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Grant on grants: Volunteer will help Bay Seniors members navigate grants

A demanding and exciting career in the RCMP and then in security with private industry might have some people looking for a peaceful retirement. Not Gary Grant, a Bay Seniors member and new volunteer.

As a member of the RCMP's Support and Advocacy Committee for Pensions, he enjoys helping his fellow retired RCMP officers navigate details of pension entitlements.

And now, Gary is looking forward to assisting Bay Seniors members access grants they're eligible for.

"You never want to give up your ability to help others," he says. "I want to be able to keep up my skills and use them to contribute to my community."

Gary was born and raised in Dartmouth. His first job with the RCMP was in Ottawa, on Pierre Trudeau's security staff. Gary's career then took him to various communities in Newfoundland and Nova Scotia, with a focus on major crimes and drugs, eventually including media relations and educating youth about drugs. He later served as the head of loss prevention in Atlantic Canada for a major grocery chain, and currently



Gary Grant is available to help Bay Seniors members navigate grants for which they're eligible.

enjoys working part-time through his own private investigation business. In 2024, Gary published a memoir, *Walking Life's Yellow Line My Way*. He and his wife, Julia, have lived in this area for 27 years.

Bay Seniors members who would like assistance to apply for grants they may be eligible for can contact Gary through our Seniors Information Office by phone at 902-820-3334 or by email at office@bayseniors.ca. Leave a message and Gary will be delighted to get back to you.

Calendar: Third time's the charm

Sincere apologies for the flurry of October Bay Seniors Calendars you've received in the past couple of days. The third one was correct, so please discard the other two. We have no excuse, except that we must still have had our summer-holiday brains operating the system. We promise we're in autumn mode now.

Open House

Great attendance, new members, and happy smiles

We invited the community to our September 17 Open House and the community sure responded! Hundreds of Bay Seniors members and community members stopped by at the event, held this year at the Black Point & Area Community Centre, home base for our Drop-in Program on Tuesdays.

Current members caught up with one another after the summer, and learned about new programs, including several additional interest groups and our new Cooking, Canning, and Community program, which started in July.

Sign-up sheets for fitness classes, interest groups, and other activities gathered many names, and we also welcomed over 30 new members.

The bake sale, sewn items, and jewellery tables attracted eager buyers. Funds from the bake sale and sewn items support our Bay Seniors programs, and the Saturday Sparkle jewellery program is a fundraiser for the St. Margaret's Bay Food Bank.

Representatives from BayRides and the St. Margaret's Bay Housing Coalition were also on hand to chat with attendees about their organizations' programs and activities.

Thank you to everyone who stopped by, and to our event volunteers, bakers, and sewing and jewellery volunteers who made it happen—and a special thanks to event lead Cindy Skerry.



Members had an opportunity to join Bay Seniors interest groups at our Open House, with each group providing a description and a sign-up sheet. See story on page 5.



Sewing team

Ready to cut it out? Join our fabric-cutting day

Our sewing team will be holding a fabric-cutting day on Tuesday, October 13, getting together to cut out fabric kits. These kits are then sewn up at home by our team members, making items for us to sell.

If you're interested in volunteering at the fabric-cutting day, please contact the Seniors Information Office at 902-820-3334 and leave a message for the sewing team leads. One of them will get back to you with further details.

The sewing team's next sale will be at the Monthly Members' Meeting on Thursday, October 15. We'll have many new fabric designs and a supply of our new fabric cuddle shawls available.

Drop-in Program

A happy return on the first day of fall

Following our summer hiatus, the Drop-in Program resumed on September 22, with a record 57 members turning out the first day and 65 joining in on September 29. We are seeing increasing numbers for both the morning activities, from 10am to noon, and for pickleball, which runs from 1pm to 3pm.

It was wonderful to be together

again, see familiar faces, and meet new members coming out for the first time.

The Drop-in Program is at the Black Point & Area Community Centre, 8579 St. Margaret's Bay Road, on Tuesdays, from September to June. All Bay Seniors members are welcome to stop by. Free morning activities include games, handcrafts,

darts, puzzles, and refreshments.

