

The Senior Connection

A Publication of the Dartmouth Seniors' Service Centre

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Summer 2010

Our Mission

To enhance the well being and quality of life for older adults living in our community by providing a safe, welcoming, positive learning environment for everyone.

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Message From DSSC Executive Director

Harlene Wiseman



etc., have taken a break for the summer.

We have added some activities to liven up the atmosphere. As you know by now, I like a lot of people around.

In July, we have added Ice-Cream Socials every Tuesday at 2 pm. Check out the calendar for the theme of the week. The Birthday Dinner and Dances have been a lot of fun. This month we have a new twist. It's a Jamaican Beach Party! You can also join us for lunch at the gardens on July 12th. Our lobster lunch on the 15th is already booking up as is the bus trip to Peggy's Cove and Chester on the 26th. We have lots of ideas and love to hear your ideas. Just write them down and give them to myself, Carol or Sharon.

I would like to continually thank the large number of dedicated volunteers that ensure the success of many events and the day to day running of the Centre. I would also be remiss if I did not thank the staff and board members for their total support.

Greetings from the Centre! Many activities that ran all winter, like wood carving, choir, fitness, Tea With Me,

I have a long term vision for the Centre and I know we can achieve anything with the great attitudes of all the above mentioned people.

We would like to welcome Christopher Panton to our kitchen staff as the new dishwasher/assistant cook. We would also like to say how much we are appreciating Stephen Jackson sent to us from Dartmouth Work Program.

Since the last newsletter, we have installed a debit machine for debit, Visa and MasterCard transactions. We have one air conditioner in place and are in the process of rewiring for a bigger, more efficient A/C in the dining room and lounge. We have improved our communication by posting our events on the website; adding a white board as you enter the Centre with daily/weekly events; and adding a sandwich board outside with daily menus and events. We have noticed more people dining with us as a result of this. We are planning the new canteen area. I am excited about this project as it will add more convenience for our members.

I am really enjoying the various people that frequent the Centre. We are a community of dedicated people looking to enhance the lives of everyone around us. Can you think of anything better than that?

My wish is for a safe and abundant summer for all!



*Happy Summer
Holiday to All Our
Members!*

Getting To Know Our Volunteers

Gordon Boyce - A man of many interests ranging from chemistry, criminology, restoring old houses, airplane pilot, and finally Dartmouth Seniors' Service Centre medical transportation driver.

Gordon was born in Halifax, lived there for three years before moving to Dartmouth where he has lived ever since. He went through the Dartmouth school system - Victoria School, Notting Park Elementary, Bicentennial Junior High and Dartmouth High.

Wanting to continue his education, he obtained a degree in science and math at Dalhousie University which led to a career in pharmaceuticals with Health Canada (then the Department of Health and Welfare)

In the interim, he received a Diploma in Criminology from St. Mary's University which tied in with forensic drug chemistry and often going to court and testifying in various cases. He also acted as a locum forensic chemist for Bermuda for a short time.

In 1980, Gordon became manager of the Health & Welfare laboratory and retired



**Gordon Boyce
Medical Transportation Driver**

from that position in 2001. He performed quality analysis on pharmaceutical drugs for 10 years but his main task was to manage a laboratory and staff which carried out the analysis of illicit drugs for police forces in the Atlantic Provinces and support of those analysis in court.

Shortly after joining Health Canada, he married a local girl, Joyce McCleave. Several years ago, Joyce retired from a career as a junior high school teacher, having taught English (mostly) in the Dartmouth school system.

Never ones to be idle, they have finished the restoration of a circa 1870 farmhouse in the Annapolis Valley where they spend weekends. Gordon is also an active private pilot flying out of King's County Municipal Airport just outside of Kentville. If those aren't enough interests, they love to attend live theatre and Symphony Nova Scotia events which also keep them busy.

In Gordon's words, "After I retired, I took a year off to "change gears". Looking for something to do of a charitable nature, I recalled the great help the DSSC and the VON were to my mother-in-law and her caregiver, Joyce. I decided to volunteer at the DSSC and, as I liked to drive, I became a medical transportation driver. Recently, Joyce and I have been delivering meals on wheels one day per week. Just returning the favour and, perhaps, building up credits for when we decide to get old."



**Movies - Every Monday
1:15 pm (July to August)**

**DSSC Lounge
Everyone's Welcome**

Important Notice

Moving? Don't forget to send us your change of address. Returned newsletters WILL NOT be forwarded.



