



IN THIS NEWSLETTER

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- Casting call for local drama production
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## Free advice can help cut your tax bill this year



Are you paying too much tax? There are at least 11 tax credits, deductions and benefits for which seniors may be eligible. Tax form preparation can be stressful. If you have any questions or worries, drop by the Seniors Information Centre. Our friendly staff have a list of resources to help you.

The Seniors Information Centre is inside The Doctors' Office at 5181 St Margaret's Bay Road, Upper Tantallon. It's open between 10 am and 2 pm on Tuesdays and Thursdays.

[Click here](#) to view the tax credits available to seniors through Service Canada. You'll find information and links about pension splitting, medical expenses, caregiver support and public transit

benefits among many other topics.

The Tantallon Library is planning a number of Tax Preparation Clinics. Participants will be able to review tax information, individually and confidentially, with an expert. You can register for a time-slot during the clinics by calling the Library at 902-826-3330. The clinics will be held:

- Tuesday, March 21, 4 - 8 pm
- Wednesday, March 29, 10.30 am - 1 pm
- Thursday, April 6, 1 - 5 pm
- Tuesday, April 18, 2.30 - 8 pm

## Murder mystery offers chance for aspiring actors

Is the stage calling your name? Do you love Murder Mysteries? The Estabrooks Community Hall is looking for actors for an upcoming event, Murder Mystery at the Resort, on April 21 and 22. If you would like more information on acting in the production, please contact Lorna Zinck-Gordon at 902-405-6511 or email [lorna\\_ken222@hotmail.com](mailto:lorna_ken222@hotmail.com).

Tickets to the event cost \$25 and include a turkey dinner with all the trimmings and apple crisp for dessert.

*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.*

# Tips to kick-start your new exercise regime - today

Let's get physical. We heard the message loud and clear during our January monthly meeting – being physically active is the best way to get, and stay, healthy.

Physical activity doesn't need to include strenuous workouts. Walking is a great way to enjoy the scenery and get some much-needed exercise.

Here are some more ideas about how you can get active in our community.

## Aerobics and Tai Chi

The Seniors Association hosts aerobics classes at the Bay Community Centre (11 Station Road).

Tai chi classes, organized by the Seniors Association, are also held at the Bay Community Centre.

## GoodLife Fitness

[GoodLife Fitness](#) has several different classes, including The Sculpt and Tone Class (pictured).

The class has a social element and the group is very supportive of each other's efforts.

## Dance, pickleball

The [St. Margaret's Centre](#) has adult dance classes and is also offering pickleball



sessions. Pickleball is quickly becoming a very popular sport for seniors across the country and the SMC has a beginner class, and a more competitive session.

## Yoga

Yoga is great activity for seniors as it can be modified to fit your needs and abilities. There are numerous yoga studios in the Bay area offering a variety of classes, including [Breathing Space Yoga](#), [Seabright Spirit](#), and [Bay Yoga](#).

If you are new to yoga, ask the instructor about the pace that is appropriate for you. Breathing Space offers Yoga for Seniors, which was developed with the physiotherapist, and is sometimes referred to as chair yoga. Beach yoga classes are available during the summer.

## Rails to Trails

We are fortunate to have the Rails to Trails system in our

*Fit for Life: members of the GoodLife Scupt and Tone class (above) and participants in a Seniors Association Tai Chi class*



backyard – walking or cycling in summer, cross country skiing or snowshoeing in winter. [Hike Nova Scotia](#) has great ideas for local hikes and also lists places to rent snowshoes.

## Skating, skiing

You could always take a spin around the skating rink at the St. Margaret's Centre, or consider joining the [Ski Atlantic Seniors Club](#) for deep discounts at local ski hills.

Try something new today - your body will thank you for it.

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.



## Upcoming Events Show, share and talk about your hobbies

March meeting – Hobbies.  
March 16 at Shining Waters, 2  
pm.

Our March meeting will be a  
chance for you to showcase your  
hobbies, and perhaps meet  
others who have the same  
interests. Maybe you enjoy  
photography, rug hooking,  
woodworking, reading, music or  
collecting. Perhaps you would  
like to learn more about  
gardening, cooking, traveling or  
cycling.

Whatever you enjoy doing (or  
would like to do) we want you to  
bring examples of your hobbies  
and interests so that others can  
appreciate the diversity of skills  
and abilities amongst our  
membership.

