



Bay Seniors NEWSLETTER



IN THIS EDITION

Community digs deep for fire fund-raisers

More support planned after wildfire emergency

Joan calls time on 3 years of merry musings

The quirky side of a life investigating death

Community rallies to raise \$3,500 for local wildfire recovery efforts: more aid planned

Bay Seniors members and other members of our community came out in force to support our Flea Market and Silent Auction on Saturday, June 10.

The two activities were planned as part of Bay Expo, which had to be cancelled when Estabrooks Community Hall, the site of Bay Expo, stepped up to be a pick-up location for clothes and other necessities after the Tantallon wildfire.

We were able to offer the Flea Market thanks to two local churches kindly offering us a place for the sale. William Black Memorial United Church, which was already holding a yard sale that day, offered to make space for us, and St. Peter's Anglican Church offered the use of their hall.

Silent Auction donors generously allowed us to keep their donations for a Silent Auction at the St. Peter's site.

In the end, we raised over \$3,500 altogether. The money has been set aside to support local wildfire recovery efforts.



Volunteer firefighter Jeff Connell is flanked by Bob Joyce (left) and Yvon Madore, getting ready for our flea market at William Black Memorial United Church. We have another picture on page 3.

Community groups plan event to support people affected by wildfire emergency

Bay Seniors is working with community partners to plan a gathering to support those impacted by the recent wildfire and evacuations.

This event will be an opportunity for all to share their feelings and grief as they move toward healing. It will be a way to encourage conversations and connections. The gathering will be led by an experienced professional.

A special notice will be sent out once details are confirmed.

Seniors Association programs on hiatus

A reminder that both the Monthly Members' Meetings and weekly Drop-in Program are on hiatus for the summer and will return in September.

Second book club has room for more

The second Bay Seniors book club has started to meet, and would love to welcome a few more members.

Please call 902-820-3334, email centre@bayseniors.ca, or drop by the Community Enterprise Centre, weekdays, 9am-4pm to register.

Bay Seniors Info Centre summer hours

Our Info Centre will continue through the summer with shorter hours.

A volunteer is available if you call or drop in Tuesdays and Thursdays, 10am-noon.

Phone 902-820-3334.

Stay in touch over the summer

Our August newsletter always features photos of our members enjoying their summer, gardening, boating, enjoying visits from family and friends – or just relaxing on the porch with a cold drink and a good book.

Email your photos to sharon@bayseniors.ca.



A taste of the beautiful pieces on display at the ArtScape show and sale.

Check out the ArtScape annual show and sale, and support the food bank

Seven local artists are holding their annual show and sale at St. Luke's United Church.

The show will open on Friday, June 30, 6-8pm and continues on July 1 and 2, 10am-5pm.

Admission is free, but a monetary donation to the SMB Food Bank gets your name into a draw for one of two paintings donated by Nelson Hubley and Beverly Hubley (pictured below).



'Community Hub' set up as resource after wildfire

A Community Hub has been set up by HRM in a trailer outside the St. Margaret's Centre, 12 Westwood Boulevard, to provide information on help available for those affected by the wildfire.

The community hub provides a place where residents can speak with a municipal community liaison and connect with different community groups that offer support services, like the United Way and the Red Cross.

Residents can also access resources, such as smoke clean-up kits. The hub will be open 11am-7 pm, Monday to Friday until further notice.



Sheila Innes checks one of the displays at our Flea Market and Silent Auction, part of which was held St. Peter's Anglican Church Hall.

FIRE RELIEF FUNDRAISER BBQ

100% of funds raised go to local relief efforts.
Evacuees and First Responders eat free!

**SUNDAY
JULY
16**



TANTALLON VILLAGE FARMERS MARKET | 10AM-4PM

Food by Donation
Gluten Free + Vegetarian options
Live Music
Kids Activities
Raffle Prizes

Rain Date July 23/23



SUPPORTED BY Redmond's Home Hardware,
Seniors Association of St. Margaret's Bay, William
Black Memorial United Church, SMB Community
Enterprise Centre, St. Margaret's Bay Lions Club +
donations from local businesses & sponsors!

Linda's world of death has an unexpected quirky side

Bay Seniors member Linda Mosher has just self-published a memoir.

It's called *Surrounded by Death and Bureaucrats*, and recalls moments from her 25 years working for the Chief Medical Examiner's Office in Nova Scotia.

It's an often-humorous examination of unusual cases, one truly bizarre case, and the quirks of some of the chief medical officers she worked with. Linda also reflects on the investigation into the Swissair Disaster. Linda (pictured) launched the book with a reading on June 4 at Bayside Baptist Church Fellowship Centre.

The book (\$25) is available by contacting Linda at lindamosher@eastlink.ca.



Member's Story: Three years of smiles with Joan

By Sharon Jessup Joyce, Communications Coordinator

In March 2020, with the world shut down by COVID, Bay Seniors monthly members' meetings had been suspended. Joan Redmond's role at those meetings had been to put a smile on attendees' faces by telling a funny story.

"Things are so stressful for everyone right now," Joan said to me, one day in April. "Maybe we can use Facebook to give people a smile."

Each week, Joan sourced a cartoon or funny saying for a feature we called Friday Funny. It was well received, but some people said they missed "hearing Joan's voice."

So Joan (pictured, right) agreed to provide something more personal on Facebook on another day of the week. "I can do that for a little while, if it gives people another smile," she said.