Canteen is Open

Monday to Friday

11:00 am to 1:00 pm

**Sandwiches, desserts,
fruits, snacks, drinks.**



**Reasonable
prices**



Catering

Do you have an Anniversary or Birthday Party coming up or know of anyone who has? We have a great hall which seats 175 and standing for over 200. Great food and a bar is available also. We have a fine catering cook, **Dave Powell**.

For more information, call Activity Coordinator Carol Atkinson, 465-5578, ext. 12.

Help Needed!

**Drivers are urgently needed
for Meals on Wheels**

We have a desperate need!

Leave your name with Carol Atkinson at 465-5578 for details.



DSSC - Upcoming Events

July

- 6 - Tuesday - **N.S. Tattoo** - \$45.00 - 5:00 pm - Cold plate dinner. 6:30 pm for Tattoo (*Advance tickets only*)
- 8 - Thursday - **Dinner & Dance** - 6:00 pm special Jamaican Dinner prepared by Chris Panton. \$7.00 for dinner \$5.00 for dance (7:00 pm to 10:00 pm)
- 15 - Thursday - **34th Anniversary Lobster Lunch** - 12 noon - Shelled lobster. (*Advance tickets only*) (*see page 11*)
- 26 - Monday - **Day Drive** - Peggy's Cove & Chester. Depart 9:15 am. Home 3:30 pm. \$35.00 member. \$40.00 non member (*see page 11*)
- 9 & 23 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC

August

- 2 - **Closed for Natal Day**
- 5 - Thursday - **Card Party & Supper** - 6 pm - Members \$13.00, Non-Members \$15.00 (Cards only \$5.00)
- 12 - Thursday - **Birthday Dinner & Dance** - 6:00 pm dinner. \$7.00 for dinner. \$5.00 for dance (7:00 pm to 10:00 pm)
- 30 - Tuesday - **Day Drive** - Tatamagouche. Depart 9:15 am. Home 3:30 pm. \$35.00 member. \$40.00 non member (*see page 11*)
- 13 & 27 - Friday - **Bake Sale**- 3:00 pm - Lounge DSSC

September

- 2 - Thursday - **Card Party & Supper** - 6 pm - Members \$13.00, Non-Members \$15.00 (Cards only \$5.00)
- 9 - Thursday - **Birthday Dinner & Dance** - 6:00 pm - \$7.00 for dinner. \$5.00 for dance (7:00 pm to 10:00 pm)
- 27 - Monday - **Day Drive** - Western Shore & Lunenburg. Depart 9:15 am. Home 3:30 pm. \$35.00 member. \$40.00 non member (*see page 11*)
- 10 & 24 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC.

Check the Bulletin Boards outside the Dining Room for more Announcements

DSSC Weekly Activities

July to September, 2010

- | | | |
|------------------|----------|---|
| Monday | 10:00 am | Yoga ** |
| | 1:00 pm | Tai Chi ** |
| Tuesday | 9:00 am | Wood Sculpture, Water Colours, Crafty Ladies ** |
| | 1:10 pm | Bingo |
| | 7:00 pm | Bridge |
| Wednesday | -1:30 pm | Darts ** |
| | 7:00 pm | Bingo |
| Thursday | 9:00 am | Oils & Acrylics ** |
| | 1:30 pm | Choir ** |
| Friday | 1:00 pm | Duplicate Bridge |
| Saturday | 7:00 pm | 45's ** |

** Cancelled during July and August



**TIME TO RENEW YOUR 2010
MEMBERSHIP - PAGE 12**

Members Enjoying Activities at DSSC

Merchandise Bingo May 8, 2010



Dave Way on the job calling out the numbers



Activities Coordinator Carol Atkinson tending the Bake Goods table



(l to r) DSSC Treasurer Dave Wolfe and Stephen Jackson are happy looking after the money!



Everyone enjoying the fun and hoping to win some of the many prizes



Just a few of the many prizes to be won

Ice Cream Social

Build your own Sunday

2 scoops

20 various toppings

Wednesdays - 2:00 pm

Theme:

\$3.00 for theme

\$4.00 without



An Irish priest is driving down to New York and gets stopped for speeding in Connecticut. The state trooper smells alcohol on the priest's breath and then sees an empty wine bottle on the floor of the car.

He says, 'Sir, have you been drinking?' 'Just water,' says the priest. The trooper says, 'Then why do I smell wine?' The priest looks at the bottle and says, 'Good Lord! He's done it again!'

