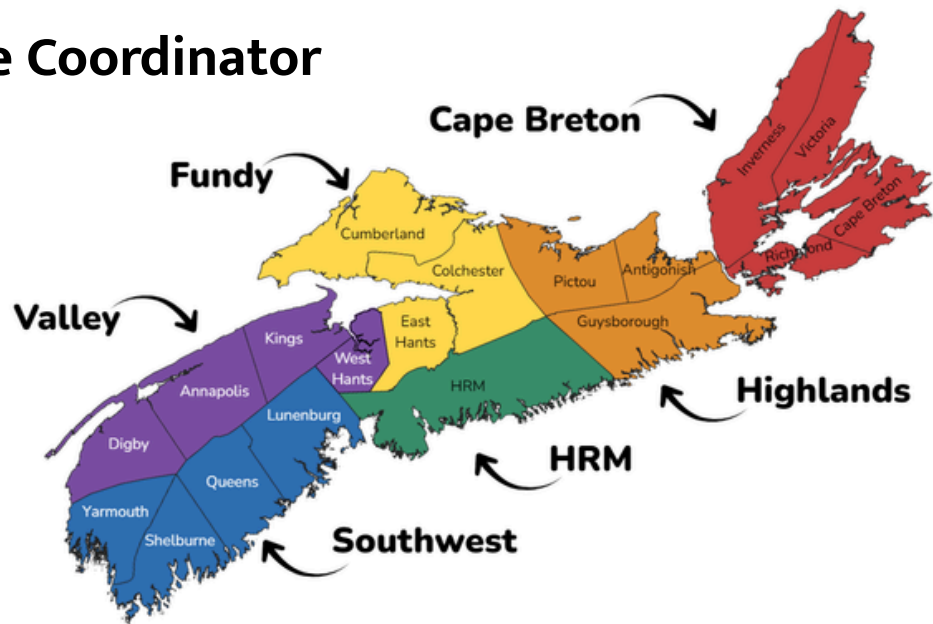


# Letter from the Coordinator



## Dear Seniors Connect NS Participants and Volunteers,

It's hard to believe it's November already! Dare I say, nearing the holiday season? In fact, we have a Christmas-themed call with Elizabeth M. reading us her annual Christmas story at the end of the month. It's always nice to hear from each other on the program, getting a little insight into the hobbies, ideas, and unique perspectives we each have. If you have anything you would like to share, reach out, and let's make some time for it on a call!

For Remembrance Day, I invite you to bring any stories you may have to share. I grew up listening to my grandfather's war stories and it would be interesting to hear what stories you're holding, perhaps from a parent who experienced conflict firsthand, or someone who served in a different way. Although we often focus on the two World Wars on Remembrance Day, we are remembering all of the sacrifice made in war, and this call will be open to share what you would like.

We have a few in our group who haven't been feeling well lately. I am sure everyone will join me in wishing them well, and hoping for pain or discomfort to ease. Feel better soon, friends. May you be well!

*Rebecca* 902-410-7092 | [info@seniorsconnectns.ca](mailto:info@seniorsconnectns.ca)

# Community Corner

## BOAT PEOPLE

POEM BY MONTY TABOR (A friend of Elizabeth M.'s.

Rebecca edited out the "F"-word)

Somehow the origami  
Car crash made it seem funny  
As attempts at origami seemed redundant  
Or maybe it was words cheek by jowl like boat  
People adrift afire  
You lit a cigarette ironically blowing short bursts of smoke rings  
And punching at them as if to make some point  
May be it was me  
Maybe you  
You stared at me across the checkered table  
Where's all this going?  
You asked  
F\*\*\*ed if I know I replied  
In retrospect origami car crashes  
Aren't all they're cracked up to be  
It was me.

## Internet/Computer Users:



**"Connected Canadians"** is funded in part by the Government of Canada. They have a TONNE of online workshops on different topics, for free. **They help seniors use their phones and computers.**

**To register: 1-877-304-5813** or see their free workshop offerings: [help.connectedcanadians.ca](http://help.connectedcanadians.ca)

Seniors Connect NS must be lucky!  
Both Elizabeth M. and Alaina won bread makers by participating in their local library's summer reading "BINGO" activity.  
Congratulations to both!



