



August 2008

MONTHLY NEWSLETTER

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Our Sponsors



Dear Wayne,

MBCS News

Finally we're getting a facelift. Prepping and painting of the North side of the building is underway as our first phase.

We have prioritized our improvements because we haven't received any funding yet from ACOA and because of the prospects of spiraling heating costs.

We have hired a heating consultant to guide us in working through several options:

Electric Thermal Storage

Geo-Thermal

Solar

A more efficient furnace

Converting the old building from steam to hot water

A commercial pellet furnace

Reducing heat loss through insulation

We are exploring these options and will keep you posted.

MBC Leasing Program

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, a gallery & project 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.

Help the Centre grow it's membership by using the

MBCS Happy Dance

More Good News! Hooray, hooray!!

A very quick look, without going to the fine calculations, says that we should have burned 3% more fuel this past year than the year before; in actual fact we burned 11.5% less. So by putting in the insulation in the attic we cut our fuel bill by 14.5% which at today's prices would be around \$7000 thousand dollars. The insulation more than paid for itself in one year and that is good news for the Centre.

Mahone Bay Area Seniors Project

"Active and Independent Living in a Supportive Community"

This summer the Seniors Project will be going door to door in Mahone Bay and the surrounding area, asking residents to take a six question survey regarding the needs, skills and interests of local seniors. With this information the Project will be able to start up a seniors-helping-seniors program, as well as social and recreational activities for seniors! Keep your eyes open for volunteers from the Mahone Bay Centre

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

[Join Our Mailing List!](#)

Seniors Project coming to see you!

Gardening at the Centre

A Community Garden Project

Charles Marrow is working in the community garden behind the Centre with the children from the FitKids program who are very enthusiastic gardeners & vegetable eaters. If you have an interest in gardening and would like to be involved in this project please call 531-2491. All ages welcome.

New Arist Studios for Rent

If you would like to join our community of artists and work in a creative environment we have just the space for you. You can rent by the hour, the day, the week, or long-term which ever you prefer. We welcome artist, Antonia McGuane, who has come to visit from Ireland and is busy painting away in one of our newly renovated art studio spaces. Antonia has spent a few summers painting at the Centre and we are always happy to have her return and spend some time with us.

The Mahone Bay Area Food Bank

Open alternate Tuesdays, August 5th & 19th, from 9:30 to 12:00 pm. The Food Bank can use any extra garden produce that members might have and always have a need for canned goods. We also welcome donations which are used to buy fresh food and meat.

Access Art

Access Art "Open" Life Drawing resumes Thursday, September 18th from 9:30 - 12:30. Please contact Sally for information or registration at sallywarren@eastlink.ca

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.

Take30 Fitness, Nutrition & Weight Loss Centre

for Women and Men

Join during the month of August and pay absolutely no joining fees. Get started today to build a stronger, leaner you. We are offering all new classes in the fall including a sculpting and core program guaranteed to give you amazing results in just 4 weeks! Call today to get started.

There is still room available in August in the Fit Kids day camp. Day, week and month passes. 531-3330

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 goey 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, Tuesdays, (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.

Summer Office hours: Monday-Thursday,
9:00 - 12:00 & 12:30 - 3:00 pm
Closed Fridays for vacation time.

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. We may edit or re-format notices 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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