Afternoon low-impact pickleball is \$2. Wear comfortable clothing and indoor shoes. Previous pickleball experience is not needed—we'll provide the equipment and our friendly players will be happy to introduce you to the game.

Bowled over by the workshop response

The creative workshops we offer around once a month at the Drop-in Program are always popular, and this month's workshop is no exception. The two-part ceramic

bowl workshop was full—with a long waiting list—less than 24 hours after our September newsletter was emailed out.

Thank you to everyone who

expressed an interest, and a reminder that if you're registered and find you can't attend after all, please let us know so someone else can have that spot.

Feel like felting? Sign up for November's workshop

Registration is now open for the felting workshop on Tuesday, November 10, 10am to noon. Liz Thompson and friends will lead

registrants in creating a felting project to bring home and enjoy. All materials will be supplied.

What's the final product? It's a

surprise!

Spaces are limited and registration is on a first-come basis. Register by emailing dropin@bayseniors.ca.



Design options for the felting project

Technology for Seniors

Upgrade your computer skills

Bay Seniors members interested in learning or upgrading computer skills are encouraged to access our Technology for Seniors program, offered by friendly and patient student instructors during the school year. Training is available for your smart phone, tablet, and laptop.

This free, one-to-one training is offered by Bay Seniors at the SMB Community Enterprise Centre during after-school hours and on weekends.

Please email technology@bayseniors.ca or call 902-820-3334 and leave a message for program lead Elizabeth Anthony, who will return your call to answer questions or help you book a session.

October Monthly Members' Meeting

Wellness resources are right around the corner



Gisele Davis and Erika McFarland, our October speakers.

The speakers at our October 15 Monthly Members' Meeting will be Gisele Davis and Erika McFarland from the Community Health Team, Nova Scotia Health. Gisele is a physiotherapist and wellness facilitator and Erika is an occupational therapist and wellness navigator.

They'll fill us in on available free programs, workshops, and services designed to support many aspects of wellness, including physical and mental health, healthy eating and ageing, and chronic disease management.

Gisele and Erika will also share information about local community

resources and explain how easy it is to register for programs. Bring your questions and leave with practical information about services available close to home.

Before Gisele and Erika speak, we'll have a brief presentation by Marsha Fanning, volunteer president of the St. Margaret's Bay Community Enterprise Centre (CEC), a shared work and meeting space. The CEC has a membership comprising many local businesses and community groups, including Bay Seniors, a founding and current member. Many of you know the CEC as a drop-off, pick-up, and meeting site for various Bay Seniors activities, and as the location of our Seniors Information Office.

The meeting, which starts at 2pm, is on October 15, at the St. Margaret's Bay Legion #116, 11169 Peggy's Cove Road in Seabright. As always, refreshments will be available and there will be time to chat with fellow members.

Fitness

Spaces available in line dancing, aerobics still a drop-in

Our fall session of line dancing kicked off—literally—on Wednesday, September 23. Instructor Janice says there are still some spaces available for Bay Seniors members who would like to join this fun fitness activity.

A reminder that this class is now available only on a pre-registered and pre-paid basis at a total cost for the fall term of \$35. You can register and pay by e-transfer to finance@bayseniors.ca (please put "line dancing" in the message box) or in person at the Seniors Information Office on Monday, Wednesday, or Friday, 10am-1pm. The Seniors Information

Office is located in Office A of the SMB Community Enterprise Centre, 5229 St. Margaret's Bay Road.

Tai chi and both chair fitness classes are now full for the fall term.

The aerobics class remains

available for a \$2 drop-in fee, payable at class, on Wednesdays at 10:30am and Fridays at 1:30pm. Both classes are at the Melissa Connick School of Dance, 5181 St. Margaret's Bay Road.



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.

Interest groups

Is there an interest group that's perfect for you?

