



IN THIS NEWSLETTER

Zoo trip launches summer excursions

Quilters put their art on display

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CEC celebrates an 'excellent' first year

Zoo trip kicks off our summer excursion program

Oaklawn Farm Zoo was the destination for Seniors Association members and friends for the first of two summer excursions.

The excursion was an opportunity to welcome three new members, Patricia Willcott, Bev Black and Stevan Cirac.

On the way to the zoo long-time member Peggy Bignell was serenaded with 'Happy 92nd Birthday'.

[Oaklawn Farm Zoo](#) is home to a wide range of animal species. The animals are given lots of room to roam around, and are well fed - as we saw at feeding time for the large cats.

On a hot and humid day, we were thankful there were plenty of shady trees to relax under.

An added treat for the group was a packed lunch of delicious baked ham and cheese sandwiches from [Cavicchi's](#).



Our excursions offer seniors an opportunity to socialize with old friends, make new friends and share experiences.

One of the aims of the Seniors Association is to help seniors in the Bay area realize their retirement dreams, maintain control over their lives and participate in social, community and wellness activities. Our summer excursions are proving to be a popular way of doing that. The next summer excursion is scheduled for Saturday August 17, to the Maritime Museum of the Atlantic,

Our excursions are always a great way to make new friends. We have more pictures on Page 2

including a Chinese buffet luncheon.

Register in person at the Seniors Information Centre or email excursions@bayseniors.ca.

Is there something you would like to share with SASMB members? Send your submissions to monique@bayseniors.ca



More pictures from our Oaklawn Zoo excursion: above, a snack and chance to socialize; below, getting close to some of the animals on show.



Worried about shingles? We can help offset cost of vaccine

The nerve pain associated with shingles can last for months and, in some cases, years. The Seniors Association urges members to discuss the shingles vaccine with their doctor.

The Association can provide financial assistance to paid up members who:

- receive the Guaranteed Income Supplement (GIS) or The Allowance
- have not had a shingles vaccination in the past 5 years
- do not have a prescription drug plan that will cover the vaccine

The Seniors Association has arranged with a local pharmacy to administer the vaccinations. The number of vaccinations available is limited. A doctor's prescription is required. Call the Seniors Information Centre at 902-820-3334 or email centre@bayseniors.ca for more information or to apply.

Community party celebrates CEC's 'excellent year'

The St. Margaret's Bay Enterprise Centre celebrated its first anniversary by throwing a party to honour its members and volunteers, thanking them for an excellent first year of operation.

President Chris Pelham described it as "a great opportunity to thank our old friends and make some new friends."

The CEC finished its first year with a modest surplus and 24 members who benefit from the Centre's offices, meeting rooms, office support, educational programs, and networking opportunities.

Members include not-for-profit groups such as the Seniors Association, as well as development organizations and small businesses.

"We feel very proud of what we've accomplished in our first year," said Pelham "We're looking



forward to an even stronger second year."

Community members who are interested in more information on the CEC's programs and services are invited to call the Centre at 902-826-1680, stop by between 8.30 am and 4.30 pm on weekdays (except holidays), and check [Facebook](#).



Quilters' skill wows visitors to arts festival

'Wow' was the most common reaction as visitors got their first look at the 100 quilts shown at St. Peter's Anglican Church, Hackett's Cove, during the Peggy's Cove Area Festival of the Arts. The work of 22 quilters, many from the Bay area and Seniors Association members, was on show. The display started on the fence outside, and continuing into the hall and church where every pew was covered with a kaleidoscope of colour.

Betty Dolbel offered this commentary on some of the artists and their work:



Splendid Sampler by Norma Morash (left) consists of eighty 6" blocks which include a wide range of techniques; piecing, applique, paper piecing, crazy quilting and embroidery. Norma's quilts (including this one) will be on display in the Community Enterprise Centre until September 14. You are welcome to visit 9 - 4 daily.

