



October 2007

MONTHLY NEWSLETTER

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Dear Wayne,

The Centre mouse caught two people in the act... of removing the covers from the radiators in the newer wing and removing the 45 years of accumulated dirt and debris. Seen through the cloud of dust were Carol Pearse, (our regular cleaning person), and Dave Etter, (our frequent volunteer for handyman jobs). The job is extensive and goes on. Thanks to you both! A clean radiator will be a more efficient, and an oil conserving radiator.

We were also pleased to have received many favourable comments on the new format for our newsletter. Remember that as a member you are entitled to submit notices concerning activities at the Centre, using guidelines outlined below.

Also this month, the 2nd Floor Gallery was host to two very impressive exhibitions. First was the extraordinary paintings, sculpture and especially felts of Justine Kerr followed a week later by an amazingly beautiful display of photographs by long time member and volunteer, Ellen Agger. Both events were exceptionally well attended.

Rent Space at the Centre

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, an art gallery & art 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.

NEW AT MAHONE BAY CENTRE

The OLD SCHOOL MARKET begins **SUNDAY, OCTOBER 21**, 12-5 pm, (replaces and expands on the Sunday Flea Market at the Save Easy). Persons interested in being a **VENDOR...** for flea market, crafts, arts, antiques, yard sale, good health, food, etc., contact us at oldschoolmarket@gmail.com. We'll get right back to you....

Cafe Canada

Friday, October 19, 7:30 pm. Dr. Janet Eaton will speak on the Security and Prosperity Partnership (SPP) and its possible effects on Atlantic Canada. Dr. Eaton is an activist, an academic and an independent researcher from Wolfville, Nova Scotia. All welcome. For information call 527-2928.

South Shore Regional Library Tale Spinners

The South Shore Regional Library is pleased to offer Tale Spinners; an early literacy program designed to give caregivers and children under four an early start to acquiring literacy skills. Tale Spinners sessions will be 45 - 60 minutes in a playgroup type setting, and offered in various locations along the South Shore throughout the fall and spring.

This three session program includes fingerplays, stories, rhymes and songs to help introduce babies to the world of reading. Parents or caregivers and their young charges will receive a board book, library card and other informational handouts. Tale Spinners is FREE and is generously sponsored by the Family Literacy Endowment Initiative (FLIEF) and the United Way of Lunenburg County. 0 - 4 years + caregivers.

Tale Spinners will be at the Centre on Fridays - Oct 5th, 12th and 19th from 10 am-11am. Call Heather at 543-2548 to register.

Arts at the Centre

"Life" at the Centre

Thursday mornings and evenings Life drawing has resumed in the community art room. A series of five, three hour, non-instructed drawing sessions with models costs just \$65 which covers model fees and room rental. All levels of experience are welcomed. If you wish to join one of the next series groups (Thursday mornings or Thursday evenings) starting October 18th or you wish to get on the "Life List" for information about upcoming drawing sessions and workshops please email sallywarren@eastlink.ca

Call for Artist's Models - The life group is looking for models. We welcome all shapes and vintages! Work is occasional. The standard fee for a 3 hour session (with breaks) is \$50. Experience is an asset but not essential. A free "clothes-on" training workshop with an experienced model will give you an opportunity to learn more about what is involved. Please email sallywarren@eastlink.ca for more information.

Hatha Yoga Studio Hatha Yoga Classes

Certified Kripalu teacher and fitness consultant- Classes for all bodies and abilities- Flexibility, strength, breathing and relaxation. Tuesday 6:00 - Basic & 7:30 pm Beyond the basics - Thursday 10:30 am; Basics 12:00 & Beyond the basics - Saturday 9:30 am Mixed level - NEW TO SCHEDULE Wednesday 6:00 - 7:00 am Early Rise Yoga. REGISTRATION: \$110.00 for 10 week program (no tax) Drop-In: \$14.00. Please call 624-0891.

Take Thirty Fitness, Nutrition & Lifestyle Centre for Women and Men

Come in and check out our new equipment, classes and programs for fall guaranteed to give you the body you have always wanted. Many classes, full use of both rooms, access to our famous, proven to give you results meal plans and body composition analysis included in your low monthly fee. Appointment required to get started. Call today for a consultation. 531-3330.

Double Dragon Dance Studio

Middle East Dance Classes - (Beginners- Monday; Advanced - Wednesday) Great exercise & fun! Join any time. Cost: \$60/8 classes or \$10/class. Ages 16 & over. Info: Andrea Haines 541-0918 (9:00 - 5:00 pm).

Ballet Classes

For more info call the Municipality of Lunenburg Recreation Dept. at 541-1343.

Shambhala Meditation Centre of the South Shore

First Sunday: Nynthun sitting practice, 9:00 am-12:00 pm. All welcome.

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

Shambhala Level Five to take place October 12, 13, & 14. Richard and Alice Hasprey as co-directors.

The Printmaking Group

We will be meeting at ten a.m. Tuesday mornings. With the use of our press participants can create monotypes, collagraphs, drypoint prints, etchings, engravings and solar plate prints. 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 on a Tuesday or phone Ed Porter at 634-3497.

Note

Help the Centre grow it's membership by using the **Forward Email** link at the bottom of the newsletter (it's very small) to send this issue to people 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

MAHONE BAY CENTRE
At The Old Schoolhouse
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Tel: (902) 624-0890
E-mail: thecentre@mahonebay.com.

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

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. Notices may be edited or reformatted 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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