The Bay Seniors interest groups program launched in May 2024 with four interest groups. There are now 17 groups. Our interest groups are an opportunity to learn and share specific skills and interests with fellow Bay Seniors members. Current groups focus on topics that range from birds to stamps, and painting to hiking.

Current interest group topics are:

- Acrylic painting skills and techniques
- Birding (2 groups)
- Book club (2 groups and 1 currently being filled)
- Calligraphy
- Conservation
- Contract bridge
- Hiking (5 to 10 km on wooded

trails)

- Home preserving
- Life stories (memoir)
- LOL (crafting and social)
- Machine sewing (note: this is not the same as the sewing team)
- Nordic walking
- Solo (group activities for members who are not part of a couple)
- Stamps

If you would like more information on any of the above groups, or you have an idea for a new group, please email interests@bayseniors.ca. You can also propose a new group by completing the form found [here](#) on our website.

Embracing nature: Catherine is a member of our Hiking interest group, which recently explored the Hemlocks and Hardwoods Trail in Kejimikujik National Park.



Cooking, Canning, and Community

Fall relish workshop on October 7

The Cooking, Canning, and Community program is hosting a fall relish workshop on Wednesday, October 7, 1:30-4:00pm, and has opened the event to all Bay Seniors members. There are still a couple of spaces left for this workshop, which takes place at the William Black Church Community Hall in Glen Margaret.

Participants will make cranberry chutney, which they can personalize for sweet and heat. They also have the option to make a red cabbage and onion relish. All participants will take home two filled 500mL jars. Nice labels, fabric, and twine will allow the jars to be dressed up as gifts for the Thanksgiving table.

Because ingredients have to be purchased ahead of time, you must be pre-registered for this workshop. Email cooking@bayseniors.ca, no later than Sunday, October 4 to register. The cost is \$10, payable at the door.



Cranberry chutney is a tasty alternative to cranberry sauce.

Saturday Sparkle

The Cinderella ring wowed the crowd and found a home

It got a lot of attention. Set with a large oval polished sodalite stone and embellished with a design of Swarovski crystals and enamelling, the sterling silver ring was nicknamed “the Cinderella ring” by our jewellery team because it was a bold design in a small size. Lots of prospective buyers were interested, but the ring, by Montreal jewellery designer David Sigal, either felt too bold or was too small.

At our busy Saturday Sparkle table at the Hubbards Barn’s Harvest Moon Night Market on September 24, Bay Seniors member Maria stopped by the table to say hi and check out the bling.

She was drawn to the Cinderella ring and tried it on. And it fit her perfectly, earning congratulations and a call to photograph the moment from other customers.

The Saturday Sparkle fundraiser for the St. Margaret’s Bay Food Bank is taking a break until late November. But the team is still welcoming jewellery donations. Please email jewellery@bayseniors.ca or drop donations off at the SMB Community Enterprise Centre, 5229 St. Margaret’s Bay Road, 9am-4pm weekdays. Please label the donation “Bay Seniors Saturday Sparkle.”



Ava (left) and Maria, who bought the Cinderella ring, which fit her perfectly.



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 supporting Bay Seniors programs. (Note: This is not the same as the Sew Far, Sew Good machine-sewing interest group.)

Home Maintenance Program: 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.

Other community activities

Seniors Week is October 2-9 in Nova Scotia

Happy Seniors Week! The Department of Seniors and Long-Term Care offers a number of resources, including free virtual speaker series presentations, with topics that include health and wellness, healthy ageing, dental benefits, wills and probate, and

fraud and scam prevention. There are also reading lists and additional resources and ideas on the Seniors Week [website](#)

Memory Café 2026 dates

A Memory Café is a free and welcoming social event that offers warm drinks, conversation and entertainment for people experiencing memory challenges

and their families and care partners. Memory Café events are being offered by Memory Café NS on Tuesdays, October 13, November 10, and December 8, 2:30-4:30pm, at St. Luke’s United Church, 5374 St. Margaret’s Bay Road. More dates will follow for 2027. Pre-register by calling Rachael Emge at 902-826-2100, extension 3274.