



Municipality of the District of St. Mary's & St. Mary's Recreation Department

February 2013 Newsletter

www.saint-marys.ca

The DEADLINE to have information submitted for the MARCH issue of the Newsletter is **WEDNESDAY, February 20th at 4:00 p.m.** Submissions can be received by fax: 522-2309 or email: (note the change in email): council@saint-marys.ca or drop off at Office 16 Main St. Sherbrooke. Subject line must read NEWSLETTER SUBMISSION. Also please note that we reserve the right to edit any and all submissions to this newsletter.

COUNCIL MEETING: The next regular meeting of St. Mary's Municipal Council will be held on Monday February 11, 7 pm. The public is invited to attend. Visit our website for up to date information www.saint-marys.ca

St. Mary's Recplex Update

Family Skates are Sundays from 2:00-3:00 pm.

Cost is \$2/person or \$5/family

For anyone wishing to book ice time contact Brad Burns, Recplex Manager at 522-2646. See the RECREATION/RECPLEX CALENDAR www.saint-marys.ca



St. Mary's District Food Bank is in urgent need of financial assistance. To make giving easier for you, automatic withdrawals may be made from your RBC Sherbrooke Account. To set up; see one of the customer service representative at the bank. If you are in need of assistance or would like information about Food Bank, please call 328-4148 and leave a message. The phone number is exclusive to the Food Bank and all calls are confidential. Boxes for donations of non-perishable food items are located in Sherbrooke at St. Mary's Hospital and the Clover Farm.

Property Valuation Services Corporation (PVSC)

You would have recently received your PVSC ASSESSMENT NOTICE in the mail. If you feel the value is inaccurate and wish to appeal **NOW IS THE TIME TO FORMALLY APPEAL – NOT WHEN YOU GET YOUR TAX BILL.** Tear off the bottom piece of notice and mail in **BEFORE February 14th 2013.** Call PVSC if you have any questions at 1-800-380-7775.

Municipal Grants to Organizations

Any requests for funding from organizations for the 2013/2014 Municipal fiscal budget must be made by application (available at the Municipal Office, and on our website www.saint-marys.ca) and submitted no later than March 29, 2013 at 4pm – No exceptions.

MacMillan's Bottle Drive – Liquor Store, Sherbrooke
Parking Lot Location: Second and Fourth Saturday each month from 9:30 – 2:00pm. February dates; 9th and 23rd



Community Consultation Meeting on Monday February 11, 2013 at the Lions Club Hall in Sherbrooke from 12:15 to 4:00pm (includes a light lunch at 12:15).

This meeting is being organized by Guysborough Antigonish Strait Health Authority to begin discussion to establish a Collaborative Emergency Centre (CEC) at St. Mary's Memorial Hospital (SMMH) in Sherbrooke. Information and background on CEC development will be provided and the opportunity for interactive dialogue on establishing a CEC at SMMH. The Department of Health and Wellness released a "Better Care Sooner" plan to address problems in the health care system such as long waits, emergency room closures etc. As part of this plan SMMH has been designated to transition to a CEC while also retaining the inpatient beds. This meeting is intended to gather suggestions, identify current challenges, and learn more about the proposed CEC model.

Visit www.gov.ns.ca/health/betterCareSooner Please RSVP by February 1st to Peggy Mahon, Director of Public Relations and Community Engagement, phone at 867-4500 ext. 4262 or peggy.mahon@gasha.nshealth.ca

Low Income Exemption

St. Mary's Municipal Council is offering a \$110.00 exemption to be applied to your Property Tax Bill for households with incomes \$18,500 or less. Applications are available at the Municipal Office, or by contacting your local councillor. Deadline is April 30/2013.

"ON ROUTE to EMPLOYMENT"

EARN AND LEARN:



- New skills and valuable certifications (First Aid/CPR, WHIMS, Food Handlers, Computer Training, Resumes, Interview skills and more
- Training allowance (including child care & travel expenses for qualified participants
- Fun, friendly and supportive environment
- Give Kalysa a call 833-2468 or 1-888-533-1906.
- Program offered in Sherbrooke February – April 2013 pending enrollment

ATV Club Meeting on Thursday February 14th at 6pm
New Members are always welcome!

