



IN THIS NEWSLETTER

Boost for Bay housing initiative

BayRides hits road

Leaders wanted

Join debate on services for seniors

Help create affordable homes in Bay

Our initiative to help develop affordable housing around St Margaret's Bay takes on a new impetus in the next few weeks.

We'll be forming working groups to focus on topics like housing and neighbourhood design, land acquisition and zoning, needs analysis, finance, communications and project management.

This is an important follow-up to the valuable work done at the Sustainable Housing workshop in May.

The [workshop](#) confirmed that a shortage of affordable housing in St. Margaret's Bay is not just an issue for seniors, but impacts all generations.

Jim Mustard, the keynote speaker, spoke about how a community can take the lead



in developing sustainable housing for all.

A related development was the Community Land Trust (CLT) workshop in Truro in July, organized by Transition Bay and the NS Cooperative Council. Several members of the Association's Housing committee attended.

CLTs have proven effective for non-profit groups to provide affordable, sustainable housing.

You can read more at www.bayhousing.ca/clt2015.

To support the sustainable housing initiative, a new website, www.BayHousing.ca has been developed.

You'll find links there to other affordable housing projects, resources, and research.

For inquiries and to get involved please email housing@bayseniors.ca or call 902-820-3334 (leave a message).

Potluck was a big hit

Our Jamaican Potluck Luncheon in June was a tasty, sociable and colourful event. Our picture shows some of the crowd tucking into tasty treats. The [potluck](#) is just one of many events organised by the [Association](#). Check our [Future Events](#) section for other ways of getting involved in our community.

Bay gets bulletin board

[CC-Net](#) has launched another great tool for helping not-for-profit and service groups around the Bay share information.

It's created a [Community Bulletin Board](#) - accessible online and free to the public. The bulletin board will expand the dialogue between members and the public.

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

Monthly meetings are open to anyone, and they are free.

Thursday, September 17 - Panel Discussion 'Neighbours helping neighbours', 2 pm Shining Waters Marina.

Get involved in building your community. Join in a discussion about providing better resources, amenities and services for seniors in the Bay. We know that affordable, sustainable housing and better transportation are important (see elsewhere in this newsletter). But what are the other priorities?

Come along and join this important discussion. Panel members will include Kathy Gamache, Executive Director, Aspotogan Heritage Trust; Elaine Murray, Head Librarian - Tantallon and Hubbards Libraries; Cathy Leslie, Community Health Board; and Dayle Eshelby, Silver Economy Engagement Network.

It's a great chance to have your say - and maybe get involved as a volunteer in some Seniors Association activities.

Thursday, October 15 - Health Care for Seniors, 2 pm Shining Waters Marina.

Ashley Hartnett from NS Health will talk about Community Health Teams' programs and services. Representatives from Nova Scotia's Department of Health and Wellness are drafting a strategy to handle increasing demands for [Home Care and Continuing Care](#). They want to hear about seniors needs and issues in St. Margaret's Bay. Come and voice your concerns and experiences about affordability, access, and quality of care. This is the opportunity to ask for our needs to be met and to offer suggestions.



Another picture from our Jamaican Potluck Luncheon. Adrienne Duperly complemented the theme with a selection of Jamaican cultural artifacts.

BayRides service up and running

The much-anticipated BayRides transportation service was due to launch as we went to press (September 1).

During the initial pilot phase the service will operate on Mondays, Wednesday and Fridays around St Margaret's Bay. The door-to-door service is available to everyone. If you need a ride, all you need to do is call.

BayRides will host a launch party on September 19. Location and details will be announced in the next issue of the Masthead News as well as on the BayRides website www.bayrides.ca and [Facebook page](#).

The organisation is looking for volunteer drivers. Mileage is paid. Anyone interested in volunteering should contact Alison at 902-820-6600 or email info@bayrides.ca.

Chance to learn leadership skills

Want to learn some leadership skills to support your community involvement? Halifax Volunteer Services are offering a '[Step up to leadership](#)' program at the Tantallon Public Library.

The program is free and open to anyone, but a 10 week commitment is required. The program starts at Tantallon Public Library on Wednesday, September 16. To register contact Darren Hirtle at hrmvolunteerservices@halifax.ca or call 902-490-1573 before Sept. 10.

Time to try Tai Chi?

If you've been promising to do a little more exercise, you might consider our Tai Chi classes.

The Fall session starts with registration at 9.40 am on Monday, September 14. The courses run for eight weeks every Monday, between 10 am and 11.30 am at Shining Waters Marina.

All eight weeks of beginner Tai Chi classes cost only \$25 for Members, thanks to a grant from the Chebucto West Community Health Board. Non-members must pay the membership fee of \$10 + course fee.

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.