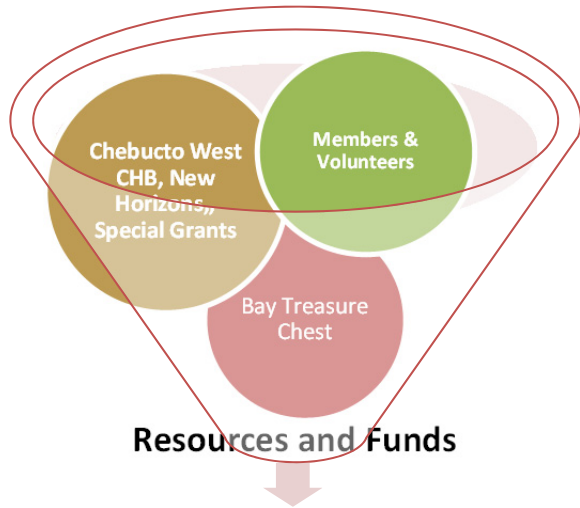


Seniors Association of St. Margaret's Bay, NS 2009-2016



Seniors Association
 Seniors Health & Wellness, Housing, and Living

Information Centre
 Monthly Speakers Meetings
 Website - Local Services Directory
 Potluck Luncheons & Social Events
 Birdwatching, Golf, Boat Building
 Tai Chi, Seniors Exercises
 Volunteer & Leader Development
 Seniors Research, Outreach & Advocacy
 Annual Bay Expo
 Monthly Newsletters
 Cookbook, BBQ Fundraisers

Initiated and/or support other community organizations

Bay Rides

- SMB Transportation
- Affordable & Accessible
- Scheduled & by Appointment

Connecting Communities

- Community Calendar
- Community Bulletin Board

Bay Housing

- SMB Housing
- Affordable & Sustainable
- Seniors & Youth

SMB Community

- 50+ Organizations

Bay Treasure Chest

- Community Fundraising
- Stewardship Assn.
- GPI Youth
- Bay Rides
- Bay Seniors
- 5 Bridges Wilderness

Seniors Association of St. Margaret's Bay

Summary of Programs and Activities - 2009-2016

Seniors Information Centre

The Centre is staffed by volunteers and is open on Tuesdays and Thursdays from 10:00a.m. – 2:00p.m. Please stop in to see us. The Centre offers resources for seniors and their families to:

- Find government programs and provide applications for programs and services that help seniors save money and live safely in their own home;
- Provide listings and contacts of trades people and service providers who work in the Bay area;
- Make available up-to-date information for seniors in printed form and from internet websites; and,
- Coordinate with other groups in the area for the benefit of seniors in the Bay area.

Local Service Directory

Since 2012, the Senior Association has maintained a directory of providers who deliver services to the residents of the St. Margaret's Bay and area. This Directory is provided and maintained free of charge by the Volunteers of the Seniors Information Centre, and is available to anyone on our website. Over 550 local business, professional, community, social, recreational, public service, individual and religious organizations are listed in the Directory.

Volunteers at the Information Centre help walk-in and telephone visitors find Directory services near where they live.

Website www.bayseniors.ca

- Details of events, activities, and projects;
- Programs and services for seniors and their families;
- Information about seniors health, housing, finances, etc;
- Local Service Directory of providers in the community; and,
- Links to other service organizations in the area.

Newsletter

- Monthly Newsletter available online, at a number of Drs. Offices, other locations in the area, and by mail to those without computers;
- Read about: News of interest to seniors; Government and community resources available to seniors; What the Seniors Association is doing in the community; and more.

Monthly Meetings

Our monthly gatherings are an opportunity to hear and talk with experts who work with seniors and their families as well as speakers on a wide variety of topics of interest. Our meetings are free, and are a great way for Bay area people to meet others and make new friends. We also have the occasional potluck and parties as well as other activities such as Birdwatching, Boat Building, and Golf.

Tai Chi

- Beginner and Intermediate Taoist Tai Chi classes for Members.
- Three times a year, 8-week duration.

Special Projects

- Educational programs for volunteer leadership and development;
- Facilitating affordable and sustainable housing for seniors www.BayHousing.ca;
- Demographic research and needs assessments of seniors in the area;
- Outreach and advocacy initiatives for seniors;
- Annual Bay Expo of products and services of interest to seniors and other residents of the Bay area; and,
- Fundraisers such as a cookbook, BBQs, and participation in fundraisers with other service organizations.

Bay Rides www.bayrides.ca

BayRides provides door-to-door transportation at very affordable rates to local businesses, shopping, appointments, medical services, community events or anywhere you want to go around the Bay! Call 902-820-6600 to book a ride.

Connecting Communities www.CC-Net.org

The CC-Net group has over 35 non-profit member organizations in the Bay area, and supports the online **Community Calendar and Bulletin Board**. The Seniors Association started CC-Net in 2013, and continues to support the group with resources and funding.

Bay Treasure Chest www.BayTreasureChest.ca

The Seniors Association is an active partner in the Bay Treasure Chest weekly 50/50 Toonie draw and receives funds from this very successful community fundraiser.