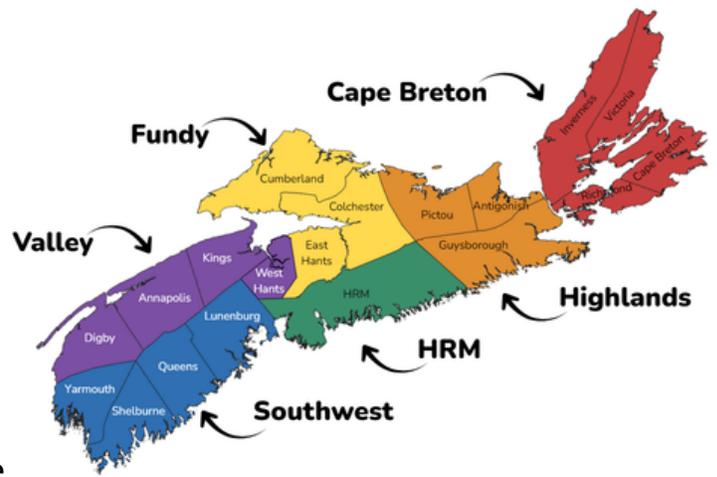


Letter from the Coordinator

Dear Seniors Connect NS Participants and Volunteers,

You may have noticed a few changes recently, such as the new calendar design and perhaps a slightly different feel to some of the calls. Some of these changes are based on your feedback, and others reflect our growing program.



We recently held a seminar to help spread the word about Seniors Connect NS. The response has been very positive, and we're hoping it will lead to interest from prospective Volunteer Facilitators. We are now officially open to participants from across the entire province, which is very exciting! When you join a "Movement & Meditation" call, for example, you might be practicing your box breathing with folks from anywhere in Nova Scotia. Pretty neat!

We now have two categories of programming: **Provincial calls and Regional calls.**

Provincial calls are open to all participants and take place 3–4 times each week. These calls typically include presentations such as guest speakers.

Regional calls are attended only by participants within a specific region (see the regional map above). These groups are capped at 20 participants and are more conversation-based.

For now, the HRM and Southwest regional groups are both full. New participants in those regions will be invited to join Provincial calls. New regional groups will be created as participation grows in other parts of the province.

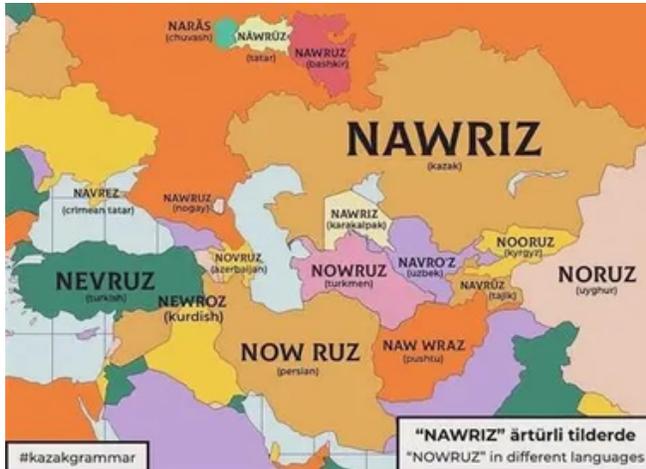
Note: We're temporarily putting **Cape Breton regional programming** on hold until we have enough participants in that region to form a group (about six people).

As always, if you have any questions or feedback about the program or your experience, please reach out. You're always welcome to call, email, or text me.

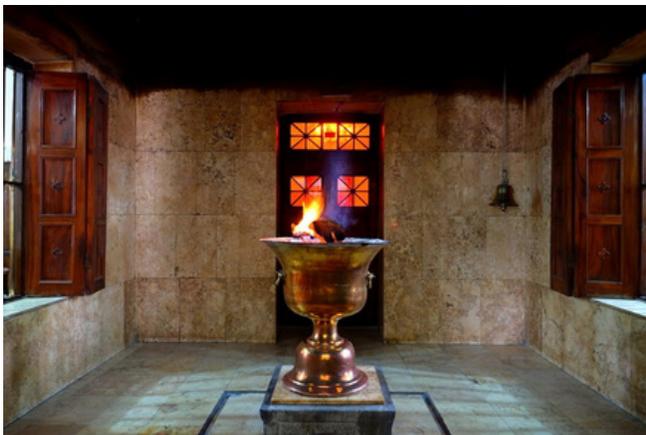
Rebecca 902-410-7092 | info@seniorsconnectns.ca



