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## Doing a little spring clearing? Please think of us!

We need donations for our May 9 Flea Market. So if you're clearing out some space in your garage, basement, kitchen, or another room in the house this month, we'd love to have you donate the items you no longer need to our sale.

There are two ways to get donations to us:

1. Drop off your donation to the volunteers on duty in the parking area near the Sonny's Road entrance to the SMB Rails to Trails (behind the Community Enterprise Centre) on:
  - Fridays, April 10, 17, or 24, between 6pm and 8pm.
  - Saturdays, April 11, 18, or 25, between 10am and noon.
2. Email [fleamarket@bayseniors.ca](mailto:fleamarket@bayseniors.ca). In your email, please estimate the volume of what you're donating (e.g., the size of a breadbox or enough to fill the trunk of a car, etc.). We'll get back to you to arrange a convenient time for a Bay Seniors volunteer to pick up your donation.

We will be unable to accept any donations after Thursday, May 7. Donations should be in usable condition. Please, no books or clothing.

And don't forget to mark your



calendar for our Flea Market on Saturday, May 9, 10am-2pm, at the St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road, Seabright. Everything will be priced to sell, with proceeds to support Bay Seniors programs and services.



### **Holiday weekend closures**

On Good Friday, April 3, the Seniors Information Office will be closed and there will not be an aerobics class.

On Easter Monday, April 6, the Seniors Information Office will be closed and there will not be a chair aerobics class.

## April Monthly Members' Meeting

### Finding trash and treasures under the sea



Some of Sean's underwater finds.  
Image credit: Sean McMullen

Our April speaker is making a splash—literally.

Sean McMullen, known as Saltwater Sean, is a freediver and explorer. He is dedicated to seeing what lurks beneath the ocean,

lakes and rivers. While he's there, he helps clean up the trash he finds.

And sometimes, there are treasures mixed in with the trash.

Sean shares his discoveries of garbage and historic bottles and other artifacts with a large social media audience. He has also appeared in several media stories. He'll be bringing some of his finds to our April meeting and sharing historical details about them.

In keeping with the theme of protecting the environment, we will also be joined by Cyndi Fraser, waste resource education officer with HRM Solid Waste Resources. Do you ever have trouble figuring out whether something belongs in the garbage or in recycling? Cyndi will be set up at a table before the meeting to answer your waste-related questions and will review

the new recycling rules introduced in December. Come prepared to ask her your specific questions.

Please join us on Thursday, April 16 at 2pm at the St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road in Seabright. Doors open at 1:30pm.



Sean McMullen, aka Saltwater Sean, on a recent dive in Peggy's Cove.  
Image credit: Sean McMullen



Lisa got her green on for our March meeting.

### March Monthly Members' Meeting update

#### A taste of Ireland and a piece of pie

A total of 111 members came out on March 18 for our Annual General Meeting and Monthly Members' Meeting.

In addition to music provided by guest Charles O'Leary—with accompaniment by Bay Seniors member Neil Oldreive on his cajon drum and slides of Ireland from member Greer Kelley—members chose from a big selection of pies. The Bay Seniors sewing and jewellery teams were there with items for sale and some members added to the fun by wearing their St. Paddy's Day finest.

### A bouquet for President Pat

At our AGM in March, Pat Rodee, President of Bay Seniors, thanked her fellow board members for everything they do. In response, our Board of Directors offers this virtual bouquet to Pat for everything she does.

Thank you, Pat, for your outstanding leadership!



## Drop-in Program updates

### Pysanky, pickleball and painting

A Bay Seniors annual workshop tradition continued when participants had fun creating beautiful painted Ukrainian Easter eggs at two pysanky workshops in March.

Cathy, who has participated in pysanky workshop for the past two years, said, “Suzanne, the instructor, is terrific.”

Debi, participating for the first time, agreed: “It was extremely well run. We were assigned several YouTube videos to watch before we arrived, which were very helpful. We could select from a multitude of colours and several suggested



Participants at the March 3 pysanky workshops (from left): MJ, Sharon, Debi, Peggy, Michele, Cathy, Sue, Elizabeth, Margie, Krista, and instructor Suzanne.

patterns, but were free to do our own.”

Added Debi, “I hope I get to do this next year.”

Thanks to Suzanne for leading both workshops.

*Pysanky workshop participants achieved beautiful results.*



### Pickleball resumes April 7

Bring your indoor shoes and join us for a game of pickleball, which resumes April 7. Members are

welcome to drop in to learn and play on Tuesdays at the Black Point & Area Community Centre from

1 to 3pm. Equipment is available and there is a \$2 contribution to participate.

### Acrylic painting workshop May 19

Registration is open for a beginner-level acrylic painting workshop on May 19, 10am-noon, with Nancy, our longtime instructor.

Participants will be given a choice to paint a landscape or flowers. All supplies are provided and there is no cost to attend. Seats are limited

and pre-registration is required by emailing [dropin@bayseniors.ca](mailto:dropin@bayseniors.ca) or calling 902-820-3334.

Note: There is no April workshop.

#### About the Drop-in Program

The Drop-in Program is held on Tuesdays at Black Point & Area Community Centre, at 8579 St. Margaret's Bay Road, with morning activities (including workshops) from 10am to noon and pickleball from 1 to 3 pm. Email [dropin@bayseniors.ca](mailto:dropin@bayseniors.ca) or call 902-820-3334 for more information, to register for workshops, or to inquire about arranging transportation with BayRides if you don't have access to your own transportation.

