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## Bay Expo draws another big crowd

More than 500 people saw some of the best the Bay can offer at the 4th annual Bay Expo.

The event had something for everyone. In its short history it really has become a showcase of the best businesses, organizations and services within our community.

There were 42 vendors at this year's event which, for the first time, was held at the Estabrooks Community Hall in Lewis Lake.

There was ample opportunity for visitors to chat with the exhibitors, take part in the silent auction or buy a book. Children were entertained with games and face-painting. And no-one went hungry, thanks to Delish Fine Foods.

We want to extend a heart felt "thank you" to the many volunteers who helped to make the 2017 Expo a success. There



*Some of our volunteers at Bay Expo. We have more Expo pictures in a special gallery on page 3.*

were 34 volunteers from the Seniors Association, 16 volunteers (and 1 teacher) from Sir John A MacDonald High School and 15 Cadets.

The Expo is a great example of the community working together for the common good.

## Make a date for our June BBQ

Don't miss our June 15 meeting. It's BBQ time. The meeting takes the form of a potluck lunch. Hamburgers, sausages and a meat alternative will be provided by the Association. Please bring salads and desserts to share with the group. Lunch starts at 1 pm at Shining Waters Marina. Bay Grandmothers will provide the entertainment.

*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.*



## You don't need a garden to be a successful gardener

Our May meeting saw a presentation by Karen Llewellyn (above) and Claudy Levy from the St. Margaret's Bay Gardening Club.

The focus was on container planting. We learned that you can grow almost anything in a container, and that almost anything can be a container.

The important basics of container gardening include:

- Having containers that can hold soil and enable drainage.
- Having good soil – splurge for the best you can afford.
- Picking the right seeds. Some are developed for use in containers.

When planting a container of flowers, many people follow “thrillers, fillers and spillers” – the thriller (tallest) plant goes toward the back of the container, the filler covers the

remaining space and the spiller cascades over the side.

Herbs are best kept close to the kitchen. Herbs and flowers, or herbs and veggies, can often be planted together.

Do you have an unusual container planter? Send your pictures to [chantal@bayseniors.ca](mailto:chantal@bayseniors.ca) and we'll post them on our Facebook page and potentially in our newsletter.

### Help Wanted

Please contact the [Info Centre](mailto:info@bayseniors.ca) if you know of any summer students, or other casual workers, who do yard work, garage cleanups, etc. The Info Centre (902-820-3334) is collecting names so we can pass contact information to others who may be looking for some casual help.

## Upcoming Events

### Don't miss our summer BBQ

**June meeting – Thursday, June 15, Shining Waters, 1 pm.** Instead of our usual format, the meeting will take the form of a potluck BBQ. Please bring salads and desserts to share. Entertainment by Bay Grandmothers.

**Please note there will be no monthly meetings in July and August. We hope everyone has a fun, and safe, summer.**

**Tai Chi will take a break over the summer months.**

**Aerobics will only be held on Wednesdays during the summer months.**

### Sign up now for Bluenose, Tattoo and gardens trips

The Seniors Association will offer members three exciting excursions this summer/fall.

**Nova Scotia International Tattoo** and snacks at Freeman's Pub – Friday, June 30

**Annapolis Royal** – a chance to visit the historic gardens – Saturday, August 19

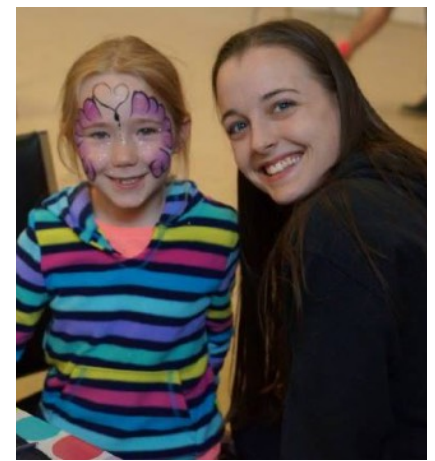
**A sail on Bluenose 2** – Sunday, September 24.

Reservations are required for each excursion. Email [excursions@bayseniors.ca](mailto:excursions@bayseniors.ca) or call 902-820-3334 for more information.

For more information about any of the topics in this newsletter, visit our website [www.bayseniors.ca](http://www.bayseniors.ca) or contact the Seniors Information Centre: email [info@bayseniors.ca](mailto: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 Expo 2017 Picture Gallery



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## Are you ready to be a radio star?

Could you be the next CBC Information Morning Community Contact? The Community Contact feature is a conversation about something or someone that answers the question, “what are people talking about in St. Margaret’s Bay?”

The feature is done live, on the air at 6.10 am (you need to be an early riser).

Contacts must have lived in the community for 5 years. The producers are looking for people who are well spoken and would have the confidence to speak on the radio.

Contact [Chantal](#) if you are interested in this exciting volunteer opportunity.

## Become part of the Lunch Bunch

The Seniors Association and the Tantallon Superstore have partnered to offer a series of cooking classes for our members. Two dishes will be prepared at each session - and participants get to eat them for lunch.

The series starts on Friday, June 9 from 12 noon - 1 pm in the Community Room (second floor). The class is \$10, and each participant receives a \$10 gift card to Superstore. You need to register at the Customer Service desk (902-826-3190) 24 hours before the class. Classes will be held at the same time on the second Friday of each month.

News from our partners

## Activate your day: try some baby steps towards a healthier lifestyle

Regular exercise is beneficial for your health for a variety of reasons: it helps manage stress, improves energy levels and decreases the risk of developing chronic health conditions. It is almost equally important to decrease your time spent sitting.

At the Community Health Team, we challenge you to take small steps to “activate” your day: identify times when you would usually be sedentary, and find a way to incorporate some activity. You could activate your time watching TV by taking a walk around the house during commercial breaks, or while talking on the phone. You could park farther from the door to the grocery store, or take the stairs instead of the elevator.

It’s a good idea to check in with your doctor to make sure you are safe to incorporate more activity in your life.

These tips may make choosing activities easier:

- Choose something you enjoy and will look forward to.
- Always include a warm-up and a cool down. (To ensure you don’t stress your cardiovascular system too much).
- Hydrate before, during, and after exercise, especially if exercising in heat. Wear a hat and apply sunscreen.
- Start slow and build up. Your physical activity goals should be realistic so you can feel good about your success and build on it.
- Monitor your signs and symptoms. Exercising is beneficial, but you have to make sure you are listening to your body during exercise. If you are feeling nauseous, lightheaded, have chest pain, abnormal shortness of breath or pain, reduce the intensity of your exercise until you discuss the symptoms with your doctor.

Want more information on how to be active or find out about physical activity resources in your community? Give us a call today at 902-460-4560 ext 2.



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