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.

# Birthday Celebrations

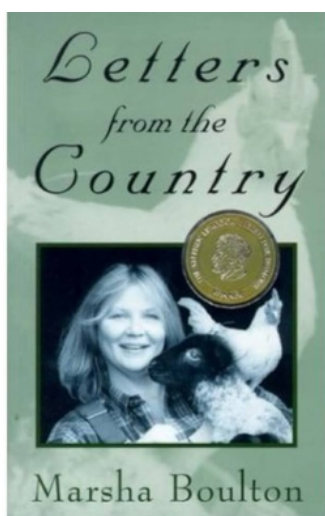


This will be a special opportunity for us to get to know each other by celebrating those who have a birthday during the month.

If you are having a birthday, please join the call on the **first Wednesday of the month** so that we can celebrate with you, and get to know you a little better. *Sharing that it's your birthday will be voluntary.*



## Novel Tuesdays



Journalist and broadcaster Marsha Boulton gave up city life to be a shepherd - and wrote about it!

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

We are into "Winter" now (the book is divided into seasons), the final season of the book, which means it's soon time to choose a new one!

# Holiday Stories



At the end of the month, one of our participants, Elizabeth in HRM, will share with us a Christmas story she wrote. Writing and sharing a story is something Elizabeth does each year. What a lovely idea! If you have a holiday-themed story to share of your own, we will make time for sharing in December. These can be your own memories of Christmases past, or a fictional tale, or perhaps you don't celebrate Christmas and would like to tell us about how you celebrate during the holiday season.

## Participant Contacts

On November 18th at 4:30 p.m., join us for a special call where you'll have the chance to exchange contact details with other participants, if you'd like to stay in touch. Sharing is entirely optional. Connections made outside of scheduled calls are personal choices between individuals and are not affiliated with Seniors Connect NS.

## Listen Together

### **Age, Reconsidered: Rethinking what it means to grow older**

November 25<sup>th</sup>



When we talk about growing older in rural communities, the conversation often begins with what's missing—transportation, healthcare, and limited services. Those challenges are real. But what if we started somewhere else?

In this episode, we visit the Centre of Rural Aging and Health (CORA) in Middleton, Nova Scotia—one of three innovative CORAH community hubs engaging older adults living in rural communities across the province.

# JORDAN FERRY UNION CHURCH

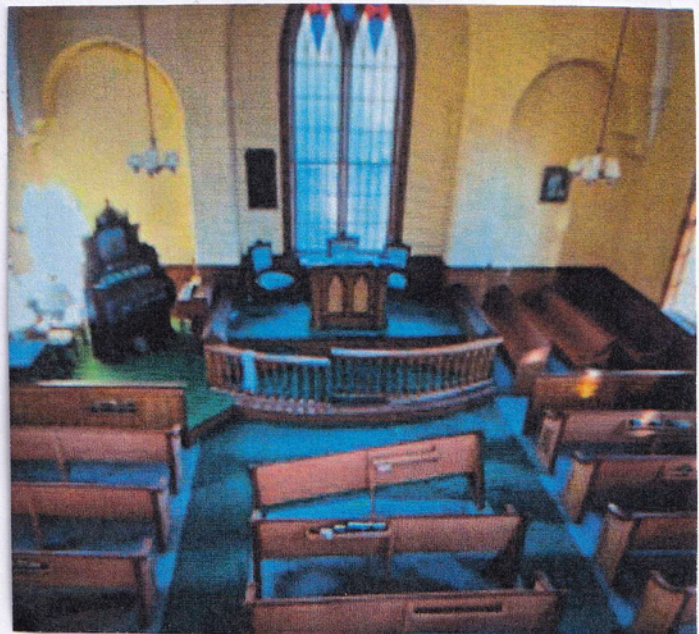


**CHURCH EXTERIOR**



**SALVAGED CHURCH BELL**

Photos accompany Elizabeth's Christmas story.



