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something for all

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Something for everyone at Bay Expo '17: still time to be exhibitor

One of the biggest community events of the year is just a few weeks away. Bay Expo 2017 will be held at the Estabrooks Community Hall on Saturday, May 27.

There will be a silent auction, book sale, flea market table, games and activities for kids and lots of great food to tempt everyone's taste buds.

This will be the first time this annual event has been held at the [Estabrooks Community Hall](#).

The exhibitor and vendor hall will be the biggest we've had, giving plenty of space to showcase the wide range of talents, services and products around St Margaret's Bay. Whatever your needs or



interests, you'll find something of interest at Bay Expo 17.

We are still accepting exhibitors and vendors. Contact Carol at caevans@bellaliant.net.

Don't miss this chance to showcase your offerings alongside the best the Bay can offer.

Join us on [Facebook](#) to stay up to date with the latest info. The Estabrooks Community Hall is located at 4408 St. Margaret's Bay Road in Hubley. The event runs from 11 am to 3pm.



The kids' corner was a big attraction last year.

Volunteers needed

Any Seniors Association members willing to help at the event should contact Carol Evans at caevans@bellaliant.net

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.



Halifax and our Navy remembered as lifeline to Allies in WWII

The Battle of the Atlantic was a featured topic at our April meeting.

Commander (Retired) Patrick Charlton (right) recounted how the Canadian navy grew from six destroyers to more than 400 ships.

The Battle of the Atlantic was a war over the delivery of goods needed in the fight against Germany in WWII.

One million tons of supplies were needed by the Allies, every week, to sustain the war effort. The majority of those goods were transported across the North Atlantic via convoys of merchant ships.

HMCS Sackville (top) was one of 122 Canadian-built warships that escorted the convoys, trying to keep them safe from German U-Boats.

HMCS Sackville supported 30



convoys, survived an attack, and disabled two submarines.

This symbol of bravery, hardship and sacrifice can be visited at the Maritime Museum of the Atlantic on the Halifax waterfront.

Shopping? Don't miss the bus

The Seniors Grocery Bus continues to serve our community. Participants are picked up at their homes and delivered to local grocery stores. This service is free. The bus runs on Tuesdays and alternates between Sobeys and Superstore. Book a ride through the Seniors Information Centre at 902-820-3334.

Upcoming Events

Homes and gardens feature at May meeting

May meeting – Thursday, May 18, Shining Waters, 2 pm. Jackie Farrow will start the meeting with a short presentation about her development of townhouses suitable for seniors at the Crossroads.

After that, gardening expert Claudia Llewellyn will share some tips, with an emphasis on homegrown fresh vegetables and planting your own flower baskets or planters.

There will be a limited number of lovely gardening books as door prizes.

Facebook Class for Seniors - Wednesday, May 10, Tantallon Library, 10 am - 12 noon.

Have you wondered how to get started with Facebook? Or to take more advantage of the communication possibilities of Facebook? Join library staff for a free introduction to Facebook, including a hands-on demonstration. If you already have a Facebook account, bring your login and password. If you don't have an account, come prepared with your email password and we'll help get you set-up. Laptops are provided. Class is limited to 10 people. Register by calling 902-826-3330, or drop by the Library Information Desk.

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.

Bay seniors' suggestions included in housing plan for Tantallon

Back in January many of you responded to our Housing Survey with suggestions about housing for seniors around St Margaret's Bay. Some of the results of that survey have been included in a 100-unit housing development proposed for the Crossroads in Tantallon.

The proposal features a mix of commercial and residential units behind the Acadian Maple facility on Peggy's Cove Road.

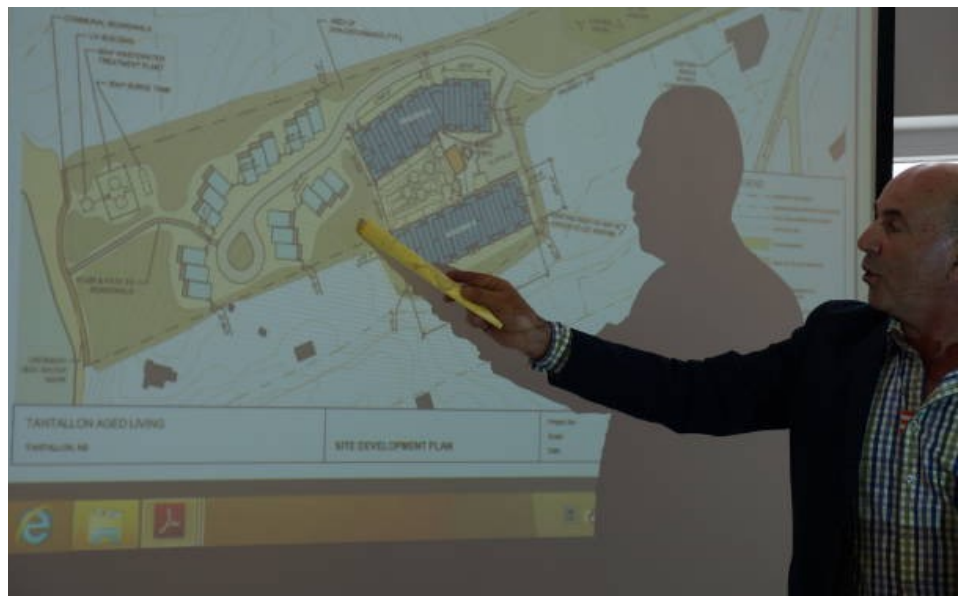
Halifax-based developer Joe Arab talked about the project and showed the plans at our April meeting. The residential units would be available for rent.

