

In this issue

- New cooking and canning program 2
- Saturday Sparkle at the market 4
- New process for fitness classes 5



Seniors Information Office

Ready to help all summer

Our Seniors Information Office (SIO) team provides our members and the general public with answers to their questions about Bay Seniors programs and services, takes membership dues for new and renewing members, and helps find resources in the local and greater Halifax areas.

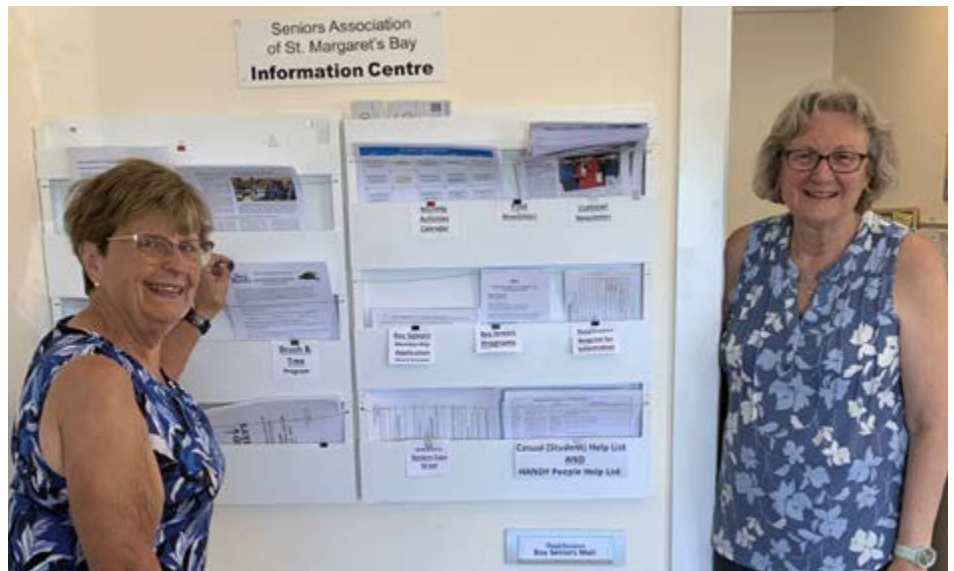
The team will continue to provide services from the SIO over the summer. As of July 3, the hours are 10am to noon, Mondays, Wednesdays, and Fridays for the months of July and August. Note that the office is closed Wednesday, July 1 and Monday, August 3.

The SIO is usually a hive of activity, responding to requests for information, preparing for our monthly meetings, printing and sending out newsletters to members who don't have email, and behind-the-scenes administration.

For many people, the SIO is the first point of contact with our association. Bay Seniors extends a huge bouquet of thanks to the SIO team members for their commitment to continuous learning, productivity, and friendly service.



Jeannette, left, and Janice, two Seniors Information Office volunteers, in the SIO, a private office space located in Office A in the SMB Community Enterprise Centre.



When the SIO isn't open, resources and a mail drop-off slot are still available weekdays between 9am and 4pm. Jeannette and Janice are shown here with our Bay Seniors mail slot and the display rack that holds resource information.

Bay Seniors is a proud partner





Bay Seniors' new program: Cooking, Canning, and Community

Are you interested in learning more about and sharing the work, recipes, and tips for preparing and preserving food? Would you like to take advantage of in-season ingredients and sale items to increase the variety and decrease the cost of your meals? Do you enjoy the camaraderie of cooking with others?

If you answered yes to those questions, you may be interested in a new program Bay Seniors is launching in July.

Cooking, Canning, and Community is open to all current Bay Seniors members. Sessions will take place on two Wednesday afternoons per month from July to September, and then one Wednesday

afternoon a month from October to March. Members may choose to attend some or all sessions.

The group will work together to prepare food to take home and enjoy right away or later. Traditional canning methods will be used for some in-season items, while other things will be prepared in one-person or two-person servings for the freezer or fridge.

