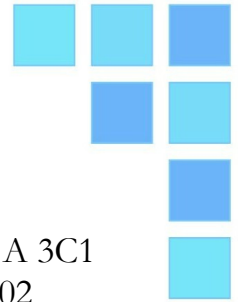




Town House “HEART BEAT”



January – February 2017

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: www.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

Special points of interest:

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

March Break Camp:

A fun interactive week for children aged 4-9! Please bring your lunch and a nutritious snack and join us during March Break (March 13-17th) from 9:00 a.m. to 3:30 p.m. for a fun filled week of activities, crafts, and games. This year, we will be offering camp at our two sites: Town House and Passchendaele House. Cost is \$90 for the week or \$20 per day. Limited spaces available. Please come into Town House by Thursday, March 9th to register and pay.



Seniors Brunch:

Our Valentine’s Day Seniors Brunch will take place on Friday, February 10th at St. Mary’s Hall. Brunch will be served in one sitting at 10:30 a.m. with musical entertainment. There will be a silver coin collection at the door. Seating is limited to 65 people, so please call early to reserve a seat.

Nursery School Openings:

Citizens Service League is now offering a limited number of spaces in the second half of our Nursery School Program which runs from January to May 2017. For more information, please contact Town House at (902) 849-2449.

Thank You

Thank you to community members who supported our program operations by giving through our Memorial Lights Ceremony; donating to and attending our Holiday Sale; baking for or purchasing goodies at our Bake Sale; and buying and selling tickets for our Holiday gift basket. We appreciate your support! The winner of holiday basket was Lorraine Penny of Glace Bay.

Your Financial Support is appreciated! Due to increasing costs and limited revenues and resources, donations are essential to keep our programs and services operating. Donations can be made at 150 Commercial Street, Glace Bay.

Memorial Donation Cards are available at local funeral homes and at Town House. We also have a *Hilda Wright* and *Elinor McArel* Scholarship Fund.

To make a credit card or debit card online donation, visit our secure site: CanadaHelps.org.

We would like to extend a heartfelt thank you to those who give so generously to our programs.

Courses/Info sessions

There will be a **Food Safety course** on Friday, January 13th from 9:00 am - 12:00 pm. at St. Mary’s Hall in Glace Bay. This is a volunteer-based training course that is open to community members with an interest in food safety, especially our volunteer base and other individuals who cook for church or community functions. There is no fee for this

session, but you must RSVP by contacting Town House at (902) 849-2449 by January 6th.

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), please contact us at (902) 849-2449.

Below are courses we offer regularly once there are enough people signed up.

Call us to register for:

- ◆ First Aid/CPR (\$110)
- ◆ Babysitting (\$50)
- ◆ Defensive Driving (\$85)
- ◆ Safe Boating (\$65)



Congratulations to Chrissy Frison, our Volunteer of the Month for January 2017. Chrissy has been volunteering with the Clothing Depot and Yard Sales since 2015. Thank you Chrissy for your dedication to Town House.

Seniors Contact: Designed for older individuals who are experiencing feelings of loneliness and/or isolation. Volunteers contact seniors on a weekly basis to provide regular telephone calls and a listening ear to those who have few social contacts. If you would like to volunteer or if you are a senior with limited social contact who could benefit from a weekly, confidential phone call from a volunteer, contact Town House at (902) 849-2449.

We'd like to send out a special thank you to the thoughtful businesses and organizations who supported us during our holiday events and activities, including the Christian Fellowship Church, St. Mary's Church, Knights of Columbus, Sobeys, Foodland, Home Hardware, and Tim Horton's. ☺

Town House will be closed:
February 20 — Family Day

Volunteering

Watch for our columns in the CB Community Post

HAVE YOU BEEN ASKED?

The #1 reason people cite for not volunteering is that they have never been asked.

We are encouraging you to consider volunteering in a role that meets your interests, lifestyle, and availability.

CURRENT OPPORTUNITIES:

- Meals on Wheels cooks and substitute cooks
- Volunteers to set up tables for events and sales; move items; set up at yard sales
- Seniors Contact volunteers

Program Memos

Clothing Depot: Quality, 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.).

Community Friends: A group for people who have emotional illnesses to improve social and learning opportunities and help de-stigmatize mental illness. Meets on Tuesday afternoons.

Community Happenings

Bereaved Families of Cape Breton: Offer monthly Support and Share meetings the fourth Wednesday of every month at Town House from 7:00 p.m. to 9:00 p.m. The next scheduled meeting is January 25th. For more information, call their office at (902) 564-6795.

Volunteers of the Month:

January - Chrissy Frison - Volunteer with the Clothing Depot program since 2015

February - Colleen MacPherson - Volunteer with the Seniors Brunch program since 2011.

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

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. The cost is \$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.

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

Call Antoinette Wludyka at (902) 562-1251 to book an appointment.

Volunteer Resource Centre:

Our Coordinator can link you to unique opportunities volunteering within Town House or at other local organizations. If you are looking to volunteer in any capacity, please contact Mariah MacKay, Volunteer Coordinator, at (902) 849-1619.

Volunteer Meet 'N Greet

Open to all past, present, and prospective volunteers. To be held at St. Mary's Hall on Friday, January 27th from 1-3 p.m. Enjoy some tea and sweets, meet our new Executive Director, and chat about the programs and services at Town House. We look forward to seeing you there!

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 the transportation of goods.*

Living room furniture and mattresses are in high demand!

Your Financial Support is appreciated! Due to increasing costs and limited revenues and resources, donations are essential to keep our programs and services operating. Donations can be made at 150 Commercial Street, Glace Bay. To make a credit card or debit card online donation, visit our secure site: CanadaHelps.org.