

The Senior Connection

**A Publication of the Dartmouth Seniors' Service Centre
45 Ochterloney St., Dartmouth, Nova Scotia, B2Y 4M7**

Tel: (902) 465-5578

Fax: (902) 465-2755

e-mail: dartseniors@accesswave.ca

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Fall, 2004

GREETINGS FROM YOUR EXECUTIVE DIRECTOR

Dear Members and Friends:

Here we are nearing the end of another summer and, a bit of inclement weather notwithstanding, it has been a great opportunity for us to lay back and recharge our batteries after a long winter and a wet spring. Now it is time to look ahead to the fall and winter seasons here at the centre.

We look forward to seeing you all back renewing friendships and taking advantage of the many programs and special events being offered here at the centre.

We have experienced a few changes here over the past few months and we welcome any suggestions you may have which will make the centre an even better place for us all.

As you read through this newsletter you will note a number of significant events and items of interest. If you have information or suggestions you would like to see published in future editions feel free to send them along to me.

Once again, welcome back. I look forward to seeing you.

Dave Camp

Notice

Please help us to help you.

**When you send us a cheque for payment for Outreach Services
please indicate on the cheque whether you are paying for
"Meals on Wheels", "Home Helpers", or "Medical Transportation"
.....and please - No Post-Dated Cheques!**

DID YOU SEE IT? WERE YOU THERE?

The Seniors' 50 Plus Expo is long since over. Two packed days of inexpensive fun and information. There was a free bus from MicMac Mall and admission to the fair was \$5.00. Since I was working I did not get to do everything but I did get a free toothbrush, two pill containers, batteries for my hearing aid, free toothpaste, two cans of Boost, an energy bar for diabetics, a cloth carryall bag, and a lovely pen. I had my blood tested for diabetes, my bones tested for strength, and loads of information for everything of interest to seniors. Then of course there was the Arts and Crafts area, with demonstrations on "how to" and the Travel Booth, some really good presentations on everything from pensions to Osteoporosis, to travel, etc.

Starting the stage show at 10:00 AM was Pete Luckett from Pete's Frootique in Bedford. He served up exotic fruits from all over the world. It is amazing how many things he can show you in an hour.

This year's stage show was "Memories of a Don Messer Jubilee", not the originals of course, but the memories they brought of the originals brought tears to the eyes of many.

We saw the presentation of plaques and roses to this year's winners of the "Most remarkable Senior Volunteers" followed by a short break for lunch, to be followed by Neville MacKay of My Mother's Bloomers in Halifax. He gave lessons on flower arrangements, which he then gave away to a few lucky ladies. He also gave away roses, carnations, and peonies. No wonder people flock to his show! The "Senior Idol" came next and you missed some great talent if you were not there

I did not attend the Friday night dance but those who did had high praise for the band. So if you missed it why not give it a try next year. You'll be glad you did. And, by the way, the whole thing takes place on one floor so you have no steps to climb!

Dorothy Graham

UNDER THE WEATHER AND RECOVERING

We have been bitten by the illness and injury bug here at the centre during August.

Our Chair, Cal Lindsey, and his wife, Katherine, have both recently had short stays in hospital and are now well on the way to recovery. We look forward to seeing them both back at the centre in the very near future.

Cathy Maloney, who cleans the centre two days a week, recently suffered at fall at work and is now at home recovering from a hairline fracture to her ankle. Cathy and her bear family are well known to all of us and we wish her a speedy recovery.

SENIOR WEEK 2004

The annual Senior Week for 2004 was held from June 14th to June 21st. This is an event that most seniors in the community have looked forward to each year, and the attendance at various events this year seems to indicate that this is still one of the highlights of early summer. The activities during Senior Week are all organized under the banner of the Dartmouth Senior Advisory Council.

Monday, June 14th, started us off with a bowling party. There were prizes for both good bowlers and not-so-good bowlers. This event was very well attended and was enjoyed by all. Tuesday saw an afternoon Bingo at the Dartmouth Seniors' Service Centre with all prizes doubled in value. A very successful bridge party was held in the evening, also at the Seniors' Centre. For those of us addicted to Bingo and Bridge this was a big day indeed.