HAPPY 80th BIRTHDAY NORMAN KELLY

A luncheon will be held on Saturday March 2nd to
celebrate at 6pm with Dance to follow. All welcome!

60th

Victor and Ruby Kaiser will celebrate their
60th Wedding Anniversary on February 14th
2013. Family and Friends send love and Best
Wishes. Reception at a later date

Sonora / St. Mary's River Community Centre
Regular monthly meeting will be held on Monday
January 28th at 7pm

Sonora Harbour Authority will be having a meeting on
Thursday January 31st at 7pm at Sonora Community
Centre - All Welcome.

Greetings from High-Crest!

Residents celebrating birthdays this month are:

Re'al Daigle Feb. 10th

Inez Jordan Feb. 10th

Gerald Penny Feb. 20th

Happy Birthday Folks!

We will celebrate with a

Birthday Party/Bingo/ Valentines Day King and Queen
Crowning Celebration! The party will be held on
Tuesday, February 12th at 1:15. Everyone is welcome!

I would like to thank all of the people who took the time
to Volunteer and share their time and talents in 2012!

Your kindness in donating your time has meant so very
much to so very many people! Thank You! We will be
having a Volunteer Appreciation function in May.

I would also like to thank the members of T.O.P.S. for
adopting our residents this Christmas and giving each
one a goody bag, Thank you, your thoughtfulness was
much appreciated.

On behalf of the entire staff here I would like to thank
all of the family members who brought in treats for the
staff, we certainly enjoyed them! It means a lot to be
remembered!

Pancake Supper

When: Tuesday February 12th

Where: RC Legion Hall - Spanish Ship Bay

Time: 4 - 6 pm

Cost \$5/child and \$8/Adult

Pancakes, baked beans, sausage, breads &

Dessert - Presented by St. Luke's Anglican

Church - Liscomb



MAPLE MANOR BAKE SALE EVERY FRIDAY

An Activity Work Day was held recently
in the Jordanville Indian Harbour Lake
Community Centre. This event was
sponsored by the Guysborough District
Women's Institute of Nova Scotia, WI
members from the five local branches as
well as community ladies attended. Quilts, coverlets,
finger puppets, pillows, pillow cases, knit items were
donated, assembled or made during the day. These
items were donated to hospitals and charitable causes. A
wellness grant was received from the Guysborough
Antigonish Strait Health Authority to help with expenses
for this event.



ROYAL CAN. LEGION BR. #8 LISCOMB

Next general meeting will be held on Tuesday, February
5th- all welcome

ACTIVITIES:

AUCTION 45's - Thursdays at 8pm \$5

CRIBBAGE - Saturdays at 8pm \$5

ATV RALLY - SATURDAY FEB 16

REGISTRATION 10:30 am

**\$10/person. Inquiries? Call Wayne at
522-2169**



The Annual meeting of the Liscomb Volunteer Fire
Department will be held at the Fire Hall Monday
January 28th at 6:30pm.

Training Monday February 18th at 6:30pm

Sherbrooke Village will be hosting a Heritage Day Tea
Monday, February 18th at Exhibit Centre from 2 - 4 pm.
An update on the progress of The Archives Genealogy
site in Sherbrooke Village will be presented.
Everyone Welcome.

FEBRUARY LUNCHESES

St. Paul's Catholic Church will again be holding
their February lunches for \$7.00 starting Thursday,
7th February, 2013, then the 14th, 21st and 28th.

Please come and enjoy a hot meal and meet with
friends!

The Port Bickerton Women's Institute will
be having their Annual **PANCAKE, BEANS
AND SAUSAGE BRUNCH**

DATE: February 12th, 2013

PLACE: Port Bickerton Community Center

TIME: 11 AM until 1 PM

Hope to see you there.

