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## Find bargains and have fun at our Giant Flea Market

We asked and our members answered! Thank you for all the donations that will ensure there's something for everyone at our May 9 Giant Flea Market, taking place at the St. Margaret's Bay Legion.

Looking for items for the home? We have bakeware, dishes, glassware, cutlery, tools, art, frames, candleholders, décor, lamps, and much more, including some furniture.

Or maybe you're interested in games, puzzles, toys, sports and camping equipment, or garden planters and pots? We have those, too.

Part of the fun of flea markets is finding unexpected treasures. Among other unusual items, we have a home safe worth hundreds of dollars, a complete set of cabinet and drawer pulls, some pieces of authentic depression glass, an almost-new bicycle, an electronic dartboard, and a pottery bowl from Scotland that is almost as old as Canada—other pieces made by the same firm are in museums and special exhibits.

Come and check out tables overflowing with the practical, the whimsical, and the valuable—all priced to offer buyers terrific bargains. There is no admission



*One of two Royal Doulton Bunnykins children's sets, in perfect condition. An example of how we've priced everything to sell, this set is valued at \$100, and is on sale at the Giant Flea Market for just \$10.*

charge and doors open at 10am sharp. No early birds, please.

And there's more!

- Homemade baked goods and other tasty treats.
- New sewn items like aprons and wine-bottle holders.
- Donated jewellery.
- Hot dogs, popcorn, juice, and coffee to enjoy while you're browsing.

The Giant Flea Market is an important fundraiser for Bay Seniors. All proceeds, except from jewellery sales, will support programs and services we provide to our members and to the broader

community. As always, money from jewellery sales will be donated to the St. Margaret's Bay Food Bank. Please spread the word about this event to your family, friends, and neighbours. We hope to see you there!



**Date:**  
Saturday, May 9

**Time:**  
10am-2pm

**Location:**  
St. Margaret's  
Bay Legion #116,  
11169 Peggy's  
Cove Road,  
Seabright

## May 2 is the last chance to donate to the Giant Flea Market

We have one more drop-off opportunity for donations to our Giant Flea Market.

Volunteers will be on hand on Saturday, May 2, 10am-noon, on Sonny's Road, near the parking area at

the entrance to the St. Margaret's Bay Rails to Trails (behind the Community Enterprise Centre).

Please note that we are unable to accept any donations after that, including at the Giant Flea Market.



In addition to lots of delicious baked goods on the bake sale table, there will be preserves, like mango chutney, donated by our Bay Seniors Well Preserved interest group.



We've even had some donations of furniture, including this pair of comfortable and easy-to-move chairs in lovely condition.

### May Monthly Members Meeting

## Meet the neighbours: Connecting with wildlife

George Ryan, senior education coordinator with Hope for



Wildlife, is the guest speaker for our May meeting. George, shown here with Arielle, a Barred Owl, will share information and answer our questions.

Hope for Wildlife, founded in 1997 by Hope Swinamer, is a charitable wildlife rehabilitation and education organization located in Seaforth. Dedicated to providing care to injured and

orphaned animals before releasing them back into the wild, Hope for Wildlife depends on donations from the community and the support of its many volunteers, who assist with rehabilitation, wildlife pick up and release, and educational programming. Each year, the organization responds to over 40,000 texts, calls, and emails. George began volunteering at Hope for Wildlife in 2013, spending years performing wildlife rescues. Since then, he has worked in various roles, including fulfilling his passion for education and public outreach. George gives public and private tours of the Hope for Wildlife education centre and rehab facility, and presents at schools, workplaces, and festivals, and he loves talking to anyone who wants to know more about the importance of wildlife rehabilitation, wildlife coexistence,

and Hope for Wildlife's mission to reconnect people with wildlife.

Our meeting is on Thursday, May 21 at the St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road, Seabright. Doors open at 1:30pm and the presentation starts at 2:00. Will George have a feathered or furred presentation partner with him? Join us to find out!



Hope for Wildlife has rescued, rehabilitated, and released over 95,000 animals, including this little squirrel, which found its way into a bottle but needed help getting out. Photo credit: Hope for Wildlife.

## April Monthly Members' Meeting

# Saltwater Sean's deep dive informed and entertained us



Sean McMullen aka Saltwater Sean, had a full house for his presentation. Photo credit: Saltwater Sean

Sean McMullen, aka Saltwater Sean, made a splash at our April 16 meeting.

Over 120 Bay Seniors members—many who watched Sean on television the night before—enjoyed hearing about the pieces of local history he has uncovered through diving and the use of a powerful magnet.

In addition to making some unusual finds, like a gun and knives, which he handed over to the RCMP, Sean offers an ecological benefit by removing things that don't belong there from our waters.

