



# Town House “HEART BEAT”

May—June 2016

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

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

Website: [www.townhousegb.ca](http://www.townhousegb.ca)

Facebook: [www.facebook.com/townhousegb](http://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

### 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 May 20th. 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.

### Town House T-Shirts for Sale:

Many people have volunteered with Town House, attended a meaningful course, or leaned at Summer Camp or Nursery School over the years. So these make great gifts. Think of folks living away! White, ultra cotton with our logo on the upper right chest area. \$12 each. Stop by the office. All proceeds go towards supporting Town House. Thank you!

### Nursery School Registration:

Will be held on **May 24, 25 and 26** from 9 a.m. to 3 p.m. at 150 Commercial St., Town House. This will be for our classes that run from October 2016 to May 2017 for children that will be attending elementary school in Fall 2017. Bring \$25 non-refundable registration fee (cash or cheque), child’s immunization records and health card and proof of income from 2015 to qualify for the reduced fee. Fees range from \$200 to \$500 for Oct. to May. Call (902) 849-2464 for more info.

**Yard sales:** Begin at *Town House* on **June 9th from 11 a.m. to 2 p.m.** Every Thursday until Sept. 15th. Something for everyone!

### Hilda Wright and Elinor McArel Scholarship:

Town House has **two \$300 scholarships available** for 2016 high school grads who reside in Glace Bay or surrounding areas (Donkin, Morien, Reserve, Dominion, Birch Grove). Applicants must have 80% average; be accepted to a post secondary institution in fall 2016; have demonstrated community involvement, and have a connection to Town House (e.g. past Nursery school student, attended Summer Camp, completed a course here, volunteered or attended an event). Applications are **due May 16, 2016** and are available at Town House – and on Town House’s website: [www.townhousegb.ca](http://www.townhousegb.ca)

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

**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 ;)

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

### Call us to register for:

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

### COMMITTEES:

**New Horizons:** We are looking for committee members to help guide a project that runs from May to October that will include historic community walks, storytelling sessions, movie nights, art sessions and a community meal. If you want to help us plan and brainstorm we’d love to have you. Call Mariah at (902) 849-1619.

**Mental Health:** We are looking for ‘think tank’ members to help us support volunteerism among those who live with mental illness. If you live with mental illness and would like to help by sharing your experiences, successes, barriers and ideas please call Mariah today. Runs from June to October. Call Mariah at (902) 849-1619.

**Town House:** If you would like to join a committee that supports Town House operations call us today at 902-849-2449 —these include Children’s Programs; Property; and Program Planning. Typically meet no more than once a month.



## 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, life-style and time commitments.

### CURRENT OPPORTUNITIES:

-Meals on Wheels cooks and substitute cooks to fill in

-Volunteers to set up tables for events and sales; move items; set up at yardsales

-Someone to place newsletters and posters at

### Volunteers of the Month:

**May - Barbara Peddle**  
Volunteer since 2005 - Meals on Wheels (driver) and Fundraising

**June - Nancy Prendergast**  
Volunteer since 2011 - Board of Directors and Committee work.

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 other local organizations like the **Food Bank**.

**SEAVIEW MANOR IS ACTIVELY LOOKING FOR VOLUNTEERS TO INTERACT WITH SENIORS!**

**MINERS MUSEUM IS OPENING MAY 29th and WILL BE IN NEED OF VOLUNTEERS—a great historic experience!**

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



### Volunteer Appreciation Photo Contest

**Winner - Becca Cathcart**

"Becca Cathcart is the president of the Friends of Cape Breton's Homeless Animals. In the photo, she is running an adoption drive at Pet Valu, one of many events she organizes throughout the year. Her work in the public is only the tip of the iceberg. Becca does everything from fundraising to trapping to coordinating foster homes and low-income spays and neuters. Her constant work both behind the scenes and on the ground has made a huge difference to the homeless cats of Cape Breton. Hundreds of cats have warm, safe, happy homes because of her tireless efforts."

### Quotes from Nursery School Parents from April 2016 evaluations:

"He speaks more clearly;" "He is more social and outgoing and uses his manners more;" "More comfortable in groups;" "Learning ABCS, colors, shapes and songs;" "Listens more;" "Staff are helpful, approachable and personable."

**OUR ANNUAL GENERAL MEETING IS JUNE 16th at 7 p.m. at St. Mary's Hall — All are welcome. Hear about our past year and plans for inter-generational projects in the community.**

## 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.

**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](http://www.everywomanscentre.ca)

## 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 May 25th. 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!

Town House will be closed:

May 23rd 2016— Victoria Day