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Open House

We'll be there, and we hope you will, too!

As summer winds down, a number of Bay Seniors activities get busier again.

Join us at our Open House on Thursday, September 17, 2-4pm, at the Black Point & Area Community Centre, and get updates on our familiar programs and services, as well as details on new offerings. Our activity leads will be there to answer your questions and help you register for what interests you.

We'll also have sewn items for sale, thanks to our Bay Seniors sewing team. Members make beautiful and useful items from donated fabrics, with all sales supporting Bay Seniors programs.

Saturday Sparkle, our donated-jewellery fundraiser in support of the St. Margaret's Bay Food Bank, has recently received some wonderful jewellery donations, and program volunteers are excited to share those.

There will also be a bake sale, offering delicious homemade treats, with all those sales supporting Bay Seniors programs.

This is the first time the Open House will take place at the Black Point & Area Community Centre, home to our weekly Drop-in Program. Our catchment area is



Cindy and her fellow volunteers look forward to welcoming Bay Seniors members and other community members to our annual Open House, being held this year at the Black Point & Area Community Centre.



large, so moving the Open House around the area from year to year helps us stay connected with all our members—and it's a great way to meet the neighbours and attract new members.

The Open House is a nice way to reconnect with your fellow Bay Seniors members after the summer

too, and to welcome new members. It's also a great way to learn about the association, so if you know someone who might be interested in joining Bay Seniors, why not invite them or bring them along?

A reminder that the Open House replaces the September Monthly Members' Meeting.

**Bay Seniors is a
proud partner**



So long, summer hours—here's the fall update

Please see the September calendar for full details on activity locations, hours, and any fees or scheduled cancellations.

- **Wednesday, September 2:** The Seniors Information Office returns to regular hours of 10am to 1pm on Mondays, Wednesdays, and Fridays.

- **Thursday, September 10:** Thursday chair fitness classes resume.
- **Friday, September 11:** Friday aerobics classes resume.
- **Tuesday, September 22:** Drop-in Program resumes.
- **Wednesday, September 23:** Line dancing resumes.

- **Monday, September 28:** Fall session of tai chi begins.

Note: No Bay Seniors activities will be offered on Labour Day (Monday, September 7) or on the National Day for Truth and Reconciliation (Wednesday, September 30).

Volunteer news

New lead volunteers step up for two Bay Seniors programs



Lisa, our new volunteer recruiter.

Lisa Covey, a member of the Bay Seniors board of directors, has stepped away from her role as the lead Grocery Shopping Program volunteer to assume the role of volunteer recruiter.

"I've enjoyed leading the program for the past three years, as it gave me an introduction to the organization and the chance to meet several of our wonderful volunteers," says Lisa.

Anita Chaput, a dedicated program volunteer, has assumed the role of Grocery Shopping Program lead, so Lisa can move on to a new opportunity as the volunteer recruiter.

"Assuming this role is a new way for me to help make a difference with Bay Seniors," says Lisa. "Because without volunteers, our programs would just not be possible."

As she assumes her new role, Lisa

says she's thankful to have worked closely with Karen Damtoft, who filled the role of volunteer recruiter for several years: "I have big shoes to fill. Karen has been so thorough and knowledgeable and has created excellent processes. I'm glad I could learn from her and see how important volunteer recruitment is to Bay Seniors."

Are you interested in volunteering with us? We have a variety of volunteer roles that allow our members to contribute their skills and time to benefit their fellow members. We regularly run notices of volunteer opportunities in our newsletter and on our website: <https://bayseniors.ca/volunteer>. You can reach Lisa by email at volunteer@bayseniors.ca for more information about a volunteer role that interests you.

Which fitness classes require pre-registration and payment?

A reminder that our chair fitness and line dancing classes now require pre-registration and advance payment.

Payment must be made by e-transfer to finance@bayseniors.ca (indicate which class you're registering for) or in person at the Seniors Information Office, open Mondays, Wednesdays, and Fridays, 10am-1pm. You may also register and pay at our September 17

Open House.

The Monday chair fitness class is full. A few spots remain for the Thursday class, which restarts on September 10. The total fee for the fall classes is \$30.

There are openings for Wednesday evening's line dancing, restarting on September 23. The total fee for fall is \$35.

