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March Monthly Members' Meeting

Extending the fun with pi and Patrick

By the time mid-March rolls around, we can all use a little lift. And our meeting on March 19 will be bringing it, with a singalong of Irish songs and other popular tunes, and pie on the refreshment table. Yes, we'll be celebrating St. Patrick's Day and Pi Day after the fact, but it does mean we get to sing and eat pie.

Feel free to wear your St. Paddy's Day attire—or just your favourite green shirt or sweater. And get your voice warmed up to sing along with musical guest Charles O'Leary, a classically trained musician, singer, songwriter, and storyteller.

Our pie is in honour of Pi Day, when eating pie is a fun homage to the mathematical symbol pi, which represents the ratio of a circle's circumference to its diameter. The ratio rounds off to 3.14, which is why the day is on March 14.

Our sewing and jewellery teams will also be at the meeting, offering sales tables of sewn items, with sales to benefit Bay Seniors, and previously loved jewellery, with sales supporting the St. Margaret's Bay Food Bank.

We hope you can join us on Thursday, March 19 at the St.



Charles O'Leary will be bringing craic agus ceol, an Irish phrase meaning fun and music, to our March meeting.

Margaret's Bay Legion #116, Seabright. The doors open at 1:30pm. A reminder that our AGM will take place immediately before the monthly meeting (see box).

A sterling and peridot Celtic pendant, one of the jewellery items for sale.



Annual General Meeting and membership

This year's AGM is at 2pm sharp, right before our March 19 Monthly Members' Meeting.

A reminder that you must have paid your membership dues for 2026 to vote at the AGM. See information [here](#) about how and where to renew.

We are currently sending out membership renewal reminders by email. Please note that we don't collect past dues. The amount owing is \$10 per person for 2026.

February Monthly Members' Meeting

Learning about hearing health

Audiologist Laura Hart with [Hearing and Speech Nova Scotia](#) (HSNS) was our February speaker. HSNS is funded by the Nova Scotia government to deliver integrated and standardized provincial services across 35 clinical sites, located in 25 communities.

After a quick tour of the ear's anatomy—we learned that our ears include some of the tiniest bones in our body—Laura described several types of hearing loss.

We should seek a hearing assessment when:

- You or others notice concerns with your hearing.
- You're experiencing tinnitus (ringing, buzzing, or other sounds in your head or ears).
- You're experiencing a sensation of spinning, dizziness (vertigo), or trouble keeping your balance, including in the dark, with



Audiologist Laura Hart says many people with hearing loss aren't aware of it.

- your eyes closed, or on uneven surfaces.
- You have a history of significant noise exposure.
- You want a baseline hearing test, especially useful if you're 65 or older.

Laura explained how hearing assessments work and are used



by professionals to suggest appropriate remedies for specific issues. Such assessments are important, because untreated hearing loss is associated with an increased risk of mental fatigue, social isolation, and cognitive decline.

Bay Seniors Sewing Team update

Assorted aprons, hug shawls, and a big thank you

Thank you to everyone who purchased our sewn items over the Christmas season and thank you to those who have donated wonderful fabrics.

If you're still weeding out your fabric stash, we're looking for cotton prints and cotton canvas-weight fabrics of one metre or more in length. Donations can be dropped off to the Seniors Information Centre, located inside the Community Enterprise Centre. Please label the package "Bay Seniors sewing."

At the February Monthly Members' Meeting, there was a lot of interest in our aprons for adults and in our adorable adult-and-child apron sets. We also plan

to have BBQ aprons in the spring. Watch for an announcement in a future newsletter.

At the meeting, we tested our prototypes of "hug shawls," soft, cozy wraps perfect to snug around your shoulders when reading in bed, watching TV, sewing, sitting in a wheelchair, or just relaxing at home. Feedback is so positive we plan to offer them soon with pockets. A recent generous cash donation will allow us to purchase some of the specialized fabrics needed.

A big thanks to our wonderful sewing volunteers who spend hours organizing fabric, cutting out patterns, and assembling items for sale. Those volunteer efforts

mean that all proceeds from sewing sales go to Bay Seniors programs and services. Here is a virtual "hug shawl" for every one of you!



Our Bay Seniors apron models are (from left) Fred, Keith, and Neil, who is demonstrating that his apron is reversible.

Drop-in Program updates

Darts, beads, and Easter eggs

Growing interest in darts

Did you know we have darts and dart boards at the Drop-in Program? Warm up your throwing arm and come give it a try. Whether you're a darts newbie

or have played for years, there's a dartboard waiting for you. Cathy and George, shown here, are newcomers to the area and they're also avid dart players—as you can see from the triple 20 on the board.



Beading workshop a sparkling success

At our February workshop, beads were transformed into small treasures, as our participants created zipper pulls and earrings.



Left: Jan and Cathy applied some maritime décor to their creations. Right: Kim's zipper pull is now a helpful "scissors spotter."

March 3 and 10 Pysanky workshops

The pysanky workshop on March 3 is full. There are still a few spaces available for the March 10 pysanky workshop.

Workshops run from 10am to noon at the Black Point & Area Community Centre. There is a waiting list for most of our workshops, so if you register for one and can't attend, please let us know so your space can go to someone else. To register or cancel, email dropin@bayseniors.ca.

Pickleball resumes April 7

A reminder that pickleball, which is usually every Tuesday, 1-3pm, at the Drop-in Program at the Black Point & Area Community Centre, is cancelled for the month of March. Pickleball will resume on April 7.



Creating pysanky, Ukrainian Easter eggs, is an annual Bay Seniors workshop tradition.

Interest groups update

Got an idea? We want to hear it

We're always interested in hearing from Bay Seniors members willing to share their skills and hobbies by forming a new interest group.

