



May 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 - either on a one-time basis or long-term - we can help. You can book space for workshops, classes, events

Dear Wayne,

Notice: The Mahone Bay Centre Society AGM will be held on June 1, 2009 at 7 pm in the Community Room.

You will notice as you pass through the Centre hallways the changes that have been taking place. We have the construction of our new Conference Room well underway, Room 302 has been divided to create two beautiful spaces, and a windbreak in the front lobby has been added. Watch for more changes as we continue to improve and grow.

We welcome new tenant, Ann Benitz, to our recently renovated studio space.

2009 Membership

We have approximately 200 Centre members. The annual membership fee is \$10.00 for adults and \$2.00 for those under 18. 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 AREA Seniors Project

"Active and Independent Living in a Supportive Community"

Seniors Project ~ Info: 553-0640 or email: seniorsproject@eastlink.ca.

The Mahone Bay Area Seniors Project badminton is now finished over the summer months. We hope to reoffer the program again in the fall. Thank you to all who came to play!

Spring Walking Club, sponsored by the Mahone Bay Area Seniors Project and Kinburn Pharmasave. Every Monday and Thursday morning 9:30-10:30 am. Meet at Kinburn Pharmasave.

Interested in playing softball? Here`s your chance!

On Tuesday, May 12 at 7 pm at the Mahone Bay Centre the Mahone Bay Area Seniors Project will be hosting a Centre Softball Meeting! We will be discussing if we have enough people to field a team, what kind of equipment we have and what is needed, our playing schedule, etc. Make sure to tell all your friends about the meeting. We hope to have a large

or private functions.

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**

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group of dedicated people interested in being active and having a huge amount of fun! If you have any questions, please feel free to contact the project. I hope to see you there!

Auction 45's Card Parties - Fridays, 1:30 pm at the Mahone Bay Centre. All are welcome! The cost is \$3.

MUSSEL HUSTLE KITCHEN PARTY :: Sat. May 16, 7-10p at the Centre

The Mussel Hustle, a part of the Indian Point and Mahone Bay Mussel Festival, is a celebration of local music and delicious local mussels! Tickets are \$10, available at the Mahone Bay Centre, Kinburn Pharmasave and Fulton's Drug Store. Mussels will be on sale, as well as Grand Pre Wines and Garrison Beers. Dance, Drink, Eat and be Merry!!

All proceeds go to support the Mahone Bay Centre exterior paint fund.

CONVERSATIONS WITH... Michael Ernst

May 21, 2-3:30 pm

~ **The Stream with Many Names** ~ The Annie-Annie and Maggie-Maggie are two of the many names for this waterway, flowing from Blockhouse to Mahone Bay. The stream played an important role in Mahone Bay's development and this 'conversation' is an opportunity to explore it. After a brief introduction at the Mahone Bay Centre, you're invited to take a walk and explore the stream and see how it has changed. For anyone disinclined to walk, they are welcome to bring their own transport and join us at the various sites.

Michael Ernst has worked internationally in Outdoor Education, Recreation and Tourism for over 30 years. He resides locally and has a keen interest in Industrial Archaeology and Historical Ecology.

CAFE CANADA

Friday, May 29, at 7:30p

Alternative Energy Technologies for Nova Scotia with Keith Towse, VP of Wind Prospect Company, on Wind Power; Dr. Jeff Dahn on his battery research at Dalhousie University as it relates to electric cars and the new development of "smart power"; Frank Fawson, Municipal Councillor on solar power. Free admission & refreshments. For more info call 527- 2928 or coc.ss@hotmail.com.

Mahone Bay Area FOOD BANK

Mahone Bay Area Food Bank ~ Open the 2nd & 4th Tuesday of the month. Next open dates are May 12th & May 26th from 9:30 - 12:00 noon.

"THE BIBLE IN HEBREW"

Understand the Bible in its Original Language

Would you like to understand the Bible in its original language? Now it is possible! Join a fascinating eight week workshop to discover the ancient Hebrew language and the rich, linguistically contextualized meaning of the words from selected passages in the Old Testament. Every week we will take a passage from the Old Testament and see the words come to life in a different language - the original language of the Bible. The course will include learning to read the Hebrew alphabet. Beginning on Tuesday, May 12th, 7:30 - 8:30 pm, for 8 weeks. SUGGESTED DONATION: \$90 for the whole program (8 classes), NOTE: Everybody is welcome regardless of ability to pay. Tel: 902-529-1202. Email: shaharrabi@gmail.com

"FREEDOM FROM THE KNOWN"

According to J. Krishnamurti, it is necessary to understand ourselves and our thinking in order to understand how we relate to the crises we face in the world appropriately. Explore these teachings deeply. The seminar and/or retreat may change the way you see the world!

Seminars: Tuesday night, May 26 - July 7 from 5 - 7 pm.
Retreat: Friday, July 3 - Sunday, July 5.

For more info please call 902-529-1202.
Email: shaharrabi@gmail.com.

OIL PAINTING CLASS INTENSIVE with Lynda Diamond

All levels welcome! This oil painting class meets once a week, starting Sat. May 16th from 10 am-1 pm, for 8 weeks and each class session is 3 hrs long, (with a cookie break mid class).

Each week we will focus on a different aspect of the technique of oil painting. Techniques of the old masters will be discussed. You can come with your own ideas and passions on what you'd like to paint, or show up clueless and be inspired in your first class for your first painting. This will be the most informative class you've ever taken on the technique of oil painting.

Learn to use a palette knife, glazes, impasto or your fingers to make a painting. Paint a classical face or an abstract expression, or both! Find out who you are in this 8 week intensive oil painting class with Lynda Diamond.

Fee is \$282.50. Materials list to be given to students. To register contact: lyndadia@aol.com or call 902-228-2095.

NEW: INSPIRE ~ a fitness, nutrition and wellness studio, truly an experience like no other.

We have 4 instructors, a variety of classes such as yoga, pilates, flow flex, tubing/bands, stability ball, strength training, cardio dance, core work and so much more. Call today to get started or ask about our new monthly schedule, organic body care products, smoothie/muffin bar and cardio room. Beautiful atmosphere and full-time staff. Let us inspire you to be the best you can be. 531-3330 or email at inspiredlife.kim@gmail.com.

DOUBLE DRAGON Dance Studio

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

Middle East Dance ~ Andrea Haines, 541-0918

SHAMBHALA MEDITATION CENTRE

South Shore Branch

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

Champion Fitness

Remember.., it takes just a little more to make a champion.

For info call 531-3444 or send us an email championfitness@eastlink.ca

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.
Website: MahoneBayCentre.com

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

Annual memberships:
\$10 adults, \$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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