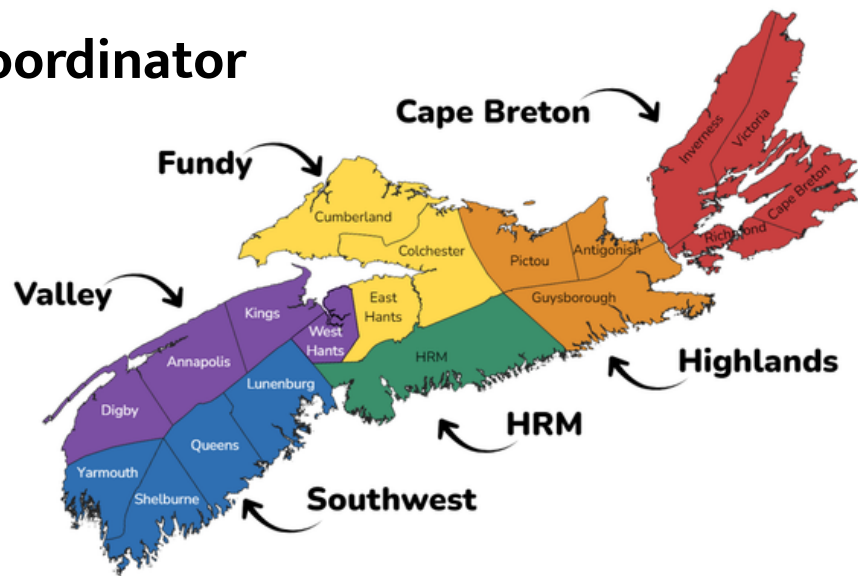


Letter from the Coordinator



Dear Seniors Connect NS Participants and Volunteers,

After several years of life spent in school as a student - as well as a teacher for me, and many of you sent your own children off to school each fall, September always feels like an unofficial “new year”. It’s a fresh start, harvest time, time to get some things done before the days start to cool down, but still a time to enjoy the beautiful weather. I hope you all have a very enjoyable September.

Reminders of holidays: **No programming September 1st, 7th, and 30th**. The first Tuesday of every month is a time for us at Seniors Connect NS to gather with other folks working on similar projects. September 7th is Labour Day. Rebecca will be at an event that day in Liverpool in the park. If you’re in the area, come say hello! And, September 30th is the National Day for Truth and Reconciliation. A good day to learn about the 94 Calls to Action.

We will also be at the Bluenose Bienvenue event in Shearwater to welcome new military folks on September 12th, and at the Alzheimer’s Society Expo at the East Dartmouth Community Centre on September 21st. Would love to see you!

As always, I am looking forward to hearing your voice on the calls. This is *your* Seniors Connect NS, and you are what makes it such a special program.

Chat soon!

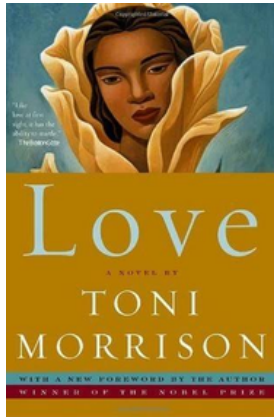
Rebecca 

902-410-7092 | info@seniorsconnectns.ca

Community Corner

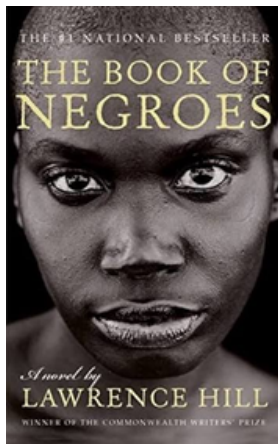
Book Recommendations:

These two were from Larry in HRM:



This audacious vision of the nature of love -- its appetite, its sublime possession, its dread -- is rich in characters and striking scenes, and in its profound understanding of how alive the past can be.