Some ideas already suggested include single-serving portions of fresh corn, tomato sauce, and chili for the freezer, pickled beets, roasted peppers, and fruit jams for canning, and no-knead bread. Dietary restrictions will be considered, favourite dishes will be discussed,

and group members will have input into what the group prepares together.

We have funding to cover some of the expenses. Other costs will be shared among group members, with a goal of smart buying to maximize taste, nutrition, and quantity, while minimizing expenses. Members who have gardens will be encouraged to share their surplus.

An initial information and planning session will be held on Wednesday, July 15, 2-4pm. If you're interested in attending, please email cooking@bayseniors.ca no later than Monday, July 13. Details on location and what to bring to that first session will be provided by return email.

Monthly Members' Meeting

June BBQ had biggest turnout yet

Over 165 members of Bay Seniors came out for our June 18 BBQ, our last Monthly Members' Meeting until September.

Attendees enjoyed classic BBQ fare of hamburgers—vegetarian and gluten-free options were available—hot dogs, raw veggies, fresh fruit, and ice cream, along with punch, tea, and coffee.

Cindy and Greer ran a trivia contest that had attendees brainstorming for the answers, and Greer handed out candy to those who got it right.

Deejay Kevin played classic tunes

that set the mood and even inspired some dancing.

The sewing and jewellery table volunteers were kept busy. Money from sewing-table sales will support Bay Seniors' programs while proceeds from the jewellery table are donated to the SMB Food Bank.

Cindy offered thanks to the many volunteers who run the monthly meetings and Greer thanked Cindy for her leadership on the program.

It was an afternoon of smiles, laughter, and hugs, ending in wishes for a great summer.



Sue and Gerry enjoyed a dance as the event wrapped up. See more BBQ photos at the bottom of page 3.

Interest groups

Many interest groups still welcoming new members

While some Bay Seniors activities are on hiatus during the summer, most of the interest groups continue to meet, including the groups for memoir, conversation, birding, machine sewing, preserving, and hiking. If you're interested in learning more about any of these groups, or in joining one or more groups, please email interests@bayseniors.ca.

Conversations for Life: This interest group has started meeting but is still accepting members.

Well Preserved: This food-preserving group is at capacity. See page 2 for a story about Cooking, Canning and Community, a new Bay Seniors program that will also involve cooking together and preserving food.

LOL, crafting and socializing: A new interest group, LOL (Little Old Ladies), is a group for crafting and socializing. It will run from 10am to noon on Tuesdays at the Hooked Rug Museum of North America. There is a drop-in fee of \$2 per session.

Meetings have already started and will go to October. An end-of-

program luncheon is planned for October. The Hooked Rug Museum is located on Highway 3, just east of Hubbards.

With the Drop-in Program on summer hiatus, this group is an option to replace the crafting-and-chat time enjoyed by many members who attend the Drop-in. All Bay Seniors members are welcome. There is no maximum group size.

For more information, email interests@bayseniors.ca

Hiking group: Three members of this new interest group, including lead Vicki, went on their first hike, to Micou's Island, in late May.

Says Vicki, "We saw lots of different



An American Robin's nest, a reminder that spring and summer are great birding seasons.

birds, identified by Elizabeth, and seals sunning on the rocks. We found the shell midden on the back of the island and met lots of dogs. It was a fun outing."



Elizabeth, Vicki, and Diane on Micou's Island.

More moments from our June BBQ



The pop-culture trivia contest was a fun reminder of TV shows and advertising slogans from the past.



There was lots of applause when Janice, line dancing lead, and some of the line dancers took the floor for an impromptu performance.

Excursions

Smoothing out the wrinkles

Our May excursion turned out to offer unexpected adventures, not just for the participants but also for Greer, our excursion lead.

The wrinkles started right away: despite early weather reports for a fine day, the forecast changed to overcast skies and rain.