Tai chi continues to require pre-

registration and prepayment, as it always has. The total fee for fall is \$45. Note that tai chi is now on Mondays at 10:30.

Wednesday and Friday aerobics classes continue to be offered on a drop-in basis, and no pre-registration is required. The fee is \$2/class, payable at class.

Cooking, Canning, and Community **It was a dilly of an afternoon**

After reports from area growers and farmers' markets that dill wasn't having a great growing season, members of our new shared cooking and preserving program, Cooking, Canning, and Community, were thrilled when they got word that a good supply of local dill heads, the part of the plant that includes the seeds, was being harvested.

At their busy session on August 26, members of the group made dill pickles and dilly beans—pickled beans that include fresh dill. It was the first time the group made refrigerator pickles together. Also known as “quickles” refrigerator pickles take less time because they're stored in the fridge and don't have to be processed in a hot-water bath for shelf stability.

Participants also put together a big batch of veggie-rich mac and cheese to take home and enjoy, and prepared the veggies for a batch of corn relish.



Dill was put to use for dill pickles and dilly beans for 10 members of Cooking, Canning, and Community. Shown here, from left: Debbie, Janice, Wendie, and Maryanna.

Cooking, Canning, and Community workshop **Tasty autumn colours: Relish-making workshop**



Join the Cooking, Canning, and Community participants for a fun afternoon making two quick relishes: autumn chutney and pickled red cabbage and onion. The chutney, made from all Nova Scotia ingredients, including cranberries, apples, and onions, is a tasty alternative to regular cranberry sauce. Both the chutney and the cabbage-and-onion relish are great with sausages, grilled-cheese sandwiches, and many other hearty cold-weather dishes.

Participants will be able to adjust salt, heat, and sweet to suit their palate. And both relishes will keep

well in the refrigerator until after Christmas.

Participants must pre-register. The fee is \$10, payable at the door. The fee covers the cost of two 500mL jars and the ingredients needed to fill them.

This workshop will be held at the William Black Community Hall in Glen Margaret on Wednesday, October 7, 1-3pm. It is offered on a first-come basis, and space is limited. Registration closes on Friday, October 2.

For more information or to register, please email cooking@bayseniors.ca.

Interest groups

What would you love to share and learn?

While a number of our Bay Seniors programs slow down to stop and smell—or water and weed—the roses in the summertime, most of our Bay Seniors interest groups continue to meet.

Current groups focus on birding, trail-walking, machine-sewing, learning contract bridge, preserving

the harvest, cooking together, hiking, creating a memoir, conversations that go beyond small talk, getting together with other solos for outings, and more.

You can learn about all the Bay Seniors interest groups at our September 17 Open House, and sign up for those that have space for new members.

And we'd love to hear your ideas for new interest groups, too.

Once a group has a lead, we'll help get things started by promoting it in our newsletter and helping find a meeting location.

Email interests@bayseniors.ca with questions and suggestions, or come chat with us at the Open House.

Drop-in Program

Drop-in Program Resumes September 22

All Bay Senior members are welcome at our Drop-in Program, which resumes on Tuesday, September 22, at Black Point & Area Community Centre, 8579 St. Margaret's Bay Road.

From 10am to noon, join us for activities, including board and card games, bridge, jigsaw puzzles and darts. Bring your own knitting, crocheting or rug-hooking project. If you're a beginner, we'll be happy to get you started with supplies and instruction. We even have acrylic painting supplies on hand.

If you prefer to just relax, and enjoy a coffee, snack and a chat with others, you're welcome to do that.

We offer low-impact pickleball

for a \$2 drop-in fee on Tuesdays, 1-3pm. No experience is required to join us. If you are new to the sport, others will introduce you to the game. Equipment is provided. Please wear indoor shoes.

We offer free creative workshops designed for fun and exploration. Workshops, which we aim to offer monthly, are 10am-noon, supplies are provided, and no experience is necessary. Workshops are promoted in our newsletter.

If you don't have access to transportation, with at least a week's notice, we can help you arrange transportation with BayRides, paid for by Bay Seniors.