Wednesday was highlighted by "Tea at Two" with a number of ladies appearing in their "Sunday Hats" and other finery. Thursday afternoon we enjoyed a Sing-A-Long with Leo at the keyboard. That evening there was a Birthday Dinner and Dance at the Findley Community Centre. Findley hosted again on Friday with a noon hour bag lunch followed by Bingo.

Saturdays tea and bake sale was not only thoroughly enjoyed by all in attendance but as well we raised a few dollars for our treasury, from which we fund other activities during the year.

The week came to a close on Sunday with an Ecumenical Service at the Dartmouth Seniors' Service Center, Rev. Pat Malin officiating. After the service the Lions Club hosted their annual Seniors Barbeque and we all left for home with happy memories and full stomachs.

What a week ! We hope that all of you will join us next June for another great Seniors Week.

Remember....The regular monthly meetings of the Dartmouth seniors Advisory Council will resume on September 24th, 2004, 9:30 AM, at the Dartmouth Seniors' Service Centre

Leo Poirier



Gracious, Independent, Retirement Living

Carol Davis, R.N.
Administrator

5266 Green Street, Halifax, NS B3H 4N2
Tel: 902-429-2222 Cell: 902-830-2313
Fax: 902-429-6052

Seniors Bingo

Wednesday - 7:00 PM

Regular Games - \$15.00

Special Games - \$30.00

Early Bird Game and Cookie Jar

Dartmouth Seniors' Service Centre
45 Ochterloney Street, Dartmouth

THE A. B. C.'S OF FRAUD

The Dartmouth Seniors Service Centre is presently in negotiation with the Volunteer Centre of Toronto regarding the possibility that we may be interested in taking over delivery of this program, which is funded by the Bank of Nova Scotia.

The Volunteer Centre delivers this program in the Toronto area and coordinates its delivery across the country. They have recently contacted us to see if we would be interested in coordinating the delivery of the program within the Metro area..

This is a program aimed at seniors and delivered by seniors and it has been extremely well received right across the country. Training will be provided and volunteers will be reimbursed for travel and out of pocket expenses.

If you think you may be interested in participating in this program as a volunteer presenter please see Dave Camp for more details.

TYPE 2 DIABETES

We are seriously considering partnering with the Canadian Pensioners Concerned in a Type 2 Diabetes education program.

We are presently working out details but there is every probability that we will be offering training and education sessions here this fall.

Keep your eyes on the notice board and watch the monthly events calendars for more details.

ARE YOU GUILTY ?

It has been evident that from time to time a few of our members have been guilty of spreading gossip, much of which is untrue and potentially harmful to other people and to our centre. If you have been guilty of such conduct in the past, hopefully you will be more considerate in the future.

**Watch the Notice Board and the Monthly Events Calendar
for other events now in the planning stage**

Dates will be announced shortly.

DARTMOUTH SENIORS TRAVEL CLUB

It is with sincere regret that I must report the cancellation of the planned tour to New York City scheduled for November 15th to 22nd.

Our passenger list had dropped from 54 to 25 travelers due to illness, and death, and the unfortunate fear of terrorism in New York, especially so near to the date of the American presidential election. Taking these facts into consideration we felt obliged to make our very first cancellation after 84 successful and enjoyable tours.

On the positive side, Quebec City is a definite go. Planning is complete and we are off on September 20th and will return on September 25th. We are looking forward to blue skies, gorgeous fall colours, and hopefully even a few whale sightings.

First deposits for England, April 11th to 28th, 2005, are due in September. Susie has planned a great 18 day tour, including a mystery day, five days in Kent, three in Winchester, three in Oxford, three on the Isle of Wight, and two in London, including a show. We look forward to having a full complement of 35 travelers.

Arrangements for the November get-together have been completed. We will meet on Sunday, November 14th, at 2:00 PM at the Dartmouth Seniors' Centre, with the usual pot luck supper around 4:30 PM. Planning for 2005 will be part of the schedule. All our travelers, past, present and future are welcome to attend.

