



IN THIS NEWSLETTER

Help us shape future events and services

50 years of matching 'littles' with 'bigs'

Guide to seasonal craft fairs in our community

'Out of the Box' - a different look at death

Help our Association provide the services and activities you need

We need your help. The Seniors Association is working hard to ensure our programming and activities meet our members' needs and interests.

You can help us by completing a short questionnaire. It will take only about five minutes.

It starts with a question about your current hobbies and interests. Whether your passion is art or yoga, bowling or bridge we want to know. Your answers will help us ensure we're offering a range of events and entertainments that meet the needs of our members.

There's also a question about your involvement with community events.

Are you a supporter of Bay Expo or the Bay Treasure Chest? Do you use the grocery bus or attend events at the library?

The results will help us organize and promote programs that appeal to you,

and we can also help people find others who are interested in the same things.

The survey can be completed by clicking here: <https://www.surveymonkey.com/r/seniorsactivities>.

Paper versions are available at the Seniors Info Centre, and at our monthly meetings. Please complete the survey by November 24.



REMEMBRANCE DAY *Lest We Forget*

*They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted,
They fell with their faces to the foe.*

From 'For the Fallen',
by Robert Laurence Binyon

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.

HOW TO KNOW YOU'RE GETTING OLDER

Submitted by Peggy Bignall

*Everything hurts. And what doesn't hurt, doesn't work.
You feel like the morning after, and you haven't been
anywhere.*

You join the health club and don't go.

You need your glasses to find your glasses.

Your back goes out more than you do.

Your knees buckle, but your belt won't.

Your mind makes contracts your body can't meet.

Dialling long distance wears you out.

Your children begin to look middle aged.

The gleam in your eye is from the sun hitting your bifocals.

You look forward to a dull evening.

You know all the answers but nobody asks you the questions.

*You have too much room in the house, but not enough in the
medicine chest.*

*You stop looking forward to your next birthday, but you're
glad when it arrives.*

Book Club launched by Association

If you like books, you'll love our latest venture. The Seniors Association is starting a Book Club.

Call 902-820-3334 or email neighbours@bayseniors.ca if you are interested in joining the club.

Don't miss these discounts for seniors.

Cavicchi's Meats - 10% on Tuesdays (dine-in and in-store products); Pharmasave - 20% on 2nd and last Thursdays of month; Lawton's - 20% on Wednesdays (not grocery).



Don't let the flu get the better of you this fall and winter.

Contact your doctor today to get your annual flu shot.

Pharmacies and grocery store pharmacy departments also provide free flu shots, and many do not require appointments.

Don't miss out on chance of a tax rebate

It's that time of year again to check if you qualify for some tax rebates.

The Nova Scotia Property Tax Rebate Program for Seniors

is designed to help seniors remain in their homes by providing an annual rebate on municipal taxes. You may be eligible for a rebate up to \$800, if you meet the following requirements:

- Received, or were eligible to receive, the GIS or The Allowance in January 2018.
- Your 2017 property taxes are in your name, or include your name, and are paid in full,
- The application is post-marked no later than December 31.

Visit www.accessns.ca/seniors-rebate for more information.

The Halifax Regional Municipality Tax Rebate

is available to low income homeowners. Applicants may be able to pay their property tax through a payment plan, a property tax rebate or a deferral. To qualify you need a combined household income of \$33,000 or less, and you must live within HRM. The deadline for applications is December 31. More details can be found at <https://www.halifax.ca/index.php/home-property/property-taxes/exemptions>

For more information about any of the topics in this newsletter, visit our website www.bayseniors.ca or contact the Seniors Information Centre: email centre@bayseniors.ca telephone 902-820-3334. The centre is located at Unit 1 – 5229 St. Margaret's Bay Road, Upper Tantallon, NS, B3Z 4R9. It's open 10 - 2 on Tuesdays and Thursdays.

Upcoming Events

The facts about 'green' burials

**November Meeting:
Environmentally-friendly
funeral practices –
Thursday, November 15 at
Shining Waters Marina
(2pm).**

A four person panel will address the topic 'Out of the Box' - a different way of thinking about the end of life. The idea is to encourage a better understanding of natural burial.

The panel members are Ray Mattholie, who helped form Green Burial Nova Scotia, and is a Director of the Green Burial Society of Canada; Hanna Longard, a student from Mount Allison University who has researched environmentally friendly funeral practices; Michelle Malloy, an experienced counselling therapist; and the Reverend Brianna Andrews of the Anglican Parish of French Village.

Please join us for this important conversation on the topic of greener death care.

