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February Monthly Members' Meeting

Learn more about your hearing health

Join us on February 19, 2026, at 2pm—the doors open at 1:30—at the St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road in Seabright.

Our guest speaker is registered audiologist Laura Hart (photo, right), who will share information on hearing loss and the province's public organization for audiology and speech-language pathology services, Hearing and Speech Nova Scotia.

Hearing loss is common. Around

one-third of Canadian adults have some degree of measurable hearing loss, and by age 70 to 75, that number rises to two-thirds.

Research shows that many of us with hearing loss are not aware of it. Untreated, it's associated with an increased risk of mental fatigue, social isolation, and cognitive decline.

Learning the signs of hearing loss and getting hearing check-ups are the first steps toward reviewing your options, including strategies



for communication, hearing aids or other devices, and more.

Five years of sparkling for the food bank

Saturday Sparkle, the Bay Seniors fundraiser that sells donated jewellery to benefit the SMB Food Bank, marked its fifth anniversary in December. During that time, the program has raised over \$14,000 toward supporting food security. Read more in the February issue

of *The Masthead News*. And watch our [Facebook page](#) for details about upcoming online and in-person sales.

Thank you to all the generous Bay Seniors members who have supported this initiative by donating and buying jewellery.



Finding out about program cancellations

Lately, it feels as though Monday comes with an obligatory snowstorm.

That raises the question of how our members find out about activity cancellations, which may occur due to weather, a program venue being temporarily unavailable, or an emergency or other issue involving an activity lead or instructor.

For programs where participants are regular members, the lead/instructor or another volunteer will send an email notification about the cancellation. Since many of our activities are offered on a drop-in basis, information about cancellations is also posted on our [Facebook page](#) and on the [information bulletin board](#) on our website.

If your email address changes, please let your Bay Seniors activity leads know, and email office@bayseniors.ca so you don't miss receiving your calendar, newsletter, and meeting reminder each month.

Protecting ourselves against fraud

At our January meeting, guest speaker David Harrison, investor education and communications officer with the Nova Scotia Securities Commission, provided us with an informative—and sometimes scary—presentation.

David said that only a fraction of investment fraud is ever reported. He reviewed a number of current schemes, including deep-fake schemes that use artificial intelligence to create realistic-looking images, videos, and stories.

The presentation ended with a game of Fraud Bingo, a fun way to reinforce the valuable tips David shared in his presentation.

The Nova Scotia Securities Commission was established to provide residents protection from fraudulent activities that undermine investor confidence.



January guest speaker David Harrison offered helpful tips to avoid becoming a victim of fraud.

Learn more about the organization and how to protect yourself against fraud on their [website](#).

David's parting comment was, "If it seems too good to be true, it probably is."

Ready to give us a chuckle?

After many years of helping start our Monthly Members' Meetings off on a happy note with a funny story, our resident funny lady, Joan Redmond, has decided it's time to

step away.

Joan's contributions were warmly recognized at our January meeting. If you're ready to put a smile on members' faces each month at

the meetings, we'd love to hear from you. Please email office@bayseniors.ca and put "Funny stories" in the subject line.

Don't forget to renew your membership

If you haven't yet had a chance to renew your Bay Seniors membership, this is a friendly reminder that our membership year runs from January 1 to December 31 each year.

Membership is still only \$10 a year per person.

You can renew by:

- Sending an e-transfer to finance@bayseniors.ca. Please put your name and the words "membership renewal" in the subject line.

- Mailing or dropping off a cheque to the Seniors Association of St. Margaret's Bay, 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon, B3Z 4R5.
- Stopping by the above address on a Monday, Wednesday, or Friday, between 10am and 1pm, to pay in person.
- Paying at the Monthly Members' Meeting or at the Drop-in Program.

You must be a current member to participate in Bay Seniors activities and vote at our AGM.

Memory Cafe

February 10, 2:30-4:30pm, Memory Café, St. Luke's United Church, for people living with dementia and their care partners. Conversation, creative activities, light entertainment, and warm drinks in a relaxed setting. Free, Register with Rachael Emge, recreation@stmargaretscentre.ca, 902-826-2100, ext. 3274.

Drop-in Program updates

February beading workshop is full

The beading workshop on February 10 is full. If you registered, please note the workshop runs from

10am to noon at the Black Point & Area Community Centre. This workshop is appropriate for beginners, and all supplies will be provided.