**CHURCH INTERIOR**

## Guest Speakers:

**Erin Tilley,** 

Certified Financial Planner (CFP)

Registered Retirement Specialist (RRC)



### **10 questions people commonly ask about estate planning**

1. How can I avoid probate, and should I actually be trying to avoid it?
2. What happens to my RRSP or RRIF when I die, and how much tax could my estate owe?
3. Should I put my house, bank accounts or investments jointly with my children to avoid probate?
4. What happens if I die without a will—or if my will is outdated?
5. What's the difference between naming someone in my will and naming them directly as a beneficiary on an account?
6. How do I make things as easy as possible for my executor and my family when I die?
7. If I leave everything equally to my children, does that necessarily mean they'll receive equal amounts after tax?
8. Can I give money to my children or grandchildren while I'm alive, and what are the tax or estate-planning consequences?
9. What are the biggest estate-planning mistakes you see families make?
10. How often should I review my will, powers of attorney, beneficiaries and overall estate plan?

# Song Circle



## “Rhinstone Cowboy” - Glen Campbell

I've been walking these streets so long  
Singing the same old song  
I know every crack in the  
dirty sidewalks of Broadway  
You know where hustle's the name of the game  
And nice guys get washed away  
like the snow in the rain  
There's been a load of compromising  
On the road to my horizon  
But I'm gonna be where  
the lights are shining on me  
Like a rhinestone cowboy  
Riding out on a horse in a star spangled rodeo  
Like a rhinestone cowboy  
Getting cards and letters  
from people I don't even know  
And offers coming over the phone  
Well, I really don't mind the rain  
And a smile can hide all the pain  
But you're down when you're riding the train  
That's taking the long way  
And I'll dream of the things I'll do  
With a subway token  
and a dollar tucked inside my shoe  
There'll be a load of compromising  
On the road to your horizon  
So why not be where the lights are shining on me  
Like a rhinestone cowboy  
Riding out on a horse in a star spangled rodeo  
Like a rhinestone cowboy  
Getting cards and letters  
from people I don't even know  
And offers coming over the phone  
Like a rhinestone cowboy  
And cowgirl

## “The Gambler” - Kenny Rogers

On a warm summer's evening  
On a train bound for nowhere  
I met up with the gambler  
We were both too tired to sleep  
So we took turns a-starin'  
Out the window at the darkness  
The boredom overtook us  
And he began to speak  
He said, "Son, I've made a life  
Out of readin' people's faces  
Knowin' what the cards were  
By the way they held their eyes  
So if you don't mind my sayin'  
I can see you're out of aces  
For a taste of your whiskey  
I'll give you some advice"  
So I handed him my bottle  
And he drank down my last swallow  
Then he bummed a cigarette  
And asked me for a light  
And the night got deathly quiet  
And his face lost all expression  
Said, "If you're gonna play the game, boy  
You gotta learn to play it right  
You've got to know when to hold 'em  
Know when to fold 'em  
Know when to walk away  
And know when to run  
You never count your money  
When you're sittin' at the table  
There'll be time enough for countin'  
When the dealin's done  
Every gambler knows  
That the secret to survivin'  
Is knowin' what to throw away  
And knowin' what to keep  
'Cause every hand's a winner  
And every hand's a loser  
And the best that you can hope for  
Is to die in your sleep"  
And when he'd finished speakin'  
He turned back toward the window  
Crushed out his cigarette  
Faded off to sleep  
And somewhere in the darkness  
The gambler he broke even  
But in his final words  
I found an ace that I could keep  
CHORUS

**“King of the Road” -  
Roger Miller**

Trailer's for sale or rent  
Rooms to let, 50 cents  
No phone, no pool, no pets  
I ain't got no cigarettes  
Ah, but, two hours of pushin' broom  
Buys an eight by twelve four-bit room  
I'm a man of means by no means  
King of the road  
Third boxcar, midnight train  
Destination Bangor, Maine  
Old, worn out suit and shoes  
I don't pay no union dues  
I smoke old stogies I have found  
Short, but not too big around  
I'm a man of means by no means  
King of the road  
I know every engineer on every train  
All of their children, and all of their names  
And every handout in every town  
Every lock that ain't locked, when no one's  
around  
I sing, trailers for sale or rent  
Rooms to let, 50 cents  
No phone, no pool, no pets  
I ain't got no cigarettes  
Ah, but, two hours of pushin' broom  
Buys an eight by twelve four-bit room  
I'm a man of means by no means  
King of the road  
Trailers for sale or rent  
Rooms to let, 50 cents  
No phone, no pool, no pets  
I ain't got no cigarettes  
Ah, but, two hours of pushin' broom buys...