You don't need to have a fully formed plan. You can email interests@bayseniors.ca and bounce your idea off the Bay Seniors board member responsible for interest groups. Together, the two of you can discuss your idea and help you transform a concept into a group ready to be opened up to other Bay Seniors members.

Some of our current interest groups have spaces for new members, including Book Club #3, Solo, Sew Far So Good, Birders, and Nordic pole walking.

There are also interest groups that meet for a specific number of sessions—usually 4 to 6—to help participants learn skills to practice on their own or share with others. Contract Bridge and Calligraphy are two examples. New sessions for these learning groups are announced in the newsletter.

Learn more about current and proposed groups [here](#).



Do you have a creative interest or practical skill you'd like to share with others or further develop? Let's brainstorm about it! Email interests@bayseniors.ca.

Excursions update

Where are we going this year?

We're getting ready for our 2026 excursions, and there are changes to the format, as described below.

- **Fees:** Because of skyrocketing costs, the fee for 2026 excursions will be \$15 per person.
- **Registration:** Members will be confirmed as registered

only once payment is received, either in person at the Seniors Information Office (located inside the Community Enterprise Centre) or through the online payment process. That means a participant's place is not held until payment has

been confirmed.

- **Cancellation:** A refund for cancelling a space on an excursion will be provided only if your space can be filled by someone else.

Excursions for 2026



The 40' (12m) statue of Glooscap in Millbrook is a famous landmark. Photo credit: Millbrook Cultural & Heritage Centre.

All excursion dates will be announced in future newsletters. Note: registration is not yet open for any of these excursions.

Millbrook Cultural & Heritage Centre/Victoria Park (Truro area)

A spring excursion, \$15.

Wine Tour (Annapolis Valley, exact spots TBA)

The cost will be \$15, plus an additional \$45 per person for the winery tour, which includes tasting and accompanying nibbles. The

payment process will be explained in the April newsletter. We have the list of members who expressed interest in this excursion in the fall, and we will contact them once details are confirmed.

Memory Lane (Lake Charlotte) and a Dartmouth adventure (TBA)

A fall excursion, \$15.

Christmas Lights Tour

November or December, \$15.

Student looking for input from older women

March is Women's Health Research Month, and older women in Nova Scotia have an opportunity to support a research project that deals with how they understand their body image in the context of relationships and sexuality. Student Michaela Ryan is conducting 60-minute interviews by phone or Zoom as part of her

final undergraduate research project in psychology at Cape Breton University. If you want to learn more or participate in this ethics-approved research, call Michaela at 902-371-4942 or email cbu22bhbb@cbu.ca. She hopes to complete all interviews by March 12.



Michaela Ryan

Sewn items also at the CEC

Our Bay Seniors sewn items, including bags, aprons, tissue holders and more, are always for sale at the SMB Community Enterprise Centre. Stop by on weekdays, 9am-4pm, 5229 St. Margaret's Bay Road, Unit 1, to check out what's currently in stock. And thank you to the CEC and its volunteers for their support.



Weather cancellations

When we must cancel an activity for weather or other reasons, we do our best to contact regular participants by email. Please let

us know if you've changed your email address or phone number since you signed up for one of our activities.

We also post cancellations on [Facebook](#) and on the [bulletin board](#) on our website.

Save the date: Bay Seniors May yard sale

Mark your calendars for Saturday, May 9 for our Bay Seniors yard sale at the St. Margaret's Bay Legion. We'll have a treasure trove of items priced to sell.

If you're thinking of clearing out some space in your cupboards, basement or garage, please consider donating sellable items in very good to mint condition to the sale. More details on where to drop off donations will be shared in our April newsletter. And look for sneak peeks in the May newsletter of some of what we're offering for sale.

Important: we are unable to accept donations until Monday, April 13. Sorry, but we cannot accept clothes or books.



Nutrition information and more from Community Health Teams

March is Nutrition Month in Canada, and this year's theme is "Nourish to flourish." Learn more about how our nutritional needs change as we age [here](#).

Nova Scotia's Community Health Teams offer various programs and services on healthy eating, including meal planning, eating on a budget, plant-based eating, and more. See the Community Health Teams spring and summer [program guide](#) for details on these programs and many others.



Seniors Care Grant deadline is March 31

Seniors with a modest income can apply for the Nova Scotia Seniors Care Grant, which provides \$750 toward the costs of household services like lawn care, snow

removal and transportation, and healthcare services like physiotherapy. Go [here](#) by March 31 for more information and to apply.

Do you have jewellery to donate?

Please email jewellery@bayseniors.ca if you have jewellery to donate to the Saturday Sparkle program, a Bay Seniors fundraiser that supports the SMB Food Bank.

Gold and silver jewellery, pre-1970 fashion jewellery, and artisan-made jewellery are all popular. Sorry, we cannot accept watches that need batteries or anything that needs repair.

Heating Assistance Rebate deadline is March 31

Modest-income households are eligible for a \$400 rebate on the cost of heating their home. Go [here](#) by March 31 for more information and to apply.

Schools are closed March 16-20 for March Break. That means there is no line dancing on Wednesday, March 18.

Grocery Shopping Program dates

March 12 – Tantallon Superstore, followed by social at Tim Hortons

March 26 - Tantallon Sobeys



Make a donation and make a difference

Did you know Bay Seniors is a registered charity?

Since 2009, we've been helping serve the needs of seniors in the St. Margaret's Bay area.

With your support, we can do even more.

We accept donations by e-transfer to finance@bayseniors.ca (please put "donation" in the subject line) or by cheque. Tax receipts are provided for donations of \$25 or more.

For more information, email office@bayseniors.ca or call 902-820-3334.