



November 2008

MONTHLY NEWSLETTER

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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,

Centre News

As the weather turns colder we will be warming things up at the Centre by beginning our insulation project on Nov. 10th. We have been very busy with various projects over the last few months and have many people to thank for their dedication and help. As soon as the painting project began to wind down, the gardening project was underway. We thank Dave Nicholson, Bryan Palfreyman, Ted Hobson, Greg Muzzatti, & Paul Seltzer for the beautiful shrubbery and for the mulching of the gardens. We send a special thank you to Abe Croft and Allen Boehner for the donation of backhoe services and to the MB Save Easy for the donation of mulch for the gardens.

We also thank Carol Pearse, who keeps the centre clean & tidy, for donating a digital camera to us. She has offered to take pictures for our website, www.mahonebaycentre.com so we can keep everyone up-to-date on the current projects and the many happenings at the Centre.

We welcome Win Seaton, resident artist, to the MBC Board and Joe Moulaison/Champion Fitness Centre, as our new tenant. A warm welcome to you both.

MAHONE BAY AREA Seniors Project

"Active and Independent Living in a Supportive Community"

Seniors Project ~ The Mahone Bay Seniors Project is looking forward to an exciting month of November!

Starting Monday, November 10, the Seniors Project is happy to introduce Winter Walking, a program designed to get people out and active during the winter months, while avoiding the dangers of snow and ice. Winter Walking will be held Mondays and Thursdays from 10:30 am-11:30 am in the Mahone Bay Centre gym.

Starting Wednesday, November 12, the project will be offering adult badminton. This program will take place Wednesday afternoons starting at 3:30 pm in the Mahone Bay Centre gym.

Thursday, November 13, we will be offering a movie

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!](#)

afternoon. This month our film is One Flew Over the Cuckoo's Nest starring Jack Nicholson, and will be shown from 2:00-4:30 pm at the Mahone Bay Centre. Wheelchair access is available.

On Thursday, November 20, we will be having another session in our Conversations with... series, with Jenny Sandison speaking on Flowers of the World. Jenny will discuss (with slides) how gardens have developed over the years. This event will take place from 2:00 - 3:30 pm in the Mahone Bay Centre Community Room.

For all of these programs donations are welcomed and appreciated.

MAHONE BAY AREA Food Bank

Open Wednesday, Nov. 12th, (date change due to Remembrance Day), & Tues., Nov. 25th, from 9:30 - 12:00 pm.

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

THE PRINTMAKING GROUP

We will be meeting at 10:00 am. on Tuesday mornings. The sessions will provide artist participants with four hours of studio time with a lunch break at noon. The cost is \$10. per person each class session. 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

Access Art ~ Open Session Life Drawing ~ongoing each Thursday morning from 9:30 to 12:30. \$15 per session or 5 consecutive sessions for \$65. Fee covers room rental and model fee. Contact sallywarren@eastlink.ca for info.

SHAMBHALA MEDITATION CENTRE

South Shore Branch

Wednesdays, open house, 7:00 -9:00 pm. Meditation, an introductory talk, tape or reading on meditation.

The Six Paramitas - Moh Hardin: November 22, 2008.
Open to the public.

Nyinthun - November 16th from 9:00- 12:00 & 1:00 - 4:00

pm.

Level IV: November 7th, 8th, & 9th.

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

Join Take Thirty Family Fitness Centre any time from Nov 1st - 15th and receive one month free!!! At Take Thirty you get the best of both worlds, a hydraulic circuit which is easy on joints and takes just 30 minutes for a total body workout, or use the cardio/weight room if you prefer ellipticals, bikes, treadmills and more. Plus we have the best classes around offering everything from Tae Bo, Turbo Jam, ball and tubing work to pilates and our very popular bootcamps. We have single, couple and family rates. So call today, 521-3630.

Champions Fitness

Strength training promotes weight loss, relieves arthritis symptoms and reduces the risk for osteoporosis, heart attacks, diabetes, injury, insomnia and depression.

Full time trainers and staff on site to help you with your fitness needs. Open 8 am to 8 pm daily with the exception of Sunday, 1 pm to 8 pm. All ages welcome.

Email championsfitness@eastlink.ca or visit our website:
www.championfitness.us

Remember... It takes just a little more to make a champion.

Old School Farmer's Market

Every Friday morning
from 8:30 ~ 1:00 pm

Gudula's German Bakery ~ Gudula Mueller, Proprietor

Offering baked goods made fresh daily with all organic ingredients. Multi-grain bread, (7 different organic grains), German farmers bread, (sour dough, organic wheat & rye flour), pretzels, rolls, breakfast braids, sweet strudel & coffee cake.

Phone: 685-3925 ~ Please call and tell us your needs or order for the following weeks market.

Evan's Fresh Seafood ~ Evan d'Entremont & Jim Kerr, Proprietors

Offers the freshest seafood on the South Shore from his own fishing boat. Lobster, haddock, halibut, scallops, shrimp & smoked fish.

Wooly Mountain Farm ~ Pam & Kurt Wentzel, Proprietors

Offering organic free range eggs, pasture raised pork & lamb. (Pork & lamb chops, roasts, ground pork & lamb, spareribs, Italian, German & Polish sausage, pepperoni, etc. Coming soon ~ Home smoked ham, bacon & ground beef.

Animals pasture raised are high in unsaturated fats with no antibiotics or growth hormones.

Crossroads Farms ~ Victor & Ann Naugler, Proprietors

~ Growing for you since 1991 ~

Offering organic vegetables, fruit & honey. (Potatoes, turnips, carrots, onions, kale, dry beans, tomatoes, apples, & herbs, (dill & parsley). Pesticide & chemical free!

QIGong Exercises

Wednesdays, 10:00 - 11:00 am. (November 5th - December 10th). Cost: \$40. For registration please call Vicky Hirtle at 553-064 or email to seniorsproject@eastlink.ca.

A series of one hour classes will cover the fundamentals of proper posture and diaphragmatic breathing, sensing qi, four warm up exercises and the Chow "Precious Eight" Qigong exercises.

These progressive exercises loosen up body structures and joints; foster the development of internal qi with an emphasis on concentration and discipline for the body, mind and spirit.

Additional supportive principles such as a positive mental attitude, positive expression, nutrition, and key acupuncture points will be incorporated into the classes.

The Chow Qigong special stretch exercises can help you to:

- ~increase your energy
- ~develop stamina
- ~relieve pain and stress
- ~delay the aging process
- ~bolster the immune system

Ruth Anne Nicholson (Certified Instructor)

Council of Canadians/Cafe Canada

November 14, 7:30 pm, Cafe Canada: Reasserting Feminism - Exploring Feminist Issues in the 21st Century. Free Admission, Refreshments.

November 21, 7:30 pm, Council of Canadians presents a public meeting with Jim Harding on The Myth of Nuclear Energy.

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.

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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