**“Tennessee Waltz” - Patti Page**

I was dancing with my darling to the Tennessee  
Waltz  
When an old friend I happened to see  
I Introduced her to my loved one and while they  
were dancing  
My friend stole my sweetheart from me

I remember the night and the Tennessee Waltz  
Now I know just how much I have lost  
Yes, I lost my little darling on the night they were  
playing  
The beautiful Tennessee Waltz

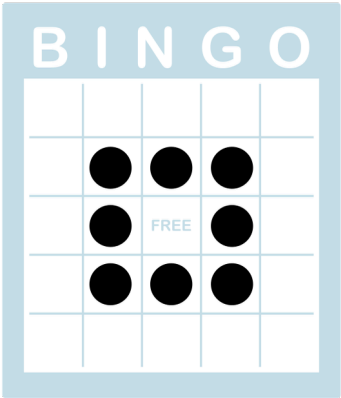
I was dancing with my darling to the Tennessee  
Waltz  
When an old friend I happened to see  
I Introduced her to my loved one and while they  
were dancing  
My friend stole my sweetheart from me

I remember the night and the Tennessee Waltz  
Now I know just how much I have lost  
Yes, I lost my little darling on the night they were  
playing  
The beautiful Tennessee Waltz

**“I Fall to Pieces” - Patsy Cline**

I fall to pieces  
Each time I see you again  
I fall to pieces  
How can I be just your friend?  
You want me to act like we've never kissed  
You want me to forget (to forget)  
Pretend we've never met (never met)  
And I've tried and I've tried  
But I haven't yet  
You walk by and I fall to pieces  
I fall to pieces  
Each time someone speaks your name (speaks your  
name)  
I fall to pieces  
Time only adds to the flame  
You tell me to find someone else to love  
Someone who love me too (love me too)  
The way you used to do (used to do)  
But each time I go out with someone new  
You walk by and I fall to pieces  
You walk by and I fall to pieces

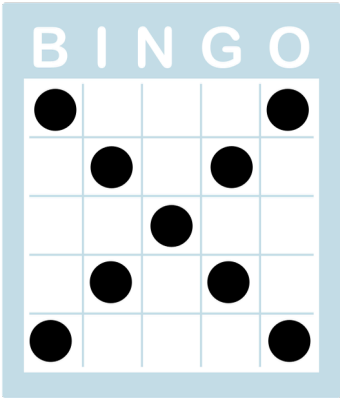
Some BINGO Pattern Options:



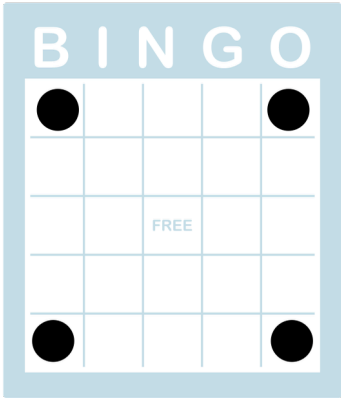
Little Joe



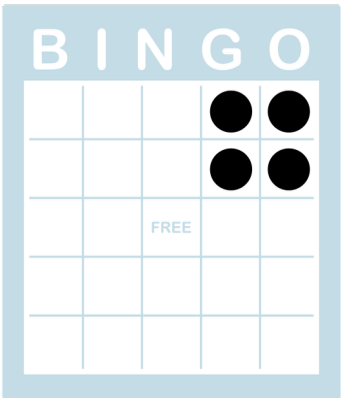
All Around the World



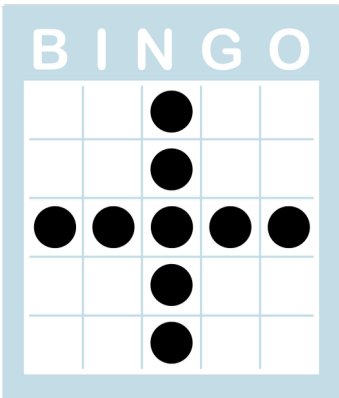
Big X



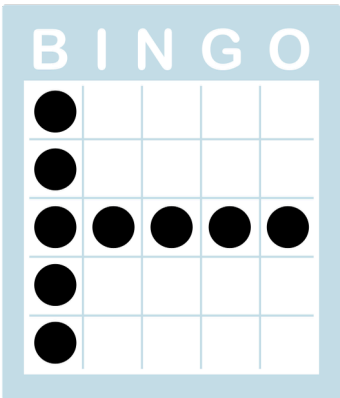
4 Corners



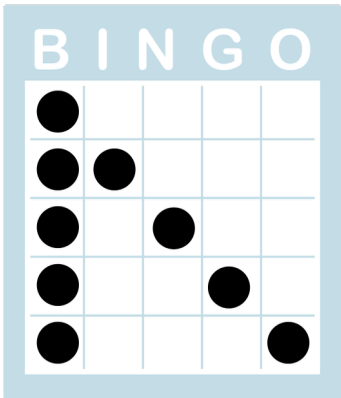
Postage Stamp



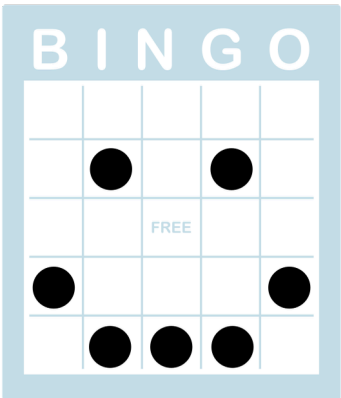
Plus Sign



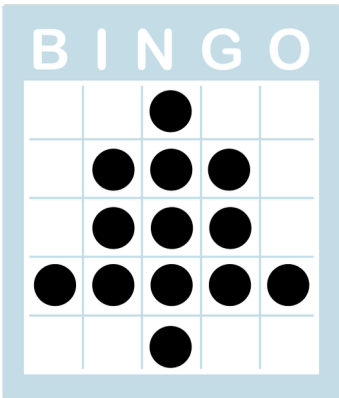
Crazy T



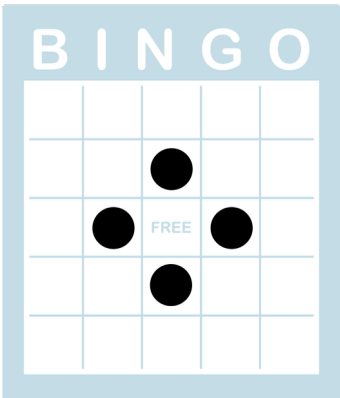
Crazy 7 (or Z)