Our members also appreciated a lively presentation by Cyndi Fraser of HRM Solid Waste, who brought a bag of garbage and recyclable items to provide a hands-on demonstration of what goes where, with HRM having expanded the recycling program in December. To learn more, search under recycling on [halifax.ca](http://halifax.ca).



Bay Seniors members (from left) Terry, Marie, and Sharon examine some of Saltwater Sean's underwater finds. Photo credit: Saltwater Sean

## Local shredding event

There will be a drive-up shredding event on Thursday, June 11, 10am-noon, for householders looking for a secure way to dispose of paper records and documents. It will be in the parking area adjacent to the Community Enterprise Centre, which is sponsoring the event. Cost is \$5/box. Rain date is Wednesday, June 17, 10am-noon.

## Bay Seniors Excursions

# A day of history, culture, art, and natural beauty

Join us for a spring excursion on Friday, May 29. Transportation will be provided.

In the morning, we'll visit the Millbrook Cultural and Heritage Centre, which offers interactive ways to learn about the history and culture of the Mi'kmaq people. The centre hopes visitors will "leave with a deeper appreciation for our history and the ongoing legacy of our people."

Time permitting, we will also visit Alan Syliboy's nearby art studio. Alan, a well-known Mi'kmaq artist, is influenced in his art by Mi'kmaq rock-drawing and quill-weaving traditions.

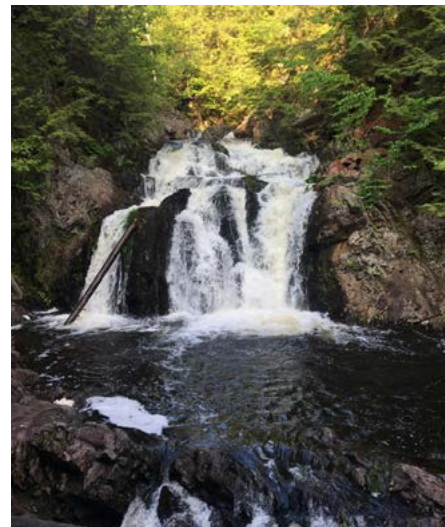
After a provided lunch, we will head to Truro's Victoria Park, a breathtaking 3,000-acre (over 1,200 hectares) woodland park

that is home to trails, waterfalls, gorges, tall trees and look-offs. (Don't worry...we won't explore all 3,000 acres!)

We will depart from Sonny's Road, behind the Community Enterprise Centre. Participants are asked to arrive by 8:45am for a 9am departure. Plan for any weather,



Part of the live-in village exhibit at the Millbrook Heritage Centre. Photo credit: Millbrook Heritage Centre



One of two falls in Victoria Park. Photo credit: Unravel with Tolu

and bring snacks and a camera, and perhaps some binoculars for the park visit.

Questions? Please email [excursions@bayseniors.ca](mailto:excursions@bayseniors.ca).

## Essential information about how to register for this excursion

**Eligibility:** You must be a current Bay Seniors member to participate in an excursion.

**Fee:** The fee for this excursion is \$15 per person. Transportation and lunch are provided.

**Registration deadline:** Please register no later than Wednesday, May 20.

**Registration process:**

1. Register by email to [excursions@bayseniors.ca](mailto:excursions@bayseniors.ca).
2. You will be confirmed as registered only after you have paid the fee.
3. There are two ways to register:
  - Through the online payment process (details

will be sent once you send your email to request registration).

- In person at the Seniors Information Office (located in Office A inside the Community Enterprise Centre and open Monday, Wednesday, and Friday, 10am-1pm). Please do not pay until your spot has been confirmed by email.

**4.Note:** 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.

## Technology for Seniors

### Boost your computer skills

The Technology for Seniors program is available during the school year, with friendly, knowledgeable and patient high school students providing the training.

This free one-to-one training to build your skills on your smart phone, tablet or laptop is offered at the Community Enterprise Centre during after-school

hours weekdays and morning and afternoon hours on weekends.

Please email [technology@bayseniors.ca](mailto:technology@bayseniors.ca) or call 902-820-3334 and leave a message for the program lead if you'd like to take advantage of this opportunity.

## Sewing Group update

# Gifts for Mom or a favourite teacher...or maybe for you



Louise, one of our sewing volunteers, modelling a school-themed apron and tote bag.

Are you starting to think about a year-end thank-you gift for your child's or grandchild's teacher? The Bay Senior Sewing Group has some lovely school-themed aprons for

## Happy to help promote Bay Seniors

Readers of *The Masthead News* may think they've seen this photo of member Carol before. That's because it was featured in a Bay Seniors advertisement in the April issue of the newspaper.

