



E-Bulletin - Volume 13, No.10, October 18, 2017

Want to see your group or event listed here? Email us!

HIGHLIGHTS

In order to meet the needs of all of our members, we will now be putting out our ebulletin in both email and PDF format. The PDF will allow our members who are in organizations or clubs to easily print the bulletin for reading in hard copy as well as for distributing or posting it. You will be able to download the PDF by clicking the button at the bottom of this page. Happy Reading!

Community Links and **HRM Ageing Well Together Coalition** will be putting on a number of Fitness in

EVENTS AND OPPORTUNITIES

Check out the **Community Health Team** [program schedule](#) for the fall and winter to find programs, discussions and drop in days where you can get information and advice on different aspects of healthy living and aging!

The **Nova Scotia Centre on Aging** is putting on two workshops entitled **Retirement- it's more than just money** that will focus on the importance of social engagement in retirement, and will encourage

Health Teams.

The first session will take place on Friday Nov. 17, 10-11 am at CHT Young St. Halifax Peninsula.

Check out the Community Health Team schedule or stay tuned for more dates and locations.

To register or for more information call 902-422-0914

SAVE THE DATE

The Arthritis Society is launching a new Aging Well television Program on Sunday, October 15th at 8pm on Eastlink T.V., channels 610 and 10. The program will be replayed Monday-Friday at 2 pm and a new episode will air each week on Sundays for 13 weeks. Check out the promo at https://youtu.be/-rGhXAR_ktI and find more information at www.arthritis.ca/agingwell.

People who view the program can also enter to win a \$250 gift card from Lawtons Home Health Care – details are on the website.

The Alzheimer Society of Nova Scotia is hosting their 28th Annual Provincial Alzheimer Conference on October 23-24 2017 at the DoubleTree by Hilton, Dartmouth. Find more information and

their social circles and social engagement will change with retirement. To register call 902-457-6546 or email nsca@msvu.ca

Wed. Nov. 1, 1-3:30 pm, CHT Sackville Dr. Lower Sackville

Thurs. Nov. 23, 6-8:30 pm, CHT Young St. Halifax Peninsula

Public Lectures can be a great evening out. You can learn something new, or find out what's happening in a field you're already familiar with. Most universities put them on throughout the school year. The Royal Nova Scotia Historical Society is coming back with a great series of lectures starting in September. Check out the line-up [here](#).

The Seniors' College Association of Nova Scotia is putting on great courses and public lectures province wide this fall. Check out their website <http://www.thescans.org/> for more information or to find an event near you!

The NPF Needs You!

National Pensioners Federation (NPF) is a national, not for profit, non partisan, non sectarian organization with a collective membership of 1,000,000 seniors and retirees devoted entirely to the welfare and

Seniors 50+ Expositions are happening all over our province, you just have to look!

East Hants

October 23, 2017

1-4 pm

Royal Canadian Legion,
Montgomery Branch #133, Enfield
N.S.

The Nova Scotia Centre on Aging

in partnership with Bodies in Translation is hosting an exhibition titled Age and Creativity that will feature works that challenge the assumptions about aging, and bring to light various social factors as they intertwine with the experience of aging. The exhibit will be available for viewing at the MSVU art gallery from **Sept. 8 to Nov. 12**

A panel discussion will be held on **Oct. 30 from 3:30-5:30**, centered on how art and exhibitions can support public awareness of the social and cultural contributions that older adults make to our societies and communities.

The **QEII Centre for Health Care of the Elderly** and the **Dalhousie Department of Community Health & Epidemiology** are together hosting a Health Information Session

in Halifax, we heard that the NPF needs your financial support to be able to continue as a national voice for older adults on such issues as health care, income security and housing. Even if your club is already a member, Community Links urges you to consider signing up as an individual member at a cost of only \$25/year. You can sign up on line or by mail

<https://nationalpensionersfederation.ca/membership/>

National Pensioners Federation c/o
Mary Forbes 2186 Stanfield Rd.
Mississauga, ON L4Y 1R5

FUNDING OPPORTUNITIES

The **Nova Scotia Department of Seniors** is now accepting applications for the Age-Friendly Community Grant program for the 2017-2018 year. The program supports community projects that promote healthy, active living and encourage and enable older adults to age in place while staying connected to their community. Find the guidelines and applications at https://novascotia.ca/seniors/age_friendly_program.asp

September Trivia Question

Our trivia winner for September is

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that focuses on Staying Healthy in
Mid-Life and Beyond. Gloria

Beth Jackson! Congratulations
The only two Atlantic Hurricane

Connolly will discuss the **Fountain of Health Initiative** on Oct 30, 2017 from 1:30-3:30 pm at the Royal Bank Theater QEII Health Science Centre, Halifax Infirmary, 1796 Summer Street Halifax. For More brochures or more information call 902-473-8603 . Light refreshments provided.

names that the Meteorological Service of Canada has ever asked be removed are Juan (2004) and Igor (2009).

October Trivia Question

If "octo" means eight, why is October the tenth month of the year?

Reply with your answer for a chance to win a prize!

[Download the October E-Bulletin Here!](#)

[Forward](#)

Have comments or ideas about the content or format of our E Bulletin? Send us your feedback at info@nscommunitylinks.ca

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