

MAY 2024

# Bay Seniors

NEWSLETTER



## IN THIS EDITION

Excursion Program is back in June

Sewing group has new initiative



Discover powerful Acadian stories in a picturesque landscape. The site tells the story of Acadian culture and Acadians' deportation.

Photo credit: Parks Canada

## Bay Seniors Excursions make welcome return after long hiatus

Submitted by Greer Kelley

Watch for more detailed information in the June newsletter about how to register and get in on a much-missed activity.

Can you guess where we are going next month? Here's a hint about our first post-pan-

demic trip planned. Look to the photo above.

We will be using BayRides to offer 14 seats to those who need it; private car-pooling is an option if many more are interested in going.

# Happy Mother's Day

*To our mothers, sisters, aunts, and grandmothers; thank you for sharing your love, compassion and kindness with us all.*



## Save the date

### Monthly Members' Meeting

Join us on **Thursday, May 16, 2-4pm**, at the St. Margaret Sailing Club, 5 Foxberry Hill Road, Glen Haven.

Our guest speaker will be Andrea Richard, kinesiologist and certified pedorthist.

Andrea's presentation, "Happy Feet for Life" will offer tips on foot health, injury prevention, and proper footwear.

This will be an interactive presentation with time for your questions.

Light refreshments will be served.



*Pam Graham and the Nordic Walking Group enjoying the sunshine*

### Nordic Walking Group

*Submitted by Pam Graham*

Join us at the Community Enterprise Centre Thursday mornings at 10:30 for our group walk with instruction in Nordic Pole Walking.

Great exercise with fabulous folks! Bring your own poles or borrow ours.



*Pictured: The inaugural walk of the Bay Seniors Birders' Interest Group*

## Birders' Interest Group takes flight

Submitted by Pat Rodee

At the end of April, those who had signed up to participate in the new Bay Seniors Birders' Interest Group got their first taste of what birding was all about. The group of more than 15 attended an April 26 introductory talk about birding, provided by Suzanne Borkowski, and a hardy group of seven took part in the first bird walk on a drizzly and cool morning on April 29, led by Beth Sherwood.

While some were real beginners and others more experienced in birding, all came away with a heightened appreciation for and knowledge of the diversity of birds present in the St. Margaret's Bay area.

The group saw 24 different species of birds during the two-hour walk around a lovely pond directly behind the RONA store at Exit 5. All are looking forward to the next walk, which will take place sometime in May at the Jerry Lawrence Provincial Park.

New members are always welcome! If interested, send an email to [interests@bayseniors.ca](mailto:interests@bayseniors.ca) or call the Seniors Information Centre at 902-820-3334

### Fitness Classes

**Zumba Gold** has been extended to the last week in June. \$25 fee for the additional weeks.

**Tai chi** class is Mondays from 10-11 am. Jan O'Mallery is leading the group. Anyone who has previously taken tai chi is welcome.

**Chair aerobics** continue on Mondays throughout the summer.

**Aerobics** continue Wednesdays throughout the summer.

**All Friday aerobics classes end June 28 and are suspended for the summer.**

For information on fitness classes, email [fitness@bayseniors.ca](mailto:fitness@bayseniors.ca)



Neil MacArthur, shopper and Anita Chaput, volunteer

## Do you need a helping hand?

Submitted by Lisa Covey

The Bay Seniors bi-weekly grocery shopping program is growing, but there is room for more members who wish to reap the benefits!

As Neil MacArthur, one of our participants, said, "It is so nice to have a second set of eyes to find things and to find the deals. Also, to help reach things off the shelf. Plus, I really enjoy the company and conversations!" So do the volunteers: "I am learning so much from the senior I shop with...we have some great conversations," says Anita Chaput.

There are two grocery shopping dates remaining this month. We're heading to Superstore on May 16 and Sobeys on May 30.

This service is open to Bay Seniors members without transportation who would benefit from physical assistance or other support while grocery shopping. Participants must live within the BayRides catchment area.