Happy travels,

Connie Weanaus,
Group Leader

Foot Care Clinic

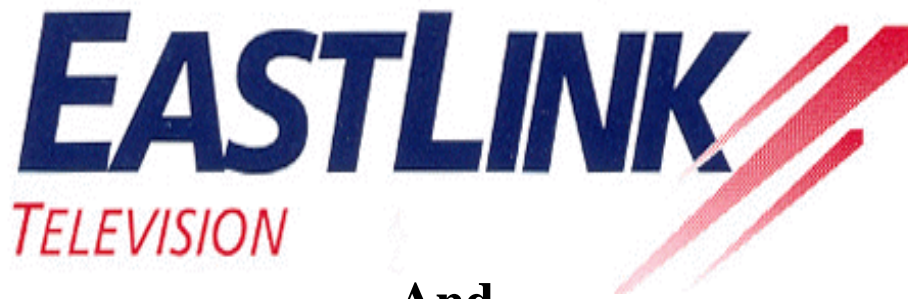
We are pleased to advise that after a short hiatus our Foot Care Clinic is now up and running again.

The service is now being provided by WeCare Home Health Services each Wednesday. There is room for new clients or former VON clients who wish to continue to take advantage of this service.

If you wish to make an appointment please call Carol Blue at 465-5578, Extension 13. The clinic is filling up quickly so if you are interested you should call Carol without delay.

UPCOMING EVENTS

Sept. 2 nd	6:00 PM - Supper and Card Party
Sept. 6 th	CLOSED - Labour Day
Sept. 9 th	5:30 PM - Birthday Pot Luck Supper
Sept. 23 rd	6:00 PM - Pizza and Movie Night - P.A.High "Wish We Could Talk"
Sept. 30 th	7:30 PM - Bridge and Games Night
Oct. 1 st	5:30 PM - Dinner Theatre "Aunt Jane's Last Supper" - \$25.00
Oct. 7 th	12:00 Noon - Thanksgiving Dinner - \$10.00
“	5:30 PM - Supper and Card Party - \$12.00
Oct. 14 th	5:30 PM - Birthday Pot Luck Supper - \$5.00
Oct. 21 st	9:00 AM to 5:00 PM- Kentville Pumpkin People Tour - \$40.00
Oct. 28 th	2:30 PM - 8:00 PM - Casino Nova Scotia - \$5.00
Oct. 30 th	8:00 PM - 11:00 PM - Halloween Dance - \$5.00
Nov. 4 th	6:00 PM - Dinner and Card Party - \$12.00
Nov. 5 th	7:00 PM - Follies - \$5.00
Nov. 7 th	2:00 PM - Follies - \$5.00
Nov. 7 th	6:00 PM - 10:00 PM - Telethon
Nov. 18 th	5:30 PM - Birthday Pot Luck Supper - \$5.00
Nov. 20 th	10:00 AM - Crafty Ladies Sale and Luncheon - \$5.00
Nov. 26 th	4:00 PM - Flea Market Work Party
Nov. 27 th	11:00 AM - 2:00 PM - Annual Fall Flea Market - \$0.50
Dec. 9 th	5:30 PM - Christmas Pot Luck Supper - \$5.00
Dec. 14 th	7:00 PM - Prelude to Christmas - \$5.00
Dec. 20 th	5:00 PM - Christmas Light Tour - \$5.00
Dec. 21 st	12:00 Noon (1 st Christmas Dinner) - \$10.00
Dec. 23 rd	12:00 Noon (2 nd Christmas Dinner) - \$10.00



And

DARTMOUTH SENIORS' SERVICE CENTRE

Proudly Present

The 20th Annual Seniors' TV Auction

In Support of the DSSC Services and Activities

LIVE

Sunday, November 7th, 2004

On

Channel 10

6 - 10 PM

Don't Miss A Minute Of the Action!

*** All auction items will be listed in the Saturday, November 6th edition of
the Daily News**



Phone In Your Bid

252-3091