



## Seniors Information Centre

Crossroads Shoppers Drug Mart Complex  
5181 St. Margaret's Bay Rd., Upper Tantallon, NS

The Centre offers resources for seniors and their families to:

- Assist in identifying government programs;
- Source and provide applications for programs and services;
- 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 Bay Seniors.

The **Information 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.

## Contact Us:

Telephone: (902) 820-3334  
Email: [info@bayseniors.ca](mailto:info@bayseniors.ca)  
Website: [www.bayseniors.ca](http://www.bayseniors.ca)



**Seniors Association of SMB Mailing Address**  
c/o 71 Indian Point Road  
Glen Haven, NS B3Z 2S1

## Important St. Margaret's Bay Numbers

### Emergency

911

### Non-emergency numbers:

Seniors Information Centre 820-3334

NS Human, Social & Health Services 211  
HRM Services & Information 311  
NS Road Conditions 511  
NS Non-Emergency Health Information 811

### Food:

Food Bank 826-9272  
Sobeys 826-1046  
Superstore 826-3190

HRM General Switchboard 490-4000

### Hospitals:

QEII Administration 473-2700  
QEII Patient Switchboard 473-1510  
Cobequid Centre (L. Sackville) 869-6100

### Libraries & Information:

Shatford Library 857-9176  
Tantallon Library 826-3330

NS Continuing Care 1-800-225-7225  
(NS Dept. of Health & Wellness)

NS Power Outage 1-877-428-6004

### Pharmacies:

Lawton's Drug Store 826-1441  
Shopper's Drug Mart 826-2161

### Police & Fire (non-emergency):

RCMP Tantallon 826-3100  
Seabright Fire Station 823-2806  
Exit 5-Upper Tantallon Fire Station 826-1220  
Black Point Fire Station 857-3754

### Other Numbers:

# Seniors Association of St. Margaret's Bay



## Information, Services, and Programs for Seniors

*Seniors Association of St. Margaret's Bay is a registered not for profit society. We are a volunteer organization working to address the needs and concerns of seniors in the Bay area.*



## Monthly Meetings

Our monthly gatherings are an opportunity to hear and talk with experts who work with seniors and their families. And, to meet other Bay Area people with similar interests. Please check the website for information about our recreational and social programs.

Our guest speakers include health care professionals, emergency response personnel, lawyers, and other community groups.

Notices about meetings are on the website, in the Masthead News, by email and telephone calls to Members.

We generally meet on the third Thursday of each month at 2:00p.m. at Shining Waters Marine, from September to June.

## Membership

Services of the **Information Centre** are free to everyone. The Monthly Meetings are also free and open to the public.

Membership is available to anyone who lives in the greater St. Margaret's Bay area.

Membership is just \$10.00 per person (\$18 per couple) and you can join at any of our meetings or events.

## Accommodation, Housing and Support Services

The Association was formed in response to community concerns about the lack of seniors housing options in the Bay area, and the fact that people are reluctant to move from their home or community as their needs change.

In consultation with government, private enterprise and other socially minded groups we are working to address these concerns.

Specifically we are working to:

- Identify and improve services that can be delivered in home;
- Increase the availability of affordable rental homes designed for seniors;
- Provide assisted living services and seniors housing in the Bay area;
- Establish a Long Term Care facility in the Bay area; and,
- Partner with groups who have similar interests and objectives.

Contact us if you can help with any of the above.

## Web Site

Get help online at: [www.bayseniors.ca](http://www.bayseniors.ca)

- Details of events and activities;
- Programs and services for seniors; and,
- Service providers in the community.

If you do not use the internet or need help to answer a question, stop by the **Information Centre** and we can help.

## Become a Volunteer

You can play an active part in the community, and help other seniors, by becoming a Volunteer.

You can help, no matter how much or how little time you can spare.

Join the Association. Meet other seniors. Have your voice heard. Help make the community better for all of us.

