



IN THIS NEWSLETTER

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## It's handy and fun: don't miss out on grocery bus service

In partnership with Bay Rides, Bay Seniors provides a weekly Grocery Bus Service. It's a great service - and a great chance to be of service in our community. We need volunteers.

The Grocery Bus picks up shoppers on Tuesday mornings from communities as far apart as West Dover and Queensland, drives them to Sobeys or Superstore in Tantallon, then returns shoppers and their groceries back home.

This service has been running since September 2016, and provides an essential resource in our community.

Those who don't drive find it particularly helpful. Some have said it means they can continue to live in the Bay. Others say the service relieves their dependence on family, friends and neighbours.

Those who have impairments are glad to have volunteers to help.



We'd love to hear from anyone who would like to be a helper.

Our volunteers are essential in helping run the program.

Volunteers arrive at 9.15 am to greet shoppers and then accompany shoppers in the store, giving whatever help is needed, like finding products or lifting items off shelves.

The two and a half hour commitment includes a social gathering with coffee, tea and refreshments provided by the grocery stores.

For more information on the Grocery Bus Service, or to

***Our second summer excursion took us to the Maritime Museum of the Atlantic. Here, we get a close up view of an enormous lighthouse lantern. For years, this brilliant light shone across the waters helping guide vessels safely to port. We have a report and more pictures on Page 3***

volunteer, please contact the Seniors Information Centre by phone at 902-820-3334 or email us at [centre@bayseniors.ca](mailto:centre@bayseniors.ca).



***Bay Seniors encourages members to stay active, and offers affordable fitness classes for members of the Association. Classes are carefully designed for seniors, and the exercises are low impact and can be performed at your own pace. We try to include a welcoming and sociable atmosphere. See the events section on the last page of this newsletter for details of tai chi and aerobics classes.***

## Property tax rebate can put up to \$800 back in your pocket

The Nova Scotia Property Tax Rebate for Seniors can help with the cost of your municipal residential property taxes. You can receive 50% of what you paid on last year's property taxes, up to \$800, if you qualify for the rebate. Applications for the property tax rebate must be filed before Dec. 31.

To qualify for the rebate, you need to be 65 or older in 2019 and meet all of the following criteria:

- have paid your 2018 municipal residential property taxes in full
- lived at the property as your primary residence in 2018
- receive or are eligible to receive the Guaranteed Income Supplement (GIS) or the Allowance from Service Canada.

If you're not receiving the GIS or the Allowance, you can check with Service Canada at 1-800-206-7218

or at the Service Canada office, 6206 Quinpool Rd, Halifax to see if you're eligible.

More information and application forms are available at <https://beta.novascotia.ca/apply-property-tax-rebate-property-tax-rebate-seniors> or through the Seniors Information Centre: 902-820-3334 or email [centre@bayseniors.ca](mailto:centre@bayseniors.ca).

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

## Photo contest celebrates aging

Community Links invites photos that depict some aspect of aging well, such as active living, social interaction and community involvement among older adults in Nova Scotia (age 55+). We encourage photos that celebrate the diversity of our population.

To submit a photo, or for more information email [intern@nscommunitylinks.ca](mailto:intern@nscommunitylinks.ca) or call 902-422-0914 or 1-855-253-9355. Please include 'photo contest' in the subject line. People in the photo must agree to have their photo taken and used by Community Links in its publications. Visit [www.nscommunitylinks.ca/aging-well-calendar-photo-contest/](http://www.nscommunitylinks.ca/aging-well-calendar-photo-contest/) for a copy of the photo release form. Photos taken at public events do not require release forms.

## 211 - a wealth of info to help you

211 is a free, confidential information and referral service that can connect you to thousands of programs and services offered by local community groups, non-profits and government departments across Nova Scotia. The service helps Nova Scotians by reducing the frustration of trying to find the right community or social resource across multiple sources.

211 is available throughout the province – 24 hours a day, 365 days a year – by dialing 2-1-1 to speak to a staff member, by searching the easy-to-use online database at [www.ns.211.ca](http://www.ns.211.ca), or texting 211.

**Another emotional moment, as we learned about the horror of the Halifax Explosion, and the remarkable rescue and recovery efforts that followed. Our guide around the Museum of the Atlantic was Jill Durkee (in blue shirt).**



## Smiles, tears and memories as we tour Museum of the Atlantic

The second of the Bay Seniors Summer Excursions was to the Maritime Museum of the Atlantic. Coordinator Adrienne Duperly shares her story of the eventful day:

*Museum tour guide, Jill Durkee, began our tour in the port warehouse, a reminder of an operation which traded all manner of equipment and supplies to seamen and wayfarers, and which existed for a century.*

*We got another reminder of our maritime heritage when we got the chance to view an enormous lighthouse lantern, painstakingly rebuilt from the original. The original had once shone brightly across the waters, helping usher sailing ships safely into port.*