Municipality of St. Mary's Recreation

St. Mary's Fitness Centre Personal training and orientations are available, to arrange a consultation please contact the recreation office.

Winter Fitness Centre Hours

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:30 2:30-7:30	2:30-7:30	10:00-11:30 2:30-7:30	2:30-7:30	10:00-11:30 2:30-7:30

Fitness Centre rates are available on our website. 522-2598.

NEW!! Spin Class



Spin classes are an amazing opportunity to burn calories and keeping your muscles in shape. The municipality of St. Mary's Recreation Department has recently purchased 5 spin bikes and we are very excited to offer the first ever

spin classes in the Municipality of St. Mary's. Classes will be held Monday and Friday mornings from 8:45-9:45am at the St. Mary's Rec Plex (don't worry we will be in a heated room). There is also an opportunity to implement evening classes if interest prevails. To register for an evening class please contact Emily at 522-2598 or by email at emilymargaretmorton@gmail.com. Please note that morning classes are on a first come first serve biases!

SMEC Tumble Bugs



Tumble bugs is an introductory program designed to teach the basics of physical literacy to pre school children ages 3-5 years old.

Tumble bugs is a safe, inclusive and most importantly fun, approach to laying the building blocks for a physically active life style. The tumble bugs program is being offered to all grade primary students at St. Mary's Education Centre. For more information or to see a Tumble Bugs offered in your community please contact the recreation office at 522-2598 or by email at recreation@saint-marys.ca

Kids Only Club



St. Mary's Recreation will continue holding after school programs in Sherbrooke, Ecum Secum, Aspen, Indian Harbour Lake, Sonora, Goshen, Liscomb and Port Bickerton. Programs will run Mondays, Wednesdays, Thursdays and Fridays from 2:30pm-5:00 pm. Children will be bussed to the appropriate locations immediately after school, parents are asked to pickup children at the community centre no later than 5:00pm. Programs are designed to provide children in the community with opportunities to become physically active through organized activities. Registration forms are still available at the recreation office. All forms must be submitted prior to the child attending the program. Call rec dept. at 522-2598.

Monday	Tuesday	Wednesday	Thursday	Friday
Liscomb Legion		Goshen Community Centre	Ecum Secum Fire Hall	IHL Community Centre
Sherbrooke Elementary School		Port Bickerton Community Centre	Sonora Community Centre	Aspen Greenfield oldsters Club

Hearts in Motion

The District of St. Mary's Hosts GASHA Hearts in Motion!! Guysborough Antigonish Strait Health Authority's (GASHA) Community Cardiovascular Hearts in Motion Program (CCHIM) team is back in Sherbrooke this winter. For more information please contact the recreation department at 522-2598.

Smile Program

The smile program is a recreation and physical activity based program that aims to provide and facilitate opportunities for the citizens in the Municipality of The District of St. Mary's whom have special needs, and exceptionalities to interact and develop social skills in a safe and educational environment. Activities are held Fridays from 2:30-4:00pm, locations vary so be sure to contact the recreation department to obtain a copy of our schedule. For more information please contact Emily at 522-2598 or by email at recreation@saint-marys.ca

5k Learn to Run Learn to Run Program Liscomb

The Liscomb Learn to Run Program is a beginner level program that has seen great success over the past year! Each week we will teach you the basics of running; from techniques to footwear, we have it covered!! Join us at the St. Mary's Academy Tuesday evenings from 6:30-7:15 and Liscomb Legion Thursday's at 10:00am! For more information or to register please contact Emily at 522-2598 or by email at emilymargaretmorton@gmail.com



Move it Mondays Low Impact Fitness Class The Municipality of St. Mary's

will once again be offering low-medium intensity exercise classes Monday mornings from 10:00-11:00 at the St. Mary's Fitness Centre. Classes are specially designed to incorporate strength, flexibility and cardiovascular training at an intensity level that works for you! Additional questions may be directed to Emily Morton at 522-2598 or by email.

