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### Monthly Members' Meeting

## Hope to see you at our Open House

Though we hate to see the summer end, we look forward to an amazing fall and lots of Bay Seniors programs and events.

And speaking of events, our first Monthly Members' Meeting is an Open House. It's on Thursday, September 18, 2-4pm, at the Royal Canadian Legion #116, 11169 Peggy's Cove Road in Seabright.

The Open House is an opportunity to reconnect with other members, catch up on summer events, and of course, learn more about Bay Seniors. It's also a great way to introduce Bay Seniors to the community, so bring a friend or two.

Volunteers who lead Bay Seniors programs and services will be available to answer your questions and hear your ideas. Maybe this will be the year you join one of our interest groups, play pickleball, join us for an excursion, or get involved as a volunteer. There's something for everyone!

### Bay Seniors Excursions update

## Get ready for some fabulously fun excursions

Your Bay Seniors Excursions crew is working on great plans for interesting places to visit for the 2025/2026 season. We have the "big bus" place chosen, and will announce details once everything



*Bay Seniors volunteers Greer, Nancy, and Vladka at the welcome table at last year's Open House.*

As always, refreshments will be served. We'll also have sales tables of sewn items and donated jewellery (see page 6), and representatives from BayRides and the St. Margaret's Bay Housing Coalition will be available to chat.

So mark your calendar for the third Thursday in September. We hope to see you there!



*Enjoy a piece of cake and a cup of tea or coffee at our Open House.*

is confirmed. Stay tuned!

Have ideas for other places we could carpool to visit? Email your suggestions to [excursions@bayseniors.ca](mailto:excursions@bayseniors.ca).

## Museum provides a summertime spot for Drop-in Program crafters

Crafters who love to craft together will always find a way to craft together. Several regular participants in the Bay Seniors Drop-in Program wanted to keep enjoying their Tuesday-morning crafting time together while the Drop-in Program was on its summer break. And the Hooked Rug Museum kindly offered a solution for the second year in a row, with a weekly Tuesday summer session.

The participants, who are all Bay Seniors members and Drop-in Program regulars, have enjoyed doing punch-needle and steel-hook rug hooking, knitting, crocheting, and even decorating a tote bag with treasures. Member Rosalind Watt says, “We



*Some of the Bay Seniors Drop-in Program's dedicated crafters at the Hooked Rug Museum this summer.*

get lots of new ideas, tips and colour ideas, and share patterns. It's a great group and we have lots of fun. It's a perfect way of keeping us all connected over the summer.” Ros says the group is very grateful

to the Hooked Rug Museum for its summertime hospitality. And the members are eager to get back to the Drop-in Program starting on September 23.

### **Fitness update**

## **Come and line dance with us**

We're working on being able to offer line dancing on a drop-in basis, starting some time in September on Wednesdays, 6:15-7:15pm, at the Tantallon Senior Elementary School. If you're interested, email [fitness@bayseniors.ca](mailto:fitness@bayseniors.ca) and put “Line dancing” in the subject

line. Once the start date and other details have been confirmed, they will be shared by email with those who have expressed interest. And watch for an update in our September 15 Open House reminder that will be emailed to all members.

## **Safety during hurricane season**

- Consider registering for the [voluntary Vulnerable Persons Registry](#) if you or someone you live with might need extra assistance during an extended power failure or emergency evacuation.
- Find out what you need for an emergency kit [here](#).
- Make sure you have a [plan in place for pets](#).
- Exchange contact information, preferably cell phone numbers, with neighbours so you can check on each other.



### **Recommended reading**

Congratulations to Bay Seniors member Halina St. James on the August 5 publication of her book, *The Golden Daughter*. The memoir is an exploration of the life of Halina's mother, a Nazi slave who immigrated to Canada after World War II, and kept a lifetime of secrets that Halina painstakingly unravelled during her research. Published by the House of Anansi Press, *The Golden Daughter* is available to buy online or at bookstores, or to borrow from the public library. The book has been listed as one of 10 “essential summer reading” nonfiction picks by *The Toronto Star*.

See more information at [halinastjames.com](http://halinastjames.com).



## Ready for some fall fun

Autumn is just around the corner. We're feeling it in the start of cooler temperatures and seeing it in the leaves just beginning to change colour.

We hope you've had a wonderful summer, despite the challenges our province has experienced with drought and wildfires.

No matter how long ago our back-to-school days were, September always feels like the "real new year," doesn't it? That's certainly true for Bay Seniors. Programs that took a

break or had reduced hours over the summer return to regular hours. See the specific details below.

