



#### IN THIS NEWSLETTER

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How to get your wellness profile

## Focusing on what matters to seniors

Welcome back after the summer break. As our attention switches from summer to Fall, it's a great time to re-focus on some of the issues that are top-of-mind for seniors: health and wellness, relationships, and community engagement.

If you want to stay healthy, keep active, make a contribution and meet new friends, our Fall calendar has something for everyone.

Let's start with health and wellness. Our September meeting gives you a chance to find out how to get a personal wellness profile. Members of the Chebucto Community Health Team will be on hand to explain how this snapshot will help you understand your current health, and suggest ways you can improve your health.

In addition to our monthly



meeting on September 14 (see page 2) the team will deliver sessions on September 19 and 26 at the Tantallon Library, 9 -11 am.

How about getting, or staying, fit and healthy this fall? There are so many things to do in our area. You could go walking the Rails to Trails, perhaps consider Nordic Walking, or check out the many activities at the St. Margaret's Centre. You'll

find a list of options in the Seniors Association Calendar in the Masthead News.

The Seniors Association organizes aerobics and tai chi classes at the Bay Community Centre, 11 Station Road.

Aerobics classes are on Wednesday and Friday mornings at 10 am. (\$2).

Tai Chi classes (pictured) run 10 - 11 am on Mondays.

To register, please email [taichi@bayseniors.ca](mailto:taichi@bayseniors.ca).

*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.*



***The Grocery Shuttle was in full swing all summer long. Our picture shows participants and volunteers enjoying some refreshments and social time after their shopping at the Superstore. Contact the Seniors Info Centre if you, or someone you know, would like more information on the Grocery Shuttle.***

## Putting the spotlight on arthritis

September is Arthritis Awareness month. Check [www.arthritis.ca/NS](http://www.arthritis.ca/NS) for information on presentations taking place during the month. Arthritis affects 1 in 4 Nova Scotians (that's 212,000 of our family, friends, neighbours and children). 'Arthritis' refers to more than 100 related conditions affecting people's joints.

### Share your stories

Is there something you would like to share with SASMB members? Send your submissions to [chantal@bayseniors.ca](mailto:chantal@bayseniors.ca)

## Info Centre - your community resource

The Seniors Info Centre will be open its regular hours during the fall and winter: Tuesdays and Thursdays from 10 am - 2 pm.

The Info Centre is located at 5181 St. Margaret's Bay Road. Contact us by [email](#) or call 902-820-3334.

## 55+ Games

[The 55+ Games](#) take place at Lunenburg County Lifestyle Centre from September 14-16. Registration has closed, but we encourage you to go and cheer the competitors. The theme is 'fun, fitness and friendship'.

## Upcoming Events

### How to get a wellness profile

**September meeting – Thursday, September 14, Shining Waters, 2 pm.**

Join us for our first meeting following the summer break. The Chebucto Community Health Team will be joining us. They will be presenting on the Personal Wellness Profile program, which is a health assessment that gives you a snapshot of your health. This meeting will be a great chance to catch up with friends you haven't seen since our June potluck. See you on the 14th

**October meeting - advance notice.**

The October meeting will feature local author, Sarah Sawler, and her bestselling book 100 Things You Don't Know About Nova Scotia.

## Don't miss out on Seniors' Week

The first week of October is Seniors Week.

The NS Department of Seniors is kicking off Seniors Week with a range of programs that include the role of older adults and the impact they can have on their communities, and making connections across generations.

Visit <http://tinyurl.com/y9mxtv9b> for a full list of events.

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.



# Rain doesn't dampen joy of trip to historic gardens

## Excursion to Annapolis Royal, August 19

Words and pictures by Bob Angus

The rain poured down throughout the whole drive, but our diligent bus driver, Mike, made sure we arrived safe and sound.

The weather gods were smiling on us and the rain stopped just as we arrived at the gardens.

We had an amazing guide who provided an historical account of the area.

His knowledge of the different plants and flowers in the garden was exceptional and he answered

everyone's questions easily.

The rain started up again and encouraged us all to seek shelter and sustenance in local restaurants and cafes.

We had full bellies and happy hearts as we returned to the bus and left the driving in the rain to Mike, our experienced driver.

A wonderful day, which left us all looking forward to the next Seniors Association excursion.



*Within the 17 acre site, historically themed areas tell the story of Nova Scotia settlement from an agricultural and horticultural perspective, showcasing gardening methods, designs and materials representing more than four hundred years of local history.*



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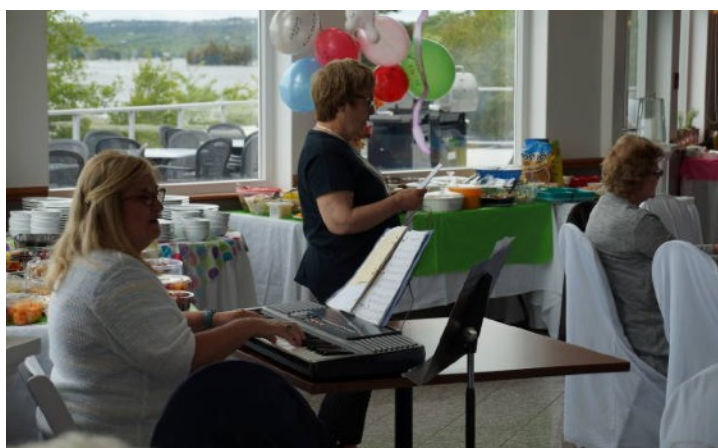




## Pot Luck and BBQ: Special Photo Feature

The June Pot Luck and BBQ was a great success. It was wonderful to see so many people enjoying the shared food and the entertainment by the Bay Grandmothers, who led us in remembering some of the songs from days gone by.

Thanks to Shining Waters for cooking our BBQ food, and to members of the Seniors Association and friends for bringing so many tasty contributions.



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