After a leisurely drive to Millbrook in the big coach—not the smaller one we expected—our group learned the Millbrook Cultural and Heritage Centre was unexpectedly closed. We headed to Alan Syliboy's studio, where the staff checked, and learned the cultural centre was closed for staff training.

The group enjoyed a wonderful time exploring Syliboy's art and gift shop and then spent an hour at another Millbrook enterprise before heading to Victoria Park.

Just as the bus pulled into the park, the skies opened and the rain began. Undeterred and armed with our rain gear, the whole group went



Our hardy excursionists said Victoria Park was still gorgeous, despite the rain.

to explore the magnificent locale after enjoying lunch on the bus.

Perhaps in part because of the wet May conditions, the famed waterfall was stunning, providing both a wonderful view and a soundscape as the waters rushed into the creek below. Some of the folks braved the 175 steps of Jacob's Ladder, while others followed the manicured trail.

Because it was so wet, the park walk was cut short, and we made an impromptu visit to Masstown Market, where group members shopped for plants, clothing, freshly baked treats, and produce.

Despite the wrinkles, the bus arrived back home right on time, all the wrinkles ironed out and plenty of stories to share.

Saturday Sparkle jewellery fundraiser

Selling some sparkle at the farmers' market

Saturday Sparkle, the Bay Seniors ongoing fundraiser for the St. Margaret's Bay Food Bank, was at the Hubbards Farmers' Market on Saturday, June 13, selling previously loved jewellery donated by Bay Seniors members and others.

Our presence there was thanks to the Hubbards Farmers' Market community table initiative, which waives the vendor fee for community groups. That means the \$400 raised through Saturday Sparkle sales at that June 13 market will go entirely to the food bank.

Saturday Sparkle volunteers look forward to being back at the Hubbards market on Saturday, July



The Bay Seniors table at the June 13 Hubbards Farmers' Market. Saturday Sparkle will be back at the market on July 25, 8am-noon.

25, 8am-noon. In addition to the regular farmers' market that day, there is a St. Margaret's Bay Pride market and parade, so market

organizers are expecting a big crowd.

If you're there to shop and join the fun, stop by the Saturday Sparkle table to say hi!

Fitness

Pre-registration and pre-payment required for chair fitness and line dancing as of September

Beginning in September, participation in Bay Seniors chair fitness and line dancing will require pre-registration and pre-payment. This is the same successful format we have used and will continue to use for tai chi classes.

The regular aerobics class will carry on with the drop-in format.

Why we're making this change

Safety: Some of the classes, especially chair fitness, were too full to ensure the necessary supervision and safety. To support safety, that class has been capped at 30 participants. Tai chi and line dancing can accommodate larger numbers.

A waitlist will be started for any classes that reach capacity.

Efficiency: Pre-payment means no class time is taken up collecting payments, and the bookkeeping process is streamlined. Pre-registration allows us to ensure that every participant is a current member of Bay Seniors, which is a requirement for our insurance coverage.

Note: a current member is

someone who has paid their membership dues for the current calendar year. Not sure whether your membership is current? Email office@bayseniors.ca and we can check for you.

Fees

The fee to participate in either the Monday or Thursday chair fitness class is \$30, covering September to December classes. If you wish to participate in both classes, the fee is \$60.

The fee to participate in line dancing from September to December is \$35.

The fee to participate in tai chi from September to December is \$45.

How to register

Registration for chair fitness, tai chi, and line dancing is open now. You may register for these fitness activities by email or in person.

Email option: To register by email, send an e-transfer to finance@bayseniors.ca. Please include your name, phone number, and the name of the fitness activity you're registering for in the e-transfer information box. If you're registering for only one chair fitness day, specify either Monday's or Thursday's class.

In-person option: Stop by the Seniors Information Office any Monday, Wednesday or Friday (except holidays), between 10am and noon to register and pay. The Seniors Information Office is in Office A, inside the SMB Community Enterprise Centre, at 5229 St. Margaret's Bay Road. Please note: Only Seniors Information Office volunteers can accept registration and payment. Volunteer receptionists with the Community Enterprise Centre are not able to provide that service.