#### Wednesday afternoon fun

James Games & Café is an opportunity to play board games or cards, enjoy a hot drink and a snack, and chat. It's at St. James Anglican Church (The Yellow Church) at 6991 St. Margaret's Bay Road in Boutilier's Point every Wednesday, 2-4pm. Games and cards are available there, or bring your own. It's free, and all are welcome.

#### Drop off can tabs for charity

There's a labelled tote/bin on the CEC's front porch where you can drop off your aluminum drink-can tabs. The RCMP Veterans' Association uses the tabs toward a fundraiser to provide mobility equipment for those in need. Please separate silver-toned and coloured tabs into separate bags and place in the bin. Larger tabs from food cans are not collected, as they are made from steel.

## **Brush and Tree Program update**

### **Need help with downed trees or brush?**

At Bay Seniors, one of the signs of spring is that our Brush and Tree Program volunteers are getting ready to get back out to help members with downed trees and fallen brush in their yards.

This is a popular program, and volunteers work their way through the list as time and weather permit.

The focus is on cleaning up and removing fallen trees or brush that are blocking or interfering with driveways, access to outbuildings, or use of yard spaces close to

the house.

You must live within approximately 20km of Upper Tantallon and have paid your Bay Seniors 2026 membership dues to be eligible for this service.

For more information or to get on the list, please email [brushandtree@bayseniors.ca](mailto:brushandtree@bayseniors.ca) or call 902-820-3334 and leave a message. You may also complete the application on our website.

## **Interest groups update**

### **Groups seeking members and sharing time together**

#### **Work on your memoir with Life Stories interest group**

If you've ever considered producing a memoir—written, digital, or video—for your family and friends, to preserve an accurate history, the new Life Stories interest group could help you achieve it.

The group will provide a supportive space for sharing experiences and ideas, and an opportunity to reflect on personal growth and the roles participants have played throughout life, toward the goal of creating the life stories.

If this is an adventure you want to explore, please email [interests@bayseniors.ca](mailto:interests@bayseniors.ca)

The maximum number of participants for the Life Stories interest group is 10. The meetings are scheduled for the second Tuesday of the month, starting on April 14. Time and location to be confirmed.

#### **Book Club #3**

We're looking for five more readers to join our "trying to get started" third Book Club. We have a lead for this group, and a handful of patient would-be members—but we need more participants. Please email [interests@bayseniors.ca](mailto:interests@bayseniors.ca) if you're a book lover who would like to join.



*Some of the members of Book Club #1: Sue, Wendie, and Penny. Book Club #3 is still looking for members.*

## **Interest Groups updates**

### **Watch for announcements of new interest groups**

There are two new interest groups in the development stages. Watch for more information and an opportunity to join the groups in a future newsletter.

### **Nordic Walking group finds another way**

When they couldn't take to the trail one Thursday—thanks to yet another snowstorm—our Nordic Walking group took to the road. They're looking forward to some milder-weather trips along the trail and invite you to join them. The group gathers outside the SMB Community Enterprise Centre every Thursday morning at 9:15, hitting the trail for a one-hour walk at 9:30.



### **Line dancers keep it lively**

*Line dancing instructor Janice (centre, aqua shirt) keeps participants moving and keeps the fun going during the weekly Wednesday evening line dancing class.*

*Janice says new participants are always welcome. Contact the Seniors Information Office at [office@bayseniors.ca](mailto:office@bayseniors.ca) or 902-820-3334 for details.*

## Sewing group update

### New bags and aprons for spring



Spring is just around the corner—really!—and our Bay Seniors sewn items are ready to help you welcome the season in an array of new fabrics perfect for spring. Excited about Easter? Follow curling? Do you love bingo? How



about some elegant wine designs? We have aprons and tote bags in these beautiful new themes. With BBQ season coming up, the aprons make a perfect choice for you or as a gift. And what perfect hostess gifts either item would make.

Our spring line is available at the SMB Community Enterprise Centre, 5229 St Margaret's Bay Road, Upper Tantallon, 9am-4pm, Monday to Friday (except Friday, April 3 and Monday, April 6).

We have limited supply in these designs, so get yours soon!

## Reduce the risk and fear of falling with Community Health teams balance program

Building Better Balance is a 6-week physiotherapist-run program being offered Mondays and Wednesdays, 10am-noon, starting April 20. Offered by Community Health Teams at the Black Point & Area Community Centre, the program is free. The goal is to help older adults improve their balance and reduce the fear and risk of falling.

Spaces are filling up fast, but organizers will create a waitlist. Screening is required to ensure the program is a good fit for prospective participants, which increases the chance that waitlisted individuals may get a spot. Participants must be able to stand and exercise for 30 minutes.

Community Health Teams is eager to assess the demand for in-person programs in the St. Margaret's Bay area.

To learn more or sign up, visit [communityhealthteams.ca](http://communityhealthteams.ca) or call 902 460 4560, ext. 2.



### 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](mailto: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](mailto:office@bayseniors.ca) or call 902-820-3334.

### Grocery Shopping Program dates

**April 19** – Tantallon Superstore, followed by social at Tim Hortons

**April 23** - Tantallon Sobeys