



December 2007

## MONTHLY NEWSLETTER

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### Our Sponsors



### Quick Links

- [November Board Minutes](#)
- [MahoneBayCentre.com](#)

## Rent Space at the Mahone Bay Centre

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, an art gallery & art room, fitness activities & much more. If you're looking for

### Dear Wayne,

Holiday greetings to all of you cheer leaders and workers at the Mahone Bay Centre. There are always so many ways at our Centre to experience the unique satisfaction of "giving back". The "giving back" is preceded by an attitude of gratitude. We have been generously gifted by this place, its history, and future in our lives. Marinating our thoughts in the positives of this passing year at MBC will assist us as we address the formidable tasks ahead of us, especially in securing the funds from government, lending institutions, and individuals to make the urgent improvements to our building. I invite you to be one of the individuals to make a difference by making a generous donation to our shared cause before the end of this year. For a tax receipt, make out your contribution cheque to the Town of Mahone Bay. Thank you!

Paul Seltzer, Chair, MBCS Board of Directors

## THE OLD SCHOOL MARKET

Farmers Market Saturdays 9-1  
Flea Market Sundays 11-4

Come and enjoy the exciting possibilities on both days! You may even consider becoming a vendor for yourself or your organization.

TURN YOUR OLDIES INTO GOODIES by holding an "INSIDE YARD SALE" at the Sunday "flea" market. Go through your attic or basement and pick out those treasures of your past that could become treasures of someone else's future. Have a friend join you in the enterprise. Contact us at [oldschoolmarket@gmail.com](mailto:oldschoolmarket@gmail.com) or call 624-0890 and reserve a space for one or more Sundays.

A 10'X8' space is just \$15, OR if you are in a benevolent mood toward MBC, bring your things to sell, donate the proceeds to MBC and the space and table are free. You donate your "stuff" and a Sunday afternoon, (and your basement and attic will look so much less cluttered). There is also food and entertainment to enjoy as you mingle with other folks from the community.

## Web Site Calendar

space - either on a one-time basis or long-term - we can help. You can book space for workshops, classes, events or private functions.

[Take a look at what we have...](#)

Call 624-0890; drop by the office, (office hours below), or e-mail [thecentre@mahonebay.com](mailto: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](mailto:thecentre@mahonebay.com)

[Join Our Mailing List!](#)

Take note that a calendar has been added to our web site providing users a handy reference for events held at the Centre. The calendar can be accessed from the menu on any page. [Take a look...](#)

## Father Christmas Party Photo Album



Ellen Agger took a few pictures at last weekend's Father Christmas Party for you to enjoy. To view them, just click on Santa's face.

If you have a few pictures of activities at the Centre that you would like to share with the rest of us, email Wayne at [janway@tallships.ca](mailto:janway@tallships.ca)

But first, be sure to get people's permission to publish their image on the net.

## Gingerbread Decorating & Mouse Choir Play

December 2 from 1:00--2:30 in the Kitchen Ages 2-10 y/o

**Home for Christmas with Rat & Mole and Mouse Choir Music** presented by the Bayview Mouse Choir at 2:45 pm following gingerbread decorating.

Once again **THE SETTLERS MUSEUM** invites you to bring children or grandchildren to help decorate gingerbread in the MBC kitchen and to stay and see the wonderful play with Rat and Mole from *Wind in the Willows*, presented by the Mouse Choir from Bayview Community School. After the play, the Mouse Choir will tour the town singing and swinging their tails!

We ask that parents and grandparents stay and participate with their children. Admission for both events by donation.  
***Come and join in the fun!***

## Eighth Mandala Course for 2008 Being in the right place at the right time!

7 Saturdays and 1 Sunday, 19 January-23 March (1-4:30 pm), with Nancy Sherwood and Maria MacKenzie-Cann. [See schedule...](#)

Learn to trust your own intuition and become more confident in presenting yourself in public situations of any nature. EMBODY dynamic peace by TRAINING in **Mandala principles**: Inspired sound, body movement, & magical arts reveal your authentic self in a 7-step awareness and body process culminating in a PRESENTATION that "...Brings out the archetypical warrior, teacher, healer and visionary in each participant."