Down on the Gump by Valerie Levy (right) is an adaptation of a design by Art East Quilting Company of Halifax. A tribute to Newfoundland with their unofficial flag as the background and Puffins atop the gump.



Lexington Sampler by Glenna Earle (left) was a challenge quilt, where you receive instructions for a block every week. After completing and arranging the blocks she added a border of flying geese to make it bed size.



Dinner Plate Dahlia by Eleanor Odegard (above) is a 100" square king size quilt entirely paper pieced. It is a design by Quiltworx.

Labryinth Walk by Betty Dolbel (below) gives a 3D effect hanging or spread on a bed.





Join a chorale - and sing your way to health and happiness

Listening to music and singing along just feels good, but research has shown there is more to it than we might think. Regular singing has been credited with improving mood, breathing, posture, brain health and overall quality of life. Singing as part of a chorale is a great way to get out in the community, meet new friends and have fun.

You can experience the power of music in Tantallon with two local chorales to choose from.

Both are open to all ages, require no singing experience and provide a safe place to gather and sing together.

Tantallon Voices in Rhythm (TVIR)

10 week sessions, Mondays 1 - 3 pm at St. Luke's United Church (5374 St. Margaret's Bay Road, Upper Tantallon)

TVIR invites men and women of all voice types and abilities to join. If you have an interest, an inkling, a wish - then this is where you can fulfill it.

For more info contact Laura Beth Smith (Director) at laurabethmusicstudio@gmail.com or visit www.laurabeth.ca.

You Gotta Sing! Chorus

Tuesday mornings, 10.15 - 11.45 am at St. Nicholas Anglican

Church (29 Westwood Blvd)

The You Gotta Sing! Chorus is a non-auditioned, all ages community choir welcoming all people, no singing experience necessary. Drop-ins are welcome.

For more info contact Vanessa Lindsay-Botten (Director) at vanessa@vanessapapillon.ca or visit www.yougottasing.ca

Putting food on tables rather than in landfills

Square Roots is a social enterprise that tackles food insecurity and food waste by redirecting food, that would otherwise go to waste, into the hands of those who would benefit from it most.

By offering Nova Scotia-grown vegetable seconds for sale, Square Roots is able to help:

- Nova Scotians feed themselves with healthy food that may be too small or too big for the grocery store
- Provide food security for people at a time when grocery bills are increasing

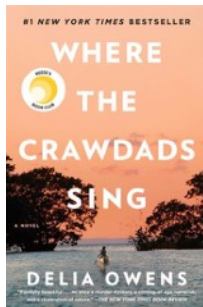
The Tantallon franchise at St. Luke's United has been operating for almost a year. Volunteers assemble the 10 lb bags each month. The content changes with what is available. Pick-ups are at St. Luke's, usually the last Sunday morning of the month between 9 am and 1 pm. More info at <http://squaresrootsfood.ca/bundle-service>.



Seniors share top summer reads

Seniors Association members share their summer reading favourites.

Where the Crawdads Sing by Delia Owens



"Extraordinary with a heroine you won't forget." - Halina St. James

Sensitive and intelligent, Kay Clark has survived for years alone in the marsh that she calls home. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life - until the unthinkable happens.

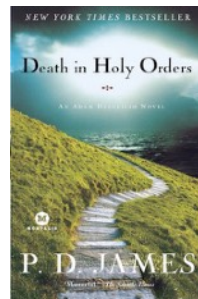
Becoming by Michelle Obama



"Becoming is a book of our times about a great lady of this period in history." - Heather Thompson

As First Lady of the United States of America - the first African American to serve in that role - Michelle Obama helped create the most welcoming and inclusive White House in history, while also establishing herself as a powerful advocate for women and girls around the world.

