



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

# Newsletter

## Now's your chance to sign up for Tai Chi

If you'd like to try Tai Chi as a gentle exercise programme, now's the time to sign up.

The next two 8-week sessions organized by the Seniors Association start on January 13 and on March 17. Space is limited, so continuing and new participants should contact [Rowena Morrison](mailto:rowenamorrison@icloud.com) (rowenamorrison@icloud.com) as soon as possible.

Classes are held on Mondays at 10am at Shining Waters Marina in Tantallon.

The Tai Chi enthusiasts in the Fall season were so keen to learn the moves, they persuaded teacher Cathy Weaver to record a video so they could practice at home.



A Tai Chi class with teacher Cathy Weaver (right).

### ***Need help to clear driveway snow?***

Finding reliable help to clear snow from drives can be a problem.

But help is at hand.

Drop by the Seniors Information Centre to find out about snow removal services in the Bay area.

The Centre is next to Shoppers Drug Mart at Tantallon Crossroads. It's open Tuesdays and Thursdays from 10 - 2.

Or you can telephone the centre on 902.820.3334.

Another option is HRM's seniors' snow removal

program.

- You must live in a single dwelling home that you own or rent.
- Total gross household income must not exceed \$30,000.

Contact 311 or 423-9709 Ext. 228

### **Talk To Us**

Share your news, views and suggestions. Email us at [info@bayseniors.ca](mailto:info@bayseniors.ca) or call 902.820.3334 (leave a message)

### **Bay Grannies sing carols at Christmas social**

**Our Christmas Social promises to be a real treat.**

Here's what's booked so far:

- Bay Grannies singing carols
- Reading of a Christmas tale
- Tasty treats and egg nog

**Make a date. December 12th, 2pm Shining Waters Marina. Everyone is welcome. Bring a friend.**

*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.*

## Don't miss out on heat rebates

Do you know someone who is struggling to heat their home? Are you finding it hard to pay for heat? Anyone eligible could qualify for up to \$200 in rebates from the Heating Assistance Rebate Program. You qualify:

- If you are single, and your net income is \$27,000 or less.
- If you are a household of two or more, and your combined annual net income is \$42,000 or less.
- If you receive the Guaranteed Income Supplement/Allowance from Service Canada or Income Assistance from the Department of Community Services.

You must apply for the program using this year's application form.

You must:

- Provide proof of 2012 income
- Provide receipts for heat.
- Mail your application by March 31, 2014.

Forms are available from:

- Our website, [www.bayseniors.ca](http://www.bayseniors.ca) (look for the link to Heating Assistance Rebate Program on the Home Page. You can also find the form on the Financial and Legislation Page).
- From St. Margaret's Seniors Association Information Centre (Tues. & Thurs. 10am - 2pm beside Shoppers Drug Mart, Tantallon Crossroads).

### FUTURE EVENTS

#### Movie Night

**Dec 6, 7pm** Shining Waters Marina: The Missionary, starring Michael Palin and Maggie Smith (\$7, includes movie, tea/coffee, popcorn).

#### Christmas Social

**Dec 12, 2pm** Shining Waters Marina. Bay Grannies, reading, treats.

#### Cookbook Potluck Dinner

**Jan 16, 1 pm** Shining Waters Marina

## Cookbooks proving to be popular gifts

Our new cookbooks were being snapped up as gifts at the Christmas show at the Hubbards Area Lions Club (right).

The cookbook, A Matter of Taste, is a collection of more than 250 recipes contributed by cooks around St Margaret's Bay.

The books cost \$12. They'll be on sale at Tantallon Superstore

on Saturday November 30, between 11am and 3pm. They'll be at Sobeys, Tantallon, on Sunday December 8, from noon to 6pm.

And you can get them from the Seniors Information Centre on Tuesdays and Thursdays between 10am and 2pm.



## Got your flu shot yet?

Have you got your flu shot yet? The flu vaccine is free to all Nova Scotians.

It protects against three flu strains expected this season, including H1N1.

Zahra de Molitor, at Shoppers Drug Mart in Tantallon, advises: "Adults and children with chronic diseases and people age 65 or over are more at risk of developing complications from the flu.

"An annual flu shot is the best way to reduce your chances of getting the flu and spreading it to others."

### Time to Smile

*I was visiting my niece last night when I asked if I could borrow a newspaper.*

*"This is the 21st century," she said. "I don't waste money on newspapers. Here, use my iPad."*

*That fly never knew what hit him.*



## Exercise without leaving your chair

Bay Seniors have been discovering that yoga is a great relaxer, regardless of age or mobility.

Fran Dunn (above) from Breathing Space Yoga Studio, demonstrates how you can get the benefits of yoga without leaving your chair.

Fran was a guest at the November meeting of the Seniors Association at Shining Waters Marina.