A major addition to the canon of one of the world's literary masters. (adapted from www.penguinrandomhouse.ca)



Otherwise titled, "Someone Knows My Name".

Based on a true story, "The Book of Negroes" follows Aminata, abducted from Mali at age 11 in 1755 and sold into slavery in South Carolina after surviving a brutal ship voyage. She escapes to New York and helps the British record freed slaves in a real historical document. Relocated to Nova Scotia, she endures further hardship, then journeys back to Africa before becoming an icon for an abolitionist movement in London.



Barb G. recommends rocking in a "platform rocker" or "glider" to help with arthritis in the knees. She keeps her feet flat on the floor to mobilize the knees and ankles.

Now... what do YOU have to share in **Community Corner**?

Share news (good and bad), tips, or anecdotes for us to get to know each other better.

Listen Together - Wednesdays, September 2nd, 9th, 23rd



September 2nd:

Women Over 70: Aging Reimagined - Mariann Aalda: Becoming 'age-full': Snapping out of internalized ageism

Mariann Aalda—actor, hypnotherapist, and self-described "pro-aging evangelist"—challenges ageism, asking why youth should get all the good press. Drawing on her TV career and NLP training, she explores how language shapes our inner lives, and through stand-up and solo performance encourages women to pursue their dreams with curiosity, creativity, and joy.

"I'm not an older version of myself—I'm the Newest Model." - Mariann Aalda

September 2nd & 9th:

HIDDEN BRAIN

Hidden Brain: Waking Up Your Spiritual Brain. Part 1.

Food, safety, and strong relationships are essential to our survival. Psychologist Lisa Miller says our brains also crave something else: transcendence. She suggests that spirituality is a universal human capacity, and that feeling connected to something larger than ourselves may be essential to a fulfilling life.



Aug. 26th:

ReCollections: Grosse Île: The Quarantine Island

A history and archaeology from Parks Canada.

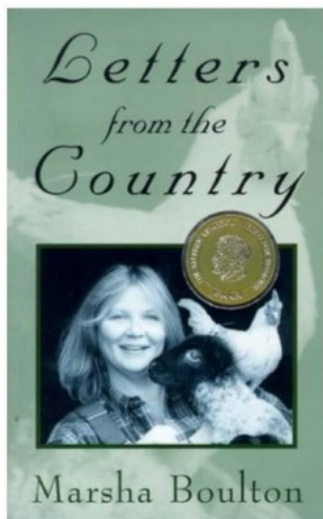
We'll hear about an island in Quebec that was used as a quarantine site for immigrants.

Guest Speakers:

Andréa Speranza, one of the first female firefighters, has dedicated 30 years to the Halifax Regional Fire and Emergency, currently holding the supervisory role of Operations Captain. Nearly two decades ago, she founded the transformative Camp Courage program, a program that instills a sense of empowerment and the confidence in young women and gender diverse youths to believe that they can achieve any goal, career or dream they desire. She loves exercising, continuously learning, reading, and her little dog, Cooper.



Novel Tuesday with Léa



What happens when a city woman takes up rural roots and becomes a shepherd? Journalist and broadcaster Marsha Boulton has made the leap that so many urbanites can only fantasize about.

“Letters From the Country” won the 1996 Stephen Leacock award for humour.

We are into “Fall” now (the book is divided into seasons), which means wrapping up summer and preparing for winter!

Song Circle



“September” - Earth, Wind & Fire

Do you remember
The 21st night of September?
Love was changin' the minds of pretenders
While chasin' the clouds away
Our hearts were ringin'
In the key that our souls were singin'
As we danced in the night, remember
How the stars stole the night away, oh, yeah
Hey, hey, hey
Ba-dee-ya, say, do you remember?
Ba-dee-ya, dancin' in September
Ba-dee-ya, never was a cloudy day
Ba-du-da, ba-du-da, ba-du-da, ba-du
Ba-du-da, ba-du, ba-du-da, ba-du
Ba-du-da, ba-du, ba-du-da
My thoughts are with you
Holdin' hands with your heart to see you
Only blue talk and love, remember
How we knew love was here to stay
Now December
Found the love that we shared in September
Only blue talk and love, remember
The true love we share today
Hey, hey, hey
Ba-dee-ya, say, do you remember?
Ba-dee-ya, dancin' in September
Ba-dee-ya, never was a cloudy day