Members Enjoying Activities at DSSC

Celebrating Bill Pushie's 99th birthday at the Tuesday evening Bridge. Happy Birthday, Bill!



Friends of Bill helping celebrate his 99th birthday on Tuesday, June 8th

(l to r: Ken Carroll, Bill Pushie, and Jennifer MacLeod enjoying the fun



Bill's beautiful birthday cake

Ice Cream Social - Wednesdays



Muriel MacLeod with her sundaes



Marilyn Hall and Carol Atkinson organizing the toppings



Terry Cooper taking a rest



Betty Ann Baert enjoying the afternoon

Annual Meeting - June 21, 2010

Elected Members of the Board of Directors:

Audrey Goodyer (Chair)
 Clint Schofield (Vice Chair)
 David Wolfe (Treasurer)
 Lois Hetherington (Secretary)
 Clint Schofield (Past Chair)
 Thelma Coward-Ince
 Harry Chapman

Sandra Flemming (elected to replace Carmen Moir who completed two 3-year terms)
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8:30 am to 5:00 pm

While at the track playing the ponies and losing, Shamus noticed a Priest blessing one of the horses.

That horse won the race. As the horses lined up again, Shamus watched as the Priest blessed one of the horses. Shamus placed a bet on that horse who then won the race. At the last race, he made a dash to the ATM, and awaited the Priest's blessing to tell him which horse to bet on. The Priest blessed the forehead of a nag that was the longest shot of the day.

Shamus bet every cent on that horse and watched as the old nag come in dead last. He made his way to the priest and demanded, "Father! What happened? All day long you blessed horses that won! In the last race, the horse you blessed lost by a mile. I've lost all of my savings as a result".

The priest nodded, "That's the problem with you Protestants, you can't tell the difference between a simple blessing and last rites."

Some of The Many Services Available at DSSC

Meals On Wheels

The Dartmouth *Meals on Wheels* program is designed to provide a hot, nutritious noon time meal to those who have difficulty preparing adequate meals for themselves. There are no age restrictions to participate in this program.

Meals are provided three times per week: Monday, Wednesday, and Friday. Meal costs are \$7.00.

Referrals can be made to the **Meals on Wheels** program by Public Health, V.O.N., doctors, social workers, or any agency or individual who knows a person in need of this service. Persons interested in the program may contact the Centre directly.

- Volunteers pick up meals at the Centre and deliver them throughout the Dartmouth area. **Drivers receive a meal at noon time for a reduced price of \$3.00 and mileage for their cars.**
- Meals on Wheels' clients can expect meal delivery by the volunteers between 11:15 AM and 12:30 PM and are

requested to be ready to receive the meal during this time. If you are not able to be home at this time (i.e., due to a doctor's appointment, etc.) please call the Meals on Wheels coordinator before **10:00 AM**. *Service will automatically be cancelled for those participants who do not respond to delivery three consecutive times.* However, we do try to contact the participant by telephone before any action is taken.

- Meals on Wheels is closed on all statutory holidays or on days where extreme weather would place our volunteers at risk. Extra meals can be sent out prior to a holiday.
- Cancellations will be announced on the following local radio stations: **CHNS, CBC, CJCH, and SUN-FM, Seaside FM.**
- Volunteers are always needed so if anyone would like to volunteer to help with this necessary program, call the Centre or see **Carol Atkinson** at 465-5578.

Home Helpers

Do you need help at home?

Light house keeping, vacuuming, dusting, bathroom cleaning, floor cleaning and waxing, making and/or changing beds, meal preparation.

\$10.00 per hour (minimum 2 hours)

Call Carol Atkinson at 465-5578 to arrange for service.

Medical Transportation

Transportation to and from appointments.

- **In Dartmouth \$15.00
Over 2 hours \$20.00**
- **In Halifax \$21.00
Over 2 hours \$25.00**

48 hours notice is required for booking or cancellation. Volunteer drivers are allowed 40 cents a km.

Call: Carol Atkinson at 465-5578

Dartmouth History Tidbits - Did You Know

Early Churches

The first church in Dartmouth was Christ Church, an Anglican church that opened in 1817 on Ochterloney Street. Rev. Charles Inglis was the first rector.

St. James United Church was built on King Street as a Presbyterian church in 1827 to serve the spiritual needs of the Scottish canal workers. Rev. James Morrison was the first minister. The church is now

located on Portland Street.

