



August 2009

MONTHLY NEWSLETTER

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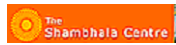
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Our Sponsors



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 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**

Dear Wayne,

If you've been to the Mahone Bay Centre this summer, you can't help but notice the incredible bustle of activity!

The outside painting, the new Conference Room, additional room renovations - the building is getting ship shape and looking great!

Our most recent project is the replacement of all of the windows in the old side of the Centre. These windows will not only have a great look and feel, but will sharply decrease heat loss during the upcoming winter months. It also creates an excellent opportunity for people to own a piece of history.

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.

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 month of August sees the continuation of our successful Spring Walking Group, which meets Monday and Thursday mornings at 9:30 am at Kinburn Pharmasave.

The Mahone Bay Centre Fielders softball team will be playing Wednesday, August 26 at 6:30pm at the Mahone Bay field on Clairmont Street. Come on out and cheer on the team!

Acadia Lifelong Learning is cooperating with the Seniors Project to share the intellectual and cultural resources of Acadia University. Come to the Centre on Tuesday, August 25 at 7pm to hear about the programs that are available and how Acadia can benefit our community.

Keep an eye out for The Neighbourhood Kitchen, a celebration of local food and cooking.

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 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

**ART CAMP EXTRAVAGANZA
WITH JUSTINE KERR**

August 10th-14th from 9:30am-2:30pm.
\$130 - one week or \$30/day/child. Being held in the MBC
Art Room.

All ages welcome for as many days as you like.
Before & After Care can be arranged ahead of time @
\$5/hour.

Please register via email to Justine Kerr.
Fusharouge@hotmail.com

Mahone Bay Area FOOD BANK

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

Next open dates are August 11th & August 25th 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 Obedience classes will be starting up on August 11th,
puppy classes always on going.
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 summer special. 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:

Middle East Dance ~ Andrea Haines, 541-0918

SHAMBHALA MEDITATION CENTRE

South Shore Branch

Nyntyntyn will be held Sunday, August 9th.

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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