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Join our trip to wildlife sanctuary

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Book now for wildlife sanctuary trip

If you like wildlife you'll like our next excursion. Following the success of the Pier 21 visit and the trip to Lockett's Winery, we are organizing a visit to Hope for Wildlife sanctuary in Seaforth.

The trip is on Saturday September 17. We will assemble at the Info Centre at 9 am.

We'll have a buffet lunch at the Porters Lake Family Eatery and Pub (\$15 + tax).

Hope for Wildlife supports the rehabilitation of injured wild animals. A walking tour will educate participants on the work done at the sanctuary. Please wear appropriate footwear and outerwear.

The Seniors Association will make a donation to Hope for Wildlife.

There is limited seating, so call the Seniors Info Centre, (902) 820-3334, to register.



Face painting was a popular attraction at Bay Expo 2016

Expo team says 'thank you'

How could we do an Expo without organizers, volunteers, charitable organizations and a supportive community? A big group effort, involving over 500 people - that's how!

On behalf of everyone, we want to say a great big THANK YOU for your participation and attendance at the Bay Expo, held in May. The event would not have been successful without your support.

There was a tremendous amount of effort put into this event and next year's will be even bigger and better. Plans are already in the works and please let me know if you would like to be involved in the planning for Bay Expo 2017.

Again, a sincere thank you to everyone.

Beverly Carlsen (902-876-7963)

Expo 16 Committee, Seniors Association of St Margaret's Bay

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.

Grocery bus pilot 'a success'

The Seniors Grocery Bus had its first trip on August 23, picking up participants at their homes and delivering them to Sobeys to pick up groceries, and socialize.

This service is available to seniors living in the St. Margaret's Bay Area and is free. Transportation is provided by Bay Rides and funding for the program comes from the Bay Treasure Chest. The bus will alternate between Sobeys and Superstore.

To book a ride call the Seniors Info Centre at (902) 820-3334.

Cash-saving energy tips at next meeting

The next Seniors Association meeting will be Thursday, September 15 at 2 pm at Shining Waters Marina.

The meeting will feature Efficiency Nova Scotia and their Home Warming program.

Join us to learn how to identify, and prevent, energy waste within your home.

Info centre hours

The Seniors Info Centre returns to regular hours in September, opening on Tuesdays and Thursdays from 10 am - 2 pm. The Info Centre is at 5181 St. Margaret's Bay Road (the old Shoppers Drug Mart building). Tel. (902) 820-3334



Luckett Vineyard owner Pete Luckett entertains some of the participants in the Seniors Association trip in July to Wolfville and Grand Pre. The excursion included a tour of the vineyard, wine tasting and lunch on the patio. After lunch the group toured the Tangled Garden in Grand Pre. We're taking bookings for places on our next excursion, to the Hope for Wildlife nature sanctuary and lunch at Porters Lake. Call the Seniors Info Centre, (902) 820-3334, to register.

Appreciating our volunteers

The Seniors Association would not be able to provide the extensive programming and events that support our community without the help of our volunteers.

On Saturday September 24 we are planning a Volunteer Appreciation event at St. Margaret's Bay Sailing Club (3 - 5 pm).

We'll be sending invitations.

Keep fit with aerobics and tai chi

Aerobics classes continue in September on Wednesday and Friday mornings at 10 am at the Community Centre at 11 Station Road. The cost is \$2.

Tai chi is also back, starting on Monday, September 12, and continuing weekly (10 - 11 am) at the Shining Waters Marina.

Email taichi@bayseniors.ca to register. It's a low-impact way to stay in shape.

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.