Indian Harbour Lake Fitness Class Join us

Tuesday mornings from 10:00-11:00pm for a medium- low intensity fitness class. Using thirty second intervals; each class is designed to incorporate strength, flexibility and cardiovascular training. For more information or to register please contact Emily at 522-2598. Please note a minimum of five participants must register in order for the program to proceed.



Grade 5&6/ SMA After School Running Program

St. Mary's Recreation Department has recently teamed up with St. Mary's Education Centre/ Academy to offer a Cross Country Running Program Mondays after school from 2:30-3:30. Children are asked to dress appropriately according to the weather and bring proper footwear. Information sheets have recently been sent home with children. If your child is interested in participating and did not receive a registration form please contact the recreation office at 522-2598 for more information!

NEW!! Yoga in Goshen

The municipality of St. Mary's will be offering yoga at the Goshen community Centre Wednesday afternoons from 1:00-1:45. We encourage all participants to bring their own yoga mats. For more information or to register please contact Emily Morton at 522-2598.

NEW!! Sherbrooke Yoga

The municipality of St. Mary's will be offering yoga at the St. Mary's Education community Centre Wednesdays from 3:00-3:45. We encourage all participants to bring their own yoga mats. For more information or to register please contact Emily Morton at 522-2598 or by email at recreation@saint-marys.ca

Community Fitness Classes

We currently have some time slots available for community fitness classes. If you would like to have a organized fitness class in your area please contact the recreation department at 522-2598 or by email at emilymargaretmorton@gmail.com

Trail Blazers

Trail Blazers is a free after school club offered by the St. Mary's Recreation and the GCRDA, which focuses on outdoor education, physical recreation and leadership building. We will use a combination of outdoor activities to get kids back in touch with the outdoors



while being active area.

Who: Children Grades 3-7

When: Every Tuesday from 2:45-4:30pm, two sessions; Jan. 29 - Mar 31. and Apr. 23-May 28

Where: St. Mary's Education Centre (home base)/Stonewall Park

*Other locations may also apply based on the activity

Deadline to sign up: January 26, 2013

There are a maximum of 20 spots available and will be filled on a first come, first serve basis. Registration forms can be filled in at the Recreation/Main Office of the Municipal Building. Feel free to contact either Emily Morton @ 522-2598 or Christa Webber @ 522-2432 with any questions.

Can Skate/ Figure Skating

Time to sharpen' up those skates, dust of your helmet; and join us at the St. Marys Rec-plex where our qualified instructor will work one on one with your child to teach them the basics of skating! The Can Skate program will be held Wednesday evenings from 6:00-7:00 for a \$60.00 cost. For more information or to register please contact Emily Morton at 522-2598 or by email at recreation@saint-marys.ca



Looking for something to keep you busy in the highland region?? Check out the Highland Connect website at

www.highlandconnect.ca for the most up to date program, trail and recreation facilities in your area!



Equipment Loan Out Program

The municipality of the district of St. Mary's recreation department has lots of recreational equipment available for your use at little to no cost for more information please contact the recreation office at 522-2598 or by email at recreation@saint-marys.ca

NSAF Fitness Instructor Certification

NSAF is the standard for fitness certification and Canada by becoming certified through NSAF you receive the highest standard of fitness certification that is transferable across Canada if you are interested and for more information on training courses please contact the recreation department at 522-2598 or visit their website at www.nsfa.info



Canadian Tire Jump Start

The goal of the Canadian tire jumpstart program is to ensure that all children have the opportunity to participate in recreational sport by providing financial assistance to qualifying families with children ages 4 to 18. Applications for assistance can be submitted between January 15 to June 1 for spring and summer programs and from July 1 to November 15 for fall and winter programming for more information please contact Jump start at 1-877-616-6600. If you would like to submit an application please contact Municipality of St. Mary's recreation department at 522-2598 or by email at recreation@saint-marys.ca

