



IN THIS NEWSLETTER

Pictures from our Christmas social

Group offers help with memory loss

Start new year with fitness or Tai Chi

Meet our new comms coordinator

Sharing theme at Christmas social

The season's festivities got off to an early start at the Association's Christmas social at Shining Waters Marina.

A feature of the party was a sharing of Christmas memories and stories. Donna McInnis shared an illustrated book of Christmas Carols used by her family, as they awaited the arrival of their long distance family.

Beverly Carlsen brought in the Danish candleholders used on her family Christmas tree. And Rosalie Smith shared a humorous Christmas song, 'The Out of Control Turkey', by Jack Prelutsky.

Each table collaborated on decorating a styrofoam snowman and glass Christmas ornament, while enjoying a tasty spread of Christmas sandwiches and sweet treats.

Local musical group Cardinal Points (Brian Bright, Edith Steffens, Mike Forhan and David Murray) entertained with Christmas music and led the audience in the singing of carols



Some of the magical moments created by Seniors Association members at their Christmas social. More pictures on page 2.

and some well-known holiday favourites.

In the spirit of Christmas giving, members donated three boxes of non-perishable food items and cash donations to the St. Margaret's Bay Food Bank.



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

Our monthly meetings are open to anyone, and are free.

Thursday, January 21 - 2 pm,
Shining Waters Marina: Syria
Allan King, a retired teacher from Sir John A. MacDonald High School, will speak on the history of Syria, about his travels and family visits. He will provide an update on the Bay Refugee Project.

Thursday, February 18 - 2 pm
Shining Waters Marina:
Fraud Prevention

Det Cst D. Lambert of the Integrated Financial Unit HRP/RCMP will give tips on how to protect yourself from fraud.

New fitness classes

A low-impact aerobics-style fitness class is starting January 15, and will run each Friday at 10 am. Classes will be held in the Bay Community Center at 11 Station Rd., Head of St. Margaret's Bay. Pre-register by emailing social@bayseniorgca or by calling the Seniors Information Centre at (902) 820-3334.

Tai Chi classes resume

Tai Chi Classes resume January, 25, 10:00 am at Shining Waters Marina. The fee is \$25 per person for an 8 week session.

If you want to see if Tai Chi is right for you, come to the first class for free and try it out. Please pre-register by emailing taichi@bayseniors.ca or by calling the Information Centre at (902) 820-3334.

More pictures from the Association's Christmas social. Above, Donna McInnis talks about her book of illustrated carols, and Cardinal Points provide musical entertainment. Below (L-R) Brian Bright, Mike Forhan and David Murray of Cardinal Points.



Julie Stover joins Seniors Association

Julie Stover has been appointed as part-time communications coordinator for the Seniors Association. Julie brings a great deal of knowledge and experience in community development



and the collaborative process. She is keen to help the Association increase its profile and the level of community engagement.

Julie has lived in the Bay area for 12 years.

Her appointment has been made possible through funds from the Bay Treasure Chest.

NEED SOME TIPS TO BEAT MEMORY LOSS?

Are you noticing that your memory is not what it used to be?

You might be interested in a memory training group being offered by the province. To qualify, you must:

- live in HRM
- be having more memory problems than others your age
- not have been diagnosed with Alzheimer's or dementia
- want to learn tips for dealing with everyday memory challenges

The group can help you remember names, dates and medications. It involves ten weekly 2-hour sessions. Compensation is available for travel and parking expenses.

To see if you are eligible for the project, or for more information, call (902) 464-3434.

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.