



September 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 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 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.**

Dear Wayne,

The summer season has been a very busy one here at the Centre. Summer students have worked long hours on the exterior painting and have us looking fresh and fabulous!

The new windows have been installed, all 109 of them, and what a difference they make! Free will donations are currently being accepted to purchase the old school windows. If you would like to own a piece of Mahone Bay history, please call the Centre at 624-0890.

Room 305 has been divided to create two beautiful spaces. In one of our newly renovated spaces, we welcome Laura Bowles, registered massage therapist, to the Centre. Thanks to everyone for working so hard on all these improvements.

We say a fond farewell to our summer tenants, BCAF and the Coast Guard crew. It has been great having you here and we will miss all your smiling faces passing through the hallways.

And last, but not at all least, our MBC website has a brand new look.

Check us out at [www.mahonebaycentre.com](http://www.mahonebaycentre.com)

### 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"*

**The Neighbourhood Pantry** - a celebration of local food and food products September 23, 9:45 - 3:30 at the Mahone Bay Centre - Cost \$12. Features presentations, lunch, a mini farmers market, and a cooking demonstration by Fleur de Sel chef Martine Ruiz Salvador. Registration is limited. Call Vicky at 553-0640 or e-mail [seniorsproject@eastlink.ca](mailto:seniorsproject@eastlink.ca).

**Spring Walking Club** continues this September, meeting Monday and Thursday mornings at 9:30 am at Kinburn Pharmasave.

Keep your eyes peeled for information on **Lifelong Learning in Mahone Bay**, and partnerships with Acadia University.

### Conversations with...Michelle Stevens

Thursday, September 17, 2009 2:00 pm at the Mahone Bay Centre. Michelle Stevens, sail maker, will speak on the history of the Steven's family and their relationship with the sea through boat building and sail making.

### Volunteer Appreciation Night

Sept. 28 at 7:00 pm in the gym.

~Save room for dessert~

All volunteers of the Centre, from beginning to present, are invited to attend a celebration of all we have accomplished together. Come celebrate, reunite with friends, hear the big announcement from ACOA,

To comment on the newsletter:  
thecentre@mahonebay.com

[Join Our Mailing List!](#)

and check out for yourself all the new things taking place at the Centre.

If you plan to attend, please RSVP asap:  
thecentre@mahonebay.com or 624-0890.

"Come and enjoy your just dessert".

#### **Addiction Services, South Shore Health**

~A look at who we are and what we do ~

Addiction Services promotes the health of individuals, families and communities by providing prevention and health promotion programs and treatment services related to drugs (alcohol, tobacco and other drugs) and gambling. The goal is to maintain or improve health and reduce the harm associated with drugs and gambling.

Addiction Services provides: Withdrawal Management (Detox), Addiction Education Programs, Prevention and Health Promotion Programs, Counselling Services and Group-based Services. The following groups are help on a regular basis: Recovery Group, Self-Focus Group, Women's Group, Children's Group and Nicotine Addiction Treatment Group.

For more information about Addiction Services, our programs/services offered or for group information, times and locations, please feel free to call us at 543-7882 (Bridgewater), 634-7325 (Lunenburg and Chester), or 354-3422 (Liverpool/Caledonia).

#### **Mahone Bay Area FOOD BANK**

Open the 2nd & 4th Tuesday of the month.

Next open dates are September 8th & September 22nd 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.

Tuesday evenings at 6 pm for puppy class and 7 pm for obedience classes.

Please call to pre-register: 624-0800.

#### **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 and energetic staff and get the inspiration you need to feel the best you ever have. Ask about our new fall format. Call or email Inspiredlife.kim@gmail.com or 531-3330 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:

Ballet classes ~ Municipality of Lunenburg Recreation

Department: 541-1343

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](mailto:fpburchell@eastlink.ca).

### Champion Fitness

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

For info call 531-3444 or email [championfitness1@hotmail.com](mailto:championfitness1@hotmail.com)

### Council of Canadians

~Friday, September 25th, at 7:30 pm ~

Movie Night at the Centre". The SS Chapter of the Council of Canadians and Cinema Politica present Taking Root: The Vision of Wangari Maathai. This documentary tells the dramatic story of Kenyan Nobel Peace Prize Laureate Wangari Maathai's tree planting revolution. Her simple act of planting trees grew into a nationwide movement to safeguard the environment, protect human rights, and defend democracy - a movement for which this charismatic woman became an iconic inspiration. A truly upbeat and inspiring film, all welcome, free admission, free popcorn. For information call 527 2928 or coc.ss@hotmail.com

### OIL PAINTING CLASS WITH LYNDA DIAMOND

This fall season Lynda Diamond will be teaching TWO oil painting classes at The Mahone Bay Center. All levels welcome!

Saturdays 10:00 am -1:00 pm beginning Sept 26th - Nov-14th for 8 weeks, and offering a new Thursday evening class for those of you who are not able to make the Saturday classes. All levels welcome also to the Thursday evening class 6:00 - 9:00 pm beginning Oct 1st -Nov 19th for 8 weeks.

Lynda will be teaching techniques from the oil masters. Course fee is \$282.50 for 8 weeks of class, 24 hrs of studio teaching. Call to register or for more info: 902-228-2095 or email [lyndadia@aol.com](mailto:lyndadia@aol.com). Check web site at [www.lyndadiamond.com](http://www.lyndadiamond.com)

MAHONE BAY CENTRE  
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Website: [www.mahonebaycentre.com](http://www.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](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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