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# HOLLIS FORD'S COMMUNITY CALENDAR

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

E-MAIL: [maurice@theshorelinejournal.com](mailto:maurice@theshorelinejournal.com)

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

**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.

**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 Portaupeque 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](http://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 held every Tuesday from Sept .13, 2016 to June 27, 2017, at the Truro Legion on Brunswick St. from 7:30 to 10:30. Admission \$6, shared lunch, 50/50 ticket sales. A live 5-piece band for waltz quadrille, round waltz, polka, fox-trot, jive and up to date country singing.

**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 pre-school 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.

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

**Wednesday's:** TOPS NS 4623 at Bass River Fire Hall, 1pm. Information call: 902-647-2925.

**Wednesday's:** 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.

**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.

**Thursday's:** Open Mic at the Lower Onslow Community Centre, 6:30 p.m., doors open at 5:30, beginning on September 29th, every Thursday. tea/coffee on the house, 50/50, everyone welcome.

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

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

**Thursday's:** Show Case Dance Studio has classes in Tatamagouche on Thursdays. Mr.Neil Prokop (National Ballet Instructor) teaching. Call 902-899-4115 for more details.

**Friday's:** Show Case Dance Studio has classes in Springhill on Fri for Tap and Jazz. Mr.Neil Prokop (National Ballet Instructor) teaching. Call 902-899-4115 for more details.

**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:** Show Case Dance Studio has classes in Springhill on Saturday mornings for Ballet. Mr.Neil Prokop (National Ballet Instructor) teaching. Call 902-899-4115 for more details.

**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.

**1 & 3rd Thurs:** Elastic Big Band rehearses at the Band Hall, 7 pm. (Contact Michael Fuller)

**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

**2nd & 4th Sunday:** Open Mic in Great Village at the Legion, 1pm till 4pm. Free tea, coffee and donuts. Free-will donation at the door and 50/50 draw with all proceeds for the Legion.

**Mar 1:** Movie Night at the Hall, Parrsboro, starts at 7:30pm. Snowden (2015) – Drama, Fantasy, biography Rated 14A. Starring: Joseph Gordon-Levitt, Shailene Woodley, Melissa Leo, Zachary Quinto, Tom Wilkinson, Rhys Ifans, Nicolas Cage.

**Mar 3:** Paint Night, 6pm, Great Village Legion. This is a "Bring-Your-Own-Canvas" event. You can choose your own canvas in whatever size you wish. These are available from both Dollarama and Michaels. If you are having trouble getting one, let me know and I can help. Cost for the class is \$25 with a

portion being donated to the Legion. You must pre-register by messaging us prior to the class. 902-662-2716

**Mar 4:** Deep Fried Haddock and Fries Supper, Fire Islands Fire Department. 4:00 p.m. – 6:00 p.m. Five Islands Fire Hall. Enjoy haddock (while supplies last), fries, dessert and coffee or tea. Adults \$12; children under 12, \$6.00

**Mar 5:** Great Village FireHall, 2-4pm. Come join us for a fun afternoon of painting on a 8x10 canvas at the Great Village Firehall....10.00 per child....all supplies provided...cupcake treat for the kids...please register to make sure we have all the supplies needed...children 6 and under need adult to stay with them...902-647-2853

**Mar 6:** WCCDA Organizational Community Open House, Great Village Legion, 7 pm. Light refreshments.

**Mar 6:** No rehearsal for Parrsboro Citizens Band.

**Mar 7:** No rehearsal for Parrsboro Citizens Band.

**Mar 8:** Classic Casserole Supper, Peniel United Church, Five Islands 4:30 – 6:00 pm. \$10 for ages 12+; children, \$5. Take outs available. Sponsored by the UCW.

**Mar 8:** Wheels to meals, Great Village Legion, 12 noon. Menu: Vegetable Beef Stew/Dumplings, Rolls, Tea/Coffee/Juice. Dessert: Chocolate Cake/ice cream.

**Mar 10:** Open Mic at the Hall, Parrsboro, starts 7:00pm

**Mar 11:** 1000 foot radar runs on snow at the Fundy Trail Snowmobile Club, Folly Lake from 11:00 AM to 4:00 PM. Registration is 8-10 AM at the Clubhouse- \$10.00 per Run; Admission cost for spectators \$5.00 each or \$10.00 per family. Runs will be 1,000 feet on snow. Plaque will be presented for 1st place winner of each class, plus King and Queen of the Lake Plaques.

