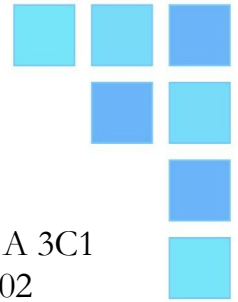




# Town House “HEART BEAT”



May – June 2017

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: [www.twitter.com/townhousegb](http://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:

Will be held on May 23, 24 and 25 from 9 a.m. to 3 p.m. at Town House: 150 Commercial Street. This will be for our classes that run from September 2017 to June 2018 for children that will be attending elementary school in Fall 2018. Bring \$25 non-refundable registration fee (cash or cheque), child's immunization records and health card, and proof of income from 2016 to qualify for the reduced fee. Call (902) 849-2449 for more information.

### 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 approximately \$2000 and the winner must be present to win.

### Annual General Meeting:

Our Annual General Meeting (AGM) will take place on Thursday, June 22nd at 7:00 p.m. at St. Mary's Hall. All are welcome. Please join us for an overview of the past year and to discuss plans and activities for the new year ahead.

### Summer Day Camp:

Summer Day Camp will run from July 4th to August 11th (9am–3pm) for children ages 4-10 at Passchendaele House in Glace Bay. Cost is \$15 per day or \$55 per week. Bring a lunch and a light snack. Each week has a special theme for activities, crafts, and learning new things. Come into Town House to register and pay. Payments must be received the Thursday of the previous week to ensure your spot. Call Town House at (902) 849-2449 for more information.

**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

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

**Babysitting Course:** Saturday, May 27 from 9:00 am–3:00pm. For youth aged 11-15 who wish to learn how to babysit younger siblings or other youth in a safe and responsible manner (\$50).

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)

**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](http://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."*

## 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

## 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.

### Volunteers of the Month:

**May - April MacKinnon:** Volunteer with the Clothing Depot program since 2015.

**June - George MacIntyre:** Volunteer driver with the Meals on Wheels program since 2015.

*Thank You!*



**Theresa Doucette** — Winner of Town House's #WhyIVolunteer Photo Contest: "I love volunteering. It makes me feel good and helps others out. I have volunteered with the Vince Ryan for 20+ years and Cops Against Cancer for 22 years. I also help out with Relay for Life, Atlantic Burn Camp, Undercurrent, with different fundraisers at Talo's, and wherever else I am needed. I just come out ask if they need some volunteer work. I also help with CAPE Society."



Congrats to April MacKinnon, our Volunteer of the Month for May 2017. April has been a volunteer in the Clothing Depot and has helped with Yard Sales since 2015. Thank you, April, for your 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.

**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.

**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.

**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!**

Town House's **Clothing Depot** will close Tuesday, April 25th for spring cleaning and painting and will **reopen on Thursday, May 25th.**

**Starting on Thursday, May 25th, 2017, all items in the depot will cost 25 cents each.**

Note: We will continue to assist individuals in transition and crisis situations.

### Town House will be closed:

- May 22 — Victoria Day
- June 12 — Davis Day

## 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 May 24th and June 28th. 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!

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

**Indoor Flea Market:** Takes place Saturday, June 17th from 10am-3pm at St. Mary's Hall. Vendors, groups, and individuals are welcome to book a table and sell for \$15. Admission \$2 for the public. Please call Town House at (902) 849-2449 to book a table.