

In this issue

Our new meeting location	p. 1
Learn machine-sewing basics	p. 2
Ready to try out pickleball?	p. 3



January Monthly Members' Meeting

Close encounters of a polar-bear kind and other adventures

What would it be like to have a career that takes us around the world to some of the most remote and rugged spots there are?

Join us on Thursday January 16 for our Monthly Members' Meeting to find out. Speaker Terry Goodwin will present "Life of a Geologist," his personal story, in pictures, of his career as a mineral-exploration geologist for over 30 years.

Terry's work has been filled with science, nature, and a lot of adventures, which he shares with intriguing details and humour.

He has journeyed to many places across the globe, including almost every province and territory in Canada—and he tells us he has slept in a tent in practically every one of them.

New location: The meeting is 2-4pm at our new meeting location, the St. Margaret's Bay Legion #116, at 11169 Peggy's Cove Road in Seabright. The location offers a large space, lots of parking, and great accessibility. We look forward to being able to welcome many more members.

Thank you to Tree & Brush and Home Maintenance Team

It was a busy year for the Tree & Brush and Home Maintenance Team. Eight home maintenance projects were completed, with a few more requests being attended to.

And a total of 16 brush and tree jobs resulted, says Peter Covey, "in countless trips to Kynock Resources with the brush, and Mushroom Road with the wood." Peter adds that the team also collected 5 or 6 cords of donated firewood from three donors, along with several loads of wood the Helping Hands team dropped off.

"In all, we delivered over 13 cords of firewood to Bay Seniors members," says Peter. "All while having a bit of fun and enjoying the company of our amazing team." Team leads say the group is now taking a very well-earned break until the ground dries up in late April or early May.



Peter Covey, Heather Ereaut, Tony Amirault, Preston Allen, Keith Innes, and Fred Dolbel, hard at work. Other members of the 2024 Tree & Brush and Home Maintenance Team are: Phillip Bollivar, Rick Ridge, Manoj Mathew, Anita Chaput, Tony Isaacs, Richard Oickle, John Turnbull, Paul Coote and Kevin McKenzie.

December Monthly Members' Meeting

A double-header celebration

There was a lot to celebrate at our Monthly Members' Meeting on December 12, when 79 members showed up ready to enjoy a festive afternoon. Our annual holiday party is always fun, and this one was no exception. A Christmas-song singalong, a (somewhat) competitive game, a performance, a story, the opportunity to buy sewn items from the Sewing Team and previously loved jewellery from the Saturday Sparkle Jewellery Team, and tasty refreshments all added up to a wonderful time.

We were also celebrating our 15th anniversary, with Bay Seniors having registered as a non-profit society in December 2009. A brief presentation about the association's history and a delicious anniversary cake showcasing Bay Seniors' new logo made the event extra-special.

It was a fitting finale to our series of Monthly Members' Meetings at the St. Margaret Sailing Club, which has welcomed us warmly and helped make our meetings special. Beginning with our January Monthly Members' Meeting on Thursday, January 16, we'll be at the St. Margaret's Bay Legion #116, at 11169 Peggy's Cove Road in Seabright.



Representing Bay Seniors' 15-year history are Rebecca Weickert, Bay Seniors' longest-serving president, Fred Dolbel, a member of the first board of directors—and still actively involved—and Pat Rodee, our current president.



Above: It was a full house, with 79 members in attendance.

Left: The tasty anniversary cake with the new Bay Seniors logo.

Monthly Members' Meetings have a new location, starting this month: St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road, Seabright.

Interest Groups

Interested in developing machine-sewing skills?

Are you interested in learning machine-sewing basics? Or would you like to refresh sewing skills you haven't used in a while? We're looking for current Bay Seniors members who would be interested in "Back to Basics in Sewing" classes. The instructor will be Betty Learning, who has extensive experience in sewing and quilting.

You will need your own sewing machine, but fabrics and other materials can be supplied. There is no charge for

the classes, which will be held on Tuesdays, with a start date in late January to early February. Betty is suggesting holding 4 to 5 classes. More details will be shared, but the first step is to find out who wants to join the class.

