



**E-Bulletin- Volume 9, No. 08, Aug 16, 2013**

*Want to see your group or event listed here? Email us!*

## HIGHLIGHTS

### **Year of Ageing Well Photo Contest continues Until September 13, 2013**

Only four weeks left to send in your photos! Permission forms are required to be signed and submitted by photo subjects. Visit our website for more contest details and to download the permission form, or call toll free 1-855-253-9355 for more information. Submit your digital photo entries to [admin@nscommunitylinks.ca](mailto:admin@nscommunitylinks.ca). Please put "Photo Contest" in the subject line.

### **55+ Games – Fun, Fitness and Friendship! Truro Sept 18-21**

Hurry; there is still time to register you or your team. Registration deadline is September 02, 2013. Visit the website to download a registration form, Or Contact the Host Committee at 902-893-6094 and they will mail you a form. You can also pick up a form at your municipal recreation department [www.novascotia55plusgames2013.ca](http://www.novascotia55plusgames2013.ca).

### **Coming this Falls -Seniors and Gambling Presentations**

Your group won't want to miss this interactive presentation on the subject of seniors and gambling. Volunteer actors from local communities present a dramatic skit about friends who are trying to grapple with a suspected gambling problem. If your group would like to host a presentation, or if you would like to become involved as a volunteer actor, contact Anne at 902-422-0914 or toll free 1-855-253-9355 email: [admin@nscommunitylinks.ca](mailto:admin@nscommunitylinks.ca)



The Arthritis Society

### **September is Arthritis Month**

Visit the Nova Scotia Arthritis Society website to find out about events in your area, or how you can help the cause. <http://www.arthritis.ca/NS>

## OPPORTUNITIES

The Nova Scotia Department of Seniors **Positive Aging Grant program** Deadline for submissions is **September 26, 2013**. For more information or an application form, visit the Department of Seniors website or call toll-free 1-800-670-0065

### **Looking for an interesting volunteer opportunity or looking for a volunteer?**

Sign up today on **goodNS**. [www.goodNS.ca](http://www.goodNS.ca) is an amazing new way to link great people with fantastic non-for-profit organizations doing wonderful work in Nova Scotia.

### **Call 2-1-1 or visit [www.ns.211.ca](http://www.ns.211.ca)**

for help finding the information you need. Information on over 4000 community, non-profit and government services are available 24 hours a day, 365 days a year. You can find information on recreation programs, employment training, food banks, new immigrant programs, home care, addiction programs, senior services, and much more!

## EVENTS

August 13, 2013 marks the 6th anniversary of the **Seniors' Old Fashioned Picnic in Hubbards**. The event is hosted by the Lunenburg County Seniors' Advisory Committee at the Hubbards Barn on the second Tuesday of August each year. The



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committee provides lunch to over 100 seniors from around Lunenburg County. There is also live entertainment with dancing and summer Bingo. This year lunch will feature homemade baked beans and music will be provided by the Barn Owls. To register, please call 275-3490 or 857-1133

**Annual House and Harbour Tour**

August 24 from 10 AM - 4 PM

Tour begins at the Chester Train Station  
20 Smith Road

\$30.00 per person - Rain or Shine

Information: 275-3842 or 275-3826

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**DIGBY & AREA COMMUNITY HEALTH BOARD**

**ANNUAL GENERAL MEETING**

7 p.m., Monday, September 9, 2013,

Captain's Cabin Restaurant, Digby  
Public is invited to attend. Applications for new board members are welcome; currently seeking a rep from Weymouth.

Meeting will include information about projects funded by 2012 / 2013 Community Wellness Funds.

**Free Artistic Workshops at Fox Point Community Centre**

ART CART "Chester Art Centre on the Move"  
Seniors Program

Something to Sing about—Music—Sept.  
12th and 26th

Introduction to Basic Photography—Sept  
19th and Oct. 3rd

Dazzling Creations—Jewelry—Oct 17th and  
Oct. 31st

Play with Clay—Ceramics—Nov. 14th and  
28th

Creating with Acrylics—Painting—Nov 7th  
and 21<sup>st</sup>

Creative Rug Hooking from the Get Go—  
Oct. 10th and 24th

Thursdays from 1:00pm to 4:00pm

Contact Amy: [fpcc@eastlink.ca](mailto:fpcc@eastlink.ca) or

858-3440 to register or for more  
information

**E-Quiz**

Correct answer for July (Why do the British call the banana an aristocratic fruit?) was that one of the first commercially popular banana plants was cultivated by the gardener of the 6th Duke of Devonshire, William Cavendish.

E-Quiz Winner was Bronwyn Hobson

**Question for August**

Answer this month's question and receive a prize!

*What has a foot but no legs? (More than one answer possible)*

Send your answer to

[admin@nscommunitylinks.ca](mailto:admin@nscommunitylinks.ca)

**Call for E-quiz questions!**

Thanks to those who sent in quiz questions, but none were "Google proof" If you have one, send it in to us and if it proves to be Google proof, you win a prize and we will use it in the months to come.

Send your suggestions to:

[admin@nscommunitylinks.ca](mailto:admin@nscommunitylinks.ca)