



September 2007

MONTHLY NEWSLETTER

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Dear Wayne,

We are re-issuing our September newsletter to introduce you to its new and improved format. We hope that by bringing it directly into your inbox, our newsletter will be more convenient for you to use. To help you find the notices and announcements that relate specifically to your interests, the newsletter features a list of links under the section labeled "In This Issue" (top left) that will take you directly to the article of your choosing.

We ask that you help the Centre grow it's membership by using the **Forward Email** link at the bottom of the newsletter (it's very small) to send this and future issues to people you think may be interested in knowing about the Centre's many activities.

As a member, you are entitled to submit notices regarding activities held at the Centre. When doing so, though, please observe the guidelines outlined in the note at the very bottom of this issue.

To comment on the newsletter: thecentre@mahonebay.com

Rent Space at the Centre

Located in the old school in the centre of Mahone Bay, this thriving community centre is host to a wide variety of programs & uses. We have artists' studios, an art gallery & art room, fitness activities & much more. If you're looking for space - either on a one-time basis or long-term - we can help. You can book space for workshops, classes, events or private functions.

Call 624-0890; drop by the office, (office hours below), or e-mail thecentre@mahonebay.com for details.

Oral History of the Old School

by Bob Sayer

Postponed until further notice.

Flea Market

Beginning Sunday, October 21st...

Flea Market Plus comes to our MBC gymnasium (from the Save Easy) If you know of more vendors (we already have 33) of crafts, antiques, farm and food products, indoor yard sellers, and entertainers who would like to join us...call MBC office at 624-0890 to reserve a spot.. We're hoping it will be a lively Sunday event for all of us throughout the winter.

Tale Spinners

South Shore Regional Library

The South Shore Regional Library is pleased to offer Tale Spinners; an early literacy program designed to give caregivers and children under four an early start to acquiring literacy skills.

Tale Spinners sessions will be 45 - 60 minutes in a playgroup type setting, and offered in various locations along the South Shore throughout the fall and spring. This three session program includes fingerplays, stories, rhymes and songs to help introduce babies to the world of reading. Parents or caregivers and their young charges will receive a board book, library card and other informational handouts.

Tale Spinners is FREE and is generously sponsored by the Family Literacy Endowment Initiative (FLIEF) and the United Way of Lunenburg County. 0 - 4 years + caregivers.

Tale Spinners will at the Centre on Fridays - Oct 5th, 12th and 19th from 10 am-11am. Call Heather at 543-2548 to register.

2nd Floor Gallery Opening

Artist: Justine Kerr

Artist and sculptor Justine Kerr invites you to an Art Show of new work; stone, felt & mixed media drawings.

The opening is **Sept. 20 at 7pm**, then Fri. Sept. 21 - Sun. Sept 23 from 9am - 5pm.

See Justine's web site at <http://www.justinekerr.com>

Travellers' Yarns

Talk & Slide Show by Alleson Kase & Ellen Ager

Women in Thai weaving cooperatives transform barks, berries, natural cotton & silkworms into sumptuous, hand-woven textiles. FREE. Friday, Sept. 28, 7:30 pm.

"Social Fabric"

Photo Exhibit & Sale

Documentary photos of village women weavers in Thailand & Laos by Ellen Agger. Friday, Sept. 28, 7-10 pm & Saturday, Sept. 29, 10-6 pm. More information: 624-0427 or tammachat@eastlink.ca

Fair Trade Eco-Textiles

Display & Sale

Exquisite silk & cotton scarves, bags & shawls handcrafted with natural dyes in Thailand & Laos. One day only: Saturday, Sept. 29, 1-6 pm. More information: 624-0427 or tammachat@eastlink.ca

Cafe Canada

Film Night

Friday, September 21 at 7:30 pm. **Note date change!** The film "Fed Up" is a documentary discussing the use of pesticides, genetically modified foods and corporate-driven agriculture. It has been highly recommended.

Hatha Yoga Studio

Kripalu Yoga certified teacher

10 week session starting the week of October 1st 2007. Basic, (learning all the postures and breathing techniques), and Beyond the basic, (for those with some experience with a teacher). Yoga is good for all bodies and abilities; great for flexibility, strength, sore back, fibromyalgia, arthritis, and relaxation. For more information please call 624-0891.

Take Thirty Fitness, Nutrition & Lifestyle Centre for Women and Men

Come in and check out our new equipment, classes and programs for fall guaranteed to give you the body you have always wanted. Many classes, full use of both rooms, access to our famous, proven to give you results meal plans and body composition analysis included in your low monthly fee. Join by September 15th for the year and pay absolutely no enrolment fee! Appointment required to get started. Call today for a consultation. 531-3330.

Double Dragon Dance Studio

Dance Classes

Middle East Dance Classes starting again week of September 3rd (Beginners- Monday; Advanced - Wednesday) Great exercise & fun! Join any time. Cost: \$60/8 classes or \$10/class. Ages 16 & over. Info: Andrea Haines 541-0918 (9:00 - 5:00 pm).

Ballet Classes starting again on September 26. For more info call the Municipality of Lunenburg Recreation Dept. at 541-1343.

Shambhala Meditation Centre of the South Shore

First Sunday: Nynthun sitting practice, 9:00 am-12:00 pm. All welcome.

Open House: Wednesdays, 7:00 - 9:00 pm. Meditation, an introductory talk, tape or reading on meditation. All welcome.

MAHONE BAY CENTRE
At The Old Schoolhouse
45 School St.,
PO Box 489, Mahone Bay, NS B0J 2E0

Tel: (902) 624-0890
E-mail: thecentre@mahonebay.com.

Office hours: Monday-Friday,
10:00-12:00 & 12:30-2:30 pm.

Annual memberships:
\$10 adults, \$2 unwaged, \$2 under 18.

Thanks to all our supporters & committed volunteers.

Note

PLEASE OBSERVE THESE GUIDELINES WHEN SUBMITTING NOTICES TO THIS NEWSLETTER:

MODE: We prefer notices be submitted digitally by email or MSWord attachment to thecentre@mahonebay.com.

FORMATTING: Use bold type for headings and sub-headings and ALL CAPS for emphasis within body text. Notices may be edited or reformatted for clarity sake at our discretion.

SPELLING: We will do our best but can not accept responsibility for spelling.

LENGTH: Please limit messages to 150 words. Excessively long notices must be resubmitted as two or more messages or condensed to a more appropriate length.

DEADLINE: This newsletter is published from an online server on the last Friday of the month for the following month. We have a volunteer that uploads news articles the previous Monday morning. This means that the **DEADLINE** for accepting notices will be the 2nd last Friday of the month. We cannot guarantee that notices received after this deadline will be posted in the newsletter.

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