Iranian Culture, with Setareh Basseri



Map of countries that celebrate Nowruz and have Zoroastrian roots

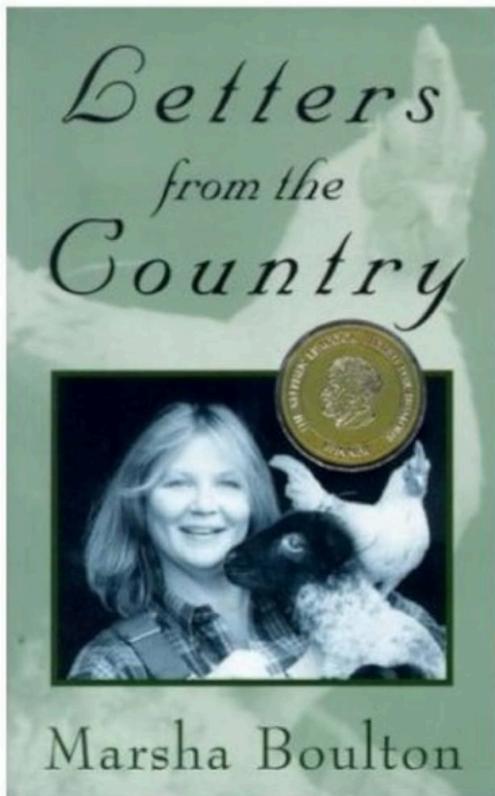


Yazd-Fire-Survived Migration and War 1500 years old



Haft Sin - Traditional Nowruz Table





Novel Tuesday with Léa

We have concluded the classic tale, “The Wind in the Willows”, saying goodbye to Mole, Rat, Badger, and Toad in the English countryside.

We will now find out about Marsha Boulton’s real-life adventures in the farmlands of Ontario.

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.

Excerpt from the first letter:



Away in a Manger

Pregnant sheep seem to think that they have a lot to complain about. All I hear are grunts and groans from the time I arrive at the barn in the morning to the last barn rounds before bed. Sheep are not mean by nature, but they sure get cranky in the home stretch to lambing.

I can appreciate that they might have mood swings. After all, I’m sure I’d be less than perky if I were carrying twins or triplets and looked like an inflated marshmallow ready to burst. The gestation period for sheep averages out to between 148 and 152 days. The first 100 days are a breeze, but in the last trimester, the lambs start growing — and growing. My library of “how to be a shepherd” books yields the useful advice that as much as 70 percent of the growth of unborn lambs takes place in the last six weeks. Now that’s a growth spurt...

FUN QUIZ ABOUT PSYCHOPATHS

We'll play on the call.
NO GOOGLING ANSWERS BEFOREHAND!

1	Who developed the checklist mental health professionals use to evaluate psychopathy?		
	A. Sigmund Freud in 1909	B. Canadian psychologist Robert Hare in the 1970s	C. Barack Obama after Donald Trump became president in 2016
2	A 2012 study linked one psychopathic trait — known as <i>fearless dominance</i> — to successful US presidencies. Which US president scored highest?		
	A. Theodore Roosevelt	B. John F. Kennedy	C. Bill Clinton
3	One study found psychopaths had favorite songs. Which one tied for number 1?		
	A. "Lose Yourself" by Eminem	B. "Oops!...I Did It Again" by Britney Spears	C. "Psycho Killer" by the Talking Heads
4	The bar for clinical psychopathy is a score of 30 or higher out of 40. Which of these criminals scored highest?		
	A. Paul Bernardo	B. Ted Bundy	C. Clifford Olson
5	What percentage of the general population are psychopaths?		
	A. About 1%	B. About 5%	C. About 8%
6	What's the most psychopathic state in the US?		
	A. Arkansas	B. California	C. Connecticut
7	What's the number one vocation chosen by psychopaths?		
	A. Accountant	B. CEO	C. Dentist
8	What other professions attract psychopaths?		
	A. Lawyer	B. Police officer	C. Surgeon
9	Psychopaths have a poor sense of:		
	A. Direction	B. Humour	C. Smell
10	Psychopaths may be immune to:		
	A. Contagious yawning	B. Punishment	C. Stress

Song Circle

“Suspicious Minds” - Elvis

We're caught in a trap
I can't walk out
Because I love you too much, baby

Why can't you see
What you're doing to me
When you don't believe a word I say?

We can't go on together
With suspicious minds (with suspicious minds)
And we can't build our dreams
On suspicious minds

Maybellene - Chuck Berry

Maybellene, why can't you be true?
Oh, Maybellene, why can't you be true?
You done started doing the things you used to do

As I was motivatin' over the hill
I saw Maybellene in a Coupé de Ville
A Cadillac a-rollin on the open road
Nothin' will outrun my V-8 Ford
The Cadillac doin' 'bout 95
She bumper to bumper, rollin' side by side

"Down On The Corner"

Early in the evenin', just about supper time
Over by the courthouse, they're starting to unwind
Four kids on the corner trying to bring you up
Willy picks a tune out and he blows it on the harp

Down on the corner, out in the street
Willy and the Poor Boys are playin'
Bring a nickel, tap your feet

“We'll Meet Again” - Vera Lynn

We'll meet again
Don't know where
Don't know when
But I know we'll meet again some sunny day

Keep smiling through
Just like you always do
'Til the blue skies chase those dark clouds far
away

“Sweet Caroline” - Neil Diamond

Where it began
I can't begin to know when
But then I know it's growin' strong

Was in the spring
And spring became the summer
Who'd have believe you'd come along?

