

The Senior Connection

A Publication of the Dartmouth Seniors' Service Centre

45 Ochterloney Street, Dartmouth, Nova Scotia. B2Y 4M7

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Summer 2009

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.

Elected Members of the Board of Directors

Audrey Goodyer (Chair)
Doug Rigby (Vice Chair)
David Wolfe (Treasurer)
Lois Hetherington (Secretary)
Clint Schofield (Past Chair)

Thelma Coward-Ince
Marilyn Hall
Marilyn Keating
Katharine Lindsey
Carmen Moir
Karen Wenaus
Bette Yetman

Executive Director

Wayne MacDonald

Editor

Bette Yetman
Mailing Coordinator - Dave Way

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Meet Your New Executive Director Wayne MacDonald



Your Centre Needs You

With a genuine feeling of gratitude and humility, I am honoured to serve you as Executive Director of the Dartmouth Seniors' Service Centre.

I would like to thank the Board of Directors, staff, volunteers and the membership in general for their warm welcome and many kind words of encouragement and support over the past three weeks.

My background includes over twenty-five years of management experience in institutional and community-based programs. This includes experience in health care, government and business. I have worked with many Boards of Directors and volunteer groups over the years and I can honestly say that I have never experienced a more active group of volunteers. I am sincerely impressed with the genuine interest expressed by our volunteers

in keeping the Centre vibrant and relative to the needs of seniors in the community.

With only three weeks experience at the Centre, it would be unwise and unfair of me to provide a vision for the future. I need more time to get to know our membership and the needs of the Centre as reflected in your input. It is important that you get involved and express your needs and concerns vis a vis future goals and dreams for the Centre. The Centre is now in its thirty-third year of existence. What will the next thirty-three years bring? What will next year bring? What do you want to see happen? How can you make it happen? These questions will only answered with your participation. We can do nothing to change the past but we can make a difference in the present that will resonate well into the future.

(Exec. Dir. page 12, column 2)

Getting To Know Our Volunteers

Anyone having dinner in the dining room will be familiar with this small woman rushing around, organizing the setting up of tables, making sure the tablecloths are on straight, cutlery and dishes are just so and then taking part in the cleaning up. Barbara is a whirlwind of energy, keeping everyone on their toes and absolutely vital to this Monday to Friday daily ritual of making sure the clientele are well looked after.

Barbara was born in Truro, moving to Halifax at the age of five with her family. She grew up in the 'North End', and after leaving school, worked at Morse's Tea for a year where she met and later married her husband, Gordon. Long-time patrons of the Centre might remember her daughter Patricia who worked at the Centre for 22 years. A widow now as Gordon passed away in 1999.



Barbara Carrigan

During her working years Barbara looked after homebound seniors so it was natural to turn her sites to the Centre upon retirement. After moving to Nantucket Place and being of a busy temperament, ten years ago she took up the suggestion of volunteering in the dining room. Realizing that the cumbersome dinner lineups weren't working, she initiated serving the customers at the tables which has worked extremely well.

This lady not only volunteers in the dining room, she also helps out on the Tuesday afternoon Bingo and the Wednesday evening Bingo, also at noon hour on Monday, Wednesday and Friday, working in the kitchen to help the staff get the the meals ready for the Meals on Wheels program.

Thank you, Barbara, for a 'job well done'.



Vince Cribby

If you see a set of drums in the Centre, Vince Cribby can't be far away. A 'Dartmouth boy', he grew up in a family where music was a major part of their lives.

His sister Ormi, played the piano since she was a youngster and accompanied Vince at musical events for many years. Now retired at 96, she still plays but seldom ventures out from her home. Another sister, Ruby Conrad, passed away in April and was a familiar face in the Centre, loved to dance and a regular member of the Senior's Choir.

Vince was always interested in the drums but didn't actually take it up until his mid thirties. But, once started, never looked back and they were a constant part of his life from then on. His first job was with Orin Tuft's Cove Dancehall and quite amazed that he would get paid for something he loved doing.

For many years he worked at the Nova Scotia Museum on Summer Street. Unfortunately his wife passed away in 1958 but he has a daughter, Karen Gray, who lives in Cole Harbour.

Over the years he has played with at least five difference orchestras and now plays with the Metro Fiddlers, that number 27 or 30, at

least once a month at various venues. And, of course, he is a mainstay with the Seniors' Choir every Thursday afternoon.

Vince is thankful for his good health and the hope for the ability to play the drums for many more years. And, we hope you do, too.

