



Town House "HEART BEAT"

January - February 2016

150 Commercial Street, Glace Bay, NS, B1A 3C1

Phone: (902) 849-2449 Fax: (902) 849-2302

Website: www.townhousegb.ca

Facebook: www.facebook.com/townhousegb

Twitter: https://twitter.com/townhousegb

Hours: Monday to Friday - 8:30 a.m. to 4:00 p.m.

"Glace Bay Citizens Service League is a volunteer based, non-profit organization which offers programs that improve the quality of life of the community in response to needs identified by its residents."

Upcoming Events

Seniors Brunch:

To be held on January 15th beginning at 10:30 a.m. Join us for a served brunch and musical entertainment by Gordon MacNeil. Silver collection at the door to help cover costs. Seating is limited to 65 so please call 902-849-2449 to reserve your seat early.

March Break Camp:

A fun interactive week! Town House will have 20 spaces for children in grade primary to grade 5 (Elementary age) from 8:30 a.m. to 2:30 p.m. the week of March Break. (March 14-18th). Cost is \$80 for the week or \$20 per day. Reduced rate for 2nd child in family.

Skills Exchange: a unique opportunity for seniors and youth to learn from one another! Sessions are free **but must RSVP...**

Jan. 6th — 4-5 pm

Relaxation Skills. Beat exam stress and daily stress.

Learn gentle stretches, relaxation and breathing exercises and some health tips. Bring your own water and dress comfortably. Held at Town House.

Jan. 16 — 1:30 to 2:30 pm -

Step dancing Basics with Nicole. Held at St. Mary's Hall. Bring your own water and dress comfortably.

January 18 — 7-8 pm - **Dog Obedience /Behavior**

session held at CB German Shepherd Club on Centreville Road, Gardiner Mines. Open to those 14+. Bring your family dog with you and learn some tips!

Contact **Mariah @ 902-849-1619**

The below courses are offered regularly once we get enough seats filled

Call us to register for:

- ◆ First Aid/CPR (\$110)
- ◆ Babysitting (\$40)
- ◆ Defensive Driving (\$85)
- ◆ Safe Boating (\$65)

Thank you to community members who supported our program operations by giving through our Memorial Lights Program, donating to and attending our Holiday Yardsale, baking for or purchasing goodies at our Bake Sale and buying tickets for our Holiday gift basket.

Winner of gift basket: Phyllis MacDonald of Glace Bay



Photo above—Volunteer Meals on Wheels Driver, Barry Bisson receives his winter safety items.

With support from the Insurance Bureau of Canada we were able to provide our Meals on Wheels Drivers with winter safety road kits and ice grippers for their shoes to ensure safe delivery of meals.

Special points of interest:

- Active in the community for 50 years
- 200-250 active volunteers!
- 16 programs serving various age groups and needs.
- Operates a unique Volunteer Resource Centre.
- Approx. 10,000 people served each year.

Your Financial Support :)

Due to increasing costs and limited revenues and resources, donations are essential to keep our programs and services operating. **Memorial Donation Cards** are available at local funeral homes and at Town House. We also have a **Hilda Wright Scholarship**

Courses

Tai Chi classes resume **Monday January 18th from 5:00 to 6:00 pm.** Cost is \$80.00. Sessions run to March 14th. **New and returning students are welcome.**

Food Handlers—January 29th - 1-3 pm — open to community members— condensed training is open to those with an interest in food safety—esp. our volunteer base and other individuals who cook for church and community functions in the community at large.

Instructors wanted: If you hold a skill and are interested in teaching a course to others (e.g. bread making, crafts, jewelry making, writing, etc.) call us to explore this ;)



Volunteering:

Watch for our column in the CB Community Post



Mary Donovan, a volunteer with our Clothing Depot, receives her Volunteer of the Month certificate for January 2016

Current opportunities :

HAVE YOU BEEN ASKED?

The # 1 reason people give as to why they don't volunteer is that no one has asked them.

We are encouraging you to consider volunteering in a role that meets your interests, lifestyle and time commitments such as:

- Meals on Wheels Driver
- Meals on Wheels Cooks
- Clothing Depot
- Community Friends activity worker

Volunteers of the Month:

January: Mary Donovan, a Clothing Depot volunteer since 2010.

February: Debbie Dean, who has been active in Nursery School assisting four year olds since 1997.

A heartfelt thank you to those who give their time so generously to our programs!

Volunteer Resource Centre:

Our Coordinator can link you to unique opportunities volunteering within Town House, or at local organizations like the **Food Bank, Miner's Museum and Seaview Manor.**

Call our **Volunteer Coordinator** Mariah MacKay at **(902) 849-1619** to learn about local opportunities.

Program Memos

A special thank you to the thoughtful businesses who supported us during our holiday events and December Meals on Wheels. And, to those who showed kindness by giving warm and cozy winter items to the community members in need we reach through our services.

Quote from Volunteer, Jerry Aucoin:

" I enjoy volunteering in the Winter. It keeps me busy"

Clothing Depot: Good, used clothing, shoes, and household items are available to the public. Bring in a bag and fill it for only \$1.00. The Depot is open Tuesdays, Wednesdays and Thursdays from 9:30 to 11 a.m. and 1:30 to 3 p.m. Donations are accepted **ONLY** during Town House's office hours (Monday - Friday 8:30 a.m. to 4:00 p.m.).

Meals on Wheels: We have openings available for hot, cooked meals on Wednesdays and Thursdays. For persons who are have difficulty with meal preparation because of age or disability. Cost: \$6

Odd job List: Are you looking for casual work? Do you house-clean, shovel, or paint? Put your name on our *Odd Job List* and when residents call looking for someone to complete a job we will provide your name and phone number.

Furniture Depot: Quality used furniture and household items are in constant demand. If you have items that you no longer need, call *Town House*. If you are in need of any furniture or household items, call and your request will be filled as items become available.

Note: those receiving furniture are responsible for transportation of goods.

Living room furniture and mattresses are in high demand!

Community Happenings

Bereaved Families of Cape Breton: offer monthly Support and Share meetings at Town House from 7:00 to 9:00 p.m. The next scheduled meeting is January 27th. For more information call their office at 902-564-6795.

We host a **Foot Clinic** once per month and are happy to explore other partnerships to bring important services to members of the community!

Tax help: If you are an individual making under \$30,000 or couple making under \$40,000, have a basic tax return and need assistance completing your taxes call the **Community Volunteer Income Tax Program** at 1-855-516-4405

Every Woman's Centre Sexual Assault Response Coordination. If you would like to learn where to get help call 902-567-1212 or visit:

www.everywomanscentre.ca

Town House will be closed:
January 1, 2016—New Years

February 15, 2016—Heritage Day