Summer fitness dates

A reminder that our fitness activities are currently on summer hours.

- Aerobics is available Wednesdays only during the summer. The Friday class will restart on Friday, September 11.
- Chair fitness is available Mondays only during the summer. The Thursday class will restart on Thursday, September 17.
- Line dancing is on summer hiatus, and will return on Wednesday, September 23.
- The fall session of tai chi will start on September 28.

Grocery Shopping Program update **Grocery shopping support continues through the summer**

The Grocery Shopping Program is on the second and fourth Thursdays of the month, alternating between Atlantic Superstore and Sobeys Tantallon. The program continues as usual during the summer, with dates noted on our monthly calendar.

Once a month, after shopping, the group enjoys a social time at Tim Hortons in Tantallon.

This program is for Bay Seniors members who live in the BayRides catchment area, don't have their own transportation, and would benefit from physical or other assistance while grocery shopping.

See more information on [our website](#).



Grocery Shopping Program participants and volunteers relax together after their June 11 shopping trip.

Other community events and programs

Digital device training:

July and August, weekdays, SMB Community Enterprise Centre (CEC). Get more comfortable with your phone, tablet, or laptop. Free one-to-one training and support for anyone in the community. Supported by @NS Community Technology. For information or to book, call 902-826-1680, email reception@smbcec.org, or stop by the CEC weekdays, 9am-4pm, 5229 St. Margaret's Bay Road, Unit 1.

Peggy's Cove Area Festival of the Arts: July, various locations. See the work of local artists—including several Bay Seniors members—throughout the month of July at members' and youth art shows, a festival opening night, a plein air painting weekend at Peggy's Cove, and a studio tour of over 40 locations. See details [here](#) and click on Festival Events and Member Events.

St. Margaret's Bay Pride:

July 5 to 26, various locations. Events include yoga on the beach, a big band picnic, a clothing swap, a market and parade—our Saturday Sparkle jewellery fundraiser will be there—and much more. See the whole schedule of events [here](#).

Mediterranean Inspired Eating:

Monday, July 20, 10am-noon, Black Point & Area Community Centre, 8579 St. Margaret's Bay Road. Learn more about this healthy and delicious way of eating. Offered by Community Health Teams. Free. Register [here](#).

Shredding event awaits reschedule date:

The Community Shredding Event, hosted by the SMB Community Enterprise Centre (CEC), and scheduled for June 11, had to be postponed when the shredding truck broke down. A rescheduled event date is not yet available but



Neil and Beverly were two of several Bay Seniors members who sweated, learned, and laughed when they participated in the Community Health Team's Building Better Balance workshop, held at the Black Point & Area Community Centre in May.

will be announced on the CEC's Facebook page and elsewhere when confirmed. Contact reception@smbcec.org if you would like to be added to the notification list for the new date.

Community events seeking support

Bring clothes to the Clothing Swap: The Great Pride Clothing Swap is 1-4pm on Sunday, July 12 at St. Luke's United Church, 5374 St. Margaret's Bay Road. Admission is free to anyone who brings clean, gently used clothing at the door. Bring things you don't wear

and find things you love!

Volunteer at the Studio

Tour: The Peggy's Cove Area Festival of the Arts is looking for volunteers to greet visitors and provide tour maps and sign passports at the Community Enterprise Centre and the Tantallon Public Library during its Studio

Tour, July 17-19. Volunteers work in pairs for 3-hour shifts and training is provided for this fun opportunity to chat with art lovers and visitors to our area. Email contactpcafa@gmail.com for more information.



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 space) 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.

Looking for yard work or other help?

See the updated list of students seeking work—everything from mowing to weeding to dog walking and more—on our website, [here](#). Work hours and payment are arranged between you and the student.