



Town House *“HEART BEAT”*

March - April 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

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.

Seniors Brunch:

To be held on March 18. Join us for a served brunch at 10:30 a.m. and musical entertainment 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 has limited spaces for children in grade primary to grade 5 (Elementary age) from 8:30 a.m. to 3:30 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.

Fundraiser: Tickets on this beautiful Easter Wreath (to the left) are \$1.00 each or 6 for \$5.00 and are available at Town House until March 21st. Thank you to our wonderful placement student, Jen Thomson for making the wreath. Proceeds go to support Town House's many programs.



Photo above— A Take A Step dance event was held in partnership with SchoolPlus on Feb. 20th/16 at OVEC and greatly enjoyed by 15 youth.

Thank you to our four instructors Nicole, Madison, Lauren and Jillian who volunteered their time to teach the girls jazz, lyrical and hip hop.

Your Financial Support is appreciated :) 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 Fund**.

Courses/Info sessions

Introduction to Reflexology
Friday, April 8th, 2016 from 1:30 p.m. to 2:30 p.m. Facilitated by Melda Comeau. A free, one hour session consisting of a presentation on health benefits and a demonstration. Call to register.

Basics of Finger Knitting.
Two free sessions. Wednesday, April 20th and 27th from 10 a.m. to 12 p.m. Instructed by Vilma Burke. Call Town House to sign-up.

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)

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 ;)

Tai Chi for Arthritis classes resume April 4th and run to May 30th. Classes will be held on Monday evening from 6-7 p.m. Fee is \$80. Call (902) 849-2449 to register.



Volunteering:

Watch for our column in the CB Community Post

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 cooks and substitute cooks
- Volunteers to set up tables for events and sales
- Someone to place our newsletters and posters at community locations



Ruth Burchell, a volunteer with our Community Friends Group receives her Volunteer of the Month certificate for April. She is pictured here at top left with group members Glenn Anderson, David Coady, Thelma Talbot (co-facilitator) and Georgina Lynk. Bottom: Nina Juski, Jerry Aucoin

Volunteers of the Month:

March: George Pyke has been involved since 2006 as a *Meals on Wheels driver* and with fundraising.

April: Ruth Burchell has been a *Community Friends* facilitator since 2013.

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.*

SEAVIEW MANOR IS ACTIVELY LOOKING FOR VOLUNTEERS!

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

Program Memos

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.).

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

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!

Seniors Contact: If you are a senior with limited social contact, who could benefit from a confidential weekly telephone call from a volunteer, call us today at 902-849-2449.

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 **March 23, 2016**. 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**. Clinics will be held in March and April at Glace Bay Public Library.

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

Volunteer Appreciation Photo Contest

We want to see CBRM area volunteers in action! Send us a short description + a photo that best reflects the impact a volunteer has had on the community.

All entries are due **April 8th** and will be posted on our Facebook page during **National Volunteer Week: April 10-16, 2016**. Contact Mariah at 902-849-1619 or mariah.townhouse@bellaliant.com for more info on rules and details!

Quote from Seniors Brunch evaluation:

"The Brunch is a good opportunity for seniors. It is good to get out and socialize and gets people together who may be lonely."

Town House will be closed:

March 25, 2016— Good Friday

March 28, 2016—Easter Monday

Happy Easter from staff and board at Town House!