We're looking forward to catching up with you in person, and hearing about your summer, whether you were gardening, travelling, hosting family, just taking it easy with a good book or, like our Bay Seniors Excursion lead Greer, who also volunteers with Hope for Wildlife, spending part of your summer helping care for orphaned baby skunks.



## Back to full service for September

A number of Bay Seniors programs and services that have reduced summer hours or take the summer off are back up to full service this month. Check the Bay Seniors September Calendar and the list below for start dates.

**Aerobics:** Again offered twice a week, Wednesdays at 10:30am and Fridays at 1:30pm, beginning the week of September 9, at the Melissa Connick School of Dance. The drop-in fee is \$2/class.

**Chair aerobics:** Back up to twice a week, Mondays (except holidays) and Thursdays, 10am, at the Melissa Connick School of Dance. The drop-in fee is \$2/class.

**Drop-in Program, morning activities:** Restarting at the Black Point & Area Community Centre on Tuesday, September 23, 10am-noon. Note that the program will be closed on Tuesday, September 30, the National Day for Truth and Reconciliation.

**Drop-in Program, afternoon pickleball:** At Black Point & Area Community Centre, 1-3pm, \$2/session. Also restarting on September 23 and closed on September 30.

**Monthly Members' Meetings:** Join us on Thursday, September 18. Our meeting this month is an Open House for members and the wider community. See story on page 1.

## Nordic Walking Group is back on the trail September 4

Good news! After some much-needed rain fell, the provincial government lifted the ban on using trails and woods in parts of the province, including St. Margaret's Bay. The Nordic Walking Group will resume walking on the trail on Thursday mornings, beginning on

September 4. Meet at the SMB Community Enterprise Centre at 9:15am for a 1-hour walk that starts at 9:30. Bring your own poles or borrow some of ours.

### Website update

## Check out our new website

A refreshed and updated Bay Seniors website is waiting for you to explore it.

The new website went live this week. It's a great spot to find information about our programs and services, join or renew as a

member, sign up to volunteer, register a new interest group, or access the home maintenance and healthcare directories we provide as a community service. There's also a new bulletin board with Bay Seniors news announcements.

We hope you'll find the new website to be friendly and easy to navigate, but if you need any help, please don't hesitate to call on our Seniors Information Office volunteers.

## Here for you Monday, Wednesday, and Friday



*Jeannette (above), and Lorraine (right), are two of the members of our Seniors Information Office team who are ready to welcome and assist you.*

As shared in August's newsletter, our Seniors Information Office (formerly called the Seniors Information Centre) is now open Mondays, Wednesdays, and Fridays, from 10am to 1pm. Tuesday and Thursday office hours were discontinued after the last week in August.

The Seniors Information Office is in the same place: Office A in the St. Margaret's Bay Community Enterprise Centre (CEC), 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon.

The first day of the new hours is Wednesday, September 3, since Monday was the Labour Day holiday. Offering hours on three days a week instead of two will allow us to provide more service and more flexibility.

We also have a refreshed collection of printed materials you can access when the CEC is open, which is weekdays, 9am to 4pm.

A big thanks to our seasoned office volunteers and several

new volunteers. They're looking forward to helping you find the information you need.

The office's phone number is still 902-820-3334. The phone will now be answered Mondays, Wednesdays, and Fridays, 10am-1pm. Please leave a message if calling at other times. The new email address is [office@bayseniors.ca](mailto:office@bayseniors.ca). Emails addressed to [centre@bayseniors.ca](mailto:centre@bayseniors.ca) will be automatically forwarded to that address.



*Jeannette restocks our newly refurbished rack of information materials, located just outside the Seniors Information Office door.*

## Drinking water for residents with dry wells

Councillor Nancy Hartling, HRM District 13, advises that drinking water is available for HRM residents whose wells are dry. Every Wednesday and Sunday, 6-9pm, 4 litres of drinking water

per person per day (based on Red Cross guidelines) can be picked up. Water is also available for pets, based on their weight. The two water pick-up spots in our area are Fire Station 50, 2050 Hammonds

Plains Road, and Fire Station 56, 8579 St Margaret's Bay Road. The program will be reassessed on September 10 to see whether it's still needed.

Visit [halifax.ca](http://halifax.ca) for information.

## Property tax rebate now available

The Property Tax Rebate for Seniors is again available. Between July and December, seniors with

a modest income can receive a rebate of 50% of what they paid on last year's property taxes, up

to a maximum of \$800. More information is [here](#).

### **Well Preserved Interest Group**

## **New interest group looking for members to preserve the harvest together**

Interested in preserving some of the harvest? Two Bay Seniors members want to start a new interest group, called Well Preserved, to do some preserving together, and they're looking for a few more members.

