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Cooking, Canning, and Community

New program off to a tasty start

Cooking, Canning, and Community, the new Bay Seniors cooking and preserving program, held its first two sessions in July. Participants discussed some goals and preferences and have decided to aim for making both a preserved item and a take-home meal each time they get together.

At the first session, the group made two types of strawberry jam: the familiar high-sugar type and a second low-sugar version. There was enough of both jams left after jars had been filled to mix them together and come up with a moderately sugared strawberry jam that everyone agreed hit the ideal sweet spot.

At the group's second session, making mixed vegetable pickle was on the agenda, along with a putting together a supper salad to take home.

One goal of the new program is for participants to learn or refresh their knowledge of preserving techniques, including water-bath canning, high-pressure canning, dehydrating, and preparing items for fridge and freezer, including identifying storage life and what not to freeze.

Participants are also working together to take advantage of what's locally in season, what's on sale, and how cooking together can increase



While most members of the new Cooking, Canning, and Community program didn't know each other before, working together in the kitchen turned out to be a great icebreaker. Shown here, some of the participants in the first session on July 15.

variety, save time and money, accommodate different eating styles, and make for a fun afternoon. Almost all the ingredients for July's supper salad, for example, were purchased the day before from the Tantallon Village Farmers Market, with a few other items picked up on sale at the grocery store.

Bay Seniors is covering some of the program costs, while participants are sharing the cost of the food.

Participation numbers for some sessions, such as those involving shelf-stable canning, are limited, because only a relatively small number of jars can be processed in an afternoon. However, when an activity like preparing a large volume of food for the freezer can accommodate a larger group, information about

that session will be provided in the newsletter, to allow for wider participation. Pre-registration will be required for those larger sessions.

For more information, email cooking@bayseniors.ca.



Mark your calendar for Thursday, September 17, 2-4pm, and join us for our Bay Seniors Open House. It's at the Black Point & Area Community Centre. Look for all the details in our September newsletter. And plan to bring a friend!

Saturday Sparkle

Our jewellery stock is low—can you help?



The Bay Seniors Saturday Sparkle fundraiser held three successful sales of donated jewellery this spring, raising a total of \$1,650 for the SMB Food Bank.

Four additional sales have been scheduled to take place through the summer—one each in July (see story page 3), August, and September at the Hubbards Farmers' Market, and one at our Bay Seniors Open House on September 17.

It's wonderful to see the community support for these sales, but it means our stock of donated jewellery is getting very low, and



donations are needed to help build the inventory back up.

Sterling silver, gold, copper, pewter, artisan-made, and pre-1980 vintage items are the most popular purchases. Jewellery pieces that include natural materials like polished stone, amber, and wood are also popular, as are items with glass and crystal.

In addition to jewellery, Saturday Sparkle accepts wood and pewter hair clips and barrettes and small evening bags. The program cannot accept watches or items in need of repair.



If you have jewellery you're not wearing that you would consider donating, please email jewellery@bayseniors.ca or drop donations off, weekdays, 9am to 4pm, at the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, Unit



1. Please put "Saturday Sparkle" on the packaging.

On evenings and weekends, small packages can be pushed through the mail slot to the left of the Community Enterprise Centre's front door.



Thank you to the many jewellery donors and buyers whose support helps this program continue to sparkle for our food bank!

LOL (Little Old Ladies) interest group meeting time

LOL, the Bay Seniors crafting and conversation interest group, which meets at the Hooked Rug Museum of North America, meets from 10am to 2pm, not noon, as reported in our July newsletter. There is a drop-in fee of \$2/session. The museum is located on Highway 3, just east of Hubbards.

Seniors Information Office

Our office remains on summer hours throughout August: 10am to noon, Mondays, Wednesdays, and Fridays. The office is closed on Monday, August 3 for Natal Day.

Students seeking summer employment

Contact the Seniors Information Office at 902-820-3334 or office@bayseniors.ca for the names of students in your area available for yard work, gardening help, dog walking, and more. Payment is negotiated between student and client. The list is also available [here](#) on our website.

Bay Seniors is a proud partner



Sun and fun and frugal finds add up for the food bank



Bay Seniors volunteer Adrian talks jewellery with customers at the Saturday Sparkle table on July 25. The fundraiser for the SMB Food Bank will be back at the Hubbards Farmers' Market on August 15.

The morning sparkled and so did our Bay Seniors table. Saturday Sparkle, the Bay Seniors donated-jewellery fundraiser for the St. Margaret's Bay Food Bank, was one of

16 Pride Market vendors joining over 50 market vendors at the Hubbards Farmers' Market on July 25.

Two of our jewellery team volunteers were kept busy chatting

with customers, answering questions about the stock and the program, and selling a total of \$671 in previously loved jewellery, with all proceeds going to the food bank. Many of the purchases were items our jewellery team calls "fun and frugal finds," all priced at \$2. Higher-priced sterling silver and pewter items also sold well.