St. Peter's Roman Catholic Church was the third church in the community. It was built in 1829 on the corners of Edward and Ochterloney streets to serve the spiritual needs of the canal workers from Ireland. Father James Dunphy was the first parish priest.

First United Baptist Church, opened in 1843 on King Street, was the fourth

church. The first pastor was Rev. Abraham Hunt.

Victoria Road Baptist Church began in 1844 to serve the needs of the African Baptist Nova Scotians living in Dartmouth. Rev. Richard Preston was the first minister.

Grace United Church, founded as a Methodist Church, opened in 1853 on Ochterloney Street. Rev. Joseph Angwin was the first minister. It joined the United Church of Canada in 1925.

As the town expanded and later became a city, additional churches were opened in North Dartmouth, Tufts Cove, Woodside, Port Wallace, Westphal, and Woodside.

Source: *A Journey to the Past*, Compiled by the Dartmouth Historical Association.



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God's Problem Now

His wife's graveside service was just barely finished, when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance. The little, old man looked at the pastor and calmly said,

'Well, she's there.'

Health & General Items of Interest

The Back End

INTERESTING HISTORY LESSON

The US standard railroad gauge (distance between the rails) is 4 feet, 8.5 inches. That's an exceedingly odd number. Why was that gauge used? Because that's the way they built them in England, and English expatriates built the US railroads. Why did the English build them like that? Because the first rail lines were built by the same people who built the prairailroad tramways, and that's the gauge they used.

Why did 'they' use that gauge then? Because the people who built the tramways used the same jigs and tools that they used for building wagons, which used that wheel spacing.

Why did the wagons have that particular odd wheel spacing? Well, if they tried to use any other spacing, the wagon wheels would break on some of the old, long distance roads in England, because that's the spacing of the wheel ruts.

So who built those old rutted roads? Imperial Rome built the first long distance roads in Europe (and England) for their legions. The roads have been used ever since.

And the ruts in the roads? Roman war chariots formed the initial ruts, which everyone else had to match for fear of destroying their wagon wheels. Since the chariots were made for Imperial Rome, they were all alike in the matter of wheel spacing. Therefore the United States standard railroad gauge of 4 feet, 8.5 inches is derived from the original specifications for an Imperial Roman war

chariot. Bureaucracies live forever. So the next time you are handed a specification/procedure/process and wonder 'What horse's ass came up with it?', you may be exactly right. Imperial Roman army chariots were made just wide enough to accommodate the rear ends of two war horses. (Two horse's asses.) Now, the twist to the story:

When you see a Space Shuttle sitting on its launch pad, there are two big booster rockets attached to the sides of the main fuel tank. These are solid rocket boosters, or SRB's. The SRB's are made by Thiokol at their factory in Utah. The engineers who designed the SRB's would have preferred to make them a bit fatter, but the SRB's had to be shipped by train from the factory to the launch site. The railroad line from the factory happens to run through a tunnel in the mountains, and the SRB's had to fit through that tunnel. The tunnel is slightly wider than the railroad track, and the railroad track, as you now know, is about as wide as two horses' behinds.

So, a major Space Shuttle design feature of what is arguably the world's most advanced transportation system was determined over two thousand years ago by the width of a horse's ass. And you thought being a horse's ass wasn't important?

Ancient horse's asses control almost everything...and CURRENT Horses Asses are controlling everything else!!



Reducing Your Risk Of Pneumonia

Although certain organisms are more contagious than others. It is unusual to "catch" pneumonia from someone else. You usually develop pneumonia because your own immunity is weakened. To fortify your natural resistance to pneumonia; get vaccinated. Because pneumonia can be a complication of the flu, getting a yearly flu shot is a good way to prevent pneumonia. In addition, get a vaccination against pneumococcal pneumonia at least once after age 65 or if your doctor recommends it sooner for your condition.

Wash your hands. Your hands come in daily contact with germs that can cause pneumonia. Wash your hands frequently to decrease your exposure. Do not smoke. Smoking damages your lungs' natural defenses against respiratory infections. Take care of yourself. Proper rest, diet, and moderate exercise can help keep your immune system strong.

Although most cases of pneumonia do not prove fatal, you do not want to mistake pneumonia for a cold or flu and leave it untreated.

A woman was sitting at a bar enjoying an after work cocktail with her girlfriends when Steven, a tall, exceptionally handsome, extremely sexy, middle-aged man entered. He was so striking that the woman could not take her eyes off him.

