



October 2009

MONTHLY NEWSLETTER

In This Issue

2009 Membership

Seniors Project

Breast Cancer Fundraiser

Antique Fair

Food Bank

Cafe Canada

Life Drawing Classes

Dance Studio

Ditto's Canine Learning
Centre

Addictions Services

Shambhala Meditation Centre

INSPIRE

Champion Fitness

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,

Dear Wayne,

Happenings at the Centre this fall:

Harvest Jam Kitchen Party - Saturday, October 24th at 8:00 pm. A fundraiser for the Mahone Bay Centre with local music and great eats! Tickets are \$15. Cash Bar will be available.

Square Foot Club ~ Fundraiser for MBC

Watch for details on our fall fundraiser beginning later this month.

Important Please Note ~

Email Address Change for the Centre

The Centre is in the process of changing its current email address, thecentre@mahonebay.com. We hope this will not be an inconvenience to you. The new email address will be activated on November 1st, 2009. The old address will be deactivated on the same date, so the Centre hopes you will have had enough time to change /update your address book to the new email address:

welcome@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"

Walking Group continues Monday and Thursday mornings at 9:30; meet at Kinburn Pharamsave. Keep an eye out for

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

[Join Our Mailing List!](#)

information on Acadia Lifelong Learning!

Conversations with... David Friendly "The Holy Land sites and the fascinating history of Israel" - Thursday, October 15, 2:00 pm - A talk discussing how Israel is everyone's Holy Land, the amazing elements that can be found in such a small piece of geography, the millennia of history, and the real people of the Bible.

Breast Cancer Fundraiser

There will be a breast cancer fundraiser for the Canadian Breast Cancer Foundation on Oct. 4th from 2:00 - 6:00 pm., at the Mahone Bay Centre. An art installation, "The Pink Boudoir" will feature vintage lingerie and accessories from the collection of Virginia Bell in a boudoir setting from the Art Deco period in shades of pink. Music, live models, hors d'oeuvres and cash bar will enliven the experience. Tickets at Kinburn Parmasave or at the door are \$15.00.

Annual Antique Fair

Three large halls of antiques housed in the Legion Hall, the Anglican Church Hall and the Mahone Bay Centre. Friday, October 2nd, 1:00 to 6:00 pm. Saturday, October 3rd, 10:00 to 6:00 pm. Sunday, October 4th, 1:00 to 5:00 pm.

Mahone Bay Area FOOD BANK

The food bank will be opening on **Friday, Oct. 9th, 12:00 noon - 2:00 pm**. This will allow for the distribution of food before the Thanksgiving weekend.

Next open date: October 27th from 9:30 - 12:00 noon.

Café Canada

The next Cafe Canada Meeting will be Friday, November 6th at 7:30 pm when Movie Night at the Centre returns with another significant documentary. Watch for our announcements and posters. For information call 527- 2928

or coc.ss@hotmail.com

Instructed Life Drawing Series

Thursday evenings 7:00 to 10:00 pm.

6 sessions - beginning October 15th

\$120 for the series (materials list supplied at the time of registration - and available at the studio for purchase), instructor led exercises in figure drawing exploring a variety of techniques and materials. For all levels, with individual support and a guided group critique at the close of each session. Registration is required. Space limited! Please e-mail sallywarren@eastlink.ca or call Sally at 902-531-2161 to register.

"Open" Life Drawing/Painting

(Not instructed), all levels welcome.

Sunday mornings 10:00 am to 1:00 pm throughout the fall. Starting October 18th, Cost: \$15 per session to pay for the model and room rental.

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 Eastern Dance ~ Andrea Haines 541-0918

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.

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).

SHAMBHALA MEDITATION CENTRE

South Shore Branch

Nyinthun, Sunday, October 4th.

Open house: Every Wednesday from 7:00 pm till 9:00 pm.

Buddhist classes on Tuesdays from
7:00 - 9:00 pm.

"First Thought Best Thought" - Photographs by Chogyam Trungpa shown on October 24th from 10:00 am till 11:30 am in the New Conference room, all welcome ~ cost \$10.

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

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

A fitness, nutrition and wellness studio specializing in women's needs. Offering a variety of fitness classes that are fun and highly effective! We combine a personal training feel in a group atmosphere. We instruct and make the classes doable for all ages and fitness levels. We also have a bonus equipment room for private use. Personal

coaching is available as well as meal planning, weight loss advice and professional body composition analysis. There is truly nothing like this around! Come for the fun of it, the exercise becomes the bonus!!! 531-3330

Champion Fitness

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

For info call 531-3444 or email
championfitness1@hotmail.com

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: www.mahonebaycentre.com

As of November 1st, 2009 the new email address for the centre will be:
welcome@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.

[Forward email](#)

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