



IN THIS NEWSLETTER

Author talks about quest for fun facts

Check your eligibility for a tax rebate

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Tai Chi classes get a new home

Author reveals secrets behind search for 100 fun facts

Did you know that the Halifax-Dartmouth ferry was once operated by a team of nine horses?

Or that Babe Ruth used to visit Yarmouth regularly for hunting and fishing vacations?

Local author Sarah Sawler dug up these odd facts, and 98 more, when researching her new book, '100 Things You Don't Know About Nova Scotia'.

Sarah was the guest speaker at our October meeting.

She explained how the book grew out of her series of magazine articles about 50 little-known facts about Halifax.

Sarah talked about how she searched through the Halifax archives, museums and libraries to track down the



Author Sarah Sawler (right) pictured with Elaine Brooks at our October meeting.

quirky facts. The book is published by Nimbus Press, and is available online through Nimbus or Amazon, or in local book stores.

Sarah is working on two new projects, a children's book and a book featuring Cape Breton's amateur weatherman Frankie MacDonald.



REMEMBRANCE DAY
Let Us Forget

Remembrance Day is Saturday, November 11. Ceremonies will take place across the province, including at the Seabright Legion at 11169 Peggy's Cove Road.

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.

Worried about your taxes? You may qualify for a rebate

If you find it hard to meet some of the costs of being a home-owner, there are two programs which could offer you a rebate.

The Nova Scotia Property Tax Rebate Program for Seniors is administered by Service Nova Scotia on behalf of the Department of Community Services.

It is designed to help eligible seniors remain in their homes by providing them with an annual rebate on their municipal property taxes.

The program provides a 50% rebate on residential property taxes, to a maximum of \$800, provided you meet the following requirements:

- You were receiving, or were eligible to receive, the GIS or The Allowance in January 2017
- You own and are still living in your home
- Your 2016 property taxes are in your name, or include your name, and are paid in full
- The application is post-marked no later than December 31, 2017

Call 1-800-670-4357 (toll free) or 902-424-5200, or visit www.accessns.ca/seniors-rebate for more information and an application form.

The second program to consider is the Halifax Regional Municipality Tax Rebate.

This program is available to low income homeowners.

Applicants may be able to pay their property tax through a payment plan, a property tax rebate or a deferral (where payment is put off to a later date).

To qualify for these programs, you need a combined household income of \$33,000 or less per year, and you must live within HRM.

The deadline for applications is December 31, 2017.

More details and an application check list can be found at <https://www.halifax.ca/index.php/home-property/property-taxes/exemptions>

The NS Property Tax Rebate for Seniors may be more generous and easier to apply for than the HRM Property Tax rebate.

If a senior is receiving the Guaranteed Income Supplement (GIS) or The Allowance they can apply for the NS Property Tax Rebate for Seniors once/year and receive a rebate that includes, or is combined with the usual HRM Property Tax Rebate.

Upcoming Events Calling all caregivers

November meeting - Thursday, November 16, Shining Waters, 2pm.

Our November meeting will feature the Atlantic Caregivers Education Association. Watch our next email for more information.

Volunteer orientation - Wednesday, November 15, Shining Waters, 2 pm.

To volunteer, or for more information, contact Heather Thompson or Beverly Carlsen at neighbours@bayseniors.ca.

Advance notice: Holiday party - Thursday, December 7.

Don't miss this popular event. We'll be circulating more details nearer the event.

What does the future look like?

The Atlantic Research Group on the Economics of Immigration, Aging and Diversity is hosting a free conference on November 17, at the ScotiaBank Theatre at St. Mary's University.

The event, titled The Impact of the Demographic Shift on the Future of Work and Housing, will explore how the changing age distribution affects workplaces and housing in Nova Scotia.

To register, or for more information, check out: <https://tinyurl.com/ydyagmuj>

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 inside The Doctors' Office at 5181 St Margaret's Bay Road, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.

New venue for our popular Tai Chi classes



From now on, our popular Tai Chi classes will be held in St Nicholas Church Hall, Westwood Boulevard. And we have two categories: our beginners' class, and now a class for those who want to refine their skills a little more.

