



December 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

Dear Wayne,

Happy and Safe Holidays to All!

"In case you have not heard, or have not yet joined the "SQUARE FOOT CLUB"

As a MBCS member, or as an interested friend, you are aware and appreciative of how our facility is being reclaimed and transformed into a viable and valuable asset in the life of our community. We have made enormous strides in the last eight years at MBC in making physical changes to reduce costs and increase revenue. Our volunteer efforts and the increased use of the facility by diverse groups in the community have been making early dreams come into reality. It is exciting to see them evolve.

Our current urgent need is to raise \$30,000 to complete our part in matching the \$113,000 ACOA grant for improvement projects underway at MBC. We will acknowledge that this is a turning point for the future of the centre by offering you the opportunity to have your name on the Donor's Wall in the entrance lobby. It will become a permanent reminder for future users of the centre that you were among those who caught the vision, and gave your money to support that vision into reality.

We are calling it the Square Foot Club. For every \$100, (and we hope it can be more than one), you "buy" a square foot of our centre. If you agree, the name you choose will be placed on the Donor's Wall in our entrance lobby. Thankfully, we are on our way to meeting the \$30,000 goal. \$10,225 has already been donated. When you make your generous "purchase" you will make a difference that is greatly appreciated.

Bring or send your cheque to the Mahone Bay Centre, PO Box 489, Mahone Bay, N.S. B0J 2E0

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 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**

[Join Our Mailing List!](#)

THANK YOU FOR THE FUTURE!

Important Please Note ~

Email Address Change for the Centre

Our new email address is:

welcome@mahonebaycentre.com

2010 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.

Thanks Rita!

We would like to say a big thank you to Rita MacDonald for decorating the lobby and making us look festive for the holidays.

Winter Farmers' Market

The Mahone Bay Centre Winter Farmers' Market is now in the Gym, 9 am-1 pm.

Be sure to shop for veggies, eggs, honey, meat, bread & baked goods, plus lots of stocking stuffers, (gourmet condiments and natural soaps), and other Christmas treats.

Check out two new vendors - a local fisherman, and Eat the Cake First, a specialty local cake business. We also hope to have Christmas Cacti and local chicken as well. Watch for balsam wreaths from Not Just Iris's or order a gift boxed set of beeswax candles from Medway Candles.

Support your local producers and buy local every Friday!

Mahone Bay Area Seniors Project

The Seniors Project has lost our part-time coordinator, Victoria Hirtle, due to loss of funding. A large group met in the Centre kitchen to thank Vicky for her wonderful contributions to the Seniors Project and wish her well in her new career with the Bank of Montreal.

Ted Hobson has taken over the project's cell phone, (553-0640), and will use the project's laptop for e-mail communication, (seniorsproject@eastlink.ca).

Activities will continue: join us for:
"Walking in Winter" in the gym,
Mondays and Thursdays at 9:30;

"Conversations with..." will resume in January with a full program of interesting talks;

Adult badminton will resume after Christmas;

Our Lifelong Learning program will launch in January with a series of speakers from our own community and in cooperation with Acadia University's ALL program.

With Vicky's departure we need more volunteers to step up to help on the Steering Group and the various activities. If you think these are worthwhile activities, please contact Ted to help.

Mahone Bay Area FOOD BANK

Open the 2nd & 4th Tuesday of the month.
Next open dates are December 8th & 22nd
from 9:30 am - 12:00 noon.

First Steps Early Intervention ~

Fundraiser

First Steps Early Intervention is holding a fund-raising Ham and Bean Luncheon on Saturday, December 5th at St. James Anglican Parish Hall between 11:00 am and 2:00 pm.

The cost is \$9.00 for adults, \$5.00 for children 5 to 12 years and under 5 is free.

The menu includes, sliced ham, homemade baked beans, potato salad, rolls or bread and ginger cake with apple sauce and whipped cream for dessert.

All proceeds from the Luncheon will go to First Steps Early Intervention. A home based program for children, birth to school age, who are experiencing developmental delays or challenges.

CHRISTMAS YOGA ~ A FUNDRAISER FOR THE FOOD BANK

Being held at the Centre on Sunday, December 13, from 3:30 - 5:30 pm and will be followed by a potluck meal. Everyone Welcome!

Bring family and friends, it's a community event or they can join us for the potluck. We are collecting funds in provision of Christmas dinner for families of the region. Suggested donation is \$10.00.

For more info please call Jo-Ann D'Alfonso: 624-0891.

Open (non-instructed) Life Drawing

Sunday Sessions

Non-instructed figure drawing continues on Sundays from 10 am to 1 pm up to and including December 13th and will resume January 10. \$15 per session covers model and room rental fees.

For more info contact sallywarren@eastlink.ca

OIL PAINTING CLASS with Lynda Diamond

Classes will start this January. Exact date and times are still in the works. Classes will take place on a weekend day, 3 hrs each day for 10 weeks. All levels welcome! Course cost is \$350.00.

Also a children's class is in the works, please contact if interested. Painting classes are a great gift idea for Christmas.

For more info contact Lynda Diamond at lyndadia@gmail.com or call 902-228-2095. www.lyndadiamond.com.

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!! Flyball Classes Sun. at 1 pm.

NEW!! Puppy Classes are now on Sun. at 12 noon.

NEW!! TRICKS & GAMES CLASS Tues. nights at 8pm.

Level 1 Obedience Classes Tuesday nights at 6 pm.

Call to pre-register: 624-0800.
www.dittoscanine.com.

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

Nyinthyn: Sunday, Dec. 6, from 9:00 - 1200 noon.

Community Meeting and Solstice Celebration:
December 16, from 7:00 -9:00 pm.

Open House resumes January 6, 2010.

NEW Inspire Dance/Fitness Studio

Are you looking for a space to run a dance or fitness program? We have a beautiful space equipped with mats, weights, ballet bars, mirror and other accessories for classes. Or, maybe you are interested in starting a program. We offer the best classes around by the top instructors in our area! Kick boxing, Zumba, Cardio Kick/Jam, Super Sculpting, Pilates, Yoga, Tubing, Bands and so much more! Guaranteed results in just 2 weeks!

Meet with Kim for a professional body composition analysis and get started today. Don't wait for January to start a program do it now! Trim your waist and not just the tree this holiday season!! Call Kim at 521-3630 or email Inspiredlife.Kim@gmail.com for more information or to receive a class schedule.

Laura Bowles, Registered Massage Therapist

Tis the season for family, friends and Christmas giving. Give the gift of Massage for that special someone. I have 1 hour and 1/2 hour Gift Certificates available that would make the perfect gift.

Please call 523-1636 or email me at laurabrmt@hotmail.com

MAHONE BAY CENTRE
At The Old Schoolhouse
45 School St., PO Box 489
Mahone Bay, NS BOJ 2E0

Tel: (902) 624-0890
E-mail: welcome@mahonebaycentre.com
Website: www.mahonebaycentre.com

Please note: The new email address for the centre is:

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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