



MAHONE BAY CENTRE ACTIVITIES & EVENTS GUIDE April 2010

Welcome to the Mahone Bay Centre ~ Building at the Heart of Our Community!

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 & art room, fitness activities & much more. If you are 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, or e-mail welcome@mahonebaycentre.com for details.

Long-term rental space: Choose from modern, newly renovated spaces designed for small business, or standard rooms with old school charm. We also have space for light industrial / workshop requirements. All spaces include: wifi, heat, lights, parking, and kitchen/washroom access. Rooms are sized from 300 to 750 square feet with rates from \$8 to \$12 per sf. For more rental info call Greg Muzzatti at 627-2909 or email tesco@eastlink.ca.

Membership Reminder

Membership renewals are now being organized on a monthly basis. Each month, members who are up for renewal will receive their notice by email or by phone if you do not have email. Watch for your reminder! Membership Renewal Options: Members may now renew their membership through the MB Centre web site. Just click on this link <http://www.mahonebaycentre.com/participate/?m=membership> to go to the Membership page. Scroll down the page to Membership: New/Renewal. Please click on the PayPal Add to Cart button to pay your Membership renewal fee using a major credit card or your PayPal account. You may still pay by cheque or cash if you prefer. Your membership helps provide programs that appeal to young and old alike. We value your membership and hope you will continue to support the Mahone Bay Centre, "Building at the Heart of the Community".

Café Canada

Friday April 30, 7:30 pm*

"What's Left on the South Shore: The Promise of Corporate Economies"

*Presenter Errol Sharpe will examine the promise of industrialized corporate economies in the four key Maritime resource sectors. Since WWII corporate control in farming, forestry, fishing, and energy has increased dramatically. Many believe changes in harvesting technology have led to resource depletion and fewer jobs. A discussion exploring alternatives will set the stage for 'Continuing the Conversation' on Saturday. Fair trade coffee, tea and light refreshments. Everyone welcome!

Boating Course

Pleasure Craft Operators Certificate:

May 5 & 12 from 7:30 – 9:30 pm.

Cost \$47.00. Call Michael Ernst to register or for more info: 624-8864

Seniors Project

Official Opening of the Newly Renovated Seniors Room - Saturday, April 24, 10:30 am*. MP Gerald Keddy will join us to celebrate the opening of the new room, with coffee, tea, and sweets.

Conversations with...: Interesting talks, stimulating discussions, refreshments.

Thursday, April 15, 2:00 pm... with James Hirtle

James will talk about bird watching and what you should know about birds: how to identify them, what do they require and their importance. James has been a bird columnist for ten years and is associated with all the major birding organizations and is the area's leading authority.

Spring 2010 Seminar Series

Wednesday, April 14, 2010, 2:00 pm

Donald Corbett: *"The Casavant Organ at St. John's Anglican, Lunenburg"*.

Donald Corbett, former Vice-President of the world famous Casavant Freres of St. Hyacinthe, Quebec, will lead a field trip to St. John's to explain the workings of its wonderful pipe organ. With the cooperation of Barbara Butler and St. John's. Meet at St. John's at 1:45.

Wednesday, April 21, 2010, 2:00 pm

Mike Dadswell: *"Environmental Impact of Tidal Power in Minas Basin"*.

Dr. Mike Dadswell will explain research on immediate and long-term impacts of tidal power on the fishes of the river and estuary. Mike Dadswell is a professor of biology at Acadia University. He is an expert on a number of Atlantic fish and shellfish species as well as aquaculture and tidal turbine impacts on fish.

Broadway Musical Revue

More than 50 local music theatre enthusiasts are creating *"My Life as a Musical"*, but there is space and time for others to join us as we work through the spring. We will announce upcoming practices shortly by e-mail and telephone. Performances will take place in November. Call Ted Hobson at 624-0914 or Reid Campbell at 624-8269 for more information.

Walking In Winter continues in the gym Mondays and Thursdays, 9:30 to 10:30, through April.

Badminton will continue in the gym Mondays at 4:15.

Qigong Exercises and the Law of Five Elements Meditation

A part of The Chow Integrated Healing System Wednesdays, 10 am - 12pm, April 14 to May 19, Cost: \$90.00

This series of six, two hour classes will cover the fundamentals of proper posture and diaphragmatic breathing, sensing qi, four warm up exercises, the

Chow "Precious Eight" Qigong exercises and the Law of Five Elements Meditation. These progressive exercises loosen up body structures and joints; foster the development of internal qi with an emphasis on concentration and discipline for

the body, mind and spirit. Additional supportive principles such as a positive mental attitude, positive expression, nutrition, and key acupuncture points will be incorporated into the classes. Registration by April 7: Please call 627-2800 or email seafever@eastlink.ca for details.

