

Positive Aging Fund



A Halloween party, held recently at Alderwood, was the kick-off event of the new Positive Aging Fund Program.

Special

Alderwood Working Council has recently been awarded funds from Nova Scotia Seniors' Positive Aging Fund for their Alderwood Community Recreation Project.

This new project will be an all inclusive community senior active living program that will help blend local communities with the Alderwood community.

New activities, workshops and learning opportunities will be introduced and made available to Alderwood residents and seniors living in the local community.

The Alderwood Working Council would like to extend an invitation to seniors from Baddeck and surrounding areas to take part in these social, active living, and learning sessions that will take place at Alderwood over the next several months. The activities are offered to Alderwood residents free of charge and a donation would be greatly appreciated from community seniors. These donations will go back into the program to help sustain future programming.

Seniors will have access to specialized programs that aren't part of the regu-

lar recreation program offered at Alderwood such as; yoga, basic computer and multimedia programs, music workshops, intergenerational learning visits, ceramics and much more. Alderwood will provide a homey, comfortable, accessible and secure social setting for seniors who have limited access to social activity programs due to living in a rural area. Qualified instructors will be available to instruct the programs. Special celebration events will be held and all supplies needed for workshops and activities will be provided by the Project.

The "kick-off" event - a Halloween Party held in the Alderwood Community Hall - saw a number of volunteers, local children, Alderwood residents and community members enjoy an afternoon of fun. Treats, costumes and decorations were purchased with Project funding, all of which added to the celebration!

For information on upcoming events, please visit www.alderwoodbaddeck.ca or phone 902-295-2644 ext 226, and be sure to watch for further advertising of events, activities and workshops, such as our Festival of Lights on Saturday, December 4th.

Successful food bank drive at Credit Union



Members of East Coast Credit Union recently donated food and money to Helping Hands South of Smokey, the local food bank, after a successful member food drive. Pictured above with a portion of the food donated are (l-r) Theresa MacDonald, Branch Manager, Mabel Cox, representing the food bank, and Liz Halfpenny & Kim MacKinnon, Baddeck Branch employees.

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