We welcome the opportunity for  
you to share those activities that  
bring joy, health and peace in  
your life.

Contact Judy Beaton if you  
would like a display space. Judy  
can be reached at  
[judy.beaton@ns.sympatico.ca](mailto:judy.beaton@ns.sympatico.ca)  
or 902-826-9175.

Introduction to Making the  
Most of your Food Dollar.  
Wednesday, March 22 from 10 -  
11:30 at the Tantallon Library.  
Learn how to get more value  
and nutrition from your food  
with meal planning, preparation  
and smart shopping tips.

## Team turns spotlight on heart health

The February meeting of the  
Seniors Association featured  
Ashley South (pictured, right)  
from the Chebucto  
Community Health Team.

Ashley's presentation focused  
on the 5 numbers you should  
know to improve your heart  
health:

- Cholesterol
- Blood pressure
- Weight
- Waist circumference
- Fasting blood sugar

The meeting was a great  
primer to a two-part series of  
sessions being hosted by the  
Community Health Team on  
Heart Healthy Living.

During this two-week  
program, you will discover  
ways to improve your blood  
pressure, cholesterol, weight  
and waist circumference.

The sessions are March 2 and  
9 from 10 - noon at the St.  
Margaret's Centre. Call  
902-460-4560 ex. 2 to  
register.

### Let's hear from you

We're always happy to hear  
from you. Is there something  
you would like to share with  
SASMB members? Send your  
submissions to  
[chantal@bayseniors.ca](mailto:chantal@bayseniors.ca) and  
we'll do our best to include it  
in our newsletter.



## Agenda set for Association AGM

Our AGM will be held at  
Shining Waters on Thursday,  
March 16 at 2 pm (immediately  
preceding the monthly  
meeting). Please arrive  
between 1.30 and 1.45 for  
registration.

Agenda:

- Call to order
- Roll call
- Confirmation of quorum
- Declaration of commencement
- Acceptance of 2016 AGM minutes
- Business arising from 2016 AGM minutes
- President's remarks
- Directors' reports
- Notice of Motion
- Appointment of Auditor
- Election of Directors
- New Business
- Adjournment

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## Vaccine could prevent months of agony with shingles

It is estimated that 1 in 3 people will experience shingles (herpes zoster) in their lifetime.

The nerve pain associated with shingles can last for months and in some cases, years.

It has been described as: "excruciating, intense, potentially debilitating."

Association members are encouraged to discuss the shingles vaccine with their doctor. The Seniors Association may be able to provide financial assistance to members who are in receipt of the Guaranteed Income Supplement (GIS), and who do not have a prescription drug plan that will cover the cost of the vaccine.

Please contact the Information Centre at 902-820-3334 for more information.

## Great response to our appeal for volunteers: more welcome

We had a wonderful response to our most recent call for volunteers.

Thank you to those who reached out and agreed to contribute time toward helping others in our community.

We are always looking for more people to help; there is truly something for everyone.

Please contact Beverly Carlsen at (902) 820-3334 or [volunteer@bayseniors.ca](mailto:volunteer@bayseniors.ca).



*A busy corner at last year's Bay Expo*

## Still a chance to play a part in Bay Expo 2017

Plans are well-advanced for the 4th annual Bay Expo, taking place this year at the Estabrooks Community Hall, Hubley on Saturday, May 27.

The strategy of providing something for everyone has proved very popular. This year there'll be some new activities and vendors. Stay tuned for more info. Keep updated on Bay Expo plans by joining our [Facebook](#) page.

Bay Expo 2017 is still looking for volunteers to help with planning and on the day of the event. Contact Carol Evans at [caevans@bellaliant.net](mailto:caevans@bellaliant.net)

## A few seats left for safe driving refresher

The Seniors Association is sponsoring the third, and final session of the popular [55 Alive Driver](#) Refresher Course on March 8.

There are still a few seats available. Please register by March 7.

If you have already taken the course, the cost is \$25. If you are under the age of 65 and have not taken the course, the cost is \$40. The course is free if you are over the age of 65 and have not taken it previously.

Contact Judy Beaton at [judy.beaton@ns.sympatico.ca](mailto:judy.beaton@ns.sympatico.ca) or call 902-826-9175 to register.

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