The young-at-heart man noticed her overly attentive stare and walked directly toward her (as all men will). Before she could offer her apologies for staring so rudely, he leaned over and whispered to her, "I'll do anything, absolutely anything, that you want me to do, no matter how kinky, for \$20.00, on one condition".

Flabbergasted, the woman asked what the condition was.

The man replied, "You have to tell me what you want me to do in just three words."

The woman considered his proposition for a moment, and then slowly removed a \$20 bill from her purse, which she pressed into the man's hand along with her address. She looked deeply into his eyes, and slowly and meaningfully said.....

"Clean my house."

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Health & General Items of Interest

Health Myths

Researchers have only recently begun to understand the many, often complex, diseases that affect the digestive system. Accordingly, people are gradually replacing folklore, old wives tales, and rumors about the causes and treatments of digestive diseases with accurate, up-to-date information. But misunderstandings still exist, and, while some folklore is harmless, some can be dangerous if it keeps a person from correctly preventing or treating an illness. Listed below are some common misconceptions (fallacies), about digestive diseases, followed by the facts as professionals understand them today.

Ulcers:

Myth: Spicy food and stress cause stomach ulcers.

The truth is almost all stomach ulcers are caused either by infection with a bacterium called *Helicobacter pylori* (*H. pylori*) or by use of pain medications such as aspirin, ibuprofen, or naproxen, the so-called non-steroidal anti-inflammatory drugs (NSAIDs). Most *H. pylori*-related ulcers can be cured with antibiotics. NSAID induced ulcers can be cured in time, stomach-protective medications, antacids, and avoidance of NSAIDs. Spicy food and stress may aggravate ulcer symptoms in some people, but do not cause ulcers.

Heartburn:

Myth: Smoking a cigarette helps relieve heartburn.

Actually, cigarette smoking contributes to heartburn. Heartburn occurs when the lower esophageal sphincter (LES), a muscle between the esophagus and stomach, relaxes, allowing the acidic contents of the stomach to splash back into the esophagus. Cigarette smoking causes the LES to relax.

Bowel Regularity:

Myth: Bowel regularity means a bowel movement every day.

The frequency of bowel movements among normal, healthy people varies from three a day to three a week, and perfectly healthy people may fall outside both ends of this range.

Constipation:

Myth: Habitual use of enemas to treat constipation is harmless.

The truth is, habitual use of enemas is not harmless. Over time, enemas can impair the natural muscle action of the intestines,

leaving them unable to function normally. An ongoing need for enemas is not normal; you should see a doctor if you find yourself relying on them or any other medication to have a bowel movement.



Irritable Bowel Syndrome:

Myth: Irritable bowel syndrome is a disease.

Irritable bowel syndrome is not a disease. It is a functional disorder, which means that there is a problem in how the muscles in the intestines work. Irritable bowel syndrome is characterized by gas, abdominal pain, and diarrhea or constipation, or both. Although the syndrome can cause considerable pain and discomfort, it does not damage the digestive tract as diseases do. Also, irritable bowel syndrome does not lead to more serious digestive diseases later.

Celiac Disease:

Myth: Celiac disease is a rare childhood disease.

Celiac disease affects children and adults. At least 1 in 1000 people and in some populations, 1 in 200 people have celiac disease. Most often, celiac disease first shows symptoms during childhood, usually diarrhea, growth failure, and failure to thrive. But the disease can also first

cause symptoms in adults. These symptoms may be vague and therefore attributed to other conditions. Symptoms can include bloating, diarrhea, abdominal pain, skin rash, anemia, and thinning of the bones (osteoporosis). Celiac disease may cause such nonspecific symptoms for several years before recently diagnosed and treated. People with celiac disease should be correctly diagnosed and treated. People with celiac disease should not eat any foods containing gluten, a protein in wheat, rye, barley, and possibly oats, regardless of whether or not they have symptoms. In these people, gluten destroys part of the lining of the small intestine, which interferes with the absorption of nutrients. The damage can occur from even a small amount of gluten, and not everyone has symptoms of damage.

Source: *Internet - 'Disease myths'.*

What About Chicken? Can I Serve BBQ chicken pink in the middle?

Answer: NO. There is no 'rare' or 'medium' with cooked chicken, be it in the oven, on top of the stove or BBQ. Chicken is one of the most frequent carriers of food poisoning bacteria such as salmonella and campylobacter. Play it safe — cook your chicken thoroughly, all the way through. If raw chicken has been marinated, discard the marinade, never re-use for another dish.