“Moondance” - Van Morrison

Well, it's a marvelous night for a moondance
With the stars up above in your eyes
A fantabulous night to make romance
'Neath the cover of October skies
And all the leaves on the trees are falling
To the sound of the breezes that blow
And I'm trying to please to the calling
Of your heartstrings that play soft and low
You know the night's magic seems to whisper and hush
You know the soft moonlight seems to shine in your blush
Can I just have one more moondance with you, my love?
Can I just make some more romance with you, my love?
Well, I want to make love to you tonight
I can't wait 'til the morning has come
And I know now the time is just right
And straight into my arms, you will run
And when you come my heart will be waiting
To make sure that you're never alone
There and then, all my dreams will come true, dear
There and then, I will make you my own

“Daydream Believer” - The Monkees

Oh, I could hide 'neath the wings
Of the bluebird as she sings
The six o'clock alarm would never ring
But it rings and I rise
Wipe the sleep out of my eyes
My shavin' razor's cold and it stings
Cheer up, Sleepy Jean
Oh, what can it mean
To a daydream believer
And a homecoming queen
You once thought of me
As a white knight on his steed
Now you know how happy I can be
Oh, and our good times start and end
Without dollar one to spend
But how much, baby, do we really need
Cheer up, Sleepy Jean
Oh, what can it mean
To a daydream believer
And a homecoming queen
Cheer up, Sleepy Jean
Oh, what can it mean
To a daydream believer
And a homecoming queen

**“California Dreamin’” -
The Mamas and the Papas**

All the leaves are brown
(all the leaves are brown)
And the sky is gray (and the sky is gray)
I've been for a walk (I've been for a walk)
On a winter's day (on a winter's day)
I'd be safe and warm (I'd be safe and warm)
If I was in LA (if I was in LA)
California dreamin' (California dreamin')
On such a winter's day
Stopped into a church
I passed along the way
Well, I got down on my knees
(got down on my knees)
And I pretend to pray (I pretend to pray)
You know the preacher like the cold
(preacher like the cold)
He knows I'm gonna stay (knows I'm gonna stay)
California dreamin' (California dreamin')
On such a winter's day
All the leaves are brown (all the leaves are
brown)
And the sky is gray (and the sky is gray)
I've been for a walk (I've been for a walk)
On a winter's day (on a winter's day)
If I didn't tell her (if I didn't tell her)
I could leave today (I could leave today)
California dreamin' (California dreamin')
On such a winter's day (California dreamin')
On such a winter's day (California dreamin')
On such a winter's day

“Twist and Shout” - The Beatles

Well, shake it up, baby, now
Twist and shout
Come on, come on, come, come on, baby, now
Come on and work it on out
Well, work it on out, honey
You know you look so good
You know you got me goin' now
Just like I know you would
Well, shake it up, baby, now
Twist and shout
Come on, come on, come, come on, baby, now
Come on and work it on out
You know you twist, little girl
You know you twist so fine
Come on and twist a little closer now
And let me know that you're mine, woo
Ah, ah, ah, ah, wow
Baby, now
Twist and shout
Come on, come on, come, come on, baby, now
Come on and work it on out
You know you twist, little girl
You know you twist so fine
Come on and twist a little closer now
And let me know that you're mine
Well, shake it, shake it, shake it, baby, now
Well, shake it, shake it, shake it, baby, now
Well, shake it, shake it, shake it, baby, now
Ah, ah, ah, ah

Fall Kitchen Prep Tips

The Freezer

- Defrost the freezer before filling it for winter. Ice buildup reduces efficiency and takes up space you could use for food.
- Label everything going into the freezer with the date and contents. Things look very similar after three months!
- Freeze in meal-sized portions rather than large blocks. It makes it easier to thaw only what you need.
- Soups, stews, and casseroles freeze better than dishes with cream or potatoes. Those tend to separate or go grainy when thawed.
- Leave headspace in jars and containers when freezing liquids. They expand and will crack a full container.
- A full freezer is more energy efficient than a half-empty one. If you have leftover space, fill it with water bottles to keep it running efficiently.