The goals of the group are to do some home preserving to save on the grocery budget, support local growers, enjoy new (food-safe) recipes, and share labour and fun. It's anticipated that the group would meet a few times from September to early November. Perhaps you'd like to prepare some

seasonal fruits and veggies for the freezer, and do some canning for the pantry. Or maybe you'd enjoy making some holiday gifts, like homemade mustard or herb vinegars.

There are lots of possibilities, but it will be up to the group to decide together, and with harvest season already underway, it's time to plan. The two members who have volunteered to coordinate the group have decades of preserving experience using current food-safe methods, as well as access to



a catering-style kitchen with plenty of prep space.

If you would like to learn more, please email [interests@bayseniors.ca](mailto:interests@bayseniors.ca) no later than Sunday, September 7. One of the group leads will get back to you.

### **Interest Group update**

## **We're ready to help you get a Bay Seniors interest group off the ground**

If you have a special interest or skill you'd like to share with like-minded Bay Seniors members, why not consider starting an interest group?

We presently have several active interest groups, including Solo, Birders', Sew Far, So Good (sewing group), two book clubs and our Nordic Walking Group, which is returning to the trail this week, now that provincial access restrictions have been lifted. And we've had time-limited groups Bridge Basics and Back to Basics in sewing, to help our members learn a set of specific skills. In this newsletter, members are invited to join a new group, Well Preserved, a harvest-

preserving group (see story above).

Talk to us about an idea you have. We'll help you canvass members to see who might like to join, and we'll help you find an initial meeting place so you can start getting details sorted out.

You need to have at least one person willing to serve as lead, as our interest groups are self-managing.

A great place to start is to fill out the Interest Group Registration form found [here](#) on our website. You can also pick the form up from the Seniors Information Office. Questions? Please email [interests@bayseniors.ca](mailto:interests@bayseniors.ca).

### **Technology for Seniors**

## **Personalized one-to-one computer support**

After taking a break over the summer, our Technology for Seniors program starts again on September 9.

Experienced high-school students are the instructors for the senior learners, and they are delighted to support your technology needs, by helping you gain confidence and skills in using your smartphone, tablet, or laptop. Free personalized and private learning sessions are geared to your current knowledge

level and goals.

Sessions take place at the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon.

For more information or to book a session, email [technology@bayseniors.ca](mailto:technology@bayseniors.ca) or call the Seniors Information Office at 902-820-3334, and leave a message for the Technology for Seniors program lead to get back to you.

### **Our thanks and best wishes to Odessa Obirek**

Obirek, who was at the SMB Community Enterprise Centre this summer, providing free technology training to community members, thanks to a grant from @NS. Odessa provided training and support to a number of Bay Seniors members, who appreciated her knowledgeable and kind teaching style.





## Open House sales tables

You'll have an opportunity to do a little shopping and support a good cause—actually, two good causes—at our September 18 Open House.

The Sewing Team is offering a range of sewn items, including bags, snap-fasten eyeglasses pouches, bottle holders, small storage containers, and more.

All proceeds from those sales go to support Bay Seniors programs.

And the Saturday Sparkle Jewellery Team will have donated

jewellery for sale at around half market value. All proceeds from jewellery sales are donated to the St. Margaret's Bay Food Bank.

Watch the Bay Seniors Facebook page for some teasers of items both teams will have for sale.

### Jewellery donations welcome:

If you have jewellery you would like to donate to benefit the food bank, we are looking for:

- Sterling silver chains, pendants, bracelets, earrings, and rings.

- 10k or 14k gold jewellery.
- Vintage fashion jewellery in excellent to mint condition from before 1975 (later costume jewellery simply doesn't sell).
- Artisan-made jewellery.

Jewellery can be dropped off at the SBM Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon, between 9am and 4pm weekdays. After hours, smaller parcels can be pushed through the mail slot to the left of the front door.



## St. Margaret's Bay Housing Coalition survey results

Thank you to the Bay Seniors members who took time out of their busy summer to respond to an anonymous survey on housing from the St. Margaret's Bay Housing Coalition.

This small pilot-test survey provided some valuable information.

Of note, 60% of respondents, when asked if there was anything they wished to add, provided a range of

thoughtful and helpful ideas.

More results from the survey will be provided in our October newsletter and by the St. Margaret's Bay Housing Coalition in future communications. Results from this initial survey will be very helpful in gathering insights from the wider community, which the Housing Coalition says will help guide its efforts to foster the preferred types of housing for local residents.

**Grocery Shopping Program dates for September**  
**Thursday, September 4, Sobeys**

**Thursday, September 18, Superstore (followed by monthly social)**