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HOLLIS FORD'S COMMUNITY CALENDAR

A FREE service to community groups. Phone: 902-647-2968 or Fax: 902-647-2194

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MAILING ADDRESS: Box 41, Bass River, NS B0M 1B0

Community Library: The Wentworth Learning Centre community library is open open weekdays from Mondays through to Thursdays 9am to 7pm; Fridays 9am to 9pm and Sundays 2pm to 7pm.

Monday's: On the second Monday evening each month commencing at 7:00 pm, the Peniel UCW, Five Islands provides an avenue for fellowship and a means to serve the community. Come join and enjoy the companionship of other women.

Monday's: Gym classes at the Economy Recreation Center mornings from 9 to 10 and evenings 7 to 8.

Monday's: Tai Chi at the FPW Fire Hall, Port Greville, every Monday at 7pm.

Monday's: Weight Loss Group at Peniel United Church, Five Islands, 6:30 pm.

Monday's: Cards at the Diligent River Community Hall, every Monday at 7pm.

Monday's: Card Party join us to play 45's at Wentworth Recreation Centre.

Monday's: Shuffleboard at Economy Recreation Centre at 7:00 pm.

Monday's: Parrsboro Citizens Band Rehearsal, 7 pm. Interested in joining contact Rob Bentley.

Monday's: Yoga Tone with Ashley Fletcher at WCCS, Bass River, 6PM. \$10 Drop-in fee. Email ashleyfletcher@eastlink.ca or phone 902-986-2133

Tuesday's: Exercises at the FPW Fire Hall, Port Greville, every Tuesday at 10 am.

Tuesday's: Band Rehearsals at Parrsboro Band Hall, 7:30pm (for info contact Rob Bentley).

Tuesday's: TOPS NS 5261 at Portauisque Riverside Community Hall, 10 am. Everyone is welcome. Your first visit is Free.

Tuesday's: Play Parrsboro Lions Club Bingo every Tuesday at 6 PM on cable 5 and now on the internet at: www.parrsborolionsbingo.ca

Tuesday's: Craft Group from the area meets at the Economy Recreation Centre from 10:00am to 2:00pm to work on various projects. Bring a lunch if you stay for the whole four hours.

Tuesdays: The Goodtime Seniors club dances are beginning their 38th year on Sept 12, 2017 to June 26, 2018. Held at The Truro Legion on Brunswick St from 7:30 to 10:30 Admission \$7. Shared lunch and 50/50 tickets, a live 5-piece band playing waltz quadrilles, round waltz, polka, fox-trot, jive and country/modern songs.

Tuesdays: Colchester Stroke Club meets from 10 a.m. until 2 p.m. at the Douglas Recreation Center, 40 Douglas Street, Truro. All stroke survivors and volunteers are welcome. For more information please call Sheila at 902-893-2756 or Karen at 902-893-4759.

Tuesdays: Wentworth Learning Centre hosts Maggie's Place-Pop Up at 9 am. This is a weekly two hour outreach preschool play group for parents/caretakers and their children aged up to six years. No registration is required. Free of charge.

Tuesdays: Historical Flashbacks: Tea and Talk, 1 pm in the community library at Wentworth Learning Centre. Discuss Wentworth history rummaging through boxes of old photographs (yours and others). Transportation provided: need a ride to and from the library? Call 902-548-2076 and we will pick you up.

Tuesdays: Bass River Fire Brigade Toonie Draw 7pm at the Bass River Fire Hall. Tickets available along the shore. Visit: Facebook page: Bass River Fire Brigade Toonie Draw

Wednesdays: Debert Legion Weekly Chase the Ace. Tickets available at the Legion Friday to Wednesday, as well as stores in West Colchester. Ticket sales end at 8:00PM Draw at 8:15 PM. Don't need to be present to win. Tickets \$3.00 each.

Wednesdays: Gym classes at Economy Recreation Center mornings from 9 to 10 and evenings 7 to 8.

Wednesdays: Debert Legion Weekly Crib every Wednesday. Play starts 7:30 sharp. Bring a partner and come out and play. Everyone welcome.

Wednesdays: TOPS NS 4623 at Bass River Fire Hall, 1pm. Information call: 902-647-2925.

Wednesdays: Venipuncture Clinic (Blood Collection), Medical Centre, Bass River, 8:00 am – 10:00 am. Nurse Lynn Swan, RN.

Wednesday's: Cards at Senior's Centre, Five Islands, 7:30pm.

