



IN THIS NEWSLETTER

- Pictures from our summer excursion
- Make shopping fun with grocery bus
- Dietitian's tips on gut-friendly foods
- Social enterprise workshops announced

Get advice on healthy housing options

Need some help with age-friendly housing options? A meeting at Estabrooks Community Centre will examine creative and affordable options for healthy housing.

It will address the challenges that many people are facing regarding types of housing available in communities.

The program will cover a wide-range of housing solutions, including small-scale shared housing, co-ops, and small scale developments (including 'tiny homes').

The Symposium is on Saturday, October 13 from 9 - 4.30 at the Estabrooks Community Centre in Lewis Lake.

To register (required), or to learn more, please visit www.transitionbay.ca/events.



No shortage of fun on the Association's summer excursion to Sherbrooke Village. More pictures on page 2 of our journey back into 19th century Nova Scotia.

Shoppers say grocery bus is a winner

The Seniors Grocery Bus is growing in popularity. People who use the bus tell us that friendships are blooming and participants (and volunteers) are feeling a stronger connection to their community.

The Grocery Bus picks up participants at home and delivers them to local grocery stores where volunteers are

waiting for them to help with the day's shopping. After shopping, there's time for a cup of tea or coffee and a chat.

The Seniors Association has partnered with Bay Rides to provide the service.

Contact the Seniors Info Centre at 902-820-3334 if you, or someone you know, may benefit from this service.

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.

Sherbrooke Village Excursion



What just happened? We boarded our coach in 2018 and stepped off it in 1867. Our September excursion took us back to the days when shipbuilding, lumbering and gold mining ruled the economy in and around Sherbrooke Village. A great chance to learn about blacksmiths, weavers, potters and printers in 25 heritage buildings. Pictures by excursion organizer Mike Maher.



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

Big Brothers and Sisters

October Meeting: Big Brothers and Sisters – Thursday, October 18 at Shining Waters Marina (2pm).

Big Brothers Big Sisters has been Canada's leading youth mentoring charity for over 100 years. Find out how Big Brothers and Big Sisters of Greater Halifax supports local children. Discover if you can be of assistance in the life of a young person.

November Meeting: end of life planning – Thursday, November 15 at Shining Waters Marina (2pm).

Our November meeting will feature a panel discussion with local experts regarding environmentally friendly funeral practices and greener deathcare. Watch our upcoming emails for more information.

'Optimal Aging' series in Lunenburg

The Canadian Mental Health Association is hosting a series of events at the Lunenburg Fisheries Museum for those over 50 and interested in health, wellness and connecting with others.

The sessions take place on October 23 & 30 and November 6 & 20 at the Lunenburg Fisheries Museum. Contact Emily at edmarket@novascotia.cmha.ca



Are you taking care of your gut bacteria?

'Gut health' and its impact on our physical and mental well-being was the topic for our monthly meeting.

Guest speaker Maggie Armstrong, a dietitian with the Community Health Team, explained that the bacteria in the gut is specific to each person, similar to a finger print. Dietary fibre is the best food for healthy bacteria, so eating a diet high in healthy fibres will support good gut health. Low fibre processed foods starve the good bacteria and feed the bad bacteria.

Probiotics are naturally fermented foods which support good gut health. Examples include yogurt, kimchi, kombucha, cheese, wine, beer and dark chocolate. But be careful to watch the sugar -

Attendees had a chance to sample gut-friendly fermented foods, courtesy of Superstore.

high amounts of sugar can kill the good bacteria.

Prebiotics act as food for the probiotics, and are just as important in the support of good gut health. Examples include bananas, garlic, onions, and leeks.

The impact of choosing foods that support good gut health can be seen really quickly.

In a recent study participants who were given foods to support good gut health saw positive changes in their digestion and overall wellness in two weeks.

Learn how to be good to your gut

If you want to learn more, the Chebucto Community Health team is hosting a free program called Be Good to Your Gut. It takes place on Tuesday, October 23 from 1.30 - 3.30 at the JD Shatford Public Library in Hubbards.

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.



Your chance to learn about social enterprise ventures

The St Margaret's Bay Community Enterprise Centre, in connection with St Mary's University Entrepreneurship Centre, is offering a series of free workshops about creating Social Enterprise.

It's called the Pipeline, and it will provide insights, tools and techniques to help you decide if a social enterprise is for you.

Social enterprises are revenue-generating businesses with a twist. Whether operated by a non-profit organization or by a for-profit company, a social enterprise has two goals: to achieve social, cultural, community economic and/or environmental outcomes; and, to earn revenue.

The Pipeline series starts with an information session at 6 pm on Tuesday October 9 at the St Margaret's Bay Community Enterprise Centre (at the Crossroads, Tantallon). Register by calling 902-826-1680 or emailing admin@smbec.org.



Why is Fred Dolbel looking so happy? Check the cake (top) he's about to slice into. For anyone who has been to one of our Monthly Meetings, or any of our events, you'll know that Fred Dolbel has been a driving force to support the growth of the Seniors Association. He was recognized at our September meeting for being our "Number 1 Volunteer." He enjoyed sharing his fishing-themed cake with everyone at the meeting.

Two free talks on food and health

The Chebucto Community Health Team is hosting a couple of free programs at the Tantallon Public Library:

Food and Mood - a Dietitian talks about how food that's good for your body is good for your mood. Tuesday, October 16 10 am - 12 noon.

Fat, Sugar and Salt - advice on cutting through the confusion about fat, sugar and salt. Tuesday, October 23 10 am - 12 noon.

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.