Carol says she was happy to help bring attention to what Bay Seniors offers, and to encourage the community to support our work through donations.

"Thanks to Bay Seniors, there's no way people can say there's nothing for seniors to do in this area," she laughs.

Carol was instrumental in starting the original Bay Seniors grocery program, so she understands the commitment of volunteering, and



The Bay Seniors Sewing Group has a bookmark for any occasion.

\$15 and tote bags for \$10.

We now also have a selection of bookmarks for \$2 each. They're a great small gift for teachers and the readers in your life. They're also a perfect way to personalize the gift of a book, making a Mother's Day gift book even more special.

These items are an easy and

inexpensive way to support the work of Bay Seniors. They are available to view and buy at the Community Enterprise Centre, which is open weekdays, 9am-4pm. And please stop by our table at the Bay Seniors Giant Flea Market on Saturday, May 9 (see story on page 1).

appreciates that an organization like Bay Seniors depends on its volunteers.

She tries never to miss the Drop-in Program on Tuesdays: "I enjoy the games, and I've done some of the crafts—but what means the most is the company of the people. They have greeters at the door, and people wear nametags. It all makes it even easier to make friends there."

She also regularly attends our chair aerobics classes, which she says are beneficial, and she praises Linda, the instructor, for her expertise and kindness.

Carol encourages Bay Seniors members who are new to the area

or feeling isolated for any reason to dip a toe into one of our many activities or programs.

"There's a lot to choose from," she says, adding, "Everyone makes you feel like you belong. And that's important."



## Drop-in Program update

# Knit-to-donate program brings comfort to others



*These blankets, created by Louise, will be donated to the QEII Cancer Centre in Halifax.*

The generous spirit of a group of our members is keeping others warm during difficult times.

Organized through the Drop-in Program, lap blankets, baby blankets, socks, slippers, hats, shawls, and scarves, created by the program's participants, are donated to hospitals, shelters and the Mobile Outreach Street Health program.

Heather, who contributes very regularly, says, "I enjoy crocheting and knowing that someone can benefit from cuddling up with one of my blankets or shawls. As long as there's yarn in the bins, I can get creative."

Louise, another regular contributor, says knitting, crocheting, and sewing are her hobbies. "I'm in my happy place when I'm working on a project. I appreciate that Nancy, the drop-in program lead, coordinates this effort."

Nancy labels all of the donations as having been made by a Bay Seniors volunteer, packages each one individually, and hand-delivers them to the recipients. She makes several deliveries a year, as our knit-to-donate group is very productive. Thank you to our knit-to-donate

volunteers for their care for others and immense enthusiasm.

If you're interested in participating, join us at the Drop-in Program. We provide instruction if you're new to knitting or crocheting, and provide the yarn and the supplies needed.



*Heather (left) and Louise contribute regularly to our knit-to-donate efforts.*

## Rookie rug-hooker's creation is celebrated

While we regularly enjoy showing our creative projects at the Drop-in Program, there was some extra fanfare recently when Jackie reached a milestone, completing her first rug-hooking project ever. Beverly and Kim, who now serve as instructors for our rug-hooking

workshops, taught Jackie, who started the project two years ago. Because she always has many projects on the go, this one was put aside a few times, and it was a great feeling for Jackie to cross the rug-hooking finish line.



## Acrylic painting workshop is full

Please note that our acrylic painting workshop is now full.

### About the Drop-in Program

The Drop-in Program is held on Tuesdays at the Black Point & Area Community Centre at 8579 St. Margaret's Bay Road, with morning activities, including free workshops, from 10am to noon, and pickleball from 1 to 3 pm (\$2). Email [dropin@bayseniors.ca](mailto:dropin@bayseniors.ca) for more information, to register for workshops, or if you don't have access to regular transportation and would like to

be considered for subsidized assistance. To be put in touch with the Drop-in Program, please call 902-820-3444.

**Looking ahead:** The Drop-in Program's last day before its summer hiatus will be June 19. In the meantime, we're still going strong, and would love to see you!

## Home Maintenance Program

### Home maintenance contacts for the community

Bay Seniors provides several resources to help with home repairs. Some of these resources are accessible to the whole community, others are available only to Bay Seniors members, and some have eligibility requirements.

Our local home maintenance directory at [bayseniors.ca/localdirectory/](http://bayseniors.ca/localdirectory/) helps community members find a wide variety of local home repair, home renovation,

and property services.

The Seniors Information Office also keeps a list of government assistance programs that may help eligible seniors and others with necessary home repair services. Email [office@bayseniors.ca](mailto:office@bayseniors.ca) or leave a message at 902-820-3334 for more information.

