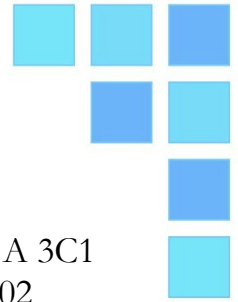




# Town House "HEART BEAT"



November – December 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: [www.twitter.com/townhousegb](http://www.twitter.com/townhousegb)

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

Glacé 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.

### Memorial Lights:

Our 8th Annual Memorial Lights Ceremony will take place on Tuesday, December 13th at 7:00 p.m. on the Town House property – 150 Commercial Street, Glacé Bay. Each light on our tree represents those who have departed – parents, partners, siblings, grandparents, neighbors, friends, family pets, etc. All names of those being remembered will be read aloud. To have the name of your loved one commemorated, please bring in a minimum \$5.00 donation (cash or cheque only) to Town House by Thursday, December 8th.

### Seniors Holiday Brunch:

Our holiday themed Seniors Brunch will take place on Friday, December 9th at St. Mary's Hall. Brunch will be served in one sitting at 10:30 am. with musical entertainment. There will be a silver coin collection at the door. Seating is limited to 65 people, so please call early to reserve a seat.

### Holiday Bake Sale:

Our holiday bake sale is scheduled for Wednesday, December 21st at the Cape Breton Regional Hospital. We will be accepting donations of baked goods on December 19th and 20th from 8:30 a.m. – 4:00 p.m. All proceeds go to Town

### Holiday Yard Sale:

Our annual holiday yard sale is scheduled for Friday, November 25th (12pm–2pm) and Saturday, November 26th (9am–12pm). We are now accepting donations of Christmas decorations and holiday décor. All proceeds go toward supporting the numerous, diverse, and necessary programs at Town House.



Watch for us in the Glacé Bay Santa Claus Parade on December 10th!

### 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, Glacé Bay.

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

## 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), please contact us at (902) 849-2449 and we can explore this.

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

Call us to register for:

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



Faith MacPherson, a grade 8 student at Oceanview Education Centre in Glacé Bay, holds up her art piece at Town House's Intergenerational Art Exhibit in October.



# Volunteering

Watch for our monthly column in the CB Community Post

### HAVE YOU BEEN ASKED?

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

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

### CURRENT OPPORTUNITIES:

- Meals on Wheels cooks and substitute cooks
- Volunteers to set up tables for events and sales; move items; set up at yard sales
- Seniors Contact volunteers
- Nursery School volunteers

### Volunteers of the Month:

**November - Peter MacIntyre** - Volunteer member of the Board of Directors and Committees since 1998

**December - Patricia Clyburn** - Volunteer with the Meals on Wheels program since 2012

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.

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

If you are looking to volunteer in any capacity, please contact Mariah MacKay, **Volunteer Coordinator**, at (902) 849-1619.



Dr. Peter MacIntyre (right), a volunteer member of the Board of Directors and Planning Committee, receives his Volunteer of the Month Certificate for November 2016 from Executive Director, Ed Beaton.

**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, 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. Meets 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. The cost is \$6.

**Odd job List:** Are you looking for casual work? Do you houseclean, 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 the transportation of goods.*

**Living room furniture and mattresses are in high demand!**

# 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 meeting is November 23rd. 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.

**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](http://CanadaHelps.org).



**Town House will be closed:**  
November 11  
December 23, 26, 27, 30