**Christmas Party –
Thursday, December 13 at
Shining Waters Marina
(2pm).**

Mark your calendar for this popular event. Bring along your favourite Christmas baking to share with friends old and new as you enjoy the music of Cardinal Points and Friends.



50 years in Halifax of matching 'littles' with 'bigs'

It's a simple vision. But it's one that's been a life-changer for thousands of children.

Big Brothers and Big Sisters sets out to ensure that every child who wants a mentor can have one.

At our October monthly meeting, BBBS mentoring coordinator Nicole McFarland explained how that works in practice.

"We match 'littles' (kids) with 'bigs' (adults) and help the match to grow and strengthen their relationship," she said.

BBBS has been finding mentors for children for 105 years in Canada, and 50 years in Halifax.

The organization has a variety of programs to suit anyone interested in mentoring youth. There's a one-on-one program where an adult and a child

No peeping. Nicole McFarland (right) of Big Brothers and Sisters, looks away as she makes the popular 50-50 draw. Congratulations to winner Doug Poulton.

arrange to spend a few hours together every week. There are also programs where the mentoring is still one-on-one, but the activities take place in the child's school.

There is the Big Outdoors Program, for youth ages 12+, and the Big Bunch Program (very popular in our community) which sees adults mentoring high school students, who in turn mentor younger children.

Adults of any age are encouraged to sign-up as 'bigs'. "Many of our 'littles' do not have grandparents and this is a great way to bridge the generation gap," says McFarland.

Besides mentors, volunteers are always needed for fund-raising activities.

For more info visit <https://halifax.bigbrothersbigsisters.ca>

For more information about any of the topics in this newsletter, visit our website www.bayseniors.ca or contact the Seniors Information Centre: email centre@bayseniors.ca telephone 902-820-3334. The centre is located at Unit 1 – 5229 St. Margaret's Bay Road, Upper Tantallon, NS, B3Z 4R9. It's open 10 - 2 on Tuesdays and Thursdays.

Why not 'shop local' for those seasonal gifts? Our guide to community craft shows

The hunt for the perfect gift can often be overwhelming. Don't despair. Our community is hosting numerous craft and artisan fairs, starting in November, and you're sure to find the perfect thing for everyone on your list.

The St. Margaret's Bay Legion is hosting their Flea Market, Craft Show and Pancake Breakfast on Sunday, November 4, from 9 to 1. Shining Waters Marina is hosting the **Tantallon Holiday Craft Market** on Sunday, November 18 from 10 to 3. From toys, to holiday décor, there will be lots to choose from.

St. Luke's United Church is hosting its Annual Christmas Craft Market on Saturday, November 24 from 9 to 3. Over 25 vendors will offer a wide selection of items including jewellery, cards, glass and wood creations. And don't forget the baked goods. There is a \$1 entrance. Any collected canned food donations will go to the St. Margaret's Bay Food Bank.

The Estabrooks Community Hall will welcome shoppers at their annual Christmas Craft and Vendor Market on December 8, from 10 to 2. There will be a canteen onsite and an admission fee of \$1.

Perhaps you want to give a

present that was "made with love?" **Transition Bay St. Margaret's Handmade Holidays** event might be just the place for you.

Following a short presentation (show and tell style), participants will have a chance to make a few small crafts to take home.

The event takes place at Tantallon Public Library on November 18, from 2.15 to 4.30.

Share your special seasonal memories

We want to hear about your favourite Christmas memories.

Was there a special toy you wanted as a child? Does your family have an unusual tradition? Is there certain food that must be part of your holiday celebration?

Send your memories to Chantal at chantal@bayseniors.ca. We may use your contribution (with your approval) in an upcoming article for our newsletter and the Masthead News.



Community Health Teams

FREE Health and Wellness Programs in Tantallon/Timberlea

Introduction to Take Charge of Your Stress

Understand and explore a variety of stress management techniques and make a plan for how to make strategies work in your life.

Thursday, November 29th 1:30-3:30pm St. Margaret's Bay Centre,
12 Westwood Boulevard, Upper Tantallon

Building Better Sleep

Join us for a discussion on how to promote better sleep in your life.

Monday, December 3rd from 6:00-8:00pm

Lakeside Community Centre, 1492 St. Margaret's Bay Road

Please call today to register or learn more about other programs that we offer at 902-460-4560 ext. 2 or visit us online: www.communityhealthteams.ca



www.communityhealthteams.ca • 902-460-4560



For more information about any of the topics in this newsletter, visit our website www.bayseniors.ca or contact the Seniors Information Centre: email centre@bayseniors.ca telephone 902-820-3334. The centre is located at Unit 1 – 5229 St. Margaret's Bay Road, Upper Tantallon, NS, B3Z 4R9. It's open 10 - 2 on Tuesdays and Thursdays.