



MAHONE BAY CENTRE ACTIVITIES & EVENTS GUIDE May 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.

MBC Fundraiser

2nd Annual MUSSEL HUSTLE

Saturday, May 22, from 7:30 -11:30 pm. Enjoy an array of talented local music, as well as delicious mussel soup, fresh rolls and a cash bar! Tickets \$20, (includes mussel soup and rolls). Available at MBC, Kinburn Pharmasave and Fulton's Drug Store. To reserve tables of 4 or 8 call 624-0890 or 624-8961.

Square Foot Club Fundraiser

"The Square Foot Club Fundraiser Phase 1 for 2009 happily reached its \$30,000 goal and more. In less than five months we raised \$31,325. With help from our bank loan and government grants we have made significant physical improvements to the centre. We need to move toward completing the job. Phase 2 of the Square Foot Club is now under way to raise \$30,000 in 2010. If you have not yet joined the Club, or if you can assist again, you will find the information and forms at the centre lobby or office. The Wall of Recognition in the lobby will carry the name you choose as a permanent reminder to all who enter the centre that you were among those who had the vision and commitment to assure the future vitality of the centre as a valuable part of our community. We will complete as many of the projects as funds allow. Among them: completing the exterior painting of the west building; re-siding and insulating the east building, a new gym floor, upgrading the parking lot, new front steps, room renovations. Thank you."

Mahone Bay Area Food Bank

Open the 2nd & 4th Tuesday of the month.
Next open dates: May 11th & 25th.

Winter Farmers' Market

Last Day for the season is Friday, May 7th from 9 -1 pm. The market will return in the fall.

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.

Life Takes a Break.

Open session Life Drawing on Sunday mornings is finished until next September. For information about life drawing contact sallywarren@eastlink.ca

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.

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

LAURA BOWLES

REGISTERED MASSAGE THERAPIST

Research has shown that massage therapy has both a physiological and psychological effect on the body. It is effective in reducing or managing pain, local and systemic blood flow, musculoskeletal conditions and may increase activity of the immune system. All of this and it is able to reduce stress, anxiety, depression.

For an appointment call or email:

902-523-1636; laurabrmt@hotmail.com

GIFT CERTIFICATES AVAILABLE

A great gift for Mothers Day!!!

Access Art Workshop ~ "Polymer Clay Makes an Impression" with Kate Church.

Saturday May 29th, 10 am to 4 pm in the Art Room. Join us for a day of experimentation with printmaking and sculpture using stencils we carve applied to polymer clay. Experiment with interesting colour treatments to create a tile piece that you can adapt to jewellery or other artwork. This workshop is based on Kate's most recent work with stencils in porcelain and on her teaching this past winter at San Miguel. A rare opportunity to spend a day "creating with Kate"! Fee: \$75 includes all materials. For registration contact sallywarren@eastlink.ca or call 531-2161.

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. 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 at [The Biscuit Eater!](#) Sign up today Class space is limited!

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? This class is for you!

We will use positive reinforcement and an understanding of canine behaviour to make coming when called a fun exercise for both you and your dog. Class size will be limited.

Puppy and level 1 Basic Training always on going!

"Conversations with....." Michael Ernst.

Thursday, May 20th at 2:00 pm

Exploring Jubilee Park.

Join us for this gentle hike through Jubilee Park in Mahone Bay. We will be looking at the natural beauty of this wonderful public open space and discussing its part in the area's local history. The start and finish will be at the Mahone Bay Centre and will be led by Michael Ernst. Wear comfortable outdoor footwear as the trails are not surfaced and there is some uphill walking.

Seniors Project ~

Lifelong Learning at the Centre

Carol Harvey Clarke:

"Introduction to Rug Hooking"

Wednesday, May 12, at 2:00 pm Carol is the proprietor of Spruce Top Rug Hooking Studio in Mahone Bay. Come to her studio, (255 West Main St., Mahone Bay), for an in-depth look at rug hooking from the ground up. Carol will do a "show and tell" about her Eco Museum and the art of rug hooking in her warm and colourful studio.

Bob Lutes

"Enjoying Life at Any Age"

Wednesday, May 26, at 2:00 pm

How we see ourselves and what we choose to place importance in goes a long way to make our lives more complete or more frustrating.

The good news is that "you are in charge" and the bad news is that "you are in charge". Bob will talk about some ideas for making our lives more fulfilling and less complicated. A resident of Chester and a lawyer by profession, Bob focuses on criminal law as it relates to youth.

Seniors Helping Seniors

During May and June we will have two occupational therapy graduate students from Dalhousie University, Shaina Partridge and Vanessa Johnson, with us at the Centre. They help us with our "age friendly community" initiative, and in particular, the "seniors helping seniors" program. They will be supervised by Dr. Robin Stadnyk, professor of occupational therapy at Dal, and Mahone Bay resident. The students will be working with other partners in the community and will be taking part in various activities at the Centre. If they approach you to talk about the seniors helping seniors program or just to learn about Mahone Bay and its "age friendliness", please give them a warm Mahone Bay welcome. They are here to learn, and to help us.

MBCS ~ a not-for-profit
Community-based organization
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Open Office Hours: Monday – Friday
10:00 - 12:00 & 12:30 – 2:30 pm