



IN THIS NEWSLETTER

Bay Expo: report and pictures

Speaker recalls tales of the Titanic

Volunteers needed for aging project

Don't miss our pot-luck and BBQ

Bay Expo 'best and biggest yet' say organizers

This year's Bay Expo was the biggest and best yet. The annual event is hosted by the Seniors Association of St. Margaret's Bay

Around 500 people enjoyed the Expo, making it the best-attended in its five year history.

Expo chairperson Carl Breckenridge described Bay Expo as "a chance for everyone in the community to get together, enjoy some fun and get to know the supportive businesses and organizations we have in our community."

Some new features proved to be particularly successful, especially the animal petting pen from Hatfield Farms.

Returning activities including games for kids, silent auction,



book and jewelry sale, and a flea market.

Delish Fine Foods ensured that no one left hungry with their offerings of sausage rolls and other tasty treats.

"We were thrilled with the response from the local business and non-profit community," says Carl Breckenridge.

Please contact the Bay Expo Organizing Committee at bayexpo@bayseniors.ca if you would like to be a

We have a special photo feature on page 2, with more pictures from Mike Maher and Paul Viau.

vendor at the 2019 Expo. Businesses and organizations are encouraged to register early.

Bay Expo would not be possible without the support from local organizations, and especially from the Bay Expo volunteers. We thank them all for their continuing support.

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.

Guess who we saw at Bay Expo! Just some of the folks having fun at this year's event



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.

Volunteers needed Older adults needed for research project

Volunteers are needed for a research study on Aging in Place. Dalhousie University is looking for volunteers to participate in a research study exploring the needs of older adults wishing to remain at home when they experience health or functional decline. Volunteers need to be over 60. Contact Elaine Moody at 902-580-4432 or email elaine.moody@dal.ca for more information.

The Aviation Museum is looking at improving accessibility. They are offering free access in exchange for comments on accessibility. Contact Patty King at info@bayrides.ca.

Free workshops offer new take on retirement

Registration is now open for the [Redefining Retirement Program](#) workshops.

The workshops are free, but you do need to book a place (for details, see ad below).

Participants will evaluate their skills and passions and find ways to match their interests with the needs of their community.

The program is supported by NS Department of Seniors.

The workshops will be held at the Tantallon Library.

With nearly 30% of our population estimated to be over 65 by 2025, the idea is to engage older adults and allow them to continue to contribute strongly to the economy.



Meet SAM, our new Seniors Association Mascot. Thanks to Carol Evans and Rowena Morrison for giving him this new role.

Three free ways to better health

The Chebucto Community Health Team is hosting three free programs:

Be Good to your Gut. Learn the role of your gut bacteria, and how to feed your gut for good health. Friday, June 15, 10 - 11.30 at the St. Margaret's Centre.

Understand Pain. Looking at some of the changes that can occur with chronic pain. Tuesday, June 19, 6.30 - 8.30 at the Tantallon Library.

Affordable Fitness. Learn ways to be physically active with little, or no, cost. (A physical activity screen is required). Monday, June 25 6 - 8 pm, Lakeside Community Centre (1492 St. Margaret's Bay Road). Please register for these FREE sessions by calling 902-460-4560 ext.2 or visiting www.communityhealthteams.ca.



Redefining Retirement

Finding Purpose, Passion, and Connectedness as an Older Adult.

Participant Workshops

All workshops held at the Tantallon Library
3646 St. Margaret's Bay Road, from 1:30pm-4:30pm

Thursday, June 21

Thursday, July 12

Thursday, August 9

Thursday, September 13

To register: Web: www.redefiningretirement.ca
Email: connect@redefiningretirement.ca
Phone: (902) 877-7683

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

Pot-luck and BBQ

**Annual pot-luck and BBQ –
Thursday, June 21 at
Shining Waters Marina.**

Our Annual pot-luck and BBQ will be held on Thursday, June 21. The Bay Grandmothers will be leading us in song and helping everyone welcome the summer with the sweet sounds of days gone by.

Something to share?

We want to hear from you. Send your submission to chantal@bayseniors.ca

Speaker recalls Halifax links to Titanic disaster

At the Seniors Association May meeting, Deanna Ryan-Meister, president of the Titanic Society of Atlantic Canada, spoke about the Halifax connections with the ill-fated ship.

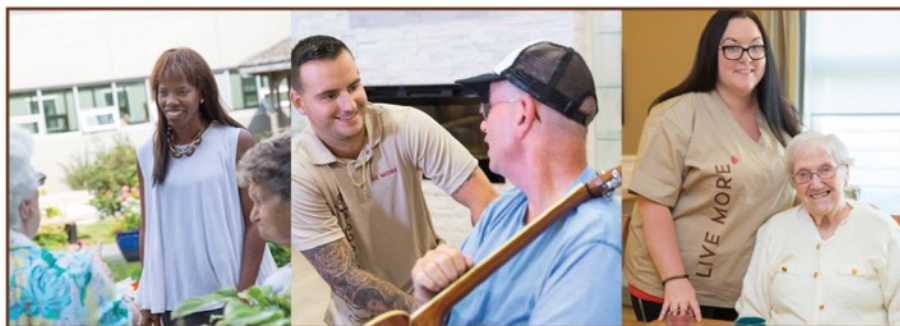
RMS Titanic left England on April 10, 1912 for her maiden voyage. She was said to be unsinkable. But on April 14 she hit an iceberg off Newfoundland. One thousand five hundred passengers perished. One hundred and fifty

unclaimed victims are buried in Halifax cemeteries, including the Unknown Child in the Fairview Cemetery. Clifford Crease, of Halifax, has been credited with finding the child during a recovery mission, and it's believed he placed roses on the baby's grave every year until his own death.

While the identify of the Unknown Child has since been discovered, the family has chosen to maintain the monument, as it represents all children lost in the disaster.

More information regarding the Titanic can be found through various sources including the [Titanic Society of Atlantic Canada](http://www.titanicsociety.ca) and [Titanic in NS](http://www.titanicns.ca).

NOW HIRING



Northwood is hiring in the Chester – St. Margaret's area! There are currently a number of positions available for Personal Care Workers, Continuing Care Assistants, Home Support Workers and more. There are many flexible options:

Northwood Home Support:

- Permanent full-time
- CCA certification & reliable vehicle required
- Guaranteed hours
- Work 1/3 weekends

Northwood Health Services:

- Casual hours with many flexible options
- Assistance in obtaining your CCA

FOR MORE INFORMATION

Visit: www.northwood.care
or contact: (902) 454-3369.

ABOUT NORTHWOOD

Northwood is a full spectrum health, lifestyle and continuing care organization for people at all ages and stages of life. As a not-for-profit, we re-invest our surpluses back into a system of care that helps our community *live more*.

We play a key role in shaping the future of continuing care by participating in the community at large, and fostering opportunities to share knowledge and partner with others. We are a team of professionals that work together to develop dynamic solutions.

JOIN OUR TEAM NOW!

Stride or ride for a good cause

The Bay Grandmothers invite you to walk or bike the St. Margaret's Bay Trail on June 23 in support of the Stephen Lewis Foundation.

(www.stridetoturnthetide.ca).

All ages are welcome to walk or bike 2km, 5km, 10km or any other distance. All proceeds go to the Grandmothers to support African grandmothers and the orphans in their care.

There will be entertainment, prizes and a BBQ in front of Redmonds from 11 - 2.

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.