



Town House "HEART BEAT"

September – October 2016

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.

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

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.

Outdoor Movie Nights:

As part of a *New Horizons for Seniors grant*, Town House will be offering several outdoor family movie nights on the front lawn of 150 Commercial Street, Glace Bay. Admission is free and the movies are suitable for people of all ages. Bring your own chairs and blankets. Light snacks will be for sale onsite. Movies to start at dusk.

Friday, September 9th
"The Karate Kid" (1984)

Friday, September 30th
"Hocus Pocus" (1993)

Pizza Fundraiser:

The Friends of Town House are holding a pizza fundraiser with Kayla's Pizza and Grill in Glace Bay. Tickets are \$6.00 each and are good for one mini pizza or two pizza burgers. Town House will receive \$2.00 from each ticket sold. Tickets can be purchased at Town House.

Yard sales:

The final yard sales will take place Thursdays, September 8th and 15th. All items are 50% off.

Storytelling Through the Arts:

As part of a *New Horizons for Seniors grant*, Town House will be holding an Intergenerational Art Exhibit on Tuesday, October 25th from 6:00 p.m. – 7:00 p.m. The theme will be *Glacé Bay past, present, and future*. Art can include drawings, paintings, photography, murals, etc. Everyone is welcome to submit an art piece (in person or via mail) by September 30th. Refreshments will be available. For more information, please contact Mariah at (902) 849-1619.

Courses/Info sessions

Courses at Town House:

Bringing in the Bystander Program: September 23rd from 10:00am–12:00pm at Town House. No charge. Hosted by the Every Woman's Centre. Intended to show people how they can safely intervene in cases of sexual assault, intimidation, and disrespect that they witness. Call Town House to sign up.

First Aid/CPR: September 10th & 11th from 9:00am–4:00pm (\$110). Register by September 2nd.

Defensive Driving: September 14th from 6:00pm–10:00pm (\$85). Get up to 4 points off your license or get the N removed. Register by September 9th.

Tai Chi for Arthritis: Available for new and returning students in the fall. Call Town House for more information.

Free Haircuts: Are you in need of a haircut? Thanks to a wonderful volunteer, we are able to offer a limited number of free haircuts every month. Call Town House at (902) 849-2449 for more information or to sign up.

Volunteer Recruitment Fair:

Our second annual Volunteer Recruitment Fair will be held on Saturday, October 1st from 1pm - 3pm at the Bayplex. Approximately 15-20 local organizations and non-profits will be participating in the fair. Each organization will have a table and representatives on hand to answer questions from prospective volunteers. Attendees will have the opportunity to talk to exhibitors and learn about how to get involved.

If you work with volunteers and are interested in promoting your organization and volunteering opportunities, please contact Mariah MacKay at (902) 849-1619 or mariah.townhouse@bellaliant.com to reserve a table.



Volunteering

Watch for our monthly column in the CB Community Post



Town House would like to welcome Ed Beaton as our new Executive Director. Ed has forty years experience in the retail food business in various locations around the Island. He looks forward to bringing his experience to help the League meet the challenges of our strategic plan.

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

Volunteers of the Month:

September - Lynn Gilbert Volunteer member of the Board of Directors since 2011

October - Arlene McVarish - 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.

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, 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 destigmatize mental illness. Meets on Tuesday afternoons.

Meals on Wheels: We have openings available for hot, cooked meals on Wednesdays and Thursdays. For persons who 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!

Here's what community members had to say about our outdoor showing of "Homeward Bound: The Incredible Journey" (1993) on August 13th.

"The movie at the Town House was a majestic community event. We even seen the I.S.S."
- Abigail Cochrane, age 12 (Glace Bay)

"We are down from Ontario and that was a great movie!"
- Madeline Skalaa, age 10 (Glace Bay)

Town House will be closed:

- September 5 — Labour Day
- October 10 — Thanksgiving

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 September 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.

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.