Lobster Luncheon

July 14, 2009

(see page 11)

Leadership Awards Dinner

October 1, 2009

(see page 10)

No Scent is Good Sense

**In consideration of others,
please do not wear perfumes or
scented deodorants when you
are in the Activity Centre.**



DSSC - Upcoming Events

July



- 2 - Thursday - **Card Party & Supper** - 6 pm - Members \$13.00, Non-Members \$15.00 (Cards only \$5.00)
- 7 - Tuesday - **Royal Nova Scotia International Tattoo** 5:30 PM (Cold Plate, Strawberry Shortcake, Bus Trip and Tattoo Ticket - \$45.00). *(Only a Few Tickets Left)*
- 9 - Thursday - **Pot Luck Supper & Dance** - 5:30 pm - Members \$6.00 or bring food, Non-Members \$8.00 or food.
- 10 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC
- 24 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC
- 27 - Monday - **Day Drive**. *(To be announced)* Leaves: 9:30 AM. Returns: About 3:30 PM. \$35.00 total cost *(Reserve Tickets soon as they sell out quickly)*
- 30 - Thursday - **Casino Trip** - 2:30 pm returning 7:00 pm - \$6.00

August

- 6 - Thursday - **Card Party & Supper** - 6 pm - Members \$13.00, Non-Members \$15.00 (Cards only \$5.00)
- 13 - Thursday - **Pot Luck Supper & Dance** - 5:30 pm - Members \$6.00 or bring food, Non-Members \$8.00 or food
- 14 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC
- 28 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC
- 31 - Monday - **Day Drive**. *(To be announced)* Leaves: 9:30 AM. Returns: About 3:30 PM. \$35.00 total cost *(Reserve Tickets soon as they sell out quickly)*

September

- 3 - Thursday - **Card Party & Supper** - 6 pm - Members \$13.00, Non-Members \$15.00 (Cards only \$5.00)
- 10 - Thursday - **Pot Luck Supper & Dance** - 5:30 pm.
- 11 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC
- 25 - Friday - **Bake Sale** - 3:00 pm.
- 28 - Monday - **Day Drive**. *(To be announced)* Leaves: 9:30 AM. Returns: About 3:30 PM. \$35.00 total cost *(Reserve Tickets soon as they sell out quickly)*

DSSC Weekly Activities

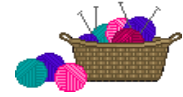
July to September 2009

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



Congratulations! Crafty Ladies



L to R - Muriel MacLeod, Mary Sullivan, Katharine Lindsay



Cele MacAlpine, Fran Starr



Alice Grandy



L to R - Brenda Pozdnkoff, Edna Landry, Dot Jack



Executive Director Wayne MacDonald accepting cheque for \$3,206.47 from Katharine Lindsay



Mary Dicks, Audrey Bevin

At the end of 1999 when volunteer *Carole Lareau* left the area, she had papers showing that up until 1999 the Crafty Ladies had donated **\$7166.00** to the Center. *Fran Starr* and *Cele MacAlpine* took over at the beginning of 2000 and we had a Spring Sale and later a Christmas Sale. The proceeds from these two sales were donated to the Center, which was a total of **\$6000.00**.

During the years from 2001 to 2008 we held an Easter Craft and Bake Sale and a Christmas Craft and Bake Sale. Each Spring, after the Easter Sale, we donated all the proceeds to the Executive Director or the Chairman of the Board of Directors of the Dartmouth Senior Service Center. The total proceeds for those eight years was **\$40,000.00**.

On Tuesday, April 21st, *Fran Starr* and *Cele MacAlpine* pro-

vided a luncheon for the ladies and held in the lounge of the Nantucket Senior apartments. It was a very enjoyable noon hour and that is when Fran told the group that she and Cele were giving up their positions as co-ordinators and they hoped someone would take it on. Fortunately *Katharine Lindsay* volunteered to be the co-ordinator and asked for helpers. Two of our good workers *Edna Landry* and *Brenda Poznekoff* offered to assist Katharine. On Tuesday, June 2nd we gave a cheque to the Centre for another **\$3,206.47** to close the bank account.

We didn't have an Easter Sale this year (2009) but we are already talking Christmas Sale and have our date for **SATURDAY, NOVEMBER 28TH, 2009**.

Fran and Cele intend to keep going to the Crafty Ladies and now we will all work towards our next sale and continue our support of the Dartmouth Senior Service Center. (*Cele MacAlpine*)

ANNUAL GENERAL MEETING - JUNE 15, 2009



Exec. Dir. Wayne MacDonald



Past Chair Clint Schofield



Treasurer Dave Wolfe



Past Chair Clint Schofield; Incoming Chair Audrey Goodyer; Exec. Dir. Wayne MacDonald, Treasurer Dave Wolfe



Director Carmen Moir



Chair Audrey Goodyer



Secretary Lois Hetherington

After confirming a quorum, Chair Clint Schofield called the meeting to order. He thanked the Board of Directors for their support during his term and offered to stand for reappointment as Director and will stay as Past Chair. .

