



July 2008

MONTHLY NEWSLETTER

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Dear Wayne,

MBCS Board Members 2008/09

We welcome four new board members: Pat Joudrey, Claude Gagne, Zane Murdock and David Nicholson.

Those who have remained for an additional term are: Paul Seltzer (Chair); Bob Douglas (Vice-Chair); Ted Hobson; Sidney Lang; Greg Muzzatti; Christa Nauss; Bryan Palfreyman; and Brian Swinamer.

We thank the following board members for their dedication and service to the Centre: Carol Langille; Darryl Haley; and Mike Burgoyne.

MBCS Happy Dance

Good News! Hooray, hoorah!! We are happy to announce that the roofing project has been completed and we are now moving on to the next phase of the renovations.

Mahone Bay Area Seniors Project

"Active and Independent Living in a Supportive Community"

The *Seniors Project Steering Committee* is proud to announce the hiring of Victoria Hirtle as Project Coordinator. We will be hard at work this month finalizing a questionnaire on seniors needs in Mahone Bay and the surrounding area. It is hoped the information gathered through this questionnaire will provide insight and inspiration for future social programs and senior support.

Gardening at the Centre

A Community Garden Project

Charles Marrow is organizing a community garden behind the Centre. If you have an interest in gardening and would like to be involved in this project please call 531-2491. All ages welcome.

5th Annual Paint Mahone Bay - A Town

Through Time

Presented by the Mahone Bay Settler's Museum

This popular summer festival celebrates the heritage of Mahone Bay through the eyes of Nova Scotia artists. Behind the present-day street and seascapes, you'll glimpse the stories that go back more than 250 years.

Dozens of artist paint throughout the town. On lawns and porches models pose in period costume.

The main space, the Gymnasium at the Centre features demonstrations, hands-on workshops, "Kids Paint" kits, the art exhibition and sale as well as exciting raffle of original work.

It's a rain or shine event with lots to see and do for the whole family! For more info visit SettlersMuseum.ns.ca or call 624-6263.

The Mahone Bay Area Food Bank

Available on alternate Tuesdays from 9:30-12, the Food Bank will be open on 8th & 22nd of this month.

Clients will enter through the Youth Centre where they will be welcomed and volunteers will distribute from an adjacent room.

The Food Bank could use any extra garden produce that members might have.

Green Spaces 'n Parks in Mahone Bay

PAM BIRDSALL of Birdsall-Worthington Pottery is joining **Nancy Sherwood** and **Brenda Marita** to explore and enjoy the green areas of Mahone Bay, with the awareness that *there is no other place like it*, not only in Nova Scotia but the world!

Be prepared to walk, sing, spirit journey, create and share inspiration that comes from the expression of the divine in nature. No experience needed to participate.

Cost: \$95/day beverages provided. Bring an item for lunch & wear walking shoes. Call Nancy at 792-1667 for more info.

Shambhala Meditation Centre

South Shore Branch

First Sunday: Nynthun sitting practice 9:00 am until Noon. All are welcome.

Open House Wednesdays (7-9 pm) includes meditation, an introductory talk, tape or reading on meditation. All are welcome.

Take 30 Fitness

Nutrition & Weight Loss Centre For Men & Women

Stay in shape this summer. Let one of our health coaches get you started on a program tailored to fit your life style. We are air conditioned, have a hydraulic circuit room as well as cardio/weight room.

FIT KIDS SUMMER CAMP

Take30 is offering this summer a structured day camp of daily outings, lessons on healthy eating and exercise, reading groups and fun-day activities such as face painting and balloon twisting.

For more info visit [FitKids at the Centre](#)

South Shore Regional Library

Summer Silly Stuff Program for Kids aged 5-12.

The Library's Summer Silly Stuff program offers children aged 5 to 12 y/o a place to shake out their sillies.

If you enjoy underwear, body parts (and sounds) and gooey things, you are going to love our silly song and story series.

Join us each week, or as often as you can to make cool crafts and listen to crazy stories. Silly stuff includes: fun books, stories and poems; hilarious jokes to tickle the funny bone; side-splitting, rib-tickling games; brain teasers and tongue twisters.

Silly stuff begins Tuesday, July 8th (1-2 pm). Full details are on the Library's website ssrlibrary.ca, or in the Summer Recreation Guide, or by phoning Library HQ at 543-2548.

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,
9:00 - 12:00 & 12:30 - 3:00 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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