*We learned the story of William Hall, the first black person and the first Nova Scotian to be awarded the British Empire's highest award for bravery, the Victoria Cross. That was for his role as a gunner in the siege of Lucknow, India, in 1857.*

*And then we saw a display that brought us to tears... the shoes of the unknown child. The pair of leather shoes belonged to a young victim of the Titanic disaster. The body of the child, thought to be about two, was buried in Fairview Lawn Cemetery.*

*The sinking of the Titanic brought up particular memories for one member of our party, Karen Slayter. The picture and caption on the right tells that story.*



**Family memories at the Titanic display: Bay Seniors long time member Karen Slayter (above) remembering her husband's great aunt, Hilda Slayter. Hilda was the only person from Nova Scotia who survived the disaster. After her ordeal, Hilda lived most of her life in England with her husband and family. She only returned to Halifax in death, her body being repatriated to lie in the family plot at Camp Hill in 1965.**

\*\*\*\*

Before heading for home, our party tucked into a Chinese lunch that included tea leaf readings by Adrienne, and a chance to laugh over the futures set out for us in our Fortune Cookies.





***Paying it forward: the Sir John A team prepare a meal for children and parents at the IWK's Ronald McDonald House.***

## Student Expo volunteers find good use for their cash reward

Every year, the Bay Expo relies on the support of volunteers to keep the expo running. For several years now, we've been grateful for the smiling faces and helping hands of our volunteer students from Sir John A Macdonald to help with the set up and tear down on the day of the expo.



***The team (clockwise from top left) Aya Nakamoto, Sarah Publicover, Jenna Dockendorff, Riley Skinner. They're in Health and Human Services 12 class.***

As a thank-you to our youth group volunteers, coordinator Beverly Carlsen awarded each group \$100 from the Seniors Association to put toward their organization. Tabitha Bainbridge and her class decided they wanted to take their \$100 and pay it forward. So they volunteered for a second time at the IWK's Ronald McDonald House.

The students bought groceries and then prepared a meal for families with children either staying at IWK or having appointments there.

Tabitha says she was thankful that Beverly 'made' them take the money, because it gave them the opportunity to be of even more service in our community.

## Help needed for October election

Would you like to play a part in the upcoming Federal election in October?

Making sure the voting process runs smoothly is a massive undertaking for Elections Canada. And you can play a part.

Elections Canada is recruiting now for a variety of roles within the election process.

To find out more, or to volunteer, call 1-800 463 6868.

## Share your stories with others

We want to hear your stories. It can be anything: your life in Nova Scotia, how you met your significant other, the pre-retirement life you led - and everything in between.

If an incident amused or inspired you, it will probably amuse or inspire others.

Members are encouraged to share their stories (using your name is optional) by emailing Communications Coordinator Monique Glover at [monique@bayseniors.ca](mailto:monique@bayseniors.ca).

## Food and mood

The Community Health Team invites you to join them to explore how healthy eating can support mental well-being. The event is at Tantallon Public Library on Wednesday, September 11, 1 - 3 pm. Call 902-460-4560 (option 2 for Chebucto) or register at

[www.communityhealthteams.ca](http://www.communityhealthteams.ca)