Executive Director Wayne MacDonald gave a short report explaining that he had only been in the position for 3 weeks but commented on the strength of the volunteers and staff. (see message on page 1) Member Ike Kent inquired as to the length of appointment of Executive Director to which Clint replied that it is a permanent position after a 6 month probation.

Treasurer Dave Wolfe explained the Finance Report. He commented on the value of the volunteers and how the Centre could not survive without their support and fund raising. e.g. Silent Auction: \$800; Crafty Ladies: \$3200; Lobsterfest: \$1,000; Bake Sale offered

from Staff: \$1,000. He reiterated that suggestions are needed from everyone. Numerous questions and answers followed his address.

Upon a motion, firm of Grant Thornton was reappointed as Auditor for the Centre.

Director Carmen Moir, responsible for fundraising, also spoke on the need of fund raising, pointing out that the government grant has not increased in the past 14 years. One of his recommendations was a 'cost of living' for grants. Listing the numerous yearly fundraisers, Bingo was a major source, 'Comfort and Joy' raised between \$8,000 and \$10,000, Kiwanis Club with \$6,000 Lottery, Bridge Club, Crafty Ladies, Lobsterfest. Carmen thanked everyone for their generosity.

Members were sorry to learn that Bill McLernon was retiring after more than 20 years of volunteer service on the Board that included 15 years as Treasurer..

For those concerned with the cancelling of the once a month Friday evening 'Happy Hour', plans are to reevaluate affordability in September.

Nominations followed:

Chair - Audrey Goodyer
Vice Chair - Clint Schofield
Director - Marilyn Hall
Director - Marilyn Keating

Immediately following the AGM, the first Board Meeting since the election was held. A vote was taken and Doug Rigby was appointed as Vice Chair in the vacancy left by Audrey Goodyer taking over as Chair.

Message from Chair Audrey Goodyer:

Please contact me with any suggestions or concerns which you may wish brought before the Board of Directors. Leave a message or note at the Centre and I will get back to you as soon as possible.

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Six retired Irishmen were playing poker in O'Leary's apartment when Paddy Murphy loses \$500 on a single hand, clutches his chest, and drops dead at the table. Showing respect for their fallen brother, the other five continue playing standing up. Michael O'Conner looks around and asks, 'Oh, me boys, someone got's to tell Paddy's wife. Who will it be?' They draw straws. Paul Gallagher picks the short one. They tell him to be discreet, be gentle, don't make a bad situation any worse. 'Discreet??? I'm the most discreet Irishmen you'll ever meet. Discretion is me middle name. Leave it to me.'

Gallagher goes over to Murphy's house and knocks on the door. Mrs. Murphy answers, and asks what he wants. Gallagher declares, 'Your husband just lost \$500, and is afraid to come home.' 'Tell him to drop dead!', says Murphy's wife. 'I'll go tell him.' says Gallagher.

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 \$6.50.

Our delicious meals usually consist of a roll, soup, main course, and dessert. If you have diet restrictions, substitutions can be provided.

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.

- This program is largely offered through the commitment of our volunteers. Volunteers pick up meals at the Centre and deliver them throughout the Dartmouth area. **Drivers receive a free noon meal at the Centre 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**. This will avoid the volunteers making an unnecessary delivery. *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

Only a Canadian would get this:

Two American tourists were driving through Nova Scotia. As they were approaching Shubenacadde (shoe-been-aack-id-dee), they started arguing about the pronunciation of the town's name. They argued back and forth until they

stopped for lunch. As they stood at the counter, one tourist asked the employee, "Before we order, could you please settle an argument for us? Would you please pronounce where we are... ver-r-ry slo-o-owly?"

The waitress leaned over the counter and says:

"Tiiimmmmm Hoorrrrttooonnns..."



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CASINO Trip



THURSDAY - July 30
SEPTEMBER 24
(EVERY SECOND MONTH)

BUS LEAVES CENTRE: 2:30 p.m.

RETURNS AT: 7:00 p.m.

TICKETS: MEMBERS \$6.00

NON-MEMBERS \$8.00

REGISTER EARLY!

