



September 2008

MONTHLY NEWSLETTER

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WANTED: Digital Camera

Our Sponsors



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.

Dear Wayne,

Drive by the Centre sometime and see the wonderful transformation the old school is undergoing at the hands of Brian Swinamer and his crew.

It's a sure sign that the Centre is turning a corner to enter into a new phase in its journey toward becoming the centre of community activity.

Good work, Brian...

MAHONE BAY AREA Seniors Project

"Active and Independent Living in a Supportive Community"

Questionnaires have been coming in steadily thanks to our dedicated volunteers. Many thanks to those who have participated in the questionnaire!

On September 11, from 2-4pm, seniors and junior seniors are welcome to come together for a Classic Movie Afternoon showing of Casablanca. The cost is \$3 per person, or \$2 with a food bank donation. Snacks will be served, so come hungry!

On September 27, from 11:30am-3:30pm, the Seniors Project, in conjunction with the Community Health Board, will be hosting a Seniors Information Session. If you have questions about programs in your area, make sure to mark this free event on your calendar. A light lunch will be provided. Everyone is welcome!

CAFE CANADA

Friday, Sept 12, 7:30 pm. "Living on Earth as if We Want to Stay" with Donna Dillman and Mike Nickerson.

MAHONE BAY AREA Food Bank

Open the 2nd & 4th Tuesday of each month beginning in September. Open dates are September 9th & 23rd from 9:30 to 12:00 pm. The Food Bank can use any extra garden produce that members might have and we always have a need for canned goods. We also welcome donations which are used to buy fresh food and meat.

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

Help the Centre grow its 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**

[Join Our Mailing List!](#)

DOUBLE DRAGON Dance Studio

If you are interested in dance classes being held at the Centre please call for more info:

Ballet classes ~ Mun. of Lun. Rec. Dept. 541-1343

Middle East Dance ~ Andrea Haines 541-0918

Also in the dance studio:

Kindermusik with Janette beginning September 17. For more details call 531-2354.

THE PRINTMAKING GROUP Resumes

We will be meeting at ten a.m. Tuesday mornings, beginning September 23rd. The sessions will provide artist participants with four hours of studio time with a lunch break at noon. The cost is about \$10. per person each class session, (depending on the number present). If you wish to participate and would like to learn more about it either drop by at the Art Room or call Ed Porter at 634-3497.

ACCESS ART ~ Life Drawing Resumes

INSTRUCTED SESSIONS

Series of five bi-weekly classes Fridays 9:30 to 12:30 starting October 3rd. Fee: \$100.00 (life models, active instruction, guided critique). All levels welcome. Class size limited.

NON-INSTRUCTED "OPEN" SESSIONS

Series of 5 consecutive sessions Thursday mornings 9:30 to 12:30 starting September 18
Fee: \$65 00, (covers room rental and model fees).

For more info and registration please contact sallywarren@eastlink.ca or 531-2161.

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.

Level Two: Sept. 26, 27, 28, prerequisite - Level One. Contact Fran 634-9544

TAKE30 Fitness, Nutrition & Weight Loss Centre
For Men and Women

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... 531-3330

TAMMACHAT Natural Textiles'
HOLIDAY GIFT SALE

We're happy to be back in the Centre's 2nd floor Double Dragon Dance Studio on Saturday & Sunday, Oct. 18 & 19 from 10 am-6pm.

Browse through natural silks and cottons, organically dyed and handwoven by women's groups in Thailand and Laos, fairly traded by TAMMACHAT Natural Textiles. You'll find SCARVES, BAGS, TABLECLOTHS, FABRICS & MORE - perfect for gifts or for yourself. If you attended our May sale in Mahone Bay to celebrate Fair Trade Week, you'll be delighted to find lovely, new pieces at this HOLIDAY SALE.

Throughout each day, you can watch SOCIAL FABRIC, a slideshow about weaving traditions, natural dyeing, community development & fair trade in action in women's weaving co-ops in Northeast Thailand.

Info: 624-0427, www.tammachat.com.

MBC Art Studio Centre

Over the summer, the Centre has been busy creating affordable artist studios. Regular classrooms are being sub-divided into four spaces providing artists bright, self-contained studios in which to work. Prices range from \$102 and change to \$150/mo HST included. Each studio is well lit and has a n 8' x 8' wall easel. Adjacent spaces may be combined for even larger studios for artists requiring even more space.

If you think you would like to join our community of artists and work in a pleasant creative environment call or just drop around to have a look. You can rent by the hour, the day, the week, or long-term which ever you prefer. Contact the centre office for more info.

WANTED: Digital Camera

Have you upgraded your digital camera for a younger, newer, compact model? Is your old one laying forgotten in a drawer somewhere. If so, give it renewed purpose in life and donate it the Centre to build a visual record of all the wonderful changes that are happening.

We'll come and get it. Just give us a call 624.0890

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.

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.

[Forward email](#)



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