For more information, call
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Crafty Ladies President Katherine Lindsey presenting a cheque for \$2,500.00 from their group to Executive Director Harlene Wiseman.

Seniors Bingo
Wednesday - 7:00 PM
 Regular Games - \$15.00
 Special Games - \$30.00
 Early Bird Game & Cookie Jar

Tuesday - 1:10 PM
 Regular Games - \$10.00
 Special Games - \$15.00



**34TH ANNIVERSARY
 LOBSTER LUNCH**
Thursday, July 15th, 2010
 Lunch Served - 12 noon
 Shelled Lobster - \$15.00
Advance Tickets Only




Dartmouth Seniors' Service Centre,
 45 Ochterloney St., Dartmouth

Day Trips



July 26 - Monday - Peggy's Cove & Chester
August 30 - Monday - Tatamagouche
September 27 - Monday - Western Shore & Lunenburg
 Depart: 9:15 am.
 Lunch: 12:30 pm
 Home: 3:30 pm
\$35.00 member. \$40.00 non member
Avoid disappointment by booking early. Space is limited

Wanted
 Baby food jars with tops.
 Leave jars at the Centre or call Bette Yetman @ 464-9888 or email: bryetman@ns.sympatico.ca.
Many thanks to Doris Farquharson for her donation of bottles. It was very much appreciated.



Attention Bridge Players
 If you are looking for a friendly game of bridge, come to the Dartmouth Seniors' Service Centre on Tuesday evenings at 7:00 PM.
No partner necessary .
 Refreshments: Cookies, coffee, tea.
All for only \$2.50



Information Session
 Friday A.M. for very interesting and informative sessions.
 Each week different.
 Check Bulletin Board at DSSC



Are you still receiving this newsletter in hard-copy?
 To obtain the electronic version - in colour - send an e-mail request to bryetman@ns.sympatico.ca.
 You will need Acrobat Reader 9.0 to open the newsletter. This program is **FREE** by downloading it from the following web site: <http://www.adobe.com/products/acrobat/readstep2.html>
 The money saved is earmarked towards programs for your benefit.

From the Editor

This past month I was on a Baltic cruise with a friend and away from home for 12 days. Although my husband Roy was very adept at boiling eggs and opening Campbell's soups, I felt he should subsist on a more varied fare than those two items.

So I made arrangements with Carol Atkinson to have Meals on Wheels, which are delivered 3 days a week. And if he wished, could then have his eggs and soup on the remaining days.

When I returned on Tuesday, 22nd of June, he suggested that as I was getting over jet lag that we have MonW for us on Wednesday.

I agreed, made the arrangements and the next day a smiling driver delivered the still hot meals just before noon. They do request that the containers be sent back to the Centre for reuse.

What a surprise when I opened the containers. Sizeable portions of potato, vegetable (peas) and salmon loaf, the latter of which was delicious and must try

to get the recipe from Dave and Matthew. And, of course, a very nice dessert. All for only \$7.00 - and delivered.

Roy thought all the meals were just as good during my absence. My point is that this is the best bargain in town for the housebound, not only for nutrition but for price. If anyone is in such a position they should certainly take advantage of this rare offer.

Until next time,



Bette

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Halifax Regional Coin Club

Meets at
Dartmouth Seniors' Service Centre
3rd Tuesday of each month
7:00 PM
All Welcome

Peter Kelly, Mayor

Halifax Regional Municipality
Pleased to support the
Dartmouth Seniors'
Service Centre
(902) 490-4010
Email: kellyp@halifax.ca

DARTMOUTH SENIORS' SERVICE CENTRE

2010 REGISTRATION - ANNUAL MEMBERSHIP: \$15.00

2009 Membership Number: _____

Name: _____

Address: _____ Postal Code: _____

Telephone Number: _____ Birth Date: dy _____ mo _____ yr _____

Next of Kin: _____

Address: _____ Telephone/Next of Kin: _____

Can we e-mail our newsletter to you? Yes No

e-mail Address: _____

Would You Care To Volunteer At The Centre? Yes No

Food Service _____ Telephones _____ Clerical/Computer _____ Other (Please specify) _____

Complete and Mail To: Dartmouth Seniors' Service Centre, 45 Ochterloney St., Dartmouth, NS B2Y 4M7 or drop off at the office.