



December 2008

## MONTHLY NEWSLETTER

### In This Issue

Inner Light Wellness Centre

Seniors Project

Food Bank

Dance Studio

Printmakers

Access Art

Shambhala Meditation Centre

TAKE 30

Champions Fitness

Old School Farmers Market

2009 Membership

### Our Sponsors



### Space for Rent

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),

### HAPPY HOLIDAYS

**Christmas Wishes** ~ May you all have a fun-filled and magical holiday season & a happy, healthy New Year!

#### A Special Thank You

Thank you to Monica Wildemann for decorating the lobby so beautifully for the holiday season.

#### Children's Christmas Events at the Centre

Sponsored by the Settlers Museum - Sat., Dec. 6, **Gingerbread Decorating** for children, 12:30 - 2:00 pm. Call Carol 624-0890 for registration.

**A Holiday Musical with the Triplets**, 2:00 - 2:45 pm, and a **Christmas Movie**, 3:00 - 4:30 pm. Come for one event or stay all afternoon! Adult accompaniment required - admission by donation.

#### CHRISTMAS YOGA FOR THE FOOD BANK

Everyone Welcome! Sunday, December 14th from 3:30 - 5:30 pm in the River of Life Studio, with a potluck to follow. Join various Yoga teachers from the South Shore offering a class in support of the Food Bank. Suggested donation of \$10.00. For more info: 624-0891.

#### New: Inner Light Wellness Centre

Skye River Hawk, BA, MT.

Inner Light Wellness Centre is dedicated to the nurturing of the spiritual, emotional and physical wellbeing of our community, through the utilization of various massages, energetic and vibrational modalities of treatments.

Phone: 624- 6299 or 644-2365 or email [innerlight@ns.sympatico.ca](mailto:innerlight@ns.sympatico.ca)

#### MAHONE BAY AREA Seniors Project

*"Active and Independent Living in a Supportive Community"*

Winter Walking will continue in December, Monday and Thursday mornings from 10:30 -1130 am.

Adult Badminton will be held Wednesday afternoons from 1:30 - 2:30 pm.

Our movie matinee will be December 11, at 2 pm, and we'll be showing the Christmas Classic, *It's a Wonderful Life*.

or e-mail  
[thecentre@mahonebay.com](mailto: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](mailto:thecentre@mahonebay.com)**

[Join Our Mailing List!](#)

Donations for these events are welcomed and appreciated. Everyone is welcome!

**Happy Holidays and a special thank you to all of those who help make the Seniors Project possible!**

#### **MAHONE BAY AREA Food Bank**

Open the 2nd & 4th Tuesday of the month. Next open dates are December 9th & 23rd.

Christmas dinner boxes will be distributed to the clients of the Mahone Bay Area Food Bank. Any cash donations towards this cause would be especially appreciated.

#### **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**

Wrapping up with sessions on December 4th and 11th and resuming January 8th on Thursday mornings 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](mailto:sallywarren@eastlink.ca)

#### **SHAMBHALA MEDITATION CENTRE**

South Shore Branch

**Open House ~** Wednesdays, 7-9 pm. Meditation, an introductory talk, tape or reading on meditation. Dec. 17th is the **last open house** until the New Year.

**Mindfulness**, December 3rd, Open House

**Nynthun, Sunday**, December 7th.

**TAKE30 Fitness, Nutrition & Weight Loss Centre**  
*For Everyone* ~ Pay for 3 months in December and get 1 month free!

We have a hydraulic circuit + 6 cardio machines and weight benches + up to 300 lbs stackable weights and so much more. Or try some of the best classes around, guaranteed results!!! We have single, couple and family rates. So call today, 531-3330.

### **CHAMPIONS FITNESS Centre**

Tanning beds & machine operated magic spray tan; follow this link to see a demonstration. <http://www.youtube.com/watch?v=ol13aifkkh0>

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 daily 8 am to 8 pm and Sundays, 1 pm to 8 pm. All ages welcome.

Email [championsfitness@eastlink.ca](mailto:championsfitness@eastlink.ca) or visit our website: [www.championfitness.us](http://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 raised on a pasture 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!

## Natural Wood Quality Furnishings and Unique Gifts

~ (Rodney and Ida Wiley) ~ Proprietors

They carry handmade wood products that will add Old World Charm to any decor. Items include, and are not limited to, salad bowls, cutting boards, rolling pins, mortar and pestles, Lazy Susan's and more, (kitchen utensils, spoons, spatulas, honey dippers, etc.). Each item is individually made, making them truly one of a kind.

**We also have a flea market table and a plants table.**

### 2009 Membership

We have about 175 centre members. The annual membership fee is \$10.00 for adults and \$2.00 for those under 18 and for the unwaged. If you are interested in being a member of the Centre, you can drop by the office or print off a form from the website and mail it along with the membership fee to us. We thank you in advance.

MAHONE BAY CENTRE  
At The Old Schoolhouse  
45 School St., PO Box 489  
Mahone Bay, NS BOJ 2E0

Tel: (902) 624-0890  
E-mail: [thecentre@mahonebay.com](mailto:thecentre@mahonebay.com).

Office hours: Monday-Friday,  
10:00 - 12:00 & 12:30 - 2:30.

**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](mailto: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](#)

 [SafeUnsubscribe](#)

This email was sent to [thecentre@mahonebay.com](mailto:thecentre@mahonebay.com) by [thecentre@mahonebay.com](mailto:thecentre@mahonebay.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Mahone Bay Centre | 45 School Street | PO Box 489 | Mahone Bay | Nova Scotia | B0J 2E0 | Canada