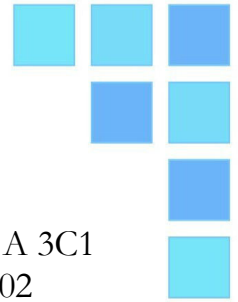




Town House "HEART BEAT"



July – August 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.

Nursery School Registration:

Due to the overwhelming response we received during pre-school registration in May, we are adding another class:

*Passchendaele 6 Class
Passchendaele House
12 Dominion Street, Glace Bay*

Passchendaele 6 will take place on Mondays and Tuesdays from 9:00 AM to 11:30 AM. Runs from September 2017 to June 2018. Call Town House at (902) 849-2449 for more information on this class, including what is needed for registration.



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. As of July 1st, 33 cards remain in the deck. The jackpot is approximately \$2500 and the winner must be present to win.

Summer Day Camp:

Registration for Summer Day Camp is full. If you would like to be placed on the waitlist, please phone (902) 849-2449.

Backpack Program:

Once again this year, Town House will be helping families in need with school supplies through our Backpack Program. If you would like to donate backpacks, school supplies, or money to provide these items, please contact Town House at (902) 849-2449 or 150 Commercial Street, Glace Bay, from 8:30 a.m. – 4:00 p.m. Monday to Friday. If you would like to request help with school supplies, please call Town House after August 8th.

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.

Courses/Info sessions

Mental Health First Aid:

August 28th & 29th from 9:00AM - 4:30PM at St. Mary's Hall: 7 Marconi Street, Glace Bay. Cost is \$115.

Call Town House (902) 849-2449 for more information or to register.

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

Call us to register for:

- ◆ First Aid/CPR (\$110)
- ◆ Defensive Driving (\$85)
- ◆ Safe Boating (\$70)
- ◆ Tai Chi (\$80)
- ◆ 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.



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.



Volunteering

"Volunteers bring sunshine to the world."

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.

Current Opportunities:

- Meals on Wheels
- Chase the Ace
- Summer Day Camp
- Nursery School
- Poster/Flyer Distribution

Volunteers of the Month:

July 2017 - Rose Marie MacKinnon: Volunteer with the Clothing Depot Program and Flea Markets since 2015.

August 2017 - Henry and Joan Poirier: Volunteers with the Meals on Wheels program since 2013.

We are very thankful for the contributions of our many wonderful volunteers!!

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.

Local volunteer opportunities include:

Seaview Manor is actively looking for volunteers to assist with recreational activities with seniors (e.g., bowling, darts).

Cape Breton Miners Museum is looking for volunteers to act as historical interpreters for their Company House and Company Store.

Thank You!



Congrats to Rose Marie MacKinnon, our Volunteer of the Month for July 2017. Rose has been a volunteer in the Clothing Depot and has helped with Yard Sales since 2015. Thank you, Rose, for your dedicated volunteer service!

Program Memos

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.

Clothing Depot: Quality, used clothing and household items are available to the public. 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.). As of May 2017, all items in the depot cost 25 cents each.

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.

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.*

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.

Living room furniture and mattresses are in high demand!

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



Laurie Murchison, member of the Sydney-Riverview Y Service Club, and Ed Beaton, Executive Director of Town House, at our Community BBQ in celebration of Canada's 150th Birthday.

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 July 26th and August 23rd. For more information, call their office at (902) 564-6795.

Parent Workshop:

Cape Breton Transition House is holding a workshop on August 10th from 12:00 p.m. to 3:00 p.m. at Town House to learn and discuss teen dating violence, sexual assault awareness, consent, and self care. Contact (902) 270-5167 for more information.

Town House will be closed:

- July 1 – Canada Day
- August 7 – Civic Holiday

Breakfast Program:

Undercurrent Youth Centre, Town House, and Glace Bay Food Bank have partnered to sponsor a summer breakfast program. It will run Mondays, Wednesdays, and Thursdays at Undercurrent and Tuesday and Fridays at St. Mary's Hall. Breakfast runs from 9:30 a.m. to 12:30 p.m. daily.

