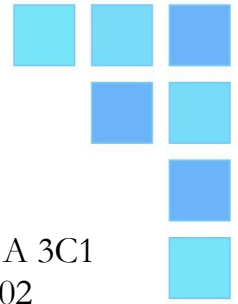




Town House “HEART BEAT”



March – April 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

Glance 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.

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

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.



Chase The Ace:

Come out and join us every Friday evening at the Main Event for Chase The Ace in support of Town House. You can purchase tickets from 6:30pm-8:30pm with the draw taking place at 8:30pm. The jackpot is currently at \$1500 and the winner must be present to win.

Seniors Brunch:

Our Easter Seniors Brunch will take place on Friday, April 7th 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, so please call early to reserve a seat.

Volunteer Appreciation Photo Contest

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

All entries are due **April 21st** and will be posted on our Facebook page during **National Volunteer Week: April 23-29, 2017**. Contact Mariah at (902) 849-1619, (902) 849-2449 or mariah.townhouse@bellaliant.com for more info on details and rules. We would like to thank everyone in advance for sharing your wonderful photos and inspiring others to volunteer. ☺

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 McArell* 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

Call Town House at (902) 849-2449 to register for the following courses.

Tai Chi for Arthritis will resume in April. More details to come. Classes are on Mondays and cost \$80.

Defensive Driving: Saturday, April 1st from at 10:00 a.m. Cost is \$85.

Safe Boating: Thursday, March 30th at 6:00 p.m. Cost is \$85.

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

Call us to register for:

- ◆ First Aid/CPR (\$110)
- ◆ Babysitting (\$50)

Instructors wanted: If you hold a skill and are interested in teaching a course to others (e.g., bread making, jewelry making), please contact us at (902) 849-2449 and we can arrange this.





Congratulations to Gladys Meade, our Volunteer of the Month for March 2017. Gladys has been volunteering in the Nursery School Program since 2011. Thank you, Gladys, for your dedication to shaping little minds!

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.

Scholarships: We have two \$300 scholarships available to 2017 high school graduates who reside in Glace Bay or a surrounding area. Scholarships are in recognition of Town House founder Hilda Wright and first director Elinor McArel. Applications are due April 15th and are available at Town House and on our website: www.townhousegb.ca.

Town House will be closed:
March 14 – Good Friday
March 17 – Easter Monday

Volunteering

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.

Current Opportunities:

- Town House Meals on Wheels
- Town House Seniors Contact
- Town House March Break Camp
- Glace Bay Food Bank
- Community Health Boards
- Seaview Manor

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 11:00 a.m. and 1:30 to 3:00 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 Tuesday afternoons at 1:30 p.m.

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 meetings are March 22nd and April 26th. For more information, call their office at (902) 564-6795.

National Volunteer Week: April 23-29, 2017

Volunteers of the Month:

March - Gladys Meade: Volunteer with the Nursery School program since 2011.

April - Barry Bisson: Volunteer driver with the Meals on Wheels program since 2015.

Thank You!

We would like to send a heartfelt thank you to those who give their time so generously to our programs! We greatly appreciate your years of dedication and hard work.

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.

HAVE YOU BEEN ASKED?

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

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

Volunteer Meet 'N' Greet

Open to all past, present, and prospective volunteers. To be held at St. Mary's Hall on Friday, March 24th from 1-3 p.m. Enjoy some tea and sweets, meet our new Executive Director, and chat about Town House's programs and services. We look forward to seeing you there and we apologize for the previous cancellations.

Furniture Exchange: 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.