There is a waiting list, so if you registered and can't attend, please email dropin@bayseniors.ca so that your space can be offered to someone else.

Their grannies would be proud

Participants learned how to crochet a granny square at our January workshop. These colourful squares are an ideal beginner project, using just a few different stitches. Granny squares are often used to make blankets, and are therefore one of the most popular things to learn to crochet.

Many thanks to Margaret Muise and Rosalind Watt, who were able to support both right- and left-handers, for instructing this workshop.



Rosalind, Nancy, and Lynn at the January workshop.

Popular pysanky painting workshops return

Two pysanky painting workshops led by Suzanne Day will be held on March 3 and 10. These ever-popular workshops are an annual tradition at the Drop-in Program. Sign up to learn to paint Ukrainian Easter eggs using traditional colours and patterns. Materials, including eggs and tools, will be provided, and there is no cost to attend. Seats are limited and pre-registration is required. Register by emailing dropin@bayseniors.ca or by calling 902-820-3334. Make sure you specify your preferred date.



Pickleball cancelled for February and March

Pickleball, which usually takes place every Tuesday, 1-3pm, at the Drop-in Program at the Black Point & Area Community Centre, is cancelled for the months of February and March. We apologize to our pickleball players, and look forward to resuming sessions in April.

Every Wednesday, 1-3pm,
James Games, St. James
Anglican Church (The Yellow
Church), 6991 St. Margaret's
Bay Road, Free. Board
games, treats, all welcome.

Annual General Meeting

Save the date

The Annual General Meeting of the Seniors Association of St. Margaret's Bay will be held immediately before the Monthly Members' Meeting on Thursday, March 19, at the St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road, Seabright. All current members (those who have paid their 2026 dues) are eligible to vote at the meeting.



One of the houses in Fall River that delighted our excursion participants.

Excursions update

A busload of festive fun

The “Twas the Week Before Christmas Lights Tour” was a huge success, with a busload of Bay Seniors members travelling to Fall River, Dartmouth, and Halifax on December 18 to enjoy spectacular seasonal sparkling.

A special shout-out to the homes in

Fall River and Windsor Junction, as they had the finest light displays outside of Halifax’s Connaught Avenue extravaganza.

Thank you to our driver, Jojo, from Atlantic Coach Maritimes, who pulled off some extra-special turning manoeuvres (to

big applause) during our rural explorations.

Feedback from those who attended has made it clear this festive trip may be an annual event—in fact, rumour has it plans are already underway.

Technology for Seniors

How to love your computer even more

Valentine’s Day will soon be here, so it’s time to show a little love to those challenging tech devices of ours.

Sign up for help—personalized to meet your goals—provided by

knowledgeable student instructors who are available during after-school hours. Meetings are held in a private office setting at the SMB Community Enterprise Centre, with appointments arranged at

your mutual convenience.

To get more information or to book a session, email technology@bayseniors.ca or call 902-820-3334 and leave a message. The program lead will return your call.

Grocery Shopping Program dates

February 12 – Superstore, followed by social at Tim Hortons

February 26 - Sobeys

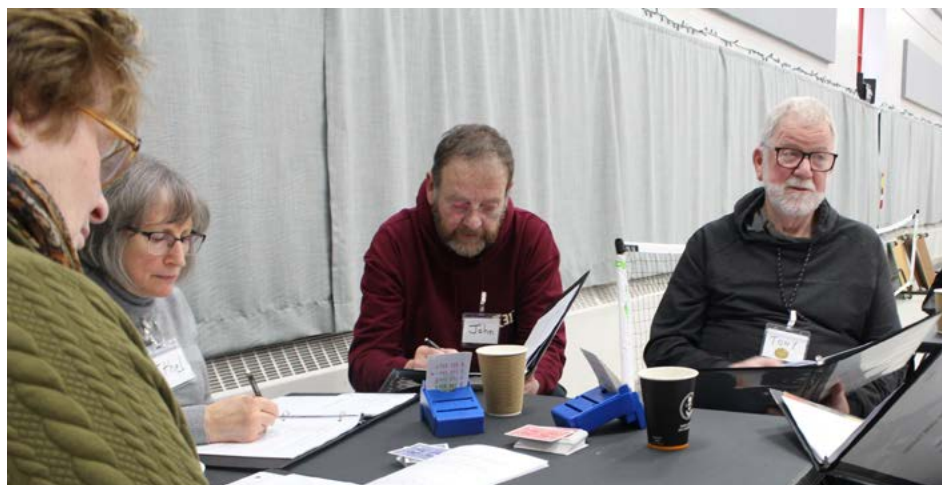
Growing interest in interest groups

If you have a special interest you would enjoy sharing with fellow Bay Seniors members, check out our growing list of interest groups. These groups are self-managed, with Bay Seniors helping each group get established, find a place to meet, and share the group's stories in the newsletter.