If you're interested, please email your name and phone number to interests@bayseniors.ca, and put "Sewing classes" in the subject line.

Drop-in Program update

Fun, fitness and creativity every Tuesday

Did you know who's who?

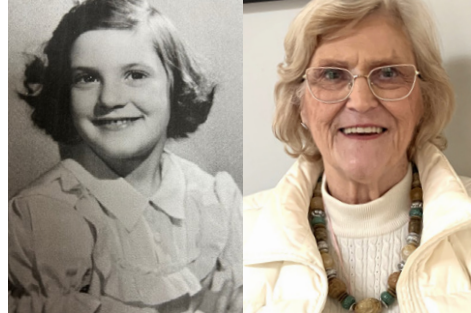
What a fun time we had at our holiday party, guessing which current Bay Seniors member was

in each childhood photo. Once revealed, the photos generated stories of nostalgia and laughter. Did you guess correctly?

We celebrated the season with more fun, including Cindy Skerry's hilarious performance.



Rita Jenkins



Rosalind Watt



Nancy LaPaix

Enhance your fitness with pickleball

January is traditionally a time to think about taking up a new activity and it's often something that's good for us, like fitness. If you're thinking of adding a little more fitness and fun to your life, the Drop-in Program offers a great option: pickleball for seniors.

Nancy LaPaix spends her Tuesdays at the Drop-in Program. As the program lead, she participates in and ensures morning activities run smoothly, brings a sandwich for her lunch, and plays pickleball in the afternoon. (See Nancy's pickleball Member's Story on page 4.)

If you're interested in trying pickleball, join us one Tuesday, 1-3pm. Equipment is provided and there is no pre-registration required. There is a \$2 drop-in fee. Please wear indoor shoes.

Lots of creativity with our workshops

Bunk Trinacty, a ceramicist, returns on February 4, 10-noon, to offer a single-session clay ceramic workshop. (Our previous clay projects with Bunk have been offered over two weeks.) "Braided Clay on a Tile" is a new project

for our program. This workshop is offered in coordination with Aspotogan Arts and Crafts and Age Friendly Nova Scotia. See registration information in box, this page.



The jewellery-making workshop offered by Shanna Balogh in December was a great success. Many participants made earrings

to give as holiday gifts. Our workshops are designed for fun and creative exploration. All supplies are provided and there is no cost to attend. Spots are limited and pre-registration is required.

The Drop-in Program is held on Tuesdays at Black Point and Area Community Centre, with morning activities from 10 to noon and pickleball from 1 to 3 pm. Email dropin@bayseniors.ca or call 902-820-3334 for more information, to register for workshops, or to inquire about arranging transportation with BayRides if you don't have access to your own.



Janice Dean and Julie Dugie show off their beautiful earrings.

Member's Story

Bay Seniors' pickleball is a great way to try out the sport

Nancy LaPaix

Bay Seniors' pickleball provides me with the perfect opportunity to have fun with other members.

I was first introduced to pickleball several years ago. Even though I know the basic rules, I still consider myself a beginner.

For our group, a person's skill level isn't important. What is important is to enjoy each others' company while getting a bit of exercise and learning along the way.

There are two courts, accommodating eight players at a time. The games are short, and therefore waiting times are also short.

If you are someone who has never played pickleball or would



Nancy (second from left) with some of her pickleball pals: Peter, Ethel, Mark and Doug.

like to play this sport in a low-impact way—smashing balls is discouraged—Bay Seniors'

pickleball is a great place to start. I guarantee you'll feel welcomed and supported.

Grocery program update

Fun holiday social time inspires monthly gathering

The Grocery Shopping Program had its final run of 2024 on December 12 to the Superstore. That was followed by social time at Tim Hortons, which was enjoyed by Bay Seniors shoppers and volunteers alike. In fact, the group has decided to continue those meetings once a month, after the Superstore shopping trip.

The next dates for the program are January 9 to Superstore and January 23 to Sobeys.

Bay Seniors provides eligible members with transportation, using BayRides, to and from the grocery store. Friendly volunteers meet shoppers at the store and provide assistance and



companionship while grocery shopping. If you or someone you know is interested in joining, please contact us by leaving a message for the Grocery Program at 902-820-3334 or by emailing grocery@bayseniors.ca.