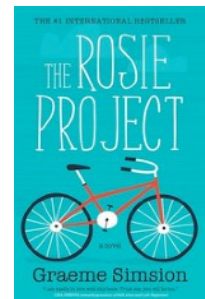
Death in Holy Orders by P.D. James



"P. D. James is a great mystery writer who keeps you guessing until the end." - Joan Redmond

On the East Anglian seacoast, a small theological college hangs precariously on an eroding shoreline and an equally precarious future. When the body of a student is found buried in the sand, the boy's influential father demands that Scotland Yard investigate. Enter Adam Dalgliesh, a detective who loves poetry, a man who has known loss and discovery.

The Rosie Project by Graeme Simsion



"A thoroughly enjoyable book." - Michelle Maclean

An international sensation, this hilarious, feel-good novel is narrated by an oddly charming and socially challenged genetics professor on an unusual quest: to find out if he is capable of true love.

Me Before You by JoJo Moyes

"JoJo Moyes takes you on a ride that is romantic as well as emotionally heartbreaking. Do not be surprised if tears start to fall after the giggles stop." - Joan Redmond

They had nothing in common, until love gave them everything to lose. Me Before You brings to life two people who couldn't have less in common - a heartbreakingly romantic novel that asks 'What do you do when making the person you love happy also means breaking your own heart?'

Association Events

Gut health

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

Professor Tara Perrot (Dalhousie University) will provide a basic understanding of the gut-brain connection as well as tips for maintaining gut health, contributing to life-long brain health. Superstore dietitian Edie Shaw will talk about what we can eat to improve gut health.

Thursday, October 17 at Shining Waters (2 pm).

What happens to garbage when it leaves your home? Loren Horwich (Local Waste Educator at Divert NS) will be give an overview of the Waste Management System in HRM. She will share tips on properly sorting waste and offer insights into recycling in Nova Scotia.

Cooking for better blood pressure

Thursday August 15, 6 - 7.30 pm
Sobey's, Tantallon

Learn how small changes to your mealtimes can lower blood pressure. Dietitian Jennalle can answer your questions about nutrition and cardiovascular health. Low sodium is only the beginning. Recipes and food samples provided. Register at jennalle.butcher@sobeys.com or at 902-826-9122.

COMMUNITY EVENTS

Tantallon farmers' market

Tuesdays until October, 2 - 6 pm

Corner of St Margaret's Bay Road and Peggy's Cove Road
Thirty vendors selling wares. Everything from small scale farm produce and chemical free meats, craft beers, eco products, ethnic foods, ferments, garden plants, composts, arts and crafts to baked goods & coffee.

Hubbards farmers' market

Saturdays until October, 8 am - 12 pm

Hubbards Barn and Community Park

The perfect way to start your Saturday. Shop from local vendors, enjoy local music and take a stroll along the trails at our park.

Osteopathy with Nancy

Perrier: Part One

Wednesday, September 11, 6.30 - 8 pm

Tantallon Public Library

Are you curious about what osteopathy is and how it can benefit you? Join Nancy Perrier for two sessions to learn about the benefits and history of osteopathy. We'll learn how osteopathy can benefit all stages of life, assist with trauma and much more. The second session will be geared for families, parents and

children. To register, call the Tantallon Library at 902-826-3330.

Seniors Expo hosted by Iain Rankin, MLA

Thursday, August 8, 12 - 3 pm

Prospect Road Community Centre

Enjoy a fun day of sharing a meal, connecting with friends and learning about the many activities, programs and services available to support and care for members of our aging population.

Prospect Road Community Centre offers a Lunch and Learn to seniors every Thursday for \$5 (or pay what you can). Come for lunch and stay for the event.

Food and mood

Wednesday, September 11, 1 - 3 pm

Tantallon Public Library

Have you ever thought about the relationship between what you eat and how you feel? Join us as a member of the Community Health Team explores how healthy eating can support mental well-being. Call 902-460-4560 (option 2 for Chebucto) or register at www.communityhealthteams.ca fitness@bayseniors.ca or call the Seniors' office at 902-820-3334 to register.

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 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 4R5. It's open 10 - 2 on Tuesdays and Thursdays.