Wednesdays: Yoga with Margaret Davidson 6:30 pm at Lower Onslow Community Centre.

Thursdays: Debert Legion Chase the Ace draw 8:15PM. Tickets on sale at venues in West Colchester County Fri.-Wed, and at the legion 6:15-8:00 PM. 42 cards left as on Nov.23/17.

Thursdays: Open Mic with Wayne Elliot, 6:30 pm at Lower Onslow Community Centre

Thursday's: Grandparent's Rights for Nova Scotia meets the 3rd Thursday of each month from 2-4 pm at Sobey's Community Room, Robie Street, Truro.

Thursday's: Bingo, Recreation Centre, Economy starting at 7:00 pm. Early Bird game at 6:45.

Thursday's: Canasta from 1 – 3 pm at the Historeum, 29 Young Street, Truro. Both experienced and new learners are welcome.

Thursdays: Open Mic, Lower Onslow Community Centre. Doors open at 5:30, music starts at 6:30. 50/50, tea/coffee on the house, everyone welcome.

Thursdays: It's a Bingo evening session at Wentworth Recreation Centre.

Thursday's: Gym classes at Economy Recreation Center - evenings 7 to 8

Thursdays: Girl Guides, Sparks and Brownies, 5:30pm at Wentworth Learning Centre.

Friday's: Chase the Ace held at Wentworth Learning Centre at 9:00 pm. Tickets can be purchased at various places throughout the week, and at the centre 6:00 pm to 8:45 pm on Fridays.

Friday's: Gym classes at Economy Recreation Center mornings from 9 to 10 and evenings 7 to 8.

Friday's: Bingo at Five Islands Fire Brigade Hall, 7 p.m.

Friday's: Evening with the Brushes at Wentworth Learning Centre, 6:30 pm. Cost \$40.

Saturday's: Chase the Ace supporting the Debert Legion and West Colchester Cobras Saturday's 2-4pm draw time 4:15pm must be there to win! \$2 per ticket.

Saturday's: OPEN MIC at the Diligent River Community Hall, 7 pm, every other Saturday unless otherwise posted.

Sunday's: Jamboree and Open Mic held the second Sunday of the month at Wentworth Learning Centre, 2 pm to 5 pm. Enjoy an afternoon of old-time country music. All are welcome to play a tune. Sign up at the door.

Sunday's: Sunday Music Afternoon, last Sunday of every month, except December, at Wentworth Community Centre, 1 pm to 5 pm. Music starts at 1:30 pm.

Sunday's: Yoga with Ashley Fletcher at WCCS, Bass River, 6:30 PM. \$10 Drop-in fee. Email ashleyfletcher@eastlink.ca or phone 902-986-2133

1 & 3rd Thurs: Truro Toastmasters Club, Non-profit worldwide organization designed to help individuals improve public speaking and leadership skills. 6pm – 8pm. 36 Arthur Street, NSCC Campus, Forrester Hall, Room 335. Admission cost: Guests are welcome to drop in at no cost. Contact: Jann McFarlan, 902-890-9886.

2nd and 4th Thurs: Parrsboro Citizens' Choir Rehearsal, 7 pm. Interested in joining contact David Towns

Rehearsals for Parrsboro Citizens Band: Both the Improv Jazz Ensemble and the King Street Strummers are taking a summer vacation – lessons to resume after Labour Day weekend; If you are interested in either group, please contact Rob Bentley

Jun 29 & 30: Annual Flea Market Peniel United Church, Five Islands. Friday, June 29: 8:00 am – 3:00 pm; Saturday, June 30, 8:00 am – 2:00 pm. A wide variety of new and used items, baking, refreshments, etc. Sponsored by Board of Stewards. For more information, contact: Valerie Pugsley, 902-254-2840.

Jun 30: Balmoral Grist Mill Canada Day Weekend, 1:00 pm – 4:00 pm. Ice Cream Social. The Novatones Barbershop Quartet will be on site to entertain from 1:30 to 3:30 plus a rubber duck race, scavenger hunt and more family fun. Balmoral Grist Mill, Call 902-657-3016 for information.

Jul: The Secrets are returning to Victoria Hall, Bass River in July. Watch for posters and check Facebook for updates.

Jul 5: Ongoing every Thursday. Tri-Service Chase the Ace at Debert Legion. Doors open at 6:30 PM. Tickets sold at venues across West Colchester and until 8:00 PM on Thurs. Draw is at 8:15 PM. No need to be present for draw to win. Jackpot over \$52,000.00 as of June 14th.