Hands
Touchin' hands
Reachin' out
Touching me, touchin' you

Sweet Caroline
Good times never seemed so good
I've been inclined
To believe they never would

Rockin' Around the Clock - Bill Haley and His Comets

One, two, three o'clock, four o'clock rock
Five, six, seven o'clock, eight o'clock rock
Nine, ten, eleven o'clock, twelve o'clock rock
We're gonna rock around the clock tonight

Put your glad rags on and join me hon'
We'll have some fun when the clock strikes one

[chorus]
We're gonna rock around the clock tonight
We're gonna rock, rock, rock, 'til broad daylight
We're gonna rock, gonna rock around the clock tonight

When the clock strikes two, three and four
If the band slows down we'll yell for more

[chorus]

When the chimes ring five, six, and seven
We'll be right in seventh heaven

[chorus]

When it's eight, nine, ten, eleven too
I'll be goin' strong and so will you

[chorus]

When the clock strikes twelve we'll cool off then
Start rockin' 'round the clock again

"Proud Mary"

Left a good job in the city
Workin' for the man ev'ry night and day
And I never lost one minute of sleepin'
Worryin' 'bout the way things might have been

Big wheel keep on turnin'
Proud Mary keep on burnin'
Rollin', rollin', rollin' on the river

Cleaned a lot of plates in Memphis
Pumped a lot of 'pane down in New Orleans
But I never saw the good side of the city
'Til I hitched a ride on a river boat queen

What a Wonderful World

I see trees of green
Red roses too
I see them bloom
For me and you
And I think to myself
What a wonderful world

I see skies of blue
And clouds of white
The bright blessed day
The dark sacred night
And I think to myself
What a wonderful world

The colors of the rainbow
So pretty in the sky
Are also on the faces
Of people going by

I see friends shaking hands
Saying, "How do you do?"
They're really saying
I love you

I hear babies cry
I watch them grow
They'll learn much more
Than I'll ever know
And I think to myself
What a wonderful world

Yes, I think to myself
What a wonderful world
Ooh, yes

Spring Cleaning Tips

Windows and Surfaces

- Clean windows with newspaper instead of paper towel. It helps avoid streaks.
- Clean windows on a cloudy day. The sun can make the cleaner dry too quickly.
- Wipe down window tracks and sills.
- A used dryer sheet picks up dust from blinds better than a cloth.

Odours

- A bowl of vinegar left out overnight absorbs stale smells without leaving a scent.
- Baking soda at the bottom of a garbage can keeps odours from building up.
- Coffee grounds or orange peels in a small dish can help absorb fridge odours.

Old-Fashioned Tips (that still work!)

- White vinegar cuts grease, soap scum, and mineral deposits.
- Baking soda scrubs without scratching.
- Lemon juice removes stains and leaves a fresh scent.
- Salt and lemon together clean a wooden cutting board naturally.
- Leave a crumpled newspaper in a smelly shoe overnight to absorb odour and moisture.
- Placing a dry towel in the dryer with wet clothes shortens drying time significantly.
- Chalk drawn around entry points (windowsills and doorframes) can deter ants.
- A wooden spoon laid across a boiling pot stops it from boiling over. The wood breaks the surface tension.



Annual Jobs

- Rotate your mattress to even out wear.
- Wash pillows and duvets. Most can go in a washing machine under gentle cycle.
- Clean under and behind the refrigerator. Dust on the coils makes it work harder.
- Defrost the freezer if ice is building up.
- Wipe down the inside of the oven, including the door seal and racks.
- Go through medications and first aid supplies. Discard anything that's expired.
- Air out and wash heavy winter blankets before storing them for the season.
- Clean out gutters once winter debris has settled.

Weird Tricks

- Rub a walnut on scratched wood furniture to blend the colour.
- Ketchup removes tarnish from copper pots.
- A pillow case slipped over a ceiling fan blade will catch dust instead of spilling.

Safety Reminders

- Check smoke and carbon monoxide detector batteries.
- Clean the dryer vent. Lint buildup is the leading cause of house fires.
- Check that fire extinguishers are accessible and within their expiry dates.
- Clear any clutter from hallways and exits.

Stains and Fabrics

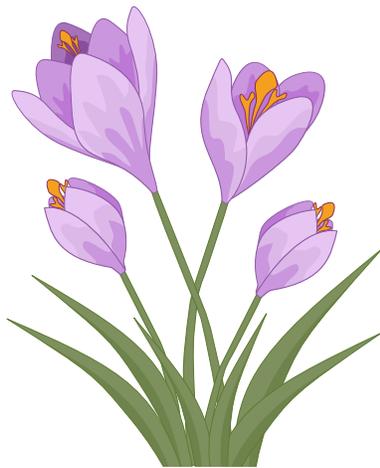
- The carbonation in club soda lifts carpet stains.
- A rubber glove dragged across upholstery lifts pet hair.
- A damp pumice stone removes hard water rings from inside toilets without scratching.
- Wash shower curtains and liners. Most can go in the washing machine.

English With Martina

The upcoming English With Martina conversations will be based on an American linguistics podcast called “Way With Words”. The show has call-in questions about language and leads to some informative and thought-provoking discussion. They are mini-episodes. Most of your call will be your own discussion on the topic.

April’s Themