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December 11 Monthly Members' Meeting

It's our annual Holiday Social!

Wear your ugliest and tackiest or most colourful festive sweater for our Holiday Social on **Thursday, December 11**, because...yes, we're having a Christmas Sweater Contest.

We have lots more fun planned for the afternoon with music, dancing, trivia, treats, shopping tables, door prizes, and laughter.

Here's what's happening:

- ♥ Music from our new Bay Seniors interest group, Sassy Seniors Sing, and from the Crossroads Community Choir.
- ♥ A dance demonstration from our line dancing fitness class.
- ♥ Sewn items to buy, perfect to give as gifts, made by our Bay Seniors sewing group, with proceeds to support Bay Seniors programs.
- ♥ Donated previously loved jewellery at great prices, with proceeds to the SMB Food Bank.
- ♥ A 50/50 draw with an opportunity to win cash and door prizes.
- ♥ Your favourite holiday sweets and coffee or tea.

It's all happening at the St. Margaret's Bay Legion #116 on 11169 Peggy's Cove Road in Seabright. Plan to arrive for 1:30pm, with the festive fun kicking off at 2:00. So get out your holiday sweater and warm up your singing voice, and please join us!

A note about the Holiday Social date

This event is on the second Thursday of the month, rather than our usual meeting date of the third Thursday, because we know life gets busy in December. **A revised version of the December calendar reflects the correct date.**



Santa, with Chief Elf Jingle (aka Cindy) and Santa's doorman, Neil, heading toward the Red Roof Building and a line of eagerly waiting children.

See more Christmas in the Bay photos on page 5

Bay Seniors holiday closures

Please see holiday closure dates in this newsletter or check the December calendar, emailed to members and available [here](#).

Restart dates for all Bay Seniors programs will be published in the January calendar.

Bay Seniors Excursion

'Twas the Week Before Christmas

Evening tour of festive lights

December 18

5:30pm to around 9pm

Many of us prefer not to drive at night or in the city, so this excursion is designed for Bay Seniors members who won't get into the city on their own to have a look at the light displays. There will be some fun Christmas things happening on board the bus, and we've heard Santa or his elves may be making an appearance along the way.

This evening tour of festive lights in HRM (in Halifax, Dartmouth and Bedford) is sure to fill up fast; space on the bus limits us to 56 participants.

Please read the following instructions carefully. This is a first come, first served event.

Register

1. Email excursions@bayseniors.ca.
2. If you can't email, please find someone to email on your behalf—there is NO in-person registration.
3. Put "Christmas excursion" in the subject line.
4. In the email, include the first and last names, phone numbers and email addresses of whomever you're registering.
5. Everyone who registers for the excursion must be a current Bay Seniors member.

Wait for your confirmation

1. Once you have sent your

email, you'll receive a reply within 24 hours, letting you know if you're on the attendance list. If the attendance list is full, you will be advised that you're on the waitlist.

2. No sign of a reply? Check your junk, promotions, and spam folders.
3. We have a new system with a dedicated registration assistant who will look after all emails and other aspects of registration; please don't call or stop by the Seniors Information Office or the SMB Community Enterprise Centre (CEC) to try to register or check if you're on the list.

Pay after you receive confirmation

1. The email confirming you're on the attendance list will ask you to pay your fee. Please wait until you receive that email to pay.
2. The fee is \$10 per person and must be paid by Monday, December 15.
3. You can pay:
 - By e-transfer to finance@bayseniors.ca. Put "Christmas excursion payment" in the subject line.
 - In person at the December 11 Holiday Social at the SMB Legion.
 - In person at the Seniors Information Office, Monday, Wednesday, or Friday, 10am-1pm. To pay

in person at another time during the week, put your payment and your name, phone number, and email address in an envelope, seal it, write "Christmas excursion" on the front, and push the envelope through the mail slot in the wall of the Seniors Information Office, located at the CEC, 5229 St. Margaret's Bay Road, open 9am-4pm weekdays.

If a waitlist is needed

1. A waitlist will be created if more than 56 people wish to attend.
2. Anyone on the attendance list with an unpaid fee on December 16 will be taken off the attendance list and replaced with someone on the waitlist.
3. If you're on the waitlist, please don't call or stop in at the Seniors Information Office to check your status. You'll be contacted by email if your name is moved from the waitlist to the attendance list.

When the fun happens

On December 18, we'll meet outside the CEC, 5229 St. Margaret's Bay Road, at 5:15pm. You must arrange your own way to and from the CEC. Please eat supper before you arrive and bring a snack if you wish. Feel free to be as festive as you like, by wearing your Christmas sweater, hat, or both. Prizes may be awarded!

Drop-in Program update

Gifts all year from the knit-to-donate volunteers

Our knit-to-donate volunteers have certainly been busy. Using the supplies the program provides, the volunteers have been knitting and crocheting at the drop-in program and at home.

Program lead Nancy LaPaix says, "We've had tremendous support for this program. I'm preparing 30 blankets for delivery to the Cancer Centre in Halifax. Other items such as hats, scarves and socks have already been donated to Mobile Outreach Street Health (MOSH) and various shelters."

Rug-hooking volunteer shout-out

Thanks to Kim Haslam and Beverly Shea-Langille for graciously instructing a second rug-hooking workshop on November 4, to accommodate our members' overwhelming interest.

A blossoming friendship develops at our Christmas card-making workshop

Bright colours and sparkles adorned the Christmas cards made at the workshop held November 18. Pictured here are Elizabeth (left) and Maura, who met at the workshop and discovered they have a lot in common.

Many thanks to the workshop instructor, Shanna Balogh, who is also a member of the Drop-in Program coordinating team.

Stay tuned!

A learn-to-crochet workshop will be offered in January. Look for

Art for food

Several members of Bay Seniors are also members of Crossroad Artists, a group of artists that meet once a week to paint together. The group is currently selling 13 small paintings for \$100 each, with all proceeds going to the SMB



Heather, Louise, Kate, Adrienne, and Grace, with one of many knit-to-donate items they have created.

Adds Nancy, "Our donations are so gratefully received." If you're interested in learning how

to knit or crochet, come to the drop-in program, where we'll be happy to get you started.

details in the January newsletter.

Holiday closure

The Drop-in Program will be closed on December 23 and 30,

resuming on January 6. Best wishes to all our participants for a wonderful holiday season.



Elizabeth and Maura enjoyed making their handmade Christmas cards together.

Food Bank. It's a lovely opportunity to own original art by a local artist and contribute to the food bank.

You can see these paintings in person at the SMB Community Enterprise Centre. Sales by cash only, please.



'Nourishment' by Mj Cavicchi.

Interest group invitations

Beginner Contract Bridge

Whether you signed up for Beginner Contract Bridge at the Open House in September, or are learning about the group from this newsletter, this is to let you know that lessons will start in January, taking place during Tuesday mornings at the Black Point & Area Community Centre, from 10 am to noon. There will be four sessions of lessons, with participants playing cards every week and honing their skills.

More information, including the start date, will be provided in the January newsletter. Anyone who signs up will get a confirmation email with details you'll need before the first lesson. Note that you must be a current Bay Seniors member to join.

Third Book Club looking for lead, members

There's no better time than winter to curl up with a good book. Bonus: a chance to discuss the book with friends.

We have started a waiting list for a third Bay Seniors Book Club. And now we need additional members. We also need someone to volunteer to be the group lead, since all Bay Seniors interest groups need one or more members to lead the group. Please email interests@bayseniors.ca for more information, to sign up as a member, or to volunteer as lead.

Lots of ways to be part of Sassy Seniors Sing

The newest Bay Seniors Interest Group has started and has been great fun so far. The group meets

in the basement of St. James Anglican Church (The Yellow Church) at 6991 St. Margaret's Bay Road in Boutilier's Point, every second Tuesday and there is ample parking at the front and beside the building.

The group will meet on December 9, 1-3pm, then take a break for the holidays and meet again on January 6.

The group is a drop-in. Members can come to play—if you have an acoustic instrument, bring it along—sing, or just listen. Got a favourite song? Bring it with you.

Enthusiasm and a love for music is all you need to be part of this group. Consider this your invitation to come and check out Sassy Seniors Sing!

Extending the harvest

The Well Preserved interest group, which was to have wrapped up in early December, has decided to continue to meet once a month to preserve foods available year round.



Three of the group's 10 members (from left), Kim, Janice and Cathy, shown here with red onions and cabbage, which the group turned into a wintertime pickle. It's perfect, they say, with a grilled cheese sandwich.

Nordic Walking is still on Thursdays

Regular participants in the Nordic Walking interest group may have noticed that Nordic Walking no longer shows up on the monthly calendar. That change is to be consistent with other Bay Seniors interest groups.

But the Nordic Walking group still meets every Thursday at 9:15am at the Community Enterprise Centre and walks for about an hour from 9:30 to 10:30.

And all current Bay Seniors members are warmly welcome to participate. Bring your own poles, or borrow some of ours.

With winter weather upon us, group lead Janet says the Nordic Walkers will continue through the winter, but if driving or walking conditions make it inadvisable to meet, she will send out an email to regulars and post a notice on Facebook for everyone.

The group will not be meeting on December 25 or January 1.

Christmas Bird Count

This annual event from December 15 to January 5, helps identify how wild bird populations are doing. For more information or to help count, visit birdscanada.org/bird-science/christmas-bird-count.

Christmas in the Bay

Christmas in the Bay 2025 took place over two weekends, with indoor activities in the Red Roof Building on the market green on November 22 and outdoor activities happening on November 29.

As usual, lots of Bay Seniors members responded to Santa's request for help. Thank you to Adrian, Anne, Beverly, Bob, Carlo, Cindy, Dana, Deborah, Donna, Elizabeth A, Elizabeth M, Fred, Keith, Mary Lynne, Melan, Neil, Pat, Sharon, Sheila, and Shelley.



Deborah, her accordion, and her group of singers invite Santa to join in on the music.



Face painter Mary Lynne, with Eric and Nicole, whose mum, Monie, is also a Bay Seniors volunteer.

Still time to participate

The deadline for the All-Ages Colouring Contest is December 9. Visit peggyscoveareafestivalof-hearts.com and click on Christmas in the Bay to download the images, or stop by the CEC to pick up paper copies. Adults can participate and win prizes, too!



Santa's newest Bay Seniors elves, Dana and Donna, managing the All-Ages Colouring Contest and cookie tables.



Sheila, Shelley, and Beverly, serving hot chocolate to help hayride participants warm up after a fun but frosty ride on the trail. Missing from photo is Pat.

Calendar corrections

Our apologies: the date for our Holiday Social/December Monthly Members' Meeting (see page 1) was incorrect in the first version of the Bay Seniors December calendar, sent out on December 1. Note that the Holiday Social is on Thursday, December 11, not December 18. A corrected version of the calendar has been emailed to our members.

The new version of the calendar also includes the December excursion date. A reminder that pre-registration is required for that event. See page 2 of this newsletter for full event details.

Storytelling and more

On November 20, over 80 Bay Seniors members were riveted by a presentation from one of our own members, Halina St. James. Halina's memoir, *The Golden Daughter*, was published in the summer. The book is a story of her mother's journey from Nazi slave to a life of many secrets in Canada, secrets that Halina started to unravel only after she found a cache of letters following her mother's death.

Those present could certainly relate to Halina as she discussed "stressful mother-daughter relationships, intergenerational trauma and parents keeping secrets from their children."

Afterwards, Halina signed copies of her book and chatted with fellow Bay Seniors members.

We were then delighted to hear from Dacia MacDonald, MLIS, branch services lead with the Tantallon Public Library. We learned a great deal about the many resources available through the library, including online magazines and newspapers. You

can borrow much more than books from the library, including radon test kits and even musical instruments.

Dacia was pleased to recognize many of the Bay Seniors members in attendance as regular users of the library.

In her blog, Halina St. James reflected on the joy of presenting to her Bay Seniors peers and neighbours, and encouraged us all tell our stories:

The introduction I got from the association's Cindy Skerry really touched my heart...She knew my mother and was able to tell some stories about her when she introduced me. With a few words, Cindy brought Mama back to life for me.

Later, people came up to me and shared their stories...With each person, I encouraged them to write their story, perhaps for publication, perhaps for themselves, perhaps for their children and grandchildren.

Stories are how we learn. Stories make us human. Stories teach us to be, and how to do better.

From "A joyful afternoon with my neighbours," halinastjames.com



Cindy Skerry and Halina St. James at our November meeting.

Grocery Program update

A few changes to note

Over the winter months, Bay Seniors continues to provide 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. Beginning this month, members will be charged a nominal fee of \$5 for each trip, to help offset costs associated with the program.

The last trip for 2025 will be on December 18, followed by a Christmas social at Tim Hortons.

The program will resume on January 15, with trips now running twice a month instead of every second week. Please check the monthly Bay Seniors calendar

to confirm dates and locations.

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 in joining the program, please contact us by leaving a message for the Grocery Program at 902-820-3334, or emailing grocery@bayseniors.ca.

Winter weather reminder: The grocery program will not run during inclement weather if the schools are closed, buses are not running, or BayRides is cancelling service.