In the event of inclement weather, the grocery program will not run if schools are closed, school buses

are not running, or BayRides has cancelled service.

The Grocery Shopping Program 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.



Fitness participants enjoyed a holiday lunch on December 13 at Lefty's.

Fitness update

Thank you to Linda, our longtime aerobics instructor

Our warmest thanks to Linda Hubley, who has been the Bay Seniors aerobics instructor for nine years. Linda has helped keep our members fit with classes on Monday, Wednesday, and Friday. She is stepping back from the

Wednesday and Friday classes. Happily, Linda will continue to offer the Monday chair aerobics class. Thank you, Linda, for your knowledge and encouragement, and for inspiring us to stay active.

No Wednesday and Friday aerobics classes just now

Note that there are no Wednesday and Friday aerobics classes right now, but we're working on finding an instructor.

Watch the newsletter for updates.

Zumba Gold back in the spring

Watch for a start date to be announced in a future newsletter.

Tai chi is back

Our fall session of tai chi ended on December 4. The winter session begins on Wednesday, January 8. Pre-registration is required. Please email fitness@bayseniors.ca to sign up.

Membership renewal reminder

If you haven't yet renewed your membership for 2025, you can do it by:

- E-transfer to finance@bayseniors.ca (put Membership in the subject line)
- Cash or cheque at our January 16 Monthly Members' Meeting
- Cash or cheque at the SMB Community Enterprise Centre
- Mailing a cheque to: Seniors Association of St. Margaret's Bay, Unit 1 - 5229 St. Margaret's Bay Road, Upper Tantallon, B3Z 4R5

Get more from your device

Want to learn more about using your smartphone, tablet, or laptop? Contact tablets@bayseniors.ca or call 902-820-3334 to book an appointment with one of our student instructors. You'll meet one-on-one, and instruction is customized, based on what you want to learn.

Don't forget to download

To print the monthly calendar, first click the Download Document button you see at the bottom of the calendar. Then, you just have to hit print. The calendar will automatically print in landscape format.



Quilt raffle winner Frank Stolarz is shown here with Pauline MacDonald, Bay Seniors' hardworking quilt raffle ticket sales coordinator.

Quilt adds rosy glow to granddaughter's sleepovers

The raffle draw for the "All Things Barbie" quilt was held on December 12 and the lucky winner was Frank Stolarz.

"I bought a ticket because I wanted to support the organization," says Frank, who purchased his ticket at the Tantallon Canadian Tire in November.

"Winning the quilt was a very nice surprise."

Frank says his grandkids regularly come for sleepovers and the quilt is a hit. One granddaughter, aged 4, "really loves pink" and has been delighted to snuggle down with the pretty-in-pink quilt.

"The design and workmanship of that quilt really stand out," adds Frank. "It's beautiful."

The quilt was made and generously donated to Bay Seniors by Glenna Earle. It is valued at \$1,000, and raised nearly \$1,500 for Bay Seniors' programming.

January is Alzheimer's Awareness Month

Getting screened for dementia and getting support

Free programs and supports are available in our area:

Memory Café, is a monthly social event for individuals, families, and care partners living with memory challenges. At St. Luke's United Church, 5374 St. Margaret's Bay Road, 2:30-4:30. Pre-register for Tuesday, January 14 with Rachael Emge, 902-826-2100, ext. 3274. Visit memorycafens.ca for more information.

Alzheimer's Caregivers Support Group offers confidential mutual care and support for care partners of those with Alzheimer's. Tantallon Public Library, 6:30-8:00pm. Pre-register for Tuesday, January 21 event: 1-800-611-6345. Visit alzheimer.ca/ns for additional supports.

Caregivers NS offers a support group for caregivers the last Thursday of the month, 2-4pm, at the Tantallon Public Library. Visit caregiversns.org for additional supports. You are encouraged to call for more information and to pre-register: 902-421-7390.

Not sure whether memory changes are normal ageing or possible dementia? The Alzheimer Society recommends getting screened, since early diagnosis and treatment can make a difference. Call 1-800-611-6345 for information.