Weighing us Down Family Weight Loss and Nutrition Program

The Family Weight Loss and Nutrition Program will be meeting on February 4th 2012 at 6:00. A group check in, and weigh in will be done at this time. For more information please contact 522-2598 or recreation@saint-marys.ca



The rise in childhood obesity and preventable chronic disease is a global issue. In Nova Scotia one in three children and youth are over weight or obese, and rates of unhealthy eating, sedentary behaviors and physical inactivity are much higher. Our rates of chronic disease are among the highest in the country! It is with this information that the Municipality of St. Mary's has decided to implement a number of programs targeted at children and youth to increase active transportation through out the municipality. To learn more on the THRIVE strategy and find ways to incorporate it into your life style please visit www.thrive.novascotia.ca or ask your Physical activity Coordinator for more information.

January - February 2013

Tuesday	Wednesday	Thursday
29 Zone 1 GARBAGE(Clear Bag)	30 Zone 2 GARBAGE(Clear Bag)	31 Zone 3 GARBAGE(Clear Bag)
Feb 5 Zone 1 Recyclables (Blue Bag)	Feb 6 Zone 2 Recyclables (Blue Bag)	Feb 7 Zone 3 Recyclables (Blue Bag)
12 Zone 1 GARBAGE(Clear Bag)	13 Zone 2 GARBAGE(Clear Bag)	14 Zone 3 GARBAGE(Clear Bag)
19 Zone 1 Recyclables (Blue Bag)	20 Zone 2 Recyclables (Blue Bag)	21 Zone 3 Recyclables (Blue Bag)
26 Zone 1 GARBAGE(Clear Bag)	27 Zone 2 GARBAGE(Clear Bag)	28 Zone 3 GARBAGE(Clear Bag)

ZONE 1:

New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Road Hill.

ZONE 2:

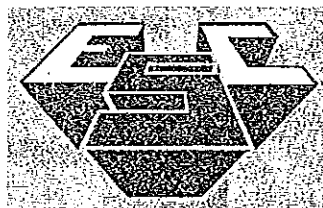
East Loon Lake, Smithfield, Denver & Newtown, Glenelg church road, Aspen, to Goshen to Borneo Road inclusive.

ZONE 3:

Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Minds Rd, to Waternish inclusive.

Please do not overfill bags. Weight limit is 50 lbs/bag.