Ruth Anne Nicholson (Certified Instructor)

Mahone Bay Area Food Bank

Open the 2nd & 4th Tuesday of the month. Next open dates: April 13th & 27th.

Winter Farmers' Market

The Mahone Bay Centre Farmers' Market is an important part of the community. Support local vendors every week. Join us Fridays from 9am-1pm in the Gym. Stop and have a hot lunch, meet up with friends. Shop for free

range eggs, grass-fed beef, veggies, baked goods and more. See you on Fridays!

Shambhala Meditation Centre

Wednesdays, Open House, 7:00-9:00 pm. Meditation, an introductory talk, tape or reading on meditation. For info call 634-9544 or email fpburchell@eastlink.ca

DITTO'S CANINE LEARNING CENTRE

www.dittoscanine.com or 624-0800

NEW! "The Biscuit Eater Dog"

for Urban Canines

Class starts May 2nd This Urban Canine Class will focus on civilizing your dog in a town environment. Through various exercises and locations throughout town, the owners and their dogs will enjoy furthering their skills in truly urban environment! You will learn how to walk your dogs on a loose leash, on sidewalks, meet people on sidewalks in town, without your dogs jumping on them. Also, how to handle distractions that may occur out on your walks in town. It will be a 4 week program. Class starts May 4th. Last class is a group trip to the Biscuit Eater's patio to have the dogs in a "down stay" as we all enjoy a treat.

The Really Reliable Recall Class

NEW!!!(Outdoor Class)!! Are you struggling at getting your dog to come when called? Do you feel your dog has no focus on you when you are outside or in distracting areas? If you feel your dog understands all other cues but would like to focus just on recall this class is for you! We will use positive reinforcement and an understanding of canine behavior to make coming when called a fun exercise for both you and your dog. Date: TBA
Jane Smith Phone: 624-0800
info@dittoscaninelearningcentre.com

POETRY WORKSHOP

With Carole Langille, *Monday afternoons, 3:00 - 5:00 pm, *beginning April 12th in the Community Room. Cost: \$160 for eight weeks. Email to register:
carole.langille@ns.sympatico.ca

Access Art Workshops

Develop your current practice or try something completely different in good company /with these one-day workshops. Each workshop runs from 10 am to 4 pm. The fee is \$75 per workshop and includes most materials.

April Workshop - Saturday, April 24 - Watercolour Textures with leader Twila Robar-Decoste.

Information:

<http://www.mosaicsproject.ca/AccessArt>

For registration contact

sallywarren@eastlink.ca or call 531-2161.

Inspire- Dance/Fitness Studio

Classes with Kim. Last month. Featuring a boot camp this month guaranteed to get you in spring/summer shape in no time!!! This entails daily classes to sculpt, burn, blast and tone up your body from head to toe and includes a weight loss me plan and regular check-ins. Email asap to hold your spot!!!!

Inspiredlife.kim@gmail.com

DIRT!

The Movie, tells the amazing and little known story of the relationship between humans and living dirt. The film offers a vision of a sustainable relationship between Humans and Dirt through profiles of the global visionaries who are determined to repair the damage we've done before it is too late. There are many ways we can preserve the living skin of the earth for future generations. If you care about your food, water, the air you breathe, your health and happiness...It's time to see DIRT! the Movie*, roll up your sleeves for action and Get Dirty. Movie will be showing on April 22nd (time to be announced) in the large Conference Room. For more details please email:

Patricia Bishop patricia@taprootfarms.ca

Printmaking News

The Mahone Bay Centre Printmakers Group are having an exhibition at the Lunenburg Art Gallery, (Pelham & Duke St. Lunenburg) until April 25th . Don't miss it!

Fundraiser for long- time MBC tenants ~ First Steps

First Steps Early Intervention Program is a home based program for infants and pre-school children with developmental challenges. They are having a Pancake Breakfast on April 10th from 7:30 am to 11:00 am at the Bridgewater Fire Hall. Cost is \$6 for pancakes, sausage or bacon, tea or coffee & juice. All proceeds to support the First Steps program.

MBCS ~ a not-for-profit

Community-based organization

45 School Street, PO Box 489

Mahone Bay, NS B0J 2E0

Tel: (902) 624-0890

www.mahonebaycentre.com

E-mail: welcome@mahonebaycentre.com

Open Office Hours: Monday – Friday

10:00 - 12:00 & 12:30 – 2:30 pm