If you or someone you know is interested, please leave a message for the Grocery Shopping Program at 902-820-3334, or email [grocery@bayseniors.ca](mailto:grocery@bayseniors.ca).

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## Students ready to help out

Our Seniors Information Centre volunteers have been updating the list of students ready to mow your lawn, weed your garden, walk your dog, stack your firewood, and more. Payment is negotiated between the student and the client. **Call 902-820-3334** or **email [centre@bayseniors.ca](mailto:centre@bayseniors.ca)** to access student contact information.

## Do You Know?

**You can save money on everyday items by using the Flipp app**

**Download** the app on your phone or use your browser. **Check** the flyers to find the best prices on groceries, pharmacy items, and more!

1. **Click** on the Flipp logo, it will take you to the sign-up page

**or**

2. Go to: <https://flipp.com/signin>  
Create an account and you're ready to start saving.

Want us to help you get started with the Flipp App—or another app?

Stop by our Tablets for Seniors drop-in every Wednesday afternoon, 3:45-4:45. More information below.

## Tablets for Seniors program offers booked times and drop-in

Do you want to learn about available apps on your phone or tablet that can help you save money?

Our volunteers working with the **Tablets for Seniors** program are happy to show you how to download and use the Flipp app.

Use the app to browse for particular products or locate discounted items at a particular store.

Stop in at the CEC, Unit 1, 5229 St. Margaret's Bay Road, Upper Tantallon on **Wednesday** afternoons between **3:45-4:45** or call **Elizabeth** at **902-820-3334** for more information or to make an appointment.

## Drop-in Program

### **Beads turned into delicate treasures**

*Submitted by the Drop-in Program team*

We had difficulty believing Shanna Balogh, the instructor for the jewellery-making workshop held on April 16, when she told us that

in a few simple steps, a beautiful pair of earrings could be made. Our creative participants proved her correct! Participants were amazed that the only difficult part was choosing which beads to use.

There are already requests for another jewellery-making workshop—we hope to oblige next season, so please stay tuned.



Elizabeth Gillis enjoying the Tuesday drop-in program

### **The puzzle is finally complete!**

A sigh of satisfaction reverberated around the puzzle table as the final piece of our puzzle was placed last week at the Drop-in Program.



The completed puzzle that took teamwork and time.

There was only slight disappointment when it became apparent, a few pieces were missing, but what's a puzzle if not challenging?

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## Community Event

### **Spring tea**

St. Nicholas Anglican Church, Westwood Hills is offering a spring tea on Saturday, May 25, 2-4pm. All welcome.



For more information, call **Donna, 902-826-1156**, or **email: stnicholaswestwoodhills@gmail.com**.

**RSVP** by May 20 with your name and number of those attending.

## Sewing Group

### **New initiative for our sewing group**

*Submitted by Betty Learning*

The Bay Seniors Sewing Group continues to sell our sewn items to the public from the Community Enterprise Centre. As much as possible, we use donated fabrics and notions for our items. All proceeds go to Bay Seniors.



This season, we will be starting a new, fun initiative.

To restock our inventory when it's low, we will hold sewing workshops to sew as a group, which will be a great chance to socialize with fellow sewers.

For our first workshop, we will be making two sizes of eyeglasses cases. Sewers will bring their own machines and we'll provide the kits and instructions. This will ensure we are well stocked with eyeglasses and sunglasses cases for the summer.

The workshops will be open to anyone interested. You do not need to be a previous member of the sewing group. If you are interested, please contact the **Seniors Information Centre** at **902-820-3334** or email **centre@bayseniors.ca**. Leave your name and phone number and state your interest in the sewing workshops. We will contact you with more details. A workshop date and location will be confirmed when we know how many Bay Seniors members are interested.

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### **The Sewing Group needs 1/2" metal carpenters measuring tapes**

If you have any you can donate, please drop them off at the CEC, marked with "Bay Seniors Sewing Group."

Please note, we can use only the 1/2" size. Thank you!