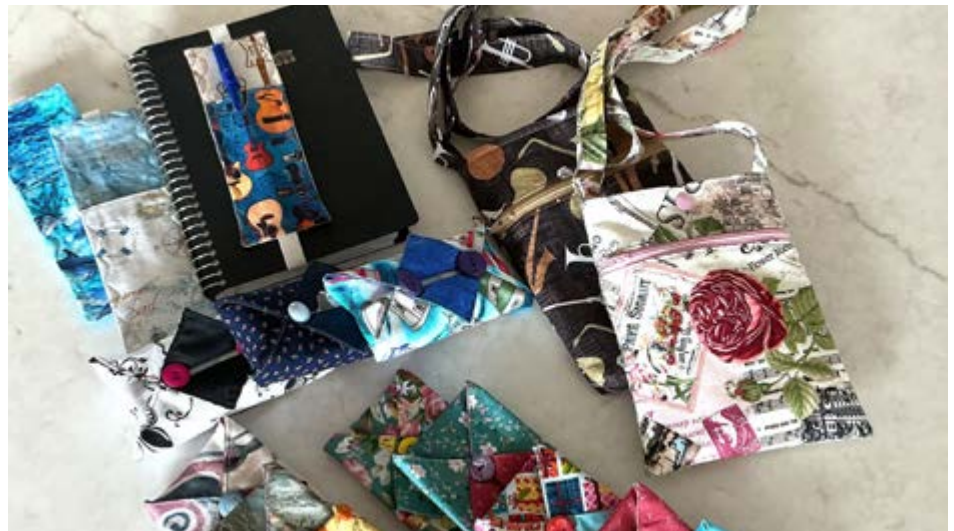
Lorraine, Nelson, Tony, and Robyn, playing bridge at the Drop-in Program.

For more information about the Drop-in Program or arranging transportation, please email dropin@bayseniors.ca.

Things we can put to good use (that you may be ready to part with)

Several of our Bay Seniors programs gratefully accept the following items as donations:

- **Cotton fabric** in one-quarter metre amounts or more, used by the sewing team to make items for sale in support of our programs. Fabric may be dropped off care of the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, 9am-4pm weekdays (except holidays). Please put "Bay Seniors sewing" on the parcel.
- **Canning jars** (Mason, Bernardin, etc.), used by our Cooking, Canning, and Community program and our Well Preserved interest group. All sizes of jars are appreciated, but the groups are especially looking for 500mL (16 oz.) and 250mL (8 oz.) sizes. Email cooking@bayseniors.ca for more information or to make arrangements to drop jars off or have them picked up.
- **Jewellery**, especially sterling, gold, vintage, and artisan-made,



The Bay Seniors sewing team updates their sewn offerings regularly. Current popular items made from donated fabrics, which will be for sale at the Open House, include wine bags, water bottle bags, bookmarks, cell phone holders (perfect when you're walking on the trail), and much more.

is always appreciated for the Saturday Sparkle program, which sells donated jewellery to benefit the St. Margaret's Bay Food Bank. With a number of successful sales over the spring and summer, the program's jewellery stock is very low. Email jewellery@bayseniors.ca

ca or drop items off care of the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road, 9am-4pm weekdays (except holidays). Please put "Saturday Sparkle" on the package.

Saturday Sparkle

Danish visitor spots a “bit of home” on Bay Seniors table

Anja, a Danish visitor vacationing in St. Margaret's Bay, stopped by our Bay Seniors Saturday Sparkle table at the Hubbards Farmers' Market on August 15. Interested in food security, Anja was full of praise for Saturday Sparkle, which sells donated jewellery in support of the St. Margaret's Bay Food Bank.

While she was chatting with our jewellery volunteers, she was amazed to spot something familiar on the table: a sterling silver pendant in the shape of a stylized leaf, made by acclaimed Danish silversmith and jewellery designer Henning Ulrichsen. Anja said she had an identical pendant at home, inherited from her grandmother. Made in the Danish modernist style, the piece likely dates from the late 1960s to the mid 1970s.

“Unbelievable, to come all this way, and see a bit of home,” laughed Anja, who was making a first visit to Canada, though she said it definitely would not be her last.

To her delight, Anja was still at the Bay Seniors table when a local resident bought the pendant.