**All Tickets Must Be Paid In
Advance in Person - No 'On
Hold' Phone Calls**

CASH OFFICE FOR TICKETS

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 nonsteroidal antiinflammatory drugs (NSAIDs). Most *H. pylori*-related ulcers can be cured with antibiotics. NSAID induced ulcers can be cured with time, stomach-protective medications, antacids, and avoidance of NSAIDs. Spicy food and stress may aggravate ulcer symptoms in some people, but they 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 causes 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.

From: *Food Advertising*

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HERITAGE
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After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

A grandmother was telling her little granddaughter what her own childhood was like: "We used to skate outside on a pond I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

Dartmouth Senior Citizen's Centre
*Community Leadership Awards
 Dinner*

HOLIDAY INN HARBOURVIEW

Thursday, October 1, 2009

Reception: 6 pm - Dinner served: 7 pm

*Come join us as we honour 5 outstanding citizens of
 Dartmouth*

For Tickets - Contact Carol Blue at 465-5578

\$100.00 per person

Table of 10 persons - \$800.00

Quality door prizes to be drawn during the evening

*Appropriate tax receipts will be issued
 for their many contributions to our community*



Honourees

Wayne Adams

Tom Forestall

Shirley Morash

Roland Thornhill

Don Valardo



Day Trips

*Keep watch on the
 Bulletin Board for Day
 Trips to be announced
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 September*



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Lobster Luncheon



Tuesday July 14, 2009
12 Noon

\$13.00 per person

Advance Tickets Only

For Tickets: Contact Carol Blue at 465-5578

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.

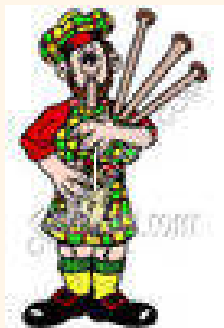
No partner necessary and a good time guaranteed.

All for only \$2.50

Wednesday Bingo Fundraiser

Wednesday bingo is growing with good jackpots and cookie jars. It starts at 7 p.m. in the Centre dining room under the supervision of **Bill McLernan** and **Joe Melvin**. They are looking for new players so bring your friends and come along and join us.

Tattoo
Tuesday - July 7th



Don't miss this opportunity to see the famous Royal Nova Scotia Tattoo. This popular event is 'sold out' early so get your name on the list now!

5:30 pm - cold plate supper

6:30 pm - leave for Tattoo

\$45.00

Price includes bus and great seats

For more information, call 465-5578

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To try the a electronic version, send an e-mail request to **bryetman@ns.sympatico.ca**. We won't remove you from our hard-copy mailing list until you've let us know that you can receive the electronic version successfully. And it's in colour.

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It costs more to print and mail hard-copies than to send newsletters electronically. So, if you're on the Internet, and you haven't done so already, please **give us your e-mail address** so we can send you the newsletter electronically! The money saved is earmarked towards programs for your benefit.

Note: Be sure to let us know when you change your email address.

Important Notice

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



You can Help and Support your Centre by supplying the Centre with your email address. (see page 11)

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.

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



Return Address:
 Dartmouth Seniors' Citizens Service Centre
 45 Ochterloney Street,
 Dartmouth, Nova Scotia. B2Y 4M7

(Exec.Dir. from page 1)

As an example of what one can do to effect change, let me tell you that the Centre would not exist without active participation from volunteers. Many activities at the Centre simply would not happen without the dedication and commitment of wonderful people who give so generously and graciously of their time and talent to ensure events are carried out as scheduled. These wonderful people are volunteers.

Without volunteers completing a myriad of tasks from answering the telephones, serving tables at lunch time and catering events, delivering meals to clients in the community, delivering clients to Doctor's appointments, from Bingo Games to Card Games, to serving on the Board of Directors – and may I remind you that we still have a very dedicated, very talented and very unpaid Board of Directors who give so generously of their time as well. This list of volunteer activity is not meant to be inclusive. There are many other projects

and activities to get involved with and we are wheelchair friendly. Do not allow a disability prevent you from getting involved.

To reiterate, the Centre would not exist without volunteers! However, more work falls on those volunteers who remain loyal to the Centre. We need to share the opportunity of volunteerism with others. It is a great place to work filled with even greater people.

The Centre will only be as good as the people who serve it through employment and volunteerism. So please bring your ideas and enthusiasm to the Centre and we will welcome you with open arms and quickly put you to work.

Please feel free to contact me with your ideas and concerns. I look forward to meeting you in the days and weeks ahead.

Sincerely,
Wayne

Reminder

Don't forget to renew your membership in DSSC. The best bargain in town for only **\$15.00**.



**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
 2009 REGISTRATION - ANNUAL MEMBERSHIP: \$15.00
 2008 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.