*Saturday night in the Bay: Halina St James*



*Feeding chickadees: Bob Angus*



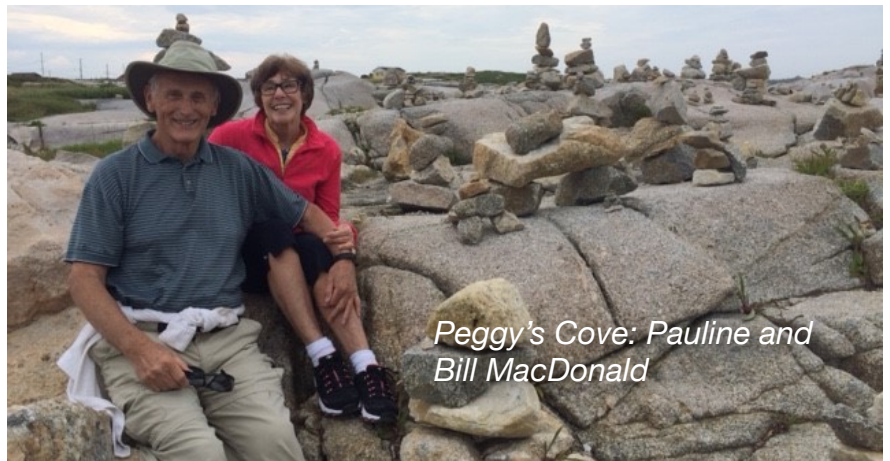
*Red Arrows air show: Rick Chapman*

# THE BAY IN FOCUS

**Our members  
share summer  
memories of life  
around the Bay.**



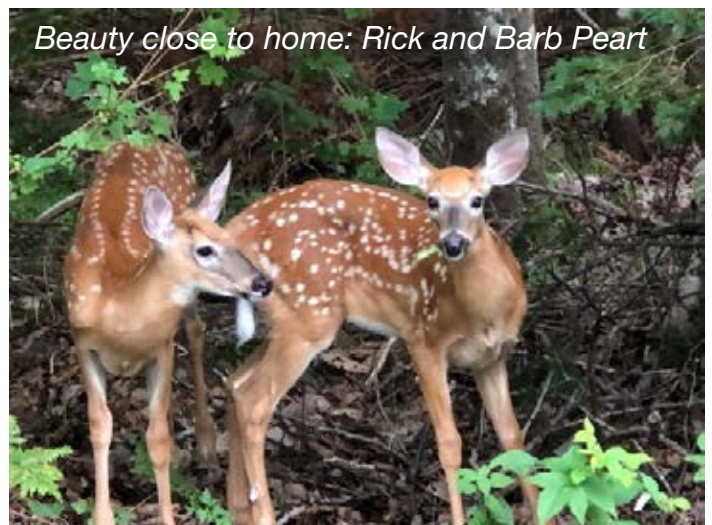
*Hubbard's Market: Susan Bagley*



*Peggy's Cove: Pauline and Bill MacDonald*



*Polly's Cove hike: Donna McInnis*



*Beauty close to home: Rick and Barb Peart*

## Association Events

### Gut health

**Thursday, September 19 at Shining Waters (2 pm).**

Professor Tara Perrot (Dalhousie Un.) will offer tips for maintaining gut and brain health. Superstore dietitian Edie Shaw will talk about what we can eat to improve gut health.

### Tai Chi classes

**Mondays, 10 - 11.30 am (10 week session starts September 23) at St Nicholas Church Hall, Westwood Blvd.**

Tai chi is suitable for varying ages and fitness levels. A fee of \$25 for each 10 week session is payable on the first day. Register by September 16 at [fitness@bayseniors.ca](mailto:fitness@bayseniors.ca)

### Aerobics classes

**Wednesdays and Fridays, 10 - 11 am at Bay Community Centre, 11 Station Road, Head of the Bay**

Our classes combine rhythmic aerobic exercise with stretching and strength training routines. No registration required. Drop-in. \$2 per class. For info email [fitness@bayseniors.ca](mailto:fitness@bayseniors.ca) or call 902-820-3334.

There's a **chair aerobics class** for those with reduced mobility each Monday morning at the Seabright Legion from 12 noon to 12.45. That class starts again on September 9.

# COMMUNITY EVENTS

## The Bay Grandmothers

Tuesday, September 10, 7-9pm  
St Lukes United Church  
The Bay Grandmothers welcome anyone who has ever had a grandmother, to join them for a celebration of past achievements and a plunge into future efforts to assist grandmothers in sub-Saharan Africa who are raising their AIDS-orphaned grandchildren.

## Library Social

Every other Wednesday between 1 - 2.30 pm, starting September 11  
Tantallon Public Library  
Tantallon Public Library, in partnership with BayRides, is hosting a social gathering for adults in the library every other Wednesday afternoon. Coffee, tea and light refreshments will be provided - together with fun learning opportunities.

If you require a complimentary return ride from home to the Library courtesy of BayRides, please call to make arrangements. To register, call the Tantallon Library at 902-826-3330.

## Don't Hibernate...Participate

Monday, October 7, 1.30 - 3.30 pm  
St. Margaret's Centre  
Does your physical activity tend to cool off with the

temperatures? Join the Community Health Team to learn strategies to keep you exercising safely into the colder months. Call 902-460-4560 (option 2 for Chebucto) or register at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)

## Integrated Cancer Care

Thursday, September 19, 6.30 - 8 pm  
Tantallon Public Library  
Are you interested in learning how integrative naturopathic care can improve your cancer outcomes? Dr. Jeremy Hayman, ND will talk about how to safely support cancer outcomes through evidence based natural medicine.

## Action on climate change

Friday, September 27  
Halifax (location to be confirmed)  
September 27 will be world-wide day of action on climate change. Students are organizing school strikes. Seniors in St. Margarets Bay are encouraged to join the demonstration in Halifax. Organizers in the Bay are hoping to arrange for transportation. To date, the place and time of the demonstration have not been announced. Updates will be made available from the Seniors' Association.

*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. 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 [centre@bayseniors.ca](mailto:centre@bayseniors.ca) telephone 902-820-3334. The centre is located at Unit 1 - 5229 St. Margaret's Bay Road, Upper Tantallon, NS, B3Z 4R5. It's open 10 - 2 on Tuesdays and Thursdays.*