In addition to raising money for the food bank, the market table was



A vintage Danish sterling pendant (left) was generously donated and sold to a delighted new owner, but other special jewellery, including this Ice 925 Canadian sterling and diamond ring (right), will be available at Saturday Sparkle's gentle prices at three events this month.

an opportunity to sell some of the beautiful creations sewn by members of our sewing team in support of Bay Seniors programs. It was also a chance to tell market visitors about the upcoming Bay Seniors Open House (see story, page 1).

There will be three Saturday Sparkle jewellery sales this month: at the Hubbards Farmers' Market on Saturday, September 12, 8am-noon,

at our Open House on Thursday, September 17, 2-4pm, and at the Hubbards Barn Harvest Moon Market on Thursday, September 24, 6:00-9:30pm.

After that, the Saturday Sparkle program will take a break until late November, but jewellery donations are still needed and welcome. Please email jewellery@bayseniors.ca for more information about donating.

Drop-in Program workshop

Make a ceramic bowl in two-part October creative workshop

October's two-part workshop at the Drop-in Program is now open for registration and will be led by ceramicist Bunk Trinacty. Registrants will create an impressionistic bowl.



You must commit to attending both workshop dates, October 6 and 20, 10am to noon, to complete the project.

Registration is limited and will be on a first-come basis. Register by emailing dropin@bayseniors.ca. You will receive a reply email acknowledging your request within 24 hrs of receipt of your email, either confirming your registration or letting you know the workshop is full. If you do not receive a reply

email, please call the Bay Seniors Information Office at 902-820-3334. The office is open Mondays, Wednesdays, and Fridays, 10am to 1pm. If you register for the workshop and then find that you cannot attend, please notify us by email so your spot can be filled by someone else.

You must be a current Bay Seniors member to participate in our Drop-in Program and all its activities.

Grocery Shopping Program

The Grocery Shopping 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. Round-trip transportation between shoppers' homes and the grocery store is through BayRides, and



Sewing Team: 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. Items are for sale at the Community Enterprise Centre and at selected Bay Seniors and community events with sales

Other community activities

Community Health Vaccination and Testing Clinic: Sunday, September 6, 11:30am-6pm, Prospect Road Community Centre, 2141 Prospect Rd, Hatchet Lake. Various vaccines and tests available. More details, including booking requirements, at nshealth.ca/PHMU

James Games: Restarting Wednesday, September 16, 2-4pm, at St. James Anglican Church ("The Yellow Church"), 6991 St. Margaret's Bay Road, Boutillier's Point. Board games, good company, and tea or coffee and a treat. All welcome.

Square Roots program: Buy a 10-lb bag of local produce for \$10. Items are considered too big, too small, or too oddly shaped for commercial sales but make for delicious eating. Pre-order for pick-up at St. Luke's United Church on alternate Saturday mornings. Next ordering deadline is September 14 for September 19. Learn more and order

shopping volunteers meet shoppers at the store.

The Grocery Shopping Program is offered on the 2nd and 4th Thursdays of the month, alternating between the Atlantic Superstore and Sobeys Tantallon. Once a month, after shopping, the group enjoys a social time at Tim Hortons in

supporting Bay Seniors programs. (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. Volunteers work primarily on Saturdays, although work on other days of the week is possible.

at stlukesunited.ca/square-roots

Community shredding event: Postponed from June, this event is being hosted by the SMB Community Enterprise Centre (CEC), 5229 St. Margaret's Bay Road, on Wednesday, September 23, 10am-noon. Pull up beside the CEC along Sonny's Road and relax in your car while your household shredding is taken care of for you. Cost is \$5 per banker's box (or equivalent) of papers only. Please remove papers for shredding from

Tantallon.

There is a \$5 fee per grocery trip for participating members.

If you or someone you know is interested and eligible to participate, call 902-820-3334 or email grocery@bayseniors.ca for more details.

The program is busy during the fall, so additional team members are needed.

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.

binders before you come. Check the CEC's Facebook page or call 902-826-1680 for an update if rain is in the forecast.

Mahone Bay Quilt Show: September 25-27, 10am-4pm, Mahone Bay Centre, 45 School Street, Mahone Bay. Some of our own Bay Seniors members are involved in this annual show that is a don't-miss for quilters and quilt enthusiasts. See details at mahonebayquiltersguild.com.



Make a donation. 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.