Currently, we have interest groups for:

- Birding
- Books
- Machine sewing
- Home preserving
- Nordic trail walking
- Contract bridge
- Calligraphy
- Philately (stamps)
- Social activities for solos

There are also interest groups waiting for a member to come forward to serve as lead and help make them happen: travel stories, life stories,



In addition to having fun together, interest groups are a chance to learn, practice, and share skills, as these “deep in thought” faces demonstrate. From left: Joanne, Ethel, John, and lead Tony, some of the members of the contact bridge interest group.

and lunch club.

Every interest group needs one or more members to serve in a lead and coordinating role. If you're interested in helping lead one of the groups-in-waiting—or in suggesting a new interest group—please email

interests@bayseniors.ca.

For more information on existing interest groups, including which ones are currently taking new members, visit the [Interest groups](#) page on our website.

Interest groups updates

Birders' Interest Group

Name that bird...and count that bird

Members of the Birders' interest group have been continuing to hone their bird ID skills. And it's perfect timing to put them to use during the Great Backyard Bird Count.

Each month, group members receive a challenge—photographs of several birds by email—with group co-lead Suzanne coaching them to check for all the physical characteristics that differentiate bird species, like wing length, tail shape, stripes, caps, colours, and more.

Group members email their answers to Suzanne, who then confirms what bird is which, along with a few clues that may (or may



Can you identify this bird, which was included in the December challenge? See the answer on page 6.

not) have been spotted by group members in meeting the challenge. Co-lead Beth has reminded group members that the Great Backyard Bird Count is happening

from February 13 to 16. If you're interested in learning more about this event, or in participating, visit birdscanada.org.

Interest groups updates

Third book club has room for more

There are still spaces available in the third Bay Seniors book club. Please email interests@bayseniors.ca if you would like to join.

Solos go bowling

Eight members of the Solo interest group hit the lanes at Bowlerama in Halifax recently to enjoy an afternoon of bowling. No scores were shared for this update, but everyone agrees the scoring was secondary to the fun.

The Solo group is for Bay Seniors members who are not part of a couple but enjoy getting together with others for social activities like taking in events and local attractions, theatre, lunch, shopping—and, last month, bowling.

Sassy Seniors Sing says so long

Regrettably, the drop-in music group, Sassy Seniors Sing, has come to an end. Thank you to those who came out to try it. And apologies to members who came for the session that had to be cancelled due to bad weather.

A few group members will



From left, Vicki, Vladka, and Margie at the Solo bowling event.

continue on their own, jamming to perform at local coffeehouses and future Bay Seniors' events on request.



The Well Preserved home-canning interest group meets once a month through the winter. In January, sourdough starter was shared, so there can be bread to enjoy with jams and jellies made in the fall.



Elizabeth shows off a table runner she worked on at a session of Sew Far, So Good, the machine-sewing interest group.

Staying active in February—indoors and out

Drop-in indoor fitness activities currently available include aerobics, chair aerobics, and line dancing. As noted elsewhere in this newsletter, Tuesday pickleball has had to be cancelled for February and March. Pro tip: the Thursday chair aerobics class often has more space than the Monday class, and the Friday aerobics class tends to be less busy than the Wednesday class.

See the February calendar for dates,

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times, locations, and fees for all Bay Seniors fitness offerings.

If you enjoy a good winter walk, our Nordic trail walking interest group meets year-round at the Community Enterprise Centre on Thursday mornings at 9:15, setting out for a one-hour walk on the trail at 9:30. Bring your own poles or borrow some of ours.

Prefer to walk indoors, especially in the wintertime? You can walk laps

at the Drop-in Program on Tuesday mornings, 10am-noon, at the Black Point & Area Community Centre.

Answer to the bird ID challenge

The bird on page 5 is a female Common Redpoll, a member of the finch family often spotted in Nova Scotia during the winter.