QUESTIONS... Call Eastern Shore Cartage 1-800-261-0372



February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
Spin Class 845am Reading Corner 10am Exercise 10am Sonora Comm Meeting 7 Liscomb Fire 630pm KOC 2:30pm Running 230pm	Parent-Tot 930am Exercise 10am Meditation 11am Melrose 45s 130pm Trailblazers 245pm Open Gym 6:30pm	Lions BINGO 745pm KOC 2:30pm Goshen Yoga 1pm Sherbrooke Yoga 3pm Canskate 6pm	Hrb Auth. Meeting 7pm St. Paul's Hot Lunch Melrose Crib 730pm KOC 2:30pm	Spin Class 845am Seniors Café 930am Book Club 11am Maple Manor Bake Sale KOC 2:30pm	CH Gun Club Night of Music 9am Melrose 45s 8pm	
3	4	5	6	7	8	9
Spin Class 845am Reading Corner 10am Exercise 10am KOC 2:30pm Running 230pm	Parent-Tot 930am Exercise 10am Meditation 11am Melrose 45s 130pm Trailblazers 245pm Weight Loss Prog. 6pm Open Gym 6:30pm	Lions BINGO 745pm KOC 2:30pm Goshen Yoga 1pm Sherbrooke Yoga 3pm Canskate 6pm	St. Paul's Hot Lunch Melrose Crib 730pm KOC 2:30pm	Spin Class 845am Seniors Café 930am Maple Manor Bake Sale KOC 2:30pm	Valentine Dinner CH Comm Ctr 4pm Melrose 45s 8pm	
10	11	12	13	14	15	16
Spin Class 845am Reading Corner 10am Exercise 10am KOC 2:30pm Running 230pm	Parent-Tot 930am Meditation 11am Exercise 10am HighCrest Party 1:15pm PB Pancake Brunch 11am SSBay/Pancakes/Supper 4pm Melrose 45s 130pm Trailblazers 245pm Open Gym 6:30pm	Lions BINGO 745pm KOC 2:30pm Goshen Yoga 1pm Sherbrooke Yoga 3pm Canskate 6pm	St. Paul's Hot Lunch ATV Club Meeting 6pm Melrose Crib 730pm KOC 2:30pm	Spin Class 845am Seniors Café 930am Maple Manor Bake Sale KOC 2:30pm	Minor Hockey Bottle Drive 8am ATV Rally 1030am Melrose 45s 8pm	
17	18	19	20	21	22	23
Spin Class 845am Reading Corner 10am Exercise 10am Heritage Day Tea 2pm Liscomb Fire Training 630pm KOC 2:30pm Running 230pm	Parent-Tot 930am Exercise 10am Meditation 11am Me&My/Friends 12noon Melrose 45s 130pm Trailblazers 245pm Open Gym 6:30pm	Lions BINGO 745pm KOC 2:30pm Goshen Yoga 1pm Sherbrooke Yoga 3pm Canskate 6pm	St. Paul's Hot Lunch Melrose Crib 730pm KOC 2:30pm	Spin Class 845am Seniors Café 930am Maple Manor Bake Sale PB Penny Auction 7pm KOC 2:30pm	Melrose 45s 8pm	
24	25	26	27	28		
Spin Class 845am Exercise 10am Reading Corner 10am KOC 2:30pm Running 230pm	Parent-Tot 930am Exercise 10am Meditation 11am Me&My/Friends 12noon Melrose 45s 130pm Open Gym 6:30pm Trailblazers 245pm	Lions BINGO 745pm KOC 2:30pm Goshen Yoga 1pm Sherbrooke Yoga 3pm Canskate 6pm	St. Paul's Hot Lunch Melrose Crib 730pm KOC 2:30pm			

Tree of Hope Campaign

In support of the St. Mary's Opportunity Centre

"Inside every person is a seed of hope."

As you are aware our two schools (St. Mary's Academy and St. Mary's Education Centre) are amalgamating. St. Mary's Academy is undergoing renovations to accommodate all students from primary to Grade 12. The Education Centre will be demolished. Our communities will lose valuable resource space in the Education Centre including programs of the recreation department and a number of after school programs. However, there is a 'silver lining' as the new and expanded education facility will be home to the St. Mary's Opportunity Centre providing new and improved space including a new home for the Sherbrooke Opportunities Society and the Kids First Association.

What is the Sherbrooke Opportunities Society?

We do not live in an ideal world! There are many who live with crippling infirmities, both physical and psychological. The Sherbrooke Opportunities Society (S.H.O.P.S.) has established an adult developmental program to help ensure that the 'seeds of hope' are given an opportunity to grow and flourish in our Municipality. The Mission of the Society is: To engage developmentally disabled adults in programs to help strengthen their intellectual, physical, and emotional well-being. The Vision of the Society is to: Provide an environment that promotes lasting dignity and enhances the self-esteem of participants by developing programs which contribute positively to the improvement in an individual's quality of life and well-being. There is an old African proverb that states: "It takes a village to raise a child." Our proverb says: "It takes all our villages to build caring and strong communities." We need your help to do that!

What is the Kids First Association?

In 1994, the Kids First Association was developed from a dream of a low-income women's group. These women envisioned a place where they and their children could come together in a safe non-judgemental atmosphere to support and learn from each other. Today, Kids First Association has grown to offer programs and services to families with children up to six years of age in Guysborough, Antigonish, and Pictou Counties. With over 1000 families participating in programs, Kids First plays a significant role in service and delivery to families and children in eastern Nova Scotia.

How much is this new facility going to cost?