### How we help members have safer homes

The Home Maintenance program team can offer help with a paid-up member's home repair needs that are:

1. Minor or medium repairs to preserve the home from existing wear-and-tear damage, such as leaky plumbing, or loose or failing doors, cupboards, walls, steps, flooring, etc.
2. Safety improvements like handrails, bathroom fittings, entryway improvements, etc.

Volunteers will not provide upgrades or modernize items that are still serviceable.

For paid-up Bay Seniors members with a modest income who live within approximately 20 kilometres of Upper Tantallon, volunteers with Bay Seniors and Helping Hands St. Margaret's can help with minor and medium home repairs. Free labour and up to \$700 of materials is provided to those who meet one of these eligibility requirements:

1. A net income of \$29,000 (CRA Net Income line 236) or less and live alone.
2. A net household income of \$44,000 (CRA Net Income line 236) or less and live with dependents or other adults.
3. A recipient of Income Assistance from the Department of Community Services or the Guaranteed Income Supplement (GIS), or The Allowance.

You must have been a member of Bay Seniors for at least 6 months to apply for the above assistance. Please keep in mind that the program's volunteer time and budget are limited and there is a waiting list.

For more information, email [homemaintenance@bayseniors.ca](mailto:homemaintenance@bayseniors.ca) or leave a message at 902-820-3334 to be put in touch with the Home Maintenance Program team.

### Teamwork and time build a shed

Two of our Bay Seniors members were building their own storage shed, using a lot of recycled materials. But they couldn't find a local small contractor to help with the trickier parts, like putting on the roof. Fall was headed for winter, so the Home Maintenance team offered to help.

In the end, over half the team members turned out, one or two at a time, when they had some space in their day.

Fred, a member of the team, says, "More rain came and the days got colder, but the team got 'er done—another successful 'many hands

make light work' story."



The shed interior before.



Chris and Fred, celebrating the almost-completed shed. Photo credit: Debbie Shea

## Interest groups updates

# Stories, conversations and hiking: New groups seeking members

### Life Stories interest group

Your life is a collection of incredible moments, and we're gathering to ensure these stories aren't lost. Join our Life Stories group for a fun, creative journey—writing experience is not required. We will start small by capturing simple “snapshots” of your memories, which you can eventually combine into any format you choose. Celebrate your history, while creating a one-of-a-kind gift for your family.

This group will meet the second Tuesday of each month at 2pm.

### Conversations for Life interest group

Good conversations provide many benefits for all of us, including

building trust, enhancing wellbeing, and learning new perspectives on life. This group is a forum to discuss all sorts of things beyond the commonplace, such as what makes for a good conversation for you at this point in your life, what life lessons you've learned—and lessons you wish you had learned or would like to learn—what we currently consider to be courteous or rude and how that has changed over the years, and more.

The first meeting is scheduled for May 26, 2-4pm.

### Hiking interest group

This group is for hikers who enjoy getting outside in all seasons to explore wooded trails, both locally and farther afield (within a one-

hour drive). While we may do simpler, easy trails like Rails to Trails, this group is for people who are comfortable with hiking 5 to 10 km on rooted, wooded trails, such as the Five Bridges Wilderness Trails.

The first hike will be in May or June. At least five members are needed to start this group.

### How to join an interest group

If you would like to join an interest group, please email [interests@bayseniors.ca](mailto:interests@bayseniors.ca) and provide your name, phone number and email address. Remember to identify the group(s) you're interested in joining in the subject line.

## Consider bringing your skills and interests to one of these volunteer jobs

Spring is here, and our volunteer needs are growing. Could one of these opportunities be for you? If so, please contact [volunteer@bayseniors.ca](mailto:volunteer@bayseniors.ca) or phone 902-820-3334 to be put in touch with our volunteer recruiter.

### Sewing Group

Bay Seniors volunteers create beautiful sewn items to sell, with proceeds supporting our programs and services. We are seeking volunteers to join this group. We provide the materials and instructions. Volunteers work at home at their own pace on their own machines. You can always find our items for sale at the Community Enterprise Centre and at selected Bay Seniors and

community events.

### Brush & Tree

The Brush & Tree Program helps Bay Seniors members by removing fallen trees or brush that may be blocking or interfering with the use of driveways, outbuildings or yards. Requests are coming in and we need a robust team to call on. We work primarily on Saturdays, although work on other days of the week is possible.

### Home Maintenance

Our volunteers help eligible Bay Seniors members find solutions to their home maintenance needs. We are looking for volunteers who have skills like carpentry, painting, drywalling, etc. With the cold



of winter finished, requests are on the rise. An acceptable police record check, paid by Bay Seniors, is required.

### Grocery Shopping Program dates

May 14 – Tantallon Superstore, followed by social at Tim Hortons

May 28 – Tantallon Sobeys

**Bay Seniors is a proud partner**

