



June 2008

MONTHLY NEWSLETTER

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Dear Wayne,

Mahone Bay Centre Annual General Meeting

The Mahone Bay Centre Society AGM will be held Thursday, June 19, at 7 pm. As usual the business of the meeting will include reviewing the many facets of our activity this past year, and looking at what's ahead. A new Board of Directors and officers will be nominated and elected. We will be electing those persons we want to help with the leadership of our Centre. We need a diverse representation of enthusiastic and creative persons. You may be one of those persons, or you may know of someone. Please contact us with your suggestions for nominees. As always nominations will be accepted from the floor of the meeting.

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.

MBC 2008 Membership

Just a reminder to everyone that it is membership renewal time at the Centre. Become a new or renewed member of the Centre in 2008! Annual memberships: \$10 adults, \$2 unwaged, \$2 under 18.

We would like to say a special thank you to all our supporters & committed volunteers.

Mahone Bay Area Seniors Project Presents: Two Events of Special Interest to Seniors

Thursday, June 5, 7:30 in the Community Room at the Centre. **"Beyond Shelter: Supporting Older Adults to Live Well in Rural Communities"** Dr. Robin Stadnyk, Professor of Occupational Therapy at Dalhousie University, and Mahone Bay resident, will present the results of a major survey on seniors housing in Atlantic Canada: where seniors now live, the challenges they face, who helps support them, how and where they want to live in the years to come, and why. Robin will show that seniors housing is about much more than bricks and mortar, and very much about supportive communities. Mahone Bay has the largest proportion of seniors of any town in the province. Join us to discuss how the Mahone Bay area can be supportive of seniors "aging in place" within their own community.

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 issue to a friend you think may be interested in knowing about the Centre's many activities.

REMEMBER 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

Our Sponsors



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"Time Banking: Innovative Ways to Help Develop Supportive Communities" Thursday, June 26, 7:30

COME PLAY THE TIME BANKING GAME. Mahone Bay will soon be home to one of the first Time Banking demonstration projects in Nova Scotia. We need your ideas and suggestions. Representatives from the Nova Scotia Department of Seniors will provide a fun and interactive introduction to the concept of Time Banking - with inspiring examples of how Time Banking is helping seniors in many communities stay in their own homes.

The Time Banking concept is simple: For every hour you spend doing something for someone or some volunteer organization in your community, you earn one Time Dollar, which you can spend by having someone do something for you. The Department of Seniors is supporting and promoting Time Banking because it engages seniors, connects resources with needs, and truly values neighbourly behaviour and contributions to community life.

"Active and Independent Living in a Supportive Community"

Conversations with...

Introducing a new series at the Centre: "Conversations with knowledgeable people & interesting topics. Join us to learn, discuss, and share some fun over coffee and cookies.

Thursday June 19, 2:00 to 3:30 - Deborah Trask:

Heritage Matters - Manager, Mahone Bay Settlers' Museum, and Curator Emeritus of Nova Scotia Museums will talk about why heritage is not just about the past, but has meaning today.

Thursday, July 17, 7:00 to 8:30, (meet at the gazebo), Judy Bain and Dorothy Rattray of Mahone Bay Walking Tours will lead a lightly entertaining evening stroll through town with fascinating snippets from 1754 to the present.

More in the fall. Stay tuned.

Thank You!

Thanks to all of the volunteers who have been so busy painting and working on improvements at the Centre. You have done a wonderful job.

Also, a special thanks to Sheldon Mitchell and Dave Nicholson for donating the lawn mowers and a whipper snipper, which we greatly needed.

We appreciate the support.

The Mahone Bay Area Food Bank Association...

The Mahone Bay Area Food Bank has joined the Mahone Bay Centre and will be open on June 10 & 24 this month. The facility will be available on alternate Tuesdays from 9:30 - 12:00. The Food Bank is located in the basement next to the Youth Centre. Clients will enter through the Youth Centre where they will be welcomed and volunteers will distribute food from an adjacent room. The members of the food bank are grateful to the Mahone Bay Centre Society for making this location possible and being so supportive to its efforts to serve a community need.

Watch for Paint Mahone Bay

The Centre will be the headquarters for this delightful summer festival July 12 & 13. Planning and registration are well underway. A call for artists has gone out. Kids Paint registration has begun. There will be an exhibition of both "wet" and "dry" art as well as a raffle of original works, demonstrations and workshops throughout the weekend. Check out www.settlersmuseum.ns.ca/events/pmb/ or call 624-6263 for information. Paint Mahone Bay is presented by and in support of The Mahone Bay Settlers Museum and is sponsored by The Mahone Bay Centre, The Town of Mahone Bay, and many local businesses and organizations.

Shambhala Meditation Centre

Of the SOUTH SHORE

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

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

Take 30 Fitness, Nutrition & Weight Loss Centre for Women & Men

Stay in shape this summer at Take Thirty. Let one of our health coaches get you started on a program tailored to fit your lifestyle. We are air conditioned, have a hydraulic circuit room as well as cardio/weight room. What are your kids doing this summer? How about Fit Kids?? A structured summer day camp with 4 very athletic leaders, daily outings, lesson on healthy eating (with a nutritionist) or exercise, reading groups and fun days with activities such as face painting and balloon twisting. Call for info on fees, leaders and schedule. Early bird discounts! 531-3330.

**ABC Music & Me
Summer Camps for Pre-Schoolers (Ages 2-4d & 4-6)**

These thematic musical child development classes are packed with lots of learning fun. Children will play instruments, sing songs, dance together and be introduced to American Sign Language. \$55 per child each session (includes: Home CD, Full-Colour Family Guide and a musical instrument.) Waiver Required. Camp 1: July 8-11 (please register by Tues, June 24th.) Camp 2: August 5-8 (please register by Tues, July 22nd.) Toddlers 9:30-10:15, Preschoolers 10:30-11:15. Call Janette at 531-2354 to register.

Taught by Janette Georges, a licensed Kindermusik educator specializing in musical child development.

Web Site: Member-to-Member News

The [NEWS page](#) of our web site is available to all members of the Centre who may wish to post news items of interest to both the members of their own group within the Centre, and to the membership at large.

The web site is updated once a month.

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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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