**Mar 12:** Open Mic in Great Village at the Legion, 1pm till 4pm. Free tea, coffee and donuts. Free-will donation at the door and 50/50 draw with all proceeds for the Legion

**Mar 15:** Movie Night at the Hall, Parrsboro, starts at 7:30pm. Manchester by the Sea (2016) – Drama Rated 14A. Starring: Casey Affleck, Michelle Williams, Kyle Chandler, Lucas Hedges, Liam McNeill, C.J. Wilson, Heather Burns, Tate Donovan

**Mar 17:** St. Patrick's Day Kitchen Party at the Hall, Parrsboro, 7pm to 9pm. Live Music by Hooligans Ruff, Tickets at Door: \$10/person, 19+.

**Mar 17: Classic Country Music Show,** 7 pm at Best Western Glengarry, Truro, NS. The 5th Annual "HubTown" Concert Fundraiser will be host to The Elliott Brothers; Jim Richard & Rusty Cage; CJ & Bob Prest; The O'Brien's; and NSCMHF Inductees Don Haggart; Jo-Ann Newman and Floyd Spicer. Advance Tickets \$12 available at Mingo Music Sales, 590 Prince St. Truro. At Door night of show \$15. Everyone welcome. Concert fundraiser in support of NSCMHF. Need more info call: 902 897 9653.

**Mar 18:** Central Nova Volkssport Club walk, 10:00am, Bible Hill Permanent Walk. 5/10km, 1A, Aveyrs Farm Market, 175 Pictou Rd., Bible Hill. Potluck lunch to follow at 27 Sawwood Drive, Bible Hill, contact Wanda Woolaver 902-895-6932.

**Mar 19:** Hike Nova Scotia and the Village of Bible Hill present a guided snowshoe hike on the Cobequid Trail: Eagle Crest Trail section in Bible Hill at 2 pm. You must register at [brown@biblehill.ca](mailto:brown@biblehill.ca) or 902-893-8083. Qualify to win a trail prize. See [www.hikenovascotia.ca](http://www.hikenovascotia.ca) for details.

**Mar 21:** Wheels to meals, Great Village Legion, 12 noon. Menu: Smothered Steak / Gravy, Mashed potatoes, Mixed vegetables, Rolls, Tea/Coffee/Juice. Dessert: Pineapple upside down cake/ ice cream.

**Mar 21:** WCCDA Organizational Community Open House, Bass River Fire Hall, 7 pm. Light refreshments.

**Mar 23:** Rehearsal for Parrsboro Citizens Choir at 7pm. If you are interested, please contact David Towns

**Mar 24:** Open Mic at the Hall, Parrsboro, starts 7:00pm

**Mar 26:** Open Mic in Great Village at the Legion, 1pm till 4pm. Free tea, coffee and donuts. Free-will donation at the door and 50/50 draw with all proceeds for the Legion

**Mar 29:** Movie Night at the Hall, Parrsboro, starts at 7:30pm. Moonlight (2016) – Drama Rated 14A. Starring: Mahershala Ali, Shariff Earp, Duan "Sandy" Sanderson, Alex R. Hibbert, Janelle Monae, Naomie Harris, Jaden Piner.

**Mar 24:** Paint Night, Great Village Legion, 6pm. This is a "Bring-Your-Own-Canvas" event. You can choose your own canvas in whatever size you wish. These are available from both Dollarama and Michaels. If you are having trouble getting one, let me know and I can help. Cost for the class is \$25 with a portion being donated to the Legion. You must pre-register by messaging us prior to the class. 902-662-2716

**May 6:** Great Village Legion, 10 am -2 pm. This workshop is set out at the introductory level and is intended for those who want to explore renewable energy. More info to follow next month.

**May 27:** Great Village Legion, 10 am -2 pm, Solar Basics. Join us to help Andrew Meredith Celebrate Canada 150 by releasing his new coloring book. We will also have many vendors helping us celebrate. Watch for more posters and info.

**School  
is in...  
PLEASE  
DRIVE  
CAREFULLY**

## Stroke Rehab at Home?

Imagine stroke patients being able to do rehab at home with the help of an app. That is just one of 95 projects supported last year and this year through \$2.9 million in grants from the Nova Scotia Health Research Foundation.

Acadia University researcher Anne Sophie Champod is receiving a \$148,000 grant for her post-stroke recovery and rehabilitation project. Her research team is exploring an interactive iPad application to treat a common syndrome that makes simple tasks difficult for many stroke patients. With the app, patients could do rehab at home with the results sent directly to their clinicians.

This year, 63 awards are going to students in health research at universities, supporting the development of the next generation of researchers. Funding is also going to Saint Mary's University for its masters in applied health services research program.

"Research funding is only one aspect of the work we do," said Krista Connell, chief executive officer of the foundation. "The training and support we provide is ensuring researchers have the tools they need to improve the health of Nova Scotians."

For more information on the projects, visit [www.nshrf.ca/funded](http://www.nshrf.ca/funded)