeting on April 8 to inform members



of the jobs which need to be done - and to find the right people to do those jobs.

Some jobs are short term, others are more involved, but we hope not to overburden any one person.

We will meet at 10 am on Saturday, April 8 at Shining Waters Marina and see what can be achieved in a couple of hours. Lunch will be served at noon, before we finish. Please join us and help us grow.

Our showcase of members' hobbies produced some real treasures. See Page 2 for more pictures.

Tai Chi classes resume

A new session of Tai Chi will begin on Monday April 3 at the Community Centre, 11 Station Road, Head of St Margaret's Bay. Beginners start at 9.30am and may continue at 10 with the intermediate group. It's free. [Click here](#) for more info or to register.

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.

Bay area arts and crafts on display

Some of the talented people who live around St Margaret's Bay put their hobbies on display... and what a show they gave us.

Our March meeting featured a sparkling exhibition of arts and crafts created by some of our members.

Our photo feature gives just a taste of the skills on show. Congratulations to everyone who exhibited.



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.

Upcoming Events

Remembering the Battle of the Atlantic

April meeting – HMCS Sackville and the Battle of the Atlantic, April 20, Shining Waters.

On September 1, 1939, Germany invaded Poland and WWII began. England and her Allies defended the freedom of millions of Europeans, but needed one million tons of food and military supplies delivered every week. April's presentation will follow the story of one of 122 Canadian-built warships that escorted convoys of merchant ships across the North Atlantic Ocean, facing German U-Boats. HMCS Sackville is Canada's Naval Memorial. Join Bert Walker, Outreach Coordinator for the Canadian Naval Memorial Trust, for this story of bravery, hardships and self-sacrifice.

Housing in the Bay: Anyone interested in housing for seniors in the Bay area will want to stay after the talk on HMCS Sackville. Developer Joe Arab will talk about his plans for new rental accommodation close to the Crossroads. Mr. Arab will show drawings of his proposed development.

May meeting - Gardening. Our meeting on May 18 will be about 'Gardening for Seniors'. We'll have more information in next month's newsletter.



HMCS Sackville is Canada's oldest fighting warship and has been our official Naval Memorial since 1985. Hear more of her remarkable story at our April meeting.

You wanted us on Facebook: now we are there

The Seniors Association has its own [Facebook page](#).

During our recent Communication survey, we heard that many of you are using Facebook and would like to use it to keep-up-to-date on Seniors Association events, activities and news. You can join our page by clicking [here](#).

Seniors are the fastest growing group using Facebook today.

We've heard from many people that they are interested in Facebook, but not sure how to get started, or, how to get the most out of it. The Tantallon Library holds training sessions. For info call (902) 826-3330.

Books, auction items need for Bay Expo

The Bay Expo '17 planning team is busy with preparations and there are some ways you can help. The Expo will feature a silent auction, a flea market table and book sale.

We need high quality contributions for the silent auction and some treasurers for the flea market table. If you are donating books, please limit your contribution to 10 items.

Contributions can be dropped off at the Seniors Info Centre on Tuesdays between 10 am and 12 noon. Or you can contact Rowena Morrison (902) 826-1965 or Melan Sapp (902) 858-2210 to arrange pick-up.

The Bay Expo team will be accepting applications for vendors and exhibitors. Please contact caeans@belliant.net for more information or a registration form.

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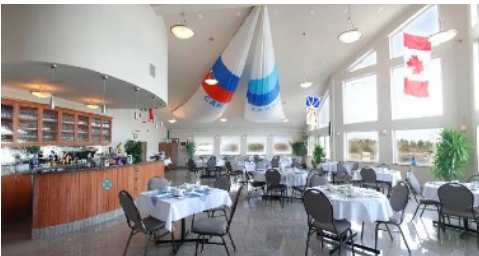
Ed's keen eye keeps our members in focus



This is the man behind many of the pictures that have graced this newsletter over the years

Ed Bottrell has been behind the lens on so many occasions, but today we thought we put him in front of the camera

It gives us a great chance to say 'thank you' to someone who has been a great volunteer, supporter and our webmaster.



And while we are expressing thanks, we'd like to acknowledge Shining Waters Marina in Tantallon (above). They've provided us with a delightful venue for our monthly meetings.

The lovely facility, helpful staff, especially Carolyn MacKay, and the wonderful view and ocean breezes contribute to making our meetings fun and successful.



Part of the audience for our AGM. Becky Weickert (right) was elected president, and Melan Sapp (below, right) was elected treasurer.

Packed house for Association's annual meeting

Our Annual General Meeting was very well attended. Updates were provided on a number of topics, including the Housing Committee, the move to develop a national pharmacare program, the Information Centre and the Grocery Shopping Runs.

Contact the Info Centre for a package with the reports if you weren't able to attend the AGM but would like to review the documents.

The 2017-2018 Board of Directors was elected with Association members taking on the following roles:

President: Becky Weickert

Vice-President: Fred Dolbel

Treasurer – Melan Sapp

Corporate Secretary: Heather Thompson



Past President: Doug Poulton
Director: Rowena Morrison
Director: Carl Breckenridge
Director: Carol Evans
Director: Elaine Brooks
Director: Heather Thompson

Peter Pan takes flight

A production of Peter Pan at the [Unicorn Theatre](#) runs from Friday, April 21 to Sunday April 30. Tickets can be reserved [here](#) or by calling (902) 223-0339.

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