Joan's Monday Musings was launched on June 8, 2020. The weekly post was a mix of her whimsical reflections and funny quips, accompanied by a photo of Joan. Some items came from her own gift for observation; others were sourced from books, internet, and friends. "If I'm going to do this every week, I need a team," she said.



As COVID numbers and restrictions waxed and waned, Joan's Monday Musings continued. Every Saturday, I received an email with the post for Monday. I often incorporated comments from Joan's funny and charming cover emails.

And people read those posts. Our Bay Seniors Facebook page has gone from an average reach of 100 views a month to over 4,000 – with Joan's Monday Musings always having the strongest views and comments, attracting followers beyond Bay Seniors' membership.

"I don't know this lady, but I'm so glad I found her," commented someone from Yarmouth.

Another follower from New Brunswick asked if Joan did stand-up "in non-COVID times."

Joan's last regular Monday Musings post will be on Monday, July 3. After more than 150 weekly posts, she says, "It's time to give others a chance. Besides, I need to get out before I start repeating myself."

Thanks for the smiles, Joan.

The Monday Musings gig has openings

Would you like to join our Monday Musings team? We're looking for some funny folks willing to provide a Monday Musings post for our Facebook page, either regularly or occasionally. Humour should be PG-rated.

In addition to welcoming new Monday Musings providers, we'll continue to offer the Best of Joan's Monday Musings.

Email sharon@bayseniors.ca if you'd like to join the fun.



Just part of the varied selection of art on display in the Community Enterprise Centre.

Make a date - or volunteer - for these Peggy's Cove Festival of Arts events

The celebration of art in our community continues with several events from the Peggy's Cove Area Festival of the Arts. These include:

Opening Night, July 5,

Paint Peggy's Cove, July 7-9,

The Studio Tour, July 14-16,

The July Members' Show at the CEC, June 30-July 28.

If you're interested in volunteering July 8, 9, 15, or 16 at the Festival Information Centre, located at the Community Enterprise Centre, please email outreach.smbcec@gmail.com.

There are 2-hour or 3-hour shifts available on most of those days. You will be paired with another volunteer, and orientation will be provided.

More yard work help available

Now that students have finished their school year, there is more yard work help available. If you need someone to mow your lawn and weed your garden, email centre@bayseniors.ca or call 902-820-3334 on a Tuesday or Thursday between 10am and noon.

The volunteer on duty will provide you with some names. Payment is arranged between the student and the senior.

Have your say in shaping transportation plans around the Bay

Help shape the future of public transportation around St Margaret's Bay.

BayRides is asking people to fill in a short online survey about its existing service, and how it could be improved.

Operations Manager Kalyn Breen says: "Input from the community is vital as we shape the future of public transportation in this area.

"What's working, what's not working, and what changes in terms of transportation could make life even better?

"If you are willing to invest a few moments in completing our online survey you could help shape transportation services for years to come."

You can find the survey at <https://tinyurl.com/BayRides1>

BayRides is a not-for-profit charitable organization that offers affordable and accessible door-to-door transportation to residents of the St. Margaret's Bay area.

Its service area stretches from Yankeetown Road to West Dover, and from Sheldrake Lake to the HRM county line in Hubbards.

BayRides provides transportation to medical appointments (locally and in Halifax), stores, businesses, social engagements, school, employment, and connection to the Metro X bus stop (Exit 5, Hwy 103).

A fare assistance program is available.

Fitness Update

Plenty of opportunities to stay in shape over the summer

Submitted by Becky Weickert, Fitness Coordinator

The Friday exercise class is on hiatus until September, but participants can attend the Wednesday class on a drop-in basis over the summer.

The Monday and Wednesday classes will continue.

TaiChi

Tai chi has wrapped up for the summer, but will be offered again in the fall. We will be accepting new participants. A start date will be announced in the newsletter.

Nordic Pole Walking

The Nordic pole walking will continue on Thursday mornings through the summer.

Zumba

We would like to offer Zumba classes (day of week to be determined) by an experienced instructor.

Meditation

Eve, our tai chi instructor, has extensive training in meditation, and will offer it at 9:30 on Monday mornings, prior to Tai Chi.

Whether we run these new programs will depend on member interest, so please email fitness@bayseniors.ca if you would like to add your name to the list.



Put a little sparkle in your life with our new tote bags

Our Sewing Team has a great selection of tote bags, eyeglasses pouches, tissue covers, and more at the Community Enterprise Centre. All proceeds support the work of Bay Seniors.

Stop by to check out the stock, which is always changing. Right now, there are two glamorous totes in metallic fabric.

Help fix accessibility issues in the province

The Nova Scotia Accessibility Advisory Board is looking for members. If you have an interest in making our province more accessible you will have a seat at the table as they work towards a barrier-free province. For more information, visit: <https://novascotia.ca/accessibility/advisory-board/>

Bay Treasure Chest



Bay Seniors is a proud Bay Treasure Chest partner. When you play, we all win.

Established in 2009, the Seniors Association of St. Margaret's Bay (Bay Seniors) is a not-for-profit registered society whose purpose is to promote and participate in the development of wellness living for seniors; to research and represent the interests of seniors living in the greater St. Margaret's Bay area; and to provide housing and accommodation options for seniors. 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 am - 2 pm on Tuesdays and Thursdays.