Limited to 12; \$425 for first time participants. Deposit of \$100 by January 1, 2007. Commit to yourself, your

## Life Drawing Group

**"Come to Life !"** The next series of five, 3-hour, non-instructed life drawing sessions begins January 3rd, 2008. Sessions are held weekly on Thursday mornings, 9:30 to 12:30 OR evenings, 6:30 to 9:30. The cost for the series is \$65 which pays for model fees and room rental. This is an opportunity for beginning and experienced artists to draw the human form in a mutually encouraging atmosphere.

For more information, to register, or simply to get on our "Life List" and be informed of all upcoming sessions and workshops, e-mail Sally Warren at [sallywarren@eastlink.ca](mailto:sallywarren@eastlink.ca)

**Call for Artist's Models** - The life drawing group is looking for models. We welcome all shapes and vintages! Work is occasional. The standard fee for a 3-hour session (with breaks) is \$50. Experience is an asset but not essential. A free "clothes-on" training workshop with an experienced model will give you an opportunity to learn more about what is involved. Please email [sallywarren@eastlink.ca](mailto:sallywarren@eastlink.ca) for more information.

## The Printmaking Group

Tuesday mornings ~ 10 am

With the use of our press, artists can create monotypes, collagraphs, drypoint prints, etchings, engravings and solar plate prints. Each weekly session provides printmakers four hours of studio time with a lunch break at noon. The cost is about \$10 per person each class session, depending on the number present.

If you wish to participate and would like to learn more about this group, either drop by at the Art Room on a Tuesday, or, phone Ed Porter at 634-3497.

## Shambhala Meditation Centre of the South Shore

Closing Dec 19 for the holidays and starting again in January

**First Sunday:** Nynthun sitting practice, 9:00 am-12:00 pm. All welcome.

**Open House:** Wednesdays, 7:00 - 9:00 pm. Meditation, an introductory talk, tape or reading on meditation. All welcome.

## Double Dragon Dance Studio

**Middle East Dance Classes**

Beginners- Monday; Advanced - Wednesday. Great exercise & fun! Join any time. Cost: \$60/8 classes or \$10/class. Ages 16 & over. Info: Andrea Haines 541-0918 (9:00-5:00 pm).

**Ballet Classes** - For more info call the Municipality of Lunenburg Recreation Dept. at 541-1343.

## Take Thirty

Fitness, Nutrition & Weight Loss Centre

**Exercise, Yoga and more...** Don't wait for winter weight gain to be an issue before hitting the gym! Join now and prevent it before it even becomes a problem. Let us design an easy meal plan suited to your lifestyle to help you lose 5-10 lbs by Christmas!

Come in and check out our NEW gym for men and women. We also have couples and family packages. Have a mother, sister or friends who might be interested? We have a special gift bag, wrapped and ready to go just in time for the holidays.

Make an appointment today to get started. Call 531-3330

## Learn to Read Tarot

**Bring a Friend!**

Six week course, 1-3pm starting Sunday Jan 13 with instructor Nancy Sherwood. \$22 per lesson or \$120 for all six weeks. Deposit of \$50 by Jan 6th to hold your place.

Call 792.1667 or email [info@earthsea.ca](mailto:info@earthsea.ca)

MAHONE BAY CENTRE  
At The Old Schoolhouse  
45 School St., PO Box 489  
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Tel: (902) 624-0890  
E-mail: [thecentre@mahonebay.com](mailto:thecentre@mahonebay.com).

Office hours: Monday-Friday,  
10:00 - 12:00 & 12:30 - 2:30 pm

**Annual memberships:**  
\$10 adults, \$2 unwaged, \$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](mailto:thecentre@mahonebay.com).

**EVENT NOTICES:** Please be sure your notice contains WHO (Name of

organization/sponsor); WHAT (Name and description of event); WHEN (Detailed dates & times); WHERE (specific room/location);

**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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