



St. Margaret's Bay Seniors Association  
Nova Scotia, Canada

# Newsletter

## 'Real void' in housing for Bay area seniors

Seniors' Association past-president Heather Cochrane has identified what she called 'a real void' in affordable, accessible housing for seniors around St Margaret's Bay.

Heather was speaking at a gathering to say 'thank you' to the volunteers who support the Association.

She said it was vital to continue to work for housing support for seniors that would allow them to stay in their own homes, or at least in their own community.

*Association president Doug Poulton (right) presents a certificate of appreciation to volunteer Rick Peart*



### **Candidates quizzed on housing issues**

The three candidates running in Chester-St Margarets in the provincial election took part in a forum organized by the St Margaret's Bay Seniors Association.

The audience at Shining Waters Marina on Peggy's Cove Road heard from Tim Harris for the Liberals, Janet Irwin for the Conservatives and Denise Peterson-Rafuse for the New Democrats. The event was moderated by Association president Doug Poulton.

*René Lavoie reports:*

All three candidates appeared to have a good understanding of issues affecting Seniors, and pledged to work in cooperation with the community in their search for appropriate solutions.

The NDP has developed a Housing Strategy during its first mandate and says it is looking forward to implementing it during a renewed mandate.

The Liberal candidate talked about two successful housing projects in the Chester area, and said the Bay area could adapt that model to tackle its own housing challenges.

The Conservatives will concentrate on the economy, jobs and small businesses, and health and education. They pledge to repeal the First Contract

### **You can help**

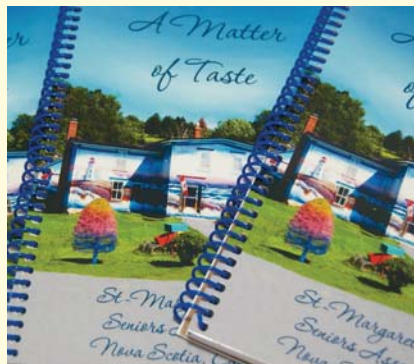
- Join the Association
- Support the events
- Become a volunteer

Call 902.820.3334

Arbitration legislation which they perceive as being a deterrent for small business and investors.

*St. Margaret's Bay Seniors Association is a not-for-profit registered society whose purpose is to provide housing and accommodation options and assistance for seniors, to represent the interests of seniors in the greater St. Margaret's Bay area, and to share in the development of wellness living for seniors in the area.*

# Cookbook now available



The cookbook compiled by members of the St Margaret's Bay Seniors Association is proving to be a big hit.

'A Matter of Taste' went on sale at a social event at Shining Waters Marina and immediately started selling like hot... cookbooks.

The books are packed with great recipes from some of the best cooks around the Bay. They make great birthday or Christmas gifts.

You can buy copies at the Seniors' Information Centre (next to Shoppers Drug Mart in Tantallon) on Tuesday and Thursday between 10 am and 2 pm. Or you can buy a copy at any of the monthly Seniors Association meetings.

## Play your part...

*You can join the association at any of our monthly meetings (see Future Events)*

*Visit our [website](http://www.bayseniors.ca) for information and resources (www.bayseniors.ca)*

*Call the Information Centre (902.820.3334). You can leave a message any time*

# Tai Chi is back by popular demand

*A tai chi class at Shining Waters Marina, Tantallon with instructor Cathy Weaver (4th from right)*



Tai Chi is catching on around St Margaret's Bay. Dozens of seniors have discovered the Chinese tradition of 'mediation in motion' in the last couple of years. And they love it.

Tai Chi is a graceful form of exercise that's used for stress reduction and a variety of health conditions. St Margaret's Bay Seniors Association, with the Taoist Tai Chi Society, set up an introductory course last year - and the response was amazing: too many applicants, too little space. The challenge for the association was to reduce class size, but keep the sessions affordable.

With the help of the Chebucto West Community Health Board's community development fund, we now have the funding for two sessions this Fall and Winter.

The Fall classes are full. But don't be put off. If you are wondering if this gentle form of exercise is right for you, drop by Shining Waters Marina on Monday mornings between 10 and 11.30 and have a look.

There will be more classes in the New Year.

Anyone interested should contact [Rowena Morrison](#).

## FUTURE EVENTS

Oct 17, 2pm Shining Waters Marina: Good eating and nutrition.

Nov 14, 2pm Shining Waters Marina: chair yoga and free flu shot clinic.



## Volunteers honoured at social event

The first event of our Fall season was a social at Shining Waters Marina to say 'thank you' to the volunteers who play such a big role in the activities and growth of the association.

In our picture, volunteer Beverly Carlsen receives a certificate of appreciation from president Doug Poulton.