The budget for this new facility is \$480,000. Funding will come from two sources: Government (Municipal, Provincial, Federal); and private support. Of the \$480,000 about \$300,000 will come from government sources and \$180,000 from private support. Of the \$180,000 we are hoping to raise \$30,000 in the Municipality.

How you can help!

The pledge period for the Campaign can be up to five years. As an example if you were to make a pledge of \$500, that would mean an annual commitment of \$100. When you factor in a tax credit for your charitable gift, your actual annual out-of-pocket cost would be about \$50.00. We know that not all can make a gift of this amount but please be assured whatever you can give will be deeply appreciated.

What next?

We need your help! You will receive a letter and a pledge card and possibly a phone call in the near future. Your support will ensure that 'seeds of hope' will not only grow but will flourish in our Municipality.

Senior Health Promotion Information Sessions

The Municipality of the District of St. Mary's is pleased to present a 4 week Senior Health Promotion Program. Come join us for sessions of presentations, snacks and some fun. Sessions will include information on finance, fraud, elder abuse, nutrition, and positive aging in St. Mary's. Although sessions will be held in each community, due to the presenters' availability, not all communities will have the same presentations. Please feel welcome to come to another community for their session if it fits your schedule better.

The schedule is as follows:

MONDAYS

Sonora Community Centre

Liscomb Legion

DATE/TIME	TOPIC		DATE/TIME	TOPIC
Jan 28 th , 10 am	Elder Abuse/Safety by the RCMP		Jan 28 th , 1 pm	Financial Affairs/Rep from RBC
Feb 4 th , 10 am	Senior Nutrition/Dietitian		Feb 4 th , 1 pm	Senior Nutrition/Dietitian
Feb 11 th , 10am	Financial Affairs/Rep from RBC		Feb 11 th , 1 pm	Positive Aging In St. Mary's
Feb 18 th , 10am	Solid Waste Sorting/ERSWM rep		Feb 18 th , 1 pm	Solid Waste Sorting/ERSWM Rep

TUESDAYS

Maple Manor Common Room (Sherbrooke)

Indian Harbour Lake/Jordanville Comm. Centre

DATE/TIME	TOPIC		DATE/TIME	TOPIC
Jan 29 th , 10am	Solid Waste Sorting/ERSWM Rep			
Feb 5 th , 10am	Elder Abuse&Safety/RCMP		Feb 5 th , 1 pm	Positive Aging in St. Mary's
Feb 12 th 10am	Senior Nutrition/Dietitian		Feb 12 th , 1 pm	Senior Nutrition/Dietitian
Feb 19 th 10am	Financial Affairs/Rep from RBC		Feb 19 th , 1 pm	Financial Affairs/Rep from RBC

WEDNESDAYS

Greenfield Oldster's Club

Port Bickerton Community Centre

DATE/TIME	TOPIC		DATE/TIME	TOPIC/PRESENTER
Jan 30 th 10 am	Positive Aging in St. Mary's		Jan 30 th , 1 pm	Financial Affairs/Rep from RBC
Feb 6 th , 10 am	Solid Waste Sorting/ERSWM Rep		Feb 6 th , 1 pm	Solid Waste Sorting/ERSWM Rep
Feb 13 th 10am	Financial Affairs/Rep from RBC		Feb 13 th , 1 pm	Elder Abuse & Safety/RCMP
Feb 20 th 10am	Senior Nutrition/Dietitian		Feb 20 th , 1 pm	Senior Nutrition/Dietitian

THURSDAYS

Ecum Secum Fire Hall

DATE/TIME	TOPIC
Jan 31 st , 1 pm	Senior Nutrition/Dietitian
Feb 7 th , 1 pm	Financial Affairs/Rep from RBC
Feb 14 th , 1 pm	Solid Waste Sorting/ERSWM Rep
Feb 21 st , 1 pm	Elder Abuse & Safety/RCMP



Royal Canadian Mounted Police · Gendarmerie royale du Canada



www.erswm.ca