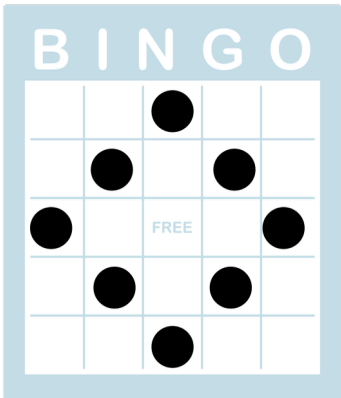
Smiley Face



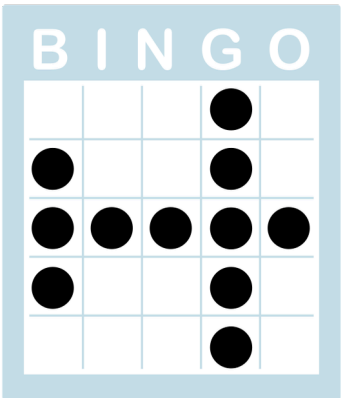
Christmas Tree



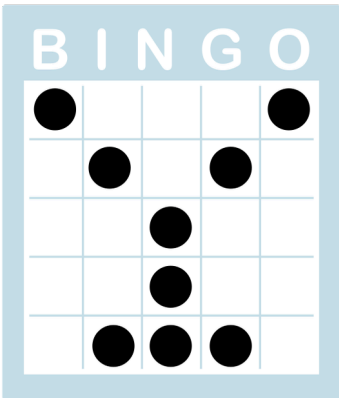
Small Diamond



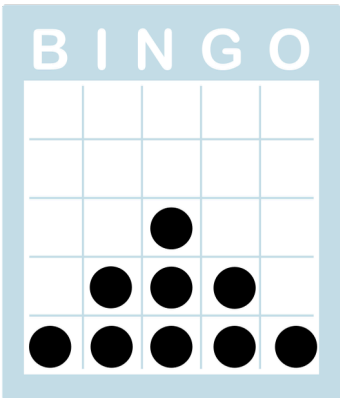
Big Diamond



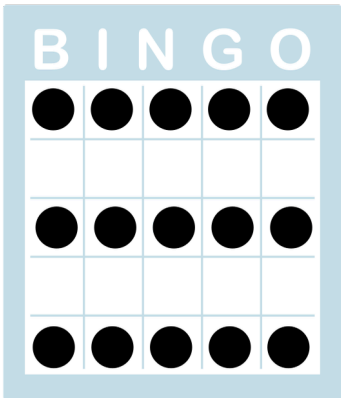
Crazy Airplane



Empty Glass



Pyramid



Layered Cake

# Handmade Gift Tips

## Gifts from the Kitchen

- Cookies, squares, and shortbread keep well in an airtight tin. Shortbread and gingersnaps stay fresh for a week or more.
- A jar mix is an easy gift: layer the dry ingredients for cookies or soup in a clean jar, and tie on a card with the instructions for what to add.
- A small jar of homemade jam, jelly, or chutney with a ribbon around it makes a gift on its own. If you made some this summer, you may already have one.
- Spiced nuts and granola travel well. Pack them in a sealed bag or a clean jar.
- A hot chocolate or tea blend in a jar, with a mug, makes a cozy gift for someone who lives alone.
- Label everything with the contents and the date, since allergies matter when you're giving food away.

## Gifts That Cost Almost Nothing

- A handwritten letter or card telling someone what they mean to you is often the gift people keep longest.
- Write out a family recipe on a card, or put it in a small frame, along with a line about who it came from.
- Offer your time. A promise of a weekly phone call or a visit means a great deal to someone who lives far away.
- A book you loved, with a note inside the cover about why, is personal and costs very little. Try a second-hand bookstore, if you have one near you!
- Write down a favourite family story or memory and give it as a keepsake for the next generation.
- A framed photograph from a trip or a family gathering is a gift people display for years.

## Quick Knitting, Sewing & Crafts

- Knitted or crocheted dishcloths are fast and are useful, which makes them a good first handmade gift.
- A scarf or hat in chunky yarn goes quickly. Chunky yarn and large needles can finish a project in a few evenings.
- A no-sew fleece blanket needs only a piece of fleece and scissors. Cut a fringe around the edge and tie the pieces together in knots.
- A rice-filled fabric bag makes a cozy hand warmer. It just needs to be warmed in the microwave in short bursts.
- Salt dough ornaments need only flour, salt, and water. Shape them, bake them low and slow, and paint them once they've cooled.
- Cloth gift bags double as wrapping and a keepsake, and they're a good way to use up fabric scraps.

## Start Early

- Handmade gifts can take longer than store-bought ones, and late November is a good time to start. Choose your projects early, and pick one or two you know you can finish.
- Make a list of who you're giving to, and decide on one gift for each before you buy any supplies.
- Make several gifts at once. A big batch of shortbread or a few jar mixes in one afternoon saves time.
- Save clean jars, tins, and ribbon all year so you're not hunting for them in December.
- If you're mailing a gift, ask at the post office about the last day to send it in time for Christmas.
- Handmade doesn't have to be perfect. People value the thought and the effort far more than a flawless finish.