Preserving Summer

- Tomatoes are one of the easiest things to freeze without any preparation! Just wash, core, and freeze whole. They're perfect for soups and sauces later.
- Herbs can be frozen in ice cube trays with a little water or olive oil. They're easy to drop directly into winter cooking.
- Peaches and other stone fruits should be blanched briefly before freezing to preserve their colour and texture.
- Green beans freeze well after blanching for two to three minutes. Skip the blanching and they'll go mushy.
- Pickling doesn't require canning. A quick refrigerator pickle of cucumbers, onions, or peppers lasts several weeks and requires no special equipment.
- Applesauce is one of the simplest things to make and preserve. Cook down apples with a little water and sugar, and it freezes or cans beautifully.

Pantry Stocking

- September is a good time to check expiry dates and rotate stock. Move older items to the front and new purchases to the back.
- Stock up on staples when they're on sale in September and October. Grocery stores often have good deals on canned goods and dry staples before the holidays.
- A well-stocked spice rack matters more going into winter than summer.
- Dried beans and lentils are inexpensive, store for years, and form the base of some of the best winter meals. Worth keeping a good supply.
- Keep a written list of what's in your pantry and freezer. It prevents buying duplicates and helps with meal planning.
- Honey, white rice, dried pasta, and canned goods have essentially indefinite shelf lives if stored properly. They're worth stocking generously before winter.

The Garden

- Pull up tomato plants before the first frost. Leaving them in can spread disease to next year's soil.
- Tender bulbs like dahlias and gladioli need to be dug up before frost and stored indoors over winter.
- A layer of mulch over perennial beds before the ground freezes protects the roots and gives them a head start in spring.
- Collect seeds from annuals you want to grow again. Let the seed heads dry fully on the plant before harvesting.
- Cut back perennials in fall to tidy the garden, but leave some seed heads standing for birds to feed on over winter.
- Clean and oil garden tools before storing them for winter. It prevents rust and means they're ready to go in spring.

School Supplies

Fun Facts

- The eraser wasn't invented until 1770. Before that, people used bread crumbs to erase pencil marks. The rubber eraser was discovered accidentally when a scientist noticed that natural rubber could rub out pencil marks.
- The word "pencil" comes from the Latin "pencillus," meaning little tail — originally referring to a fine-pointed brush used for writing.
- Graphite (the material in pencil "lead") was discovered in England in the 1560s. It was initially thought to be a form of lead, which is why we still call it pencil lead even though there's no lead in it.
- The three-ring binder was invented in Germany in 1886. North America standardized on three rings while Europe uses two, which is why European paper doesn't fit North American binders.
- Ruled paper (paper with printed lines) was patented in 1770 by an Englishman named John Tetlow. Before that, students had to rule their own lines.
- The backpack as a school bag became common in North America in the 1980s — before that, students typically used briefcase-style bags or carried books in a strap.
- Liquid correction fluid (Wite-Out or Liquid Paper) was invented in 1956 by Bette Nesmith Graham, a secretary and the mother of Michael Nesmith of The Monkees.
- The highlighter was invented in 1963 by Dr. Frank Horn. The fluorescent ink is designed to be transparent so the text underneath remains readable.
- Scissors designed specifically for children were introduced in the early 20th century as schools became concerned about safety. Before that, children used the same scissors as adults.
- The school locker as we know it became standard in North American high schools in the 1920s and 30s, as schools grew larger and students needed somewhere to store their things between classes.