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Drop-in Program

A welcome return and a season to look forward to

There were a lot of smiles as the Drop-in Program returned on Tuesday, September 23, after its summer break.

If you've never dropped in before, we hope you'll consider doing so soon. All Bay Seniors members are welcome to come and check the program out and attend whenever it works for you. The program is held at the Black Point and Area Community Centre, 8579 St. Margaret's Bay Road.

In the morning, from 10am to noon, we offer a wide range of free activities, including board and card games, jigsaw puzzles, darts, and indoor walking.

Interested in trying a handcraft, like knitting, crocheting or rug hooking? We have supplies and can provide instructions to help you get started. If you're already an experienced hand crafter, there are other members to share ideas and patterns with.

Or just relax and enjoy a coffee, a snack and a chat.

In the afternoon, we offer pickleball from 1 to 3pm. You don't need any previous experience to join us: if you're new to the sport, we'll teach you how to play. It's all in fun, and although we do keep score,



Shanna, Kim, Janice and Julie collaborate on a jigsaw puzzle at the Drop-in Program.

we don't take ourselves seriously. There is a \$2 fee for pickleball. Equipment is provided for those who don't have their own.

We also offer free monthly creative workshops, like painting, working with clay, jewellery making, and our annual tradition of Ukrainian Pysanky egg painting.

Please wear soft-soled shoes at both morning and afternoon activities.

If you don't have access to transportation, please contact us. With at least a week's notice, we can help you arrange rides with BayRides, paid for by Bay Seniors. For more information, contact dropin@bayseniors.ca or call 902-820-3334.

The numbers don't lie

Just like most new activities, the Drop-in Program took a little time to get established. A few years ago, we were busy thinking of ways to entice members to join us. And join us you did!

For our 2024-25 season, the Drop-in Program had:

- 145 individual members participating
- 1,747 total participant visits
- 53 participants per week, on average
- 11 creative workshops

Thank you to all the Bay Seniors members and volunteers who have been part of this program's success. We're looking forward to a wonderful 2025-26 season with you!

Tree-ornament rug-hooking workshop is full

The tree-ornament rug-hooking workshop on October 28 is full. Many thanks to Beverly Shea-Langille and Kim Haslam for being the instructors for this workshop. If you have registered, please note the workshop runs from 10am to noon at the Black Point and Area Community Centre. The workshop is appropriate for beginners, and all supplies will be provided.

Monthly Members' Meeting

Federal benefits and fresh veggies

Are you receiving all the federal benefits you're entitled to? Shannon Millward, citizens services specialist with Service Canada, will be back to answer our questions and provide relevant updates.

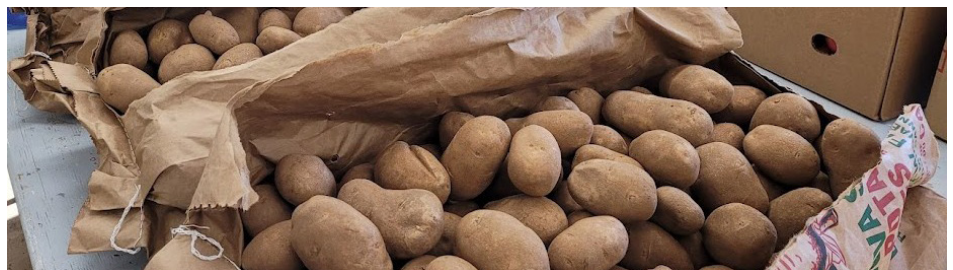
Shannon will walk us through the Service Canada Benefits Finder, which helps users to explore federal programs and benefits, making it easier to access financial assistance, healthcare, and other government supports and services. Come prepared to have your questions answered.

After a refreshment break and the opportunity to chat with fellow members, we'll have a short presentation on the Square Roots program.

A social enterprise program created and run by business students at St. Mary's University and offered locally through St. Luke's United Church, the program offers affordable produce seconds—not perfect-looking, but perfectly delicious and nutritious. Bundles typically include root vegetables and fruit. Find out how you can reduce your grocery bill and support local farmers.



Kate and Nancy, two of the handcrafters at the Drop-in Program.



Join us Thursday, October 16, at 1:30pm, at the St. Margaret's Bay Legion #116, Seabright, 11169 Peggys Cove Road.

Note the new time

The Monthly Members' Meetings will now run from 1:30 to 3:30pm.

End-of-life planning

A three-part program will be offered on end-of-life planning, on November 5, 12, and 19, at St. Luke's United Church. Doors open at 6:15pm. For more information, visit stlukesunited.ca.

Celebrate Seniors Week!

October 2-9

Join us for the Seniors Week Speaker Series—inspiring talks, helpful tips, and stories worth sharing.

Let's celebrate aging well together!



Watch online or in person at novascotia.ca/seniors-week



NOVA SCOTIA

Fire Detection Program

Fire detection equipment available free to eligible Bay Seniors members

Bay Seniors and the Station 55 Seabright Firefighters Association are cooperating in a program to donate fire detection equipment to Bay Seniors members with modest incomes.

Who is eligible

You may be eligible if you are a current Bay Seniors member who meets one of the following criteria and can confirm that you:

- Have a net income of \$29,000* or less and live alone;
- Have a net household income of \$44,000* or less and live with dependents or other adults;
- Are a recipient of Income Assistance from the Department of Community Services; or
- Are a recipient of the Guaranteed Income Supplement (GIS) or The Allowance.
- **Your net income is on your CRA tax return: Net Income, line 236.*

How to apply

Your application can be emailed or sent by regular mail to you, or you can pick it up from the Seniors Information Office. Please email office@bayseniors.ca, or call 902-820-3334. (Note: During the current Canada Post labour action, applications can be sent only by email or picked up.)



Completed applications should be put through the Bay Seniors mail slot beside the door to the Seniors Information Office, Office A, inside the Community Enterprise Centre, at 5229 St. Margaret's Bay Road, between 9am and 4pm, weekdays.

Fire detection equipment options

Upon acceptance to this program, you will be invited to choose one of the following Kidde brand fire detection devices:

- 1A/10BC non-refillable fire extinguisher [5425-239]
- Fire blanket, 1 metre square [5425-200]
- Hard-wired smoke detector, with

2AA battery backup [3616-797]

- Battery-operated smoke detector, self-testing [3616-794]
- Plug-in carbon monoxide detector with battery backup [3616-821]
- Battery-operated carbon monoxide detector [3610-551]

Next steps

We will gather everyone's order throughout October, and the fire detection devices will be available in November.

If you need help to install your device in your home, a Bay Seniors Home Maintenance Program volunteer will assist you.

Bay Seniors reaches a 1,000-member milestone

Dale Bruhm became our 1,000th member last week, signing up online through the membership application on our [website](https://bayseniors.ca).

"My friend is a member, so I know Bay Seniors has a lot going on," he told us. "And I like to be active in the community, so I thought I'd join."

Dale is one of many new members who have joined Bay Seniors recently.

Of course, you can't get to 1,000 members without having 999 people join first. Thank you to all our members for being part of Bay Seniors. And a warm welcome to our new members.

Welcoming old friends and making new friends



A little much-needed rain and no significant traffic woes caused by the construction on Peggy's Cove Road started our September 18 Open House at the St. Margaret's Bay Legion off on the right foot.

Over 175 people—current, returning, and prospective Bay Seniors members, along with some interested members of the wider community—came out to learn about our programs and services. We were delighted to sign up a lot of new members, too.

Friendships were renewed and plans were made as members enrolled in fitness activities, interest groups, and more.

The Bay Seniors Sewing Team

was selling an array of useful and beautiful sewn items, raising funds for our programs and services, and the Bay Seniors Saturday Sparkle Team had an array of lovely donated jewellery, with sales going to the St. Margaret's Bay Food Bank.

BayRides and the St. Margaret's Bay Housing Coalition also had representatives there to answer questions.

Thanks to everyone who joined us, and a warm welcome to those who joined up!



Art appreciators are invited

Bay Seniors member Andrée Lachance, shown here, is one of many artists among our membership. Andrée and several other Bay Seniors members are part of the Crossroad Artists group, 18 artists offering their annual fall show and sale at St. Luke's United Church, from October 24 to 26 (Friday, 4-7pm; Saturday and Sunday, 9am-4pm). Each artist has contributed a special 6"x6" painting on the theme of "Nourishment," with all proceeds from the sale of those special paintings going to the St. Margaret's Bay Food Bank.

Seniors Information Office volunteers

Volunteers provide information to Bay Seniors members and the general public about Bay Seniors programs; government programs, services and funding assistance; health resources; local programs and services; and other

information.

We are seeking a volunteer to work from 10am to 1pm every second Friday, and casual volunteers to assist on those Mondays, Wednesdays and Fridays when other volunteers are ill or on

Brush and Tree volunteers

Do you have some extra energy on the weekend to help with our Brush and Tree Program? This program helps other Bay Seniors members by removing fallen trees

or brush that may be blocking or interfering with use of driveways, outbuildings or yards. We are seeking volunteers to join our team on Saturday mornings.



vacation.

For more information, contact volunteer@bayseniors.ca or 902-820-3334.

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Meet Janice, our line dancing instructor



Janice Coyle, the instructor for our new line dancing class, is a familiar face to many Bay Seniors members. In addition to being a member herself, Janice and her music group, the Mother Pluckers, have provided foot-tapping music at several Bay Seniors events.

It turns out Janice likes to tap her own toes, too. She's been dancing for about 10 years—ballroom, tap, jive, and Latin. She started line dancing about 3 years ago and has been teaching it for a year and a

half. She currently teaches three classes a week.

"I want students to be comfortable and safe, so there's no uniform," says Janice. "Footwear is important—and cowboy boots are acceptable."

Janice says no experience is necessary to participate, but she does have three pieces of advice for getting the most from the class: "I tell my students I want them to sweat, smile, and have fun."

Tai chi starts October 15

A new 9-week session of Tai chi, with returning instructor Eve Rosenthal, starts on October 15.

Classes will be held every Wednesday at 10:30am at the Melissa Connick School of Dance, 5181 St. Margaret's Bay Road. The cost is \$45, to be paid in cash at the first class.

You must pre-register, and spaces fill up quickly. Email fitness@bayseniors.ca or call 902-820-3334 and leave a message.



Canning jars needed

Our Well Preserved Interest Group would appreciate donations of used 250mL and 500mL canning (Mason) jars. Lids not needed. Please place in bin on Community Enterprise Centre front porch.

Nordic Walking Interest Group

Sticking to their earlier start time



Ann, Kathy, Denise, Julia, Elizabeth, Shirley-Anne, and Sheila, on the trail. Leader Janet took the photo.

The Nordic Walking Interest Group has been meeting since June at their summer start time of 9:15 on Thursday mornings. Group lead Janet says they've decided to stick with that start time.

All Bay Seniors members are

welcome to join in, regularly or occasionally. The group meets at the Community Enterprise Centre for a one-hour trail walk. Bring your own poles or borrow some of ours.

Memory Café

A new season of the Memory Café will be offered one Tuesday each month, beginning on November 4. These events are an opportunity for people living with dementia and their care partners to enjoy an afternoon of music, connection, and joy in a supportive atmosphere. For more information or to register, contact Rachael Enge at 902-826-2100, extension 3274.

Excursions update

Coming up: Winery tour and festive lights

A popular choice in all surveys asking for Bay Seniors Excursion suggestions is a winery tour. Details, including date, and transportation—bus or carpooling—are still being worked out, but the plan is for a November tour. If you would like to be

notified about details, please email office@bayseniors.ca, call 902-820-3334, or stop by the Seniors Information Office at Office A, 5229 St. Margaret's Bay Road, any Monday, Wednesday, or Friday (except holidays), between 10am and 1pm. Please include your

name, email address, and phone number.

Registration details for our *It's Beginning to Look a Lot Like Christmas* evening bus tour of Christmas lights in Halifax and Dartmouth will be in November's newsletter; stay tuned.

Saturday Sparkle jewellery sales

Buy some bling, support the Food Bank

The next sale of donated jewellery to benefit the St. Margaret's Bay Food Bank will be on the Bay Seniors Facebook page this month. The sale starts at 3pm sharp on Saturday, October 18 and ends at 3pm sharp on Sunday, October 19. An array of vintage and artisan-made fashion jewellery will be for sale, along with sterling items. Watch for a couple of 10k and 14k

pieces, too. As always, prices are set at around half market value.

It's a sale, not an auction. Purchasers commit to the item at the listed price and then pick up and pay for it the following week at the Community Enterprise Centre. Starting on October 13, check the Bay Seniors [Facebook page](#) to see some sneak peeks of some of the items being offered for sale.



Looking for jewellery donations

Do you have jewellery to donate? Saturday Sparkle gratefully accepts sterling silver and 10k and 14k gold items from any era; pre-1975 vintage collectible jewellery; high-end contemporary

fashion jewellery; artisan-made pieces; good-quality faux pearls; and pewter, brass, copper, wood, glass, and crystal jewellery items. We ask that jewellery be in very good to mint wearable condition,

since we can clean donations but cannot repair them. We're sorry, the program is no longer able to accept watches, or plastic and acrylic jewellery.

Technology for Seniors Program

You can be in charge of your digital device (instead of it being in charge of you)

Are you wrestling with the demands of the digital age? Trying to master the little demons lurking in a cell phone, a tablet, or a laptop? Hoping to navigate online application forms? Attempting to book an appointment? Checking on your bank transactions? Wondering how to communicate conveniently with those precious

grandchildren? Just vowing to become more proficient in dealing with the demands of the web?

The Technology for Seniors program is back. Helpful, knowledgeable—and very patient—student instructors provide this assistance, offering the training to individual Bay Seniors members at a mutually convenient

time at the Community Enterprise Centre. Private meeting space is booked for these sessions, which are free to Bay Seniors members. Please email technology@bayseniors.ca or call 902-820-3334. Elizabeth Anthony, the program lead, will get back to you to answer any questions you may have and help you book a session.