The Pride Market was offered by the Hubbards Barn Association and St. Margaret's Bay Pride and was one of many Pride events available in our area in July.

We'll be back at the Hubbards Farmers' Market on August 15 to share information about our programs and services and our upcoming September Open House.

And, yes, of course we'll bring the bling.

Fitness update

Important information about tai chi, line dancing, chair fitness, and seniors aerobics

Tai chi

Pre-registration is open for our fall session of tai chi. This class will take place Mondays at 10:30am at the Melissa Connick School of Dance. You must be pre-registered to participate in this class, which will run for 11 weeks, starting on September 28. The cost is \$45 for the fall session, payable when you register.

Line dancing

Pre-registration is also open for line dancing. Note that this program is no longer available on a drop-in basis. Line dancing is on Wednesday evenings at 6:15pm. It begins on September 30 and also runs for 11 weeks. The cost is \$35 for the fall session.

Chair fitness

Chair fitness continues on summer



hours this month, with Monday classes only on August 17 and 24. Note that August 3 is a holiday and the venue is unavailable on August 10.

Beginning with the fall term, pre-registration is required for chair fitness. The Monday class is now full, and a small waiting list is being kept. There are a few spots left in the Thursday class.

Seniors fitness

Seniors fitness is on summer hours this month, with classes every Wednesday. This class will remain available on a drop-in basis in the

fall, returning to two classes per week, Wednesdays and Fridays, in September.

Check the September calendar for class dates, times, and locations.

To pre-register for tai chi, line dancing, or Thursday's chair fitness, please send an e-transfer to finance@bayseniors.ca and indicate for which class you're registering in the comments section.

If you prefer to register and pay in person, visit the Seniors Information Office on a Monday, Wednesday, or Friday (except the holiday Monday on August 3), between 10am and noon.

Are you looking for a chance to use some of your skills while being part of Bay Seniors' support for our community of members? Check out the volunteer opportunities below.

Excursions: The Bay Seniors Excursions Program is looking for a lead. The role includes planning three or four day-trip excursions per year, sourcing suitable locations, organizing activities, booking transportation and lunch, and serving as director on each excursion. Administrative support is provided.

Sewing Team: The Bay Seniors Sewing Team is looking for some

new recruits. Team leads provide materials and instructions and volunteers work at home at their own pace on their own machines. Finished items are for sale at the Community Enterprise Centre and at selected Bay Seniors and community events, with proceeds supporting Bay Seniors programs and services. (Note: This is not the same as the Sew Far, Sew Good machine-sewing interest group.)

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. Program volunteers work primarily on Saturdays, although

work on other days of the week is possible. The program slows down during the summer months, but new members are needed for when work picks up again in the fall.

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. An acceptable police record check, paid by Bay Seniors, is required.

To fill out our volunteer application, or for more information on any of these volunteer roles, visit bayseniors.ca/volunteer, or email volunteer@bayseniors.ca.

Other community events and programs

Cybersecurity presentations: August 5, 10am; August 11, 2pm; August 18, 10am. Free. All welcome. Learn about phishing emails, phone and text-message scams, online banking security, password safety, and protecting your personal information. At the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road. For more information or to register, email techtraining@smbcec.org or call 902-826-1680.

Bay SailAble: Bay SailAble at the St. Margaret Sailing Club, an

adaptive sailing program, offers sailing experiences for teens and adults with physical, cognitive, or mental-health challenges. Using specially adapted sailboats and trained volunteers, participants can enjoy the freedom, confidence, and community sailing provides in a safe and welcoming environment. Previous sailing experience is not required. Learn more or register at www.smsc.ca/baysailable.

Fraud prevention presentation: August 19, 6-7pm, at the Royal Bank, Tantallon Branch.

Free. Learn how to protect yourself against common financial fraud scams. Light refreshments available.

Shredding event: Originally scheduled for June, and postponed due to the shredding truck breaking down, the SMB Community Enterprise Centre, the host, hopes this event will take place in September. If you wish to be notified of the rescheduled date, please email reception@smbcec.org or call 902-826-1680.

Community program seeking volunteers

Bay SailAble, at the St. Margaret Sailing Club, is looking to help provide adaptive sailing experiences for community members. Volunteers assist both on and off the water, training is provided, and you need not have sailing experience. For more information, contact Judy Lugar, jlugar@smsc.ca, or visit smsc.ca/baysailable.

Bay SailAble provides adaptive sailing experiences for adults and teens.