Mr. Arab is proposing a development that will take place in two phases:

- Phase 1 will include the first residential apartment building and the commercial complex,
- Phase 2 will include the second residential apartment building and a number of town houses.

Plans have not been finalized, or approved by HRM, but include the following components:

- Parking beneath the residential buildings;



Halifax property developer Joe Arab runs through his plans for a residential and commercial development in Tantallon.

- A gym, common gathering area and indoor pool;
- Accessible, one-level units and elevators in each building;
- Most units will be 2 bed/2 bath, with a limited amount of 3 and 1 bedroom units. 1 and 2 bedroom units will each have a den;
- Each unit is expected to have a balcony;
- Each unit will have a fridge, stove, dishwasher, microwave and washer/dryer;
- 2 bedroom units are expected to be approximately 1200-1500 sq.ft.;
- Rent is expected to be approximately \$1200-\$1600 per month (heat and hot water included).

The process is in the early

stages. Future stages will include the creation of a development agreement and public consultation.

Seniors Association members are encouraged to attend the public consultations, when they are announced and voice their opinions on this project.

If you want to know more about the project, or be put on the developer's 'priority list,' please contact [Julie Arab](#).

Advance notice: June BBQ

Our June meeting will be a BBQ.

Hamburgers, sausages and a meat alternative will be provided by the Association, but members are asked to bring salads and desserts to share with the group.

The pot luck lunch starts at 1 pm.

The BBQ will be held at Shining Waters Marina.

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Sir John A students offer muscles and brains to help seniors

Students of the Leadership Class from Sir John A MacDonald High School are required to do community service to meet course requirements. These students are offering two services to Seniors Association members:

Spring Yard Work

The students are keen to help on May 6 (May 13 rain date). Suggested activities are:

- Raking lawns and cleaning up winter debris
- Turning over a garden plot
- Moving soil, mulch or gravel
- Emptying a garden shed and rearranging for summer

Remember that students may be unfamiliar with the finer point of the tasks and may require your guidance and example. Our suggestion is to take an apprenticeship approach to ensure students understand exactly what you expect.

Computer Skill Assistance

The students will help you get the most of your computer or electronic device. Participants can bring their own laptop/device, or use the computers at the school. The session(s) will be held at Sir John A school in May at 4 pm (date to be confirmed).

Registration is required for both activities. Please contact the Info Centre at 902-820-3334 or informationcentre@bayseniors.ca

News from our partners

Personal wellness profile is first step towards a healthier life

Do you want to get healthier, but don't know where to start? Want to understand your cholesterol and blood sugar levels, or your body fat percentage? Our partner organization Chebucto Community Health Team offers a range of programs and services to help people be the healthiest they can be.

Here are some current programs you might want to check out.

Personal Wellness Profile Program

This program aims to give you a snapshot of your health today. You will complete a lifestyle survey and have various health readings taken. You will be able to review a personalized report that lets you know how you are doing in nine health areas and find out your 'health age'.

Wednesdays: May 10 or 24th from 8.30 - 11.30 am, Community Wellness Centre, Spryfield. To register for this program or to learn more about other programs and services please call 902-460-4560 (option 2).

Wellness Navigation Service

This service gives people the opportunity to meet one-on-one with a wellness navigator who can support them to find and access helpful community or government resources.

Wellness Navigators are available to all community members and can meet, confidentially, at the Info Centre. To book a time to speak with a navigator, call 902-460-4560 (option 2).

Fat, sugar and salt session

Are you confused by the different things you hear about fat, sugar and salt? You are not alone. Come learn the real science on these nutrition topics from members of the Community Health Team. Wednesday, May 17 1.30 - 3.30pm, St. Margaret's Centre.

To register for these programs, call 902-460-4560. More information can be found at www.communityhealthteams.ca.

Share your news and views in our newsletter

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

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