Jul 6: Shore Drive Community Development Association presents a BEACH WALK Friday July 6th. Weather permitting. Rain date Sat July 7th. 10 am at the Fire Hall in Port Greville and we all head off to the site, near Advocate. More details when you register at 902-348-2105.

Jul 7: "Life's uncertain ... dessert first!", from 7 – 9:30 at the Balmoral Grist Mill Museum. An evening of decadent, delectable Desserts plus an all local Charcuterie board (meat and cheese selection). Live music by 'Musica del Mundo' – an eclectic mix of jazz standards and world music. Seating is limited and reservations are required. Call 902-657-3017 to make reservations or for more details.

Jul 7: Ham Salad & Strawberry Supper, Economy Recreation Centre, 4:30 pm – 6:00 pm. Adults \$10.00, Children 12 & Under \$5.00. Sponsored by the Board of Stewards, Economy United Church

Jul 7-8: Soap making workshops at the Sutherland Steam Mill Museum with Guy Rochon. For details or to book a spot contact Guy Rochon at 902-809-7137, or email BlueCabinSoap@gmail.com

Jul 10: Debert Royal Canadian Legion executive meeting at 7:30 PM. No General meeting for July and August.

Jul 10: Free Robotics Demonstration and Workshop at the Sutherland Steam Mill with Mike Duggan from the Nova Scotia Community College, 1pm to 3pm Registration opened June 1st and closes on July 3rd Free - Pre-registration required (Minimum 5, maximum 15 - for ages 9 year old and up).

Jul 10: The Masstown Community Association meeting, 7pm at the restaurant part of the Masstown Market. Everyone Welcome!

Jul 14-15: Gigantic 50km yard sale weekend from Mingo's Corner to Parrsboro. Groups are encouraged to make plans for coffee, lunches, BBQ, or to organize fund raisers for their own groups.

Jul 14-15: The 75km yard sale extends beyond Parrsboro and along the Highway 209 to Brookville. The Shore Drive Community Development Association sponsors and advertizes for those involved. Balloons indicate each spot. A pass-out a list of where each yard sale is available along the way.

Jul 14-15: Not Since Moses 2018, 11th year for this event. Volunteers are needed. If you would like to volunteer email: Debbie@moseshelpers@gmail.com. Volunteers will receive a free Volunteer T-shirt, and invitation to BBQ following the race. Information: 902-254-3253.

Jul 20: At Age of Sail Museum during their Heritage Festival Weekend, the SDCDA is working with Dick McAllister to present "Copper Mining Exchange of Information and Interactive Learning Session." This is an entertaining information exchange on the Advocate copper mining scandal circa 1904.

Jul 28-29: Soap making workshops at the Sutherland Steam Mill Museum with Guy Rochon. For details or to book a spot contact Guy Rochon at 902-809-7137, or email BlueCabinSoap@gmail.com

Aug 6: Natal Day celebration, 1:00 – 3:00 pm at The Masstown Community Park! Everyone Welcome!

Aug 18-19: Soap making workshops at the Sutherland Steam Mill Museum with Guy Rochon. For details or to book a spot contact Guy Rochon at 902-809-7137, or email BlueCabinSoap@gmail.com

Is Your Fitness Routine Helping?

By Christine Urquhart

How fit are you? How do you know if your fitness routine is paying off? Track your numbers: 1. Record your pulse rate before and after a brisk 10-minute walk. 2. Record your time after a 1.5-mile run. 3. Count how many push-ups you can do at a time and how many sit-ups you can do in one minute. 4. See how far you can reach forward while

seated on the floor with your legs in front of you. 5. Measure your waist circumference just above your hip bones. 6. Calculate your body mass index.

Repeat these measurements again in six weeks to assess your progress. To get the most out of your workouts, aim for a moderate to vigorous exercise intensity. See how taking note of your heart rate and the way you feel can help.

Change Lifestyle to Prevent Heartburn

By Christine Urquhart

Heartburn can make your chest feel like it's on fire. Consider these lifestyle changes to prevent heartburn:

1. Lose excess weight.
2. Stop smoking.
3. Don't wear tight-fitting clothes.
4. Avoid heartburn triggers, such as alcohol, fatty

foods, chocolate and mint.

5. Don't lie down soon after a meal.
6. Raise the head of your bed.

I remember being told that if you had a lot of heartburn when you were expecting a baby, which meant the baby would be born with lots of hair! Eating soda crackers seemed to be the solution for that heartburn!