



JULY 2009

MONTHLY NEWSLETTER

In This Issue

- 2009 Membership
- Seniors Project
- Glimpses
- Paint Mahone Bay
- South Shore Library Presents
- Food Bank
- Ditto's Canine Learning Centre

INSPIRE

- Dance Studio
- Shambhala Meditation Centre
- Champions Fitness

Our Sponsors



Dear Wayne,

HAPPY CANADA DAY!

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"

Our **Spring Walking Group** is collecting their steps to walk across Canada! Join us Monday and Thursday mornings at 9:30am at Kinburn Pharmasave to enjoy the trails and streets of Mahone Bay, and collect your kms/steps! Progress will be posted in the lobby of the Centre. The **Mahone Bay Centre Fielders softball team** plays Wednesday, July 22 at 6:30 at the Mahone Bay Field. Come out and cheer for the team! Keep an eye out for info on our Neighbour Hood Kitchen with the NSCC. Happy Canada Day, Everyone!
Seniors Project - 553-0640 seniorproject@eastlink.ca

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.

Addiction Services, South Shore Health

Addiction Services, South Shore Health is now offering services in their newest location in the Mahone Bay Centre. This accessible community-based location is the new "home" to the following services

The Children's Group offers education, support, and skills development for children who may be affected by a loved one's substance use or gambling problem. Children in the group discuss and learn about such skills as coping, grieving, dealing with emotions, problem solving, and communicating. This group meets every second Saturday from 1pm to 4pm.

The Self-Focus Group provides support, through the sharing of experiences, and through education, to anyone challenged by the substance use or gambling of someone

Call 624-0890; drop by the office, (office hours below), or e-mail thecentre@mahonebay.com for details.

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 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!](#)

else. This group meets every Wednesday at 7:30pm.

For more information on these groups or other services offered by Addiction Services, please contact us at (902) 543-7882 or visit our website at www.ssdha.nshealth.ca/Addictions.htm

6th ANNUAL PAINT MAHONE BAY

Article A Brush with Art ~ Show and Sale

July 11 & 12 from 10 am to 5 pm at the Centre.

Join us for demonstrations, workshops, the great art show with wonderful bargains on original art and join in the fun - try your hand with the popular U-Paint Kits - for kids AND adults! (Limited number of kits - order in advance to avoid disappointment). More info at settlersmuseum.ns.ca

A rain or shine festival for the whole family.

South Shore Regional Library *SPY SCHOOL*

A few spots are left for spy wanna-bees between the ages of 5 and 10 at Spy School in Mahone Bay. Junior spies are invited to create their own Spy Manual and learn cool spy tricks, listening and detective skills and more. Spy School begins July 7th at the Mahone Bay Centre (10 am). Call 543-2548 to register for Spy School in Mahone Bay.

Mahone Bay Area FOOD BANK

Open the 2nd & 4th Tuesday of the month. Next open dates are July 14th & 28th from 9:30-12:00 noon.

Ditto's Canine Learning Centre

"Because dog training is not always black & white"
OBEDIENCE CLASSES promoting humane training strengthens the human-dog relationship so that your dog achieves their highest potential. Our training is reward and positive reinforcement based and we offer optional clicker training for a faster responding dog. New classes will be starting up on July 14th, Tuesday evenings at 7pm. To pre-register: 624-0800 or DittosCanineLearningCentre.com

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

No Inspiration? No purpose! You must come in today and try a class to see what everyone is talking about! You are guaranteed results at Inspire. Check out our colorful, upbeat and very clean establishment with private washrooms, amazing, energetic staff and get the inspiration you need to feel the best you ever have. Ask about our summer special. Call or email Inspiredlife.kim@gmail.com or 531-2531 if you want results and the one-on-one coaching you deserve. Get Inspired today.

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.

For info call 634-9544 or email fpburchell@eastlink.ca.

Champion Fitness

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

For info call 531-3444 or 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

Summer Office hours: Monday-Thursday,
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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