



January 2009

## 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 -

### Dear Wayne,

As we move into 2009, I am reminded of how fortunate we are at the Mahone Bay Centre. We are blessed by your presence, your positive thoughts and words about the Centre, and your participation in our growing number of opportunities and programs. MBC is truly YOUR community centre. For your dedication and interest, I am very grateful. This gratitude adds to my resolve to keep going and keep improving. In the recent fundraiser appeal, I offered a "progress report" of what your efforts are producing at MBC: more initiatives to improve the appearance of our facility, conserve energy, reduce costs, and increase revenues are in the offing for 2009. If you have not already done so, I invite you to consider making a donation to the Centre now, so that we can accelerate our restoration projects. If you would like a tax credit receipt, please make your cheque out to the Town of Mahone Bay Athletic and Cultural Fund and bring it, or send it, to the Centre at 45 School Street, Mahone Bay, N.S. BOJ 2E0. The town will see to it that it will be used to assist MBC capital improvements. If you do not need a tax receipt, you may make out your cheque to Mahone Bay Centre. Thank you!

Paul Seltzer, Chair

### MAHONE BAY AREA Seniors Project

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

Seniors Project **Valentine's Day Dance!** February 14, 2008 at the Mahone Bay Centre! Featuring Midlife Crisis! Be sure to watch your local newspaper for ticket information!

The Seniors Project is going non-stop this January! Our Monday and Thursday morning, 10:30-11:30, **walking program** will continue, and **adult badminton** will be held Monday evening from 4:30-5:30 and Thursday morning from 11:30-12:30. On January 19 we will be holding a **Potluck Supper, Meet and Greet and General Meeting**, starting at 6 pm., bring your friends and your favourite food! On January 22 we will be showing the summer blockbuster **Mama Mia** from 2-4. Donations are welcomed and appreciated at all events! Happy New Year!

### MAHONE BAY AREA Food Bank

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](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!](#)

Open the 2nd & 4th Tuesday of the month. Next 'open' dates are January 13th & January 27th 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**

**Open Session Life Drawing** Beginning January 8th, and 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](mailto:sallywarren@eastlink.ca) for info.

### **SHAMBHALA MEDITATION CENTRE**

South Shore Branch

**Open House:** Wednesdays, 7:00 -9:00 pm. Meditation, an introductory talk, tape or reading on meditation.

### **TAKE30 Fitness, Nutrition & Weight Loss Centre *For Everyone***

Special Intro offer: Just \$85 for January-March! Limited time only. Come in and see our 6 pieces of cardio equipment, weights, circuit or try one of our very popular classes offered at 2 different times daily. Call for an appointment and let us help you reach your New Years goals. 531-3330

### **Old School Farmer's Market**

Resuming January 9th - Friday mornings 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!

We also have vendors carrying homemade wood products, jellies, plants, handcrafted soaps, jewellery and flea market items.

### **Oriental Dance Classes with Hadia**

Beginner Oriental Dance Classes with Hadia, internationally renowned instructor.

Winter Session: Thursdays, Jan. 8-Feb. 24 at the Mahone Bay Centre. Egyptian technique, music study, rhythms, combinations, choreography and fun! Cost is \$120.

Registration is required. Please call Hadia at 640-2473, or e-mail at [hadia@hadia.com](mailto:hadia@hadia.com). Also visit [www.hadia.com](http://www.hadia.com).

### **The Bible in Hebrew**

Read and understand the Bible in its original language. Starting January 7th, weekly meetings for 8 weeks at the Mahone Bay Centre, 7-8 pm. Suggested donation: \$10 per class or \$64 for 8 weeks. If you have questions, please call: 902-489-2524 or e-mail [shaharrabi@gmail.com](mailto:shaharrabi@gmail.com).

Note: This is not a religious course. All are welcome!

### **NEW: Inner Light Wellness Centre**

Skye River Hawk, BA, MT. ~ Inner Light Wellness Centre is dedicated to nurturing the spiritual, emotional and physical wellbeing of our community through the utilization of various massage, energetic and vibrational modalities of treatments. Phone: 624- 6299 or 644-2365 or email [innerlight@ns.sympatico.ca](mailto:innerlight@ns.sympatico.ca)

### **Conversations with.., Al Chaddock**

Thursday, January 15th at 2 pm. Coffee and dessert to follow. The topic is Art as Social Activism. Al Chaddock is a well known Nova Scotia artist and environmentalist who believes art is a way of nurturing the human soul. His paintings are held in many private and public institutions throughout the world. He is presently working on a series of paintings about the environmental truth of the Alberta experiment.

### **Old School Flea Market**

A Flea Market will be held every Saturday from 9-2 pm in the gymnasium. For the curious collector ~ flea market items & crafts. Admission free. For affordable space call Shirley at 543-1509 or Greg at 627-2909.

### **Champions Fitness**

[www.championfitness.us](http://www.championfitness.us) has all the info on the centre. New: Tanning beginning Jan. 3, 08.

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. 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.

### **Council of Canadians/Cafe Canada**

**Movie Night** at the Centre - Friday Jan 23, 7:30 pm - screening *THE WORLD ACCORDING TO MONSANTO* - Monsanto takes over the world from Dioxin to Genetically Modified Crops - Free admission - Free popcorn.

### **2009 MBC Membership**

We have approximately 200 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. We thank you in advance.

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](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.

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