All classes are on Monday mornings, starting at 10 a.m. for beginners and 11 a.m. for continuing participants. The beginners' class will continue to be led by Bob Found. Continuing participants have the opportunity to work with our new instructor Don Evans.

Our classes are designed for seniors in the Bay Area who are members of the Seniors' Association of St Margaret's Bay.

The beginners' class is free, but there will be a fee of \$20 for an 8 week session in the continuing class.

The movements in Tai Chi are slow and gentle, so they are great for seniors who want to exercise but don't want to do anything too vigorous.

Tai Chi is wonderful for stretching, developing balance, coordination and building a little core strength... all great qualities when it comes to maintaining flexibility and preventing falls.

Tai Chi has been called the Perfect Exercise. It is accessible to everyone, regardless of age or fitness level. The injury rate is low while the health and fitness benefits are high.

The history of tai chi extends over 500 years, since its first known roots in a remote village in China.

Although initially developed as a martial art, many modern-day practitioners focus more on the health benefits from tai chi.

All this is achieved by joining a friendly group of like minded people in a relaxed atmosphere. Any queries can be addressed to taichi@bayseniors.ca

We love to hear your questions

If you have questions, we may have the answers. If you have questions about services and resources available to support seniors in the St Margaret's Bay area, drop by our Information Centre. Our friendly team will be happy to help. You can visit the Info Centre from 10 - 2 on Tuesdays and Thursdays. We're at 5181 St Margaret's Bay Road, Upper Tantallon.

Share your stories

Is there something you would like to share with SASMB members?

Comments? Photos?

Observations?

Send your submissions to chantal@bayseniors.ca

FREE

Community
Health Teams

Holiday Eating Survival Guide!

Learn strategies on how to eat better and stay active over the holidays, including mindful eating, making better food choices and learn ways to make your favorite recipe healthier

When: Tuesday November 28th from 6:30-8:00 pm

Where: Tantallon Public Library

To Register call 902-460-4560 or visit
communityhealthteams.ca



www.communityhealthteams.ca • 902-460-4560

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If you are kind, dependable, and a good listener we have a role for you

We need volunteers. We need people to help with Legion Christmas dinners, with the grocery run, or maybe just to visit a senior and share a cup of tea. We need people to help with next year's Bay Expo.

The Seniors Association of St Margaret's Bay couldn't operate the range of community services we offer without people in the community stepping up and offering their time, their talent and their energy.

If you think of yourself as dependable, kind, and a good listener why not try volunteering? It's a great way to stay active, meet new friends, and support our community.

Beverly Carlsen and Heather Thompson are recruiting

Today's smile

Fred couldn't understand why it was taking insurance brokers so long to approve his request for insurance for one of the Association's 2017 excursions. Where are you taking the seniors, the broker asked. "The NS International Tattoo," said Fred. The broker's last words were: "I hope your tattoo doesn't hurt too much."

volunteers to meet the many needs in our community. Volunteers will be matched with opportunities that meet their own interests and experience.

A volunteer orientation meeting will held on November 15 at 2:00 at Shining Waters Marine. We will hear from the VON, Caregivers NS, and others about what volunteers can or cannot do for seniors.

If you'd like to help, please contact neighbours@bayseniors.ca.

Free workshop on mobility issues

To kick off Falls Prevention Month, Community Links is hosting a free Mobility Workshop on Monday, November 6 at the Bedford Leisure Club (1800 Bedford Highway) from 12 - 2.

Topics will include how to tell when you need an assistive device, tips for using a cane or walker, along with tips for remaining independent and preventing falls.

For more information, or to register, call Ann Corbin at 902-422-0914.

It's flu season

Have you had a flu shot yet? Ask your doctor or pharmacist about getting a flu shot.

TERMS OF ENDEARMENT

An elderly gent was invited to his old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms-- Honey, My Love, Darling, Sweetheart, Pumpkin etc. The couple had been married almost 70 years and, clearly, they were still very much in love.

While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names."

The old man hung his head. "I have to tell you the truth," he said, "I forgot her name about 10 years ago."

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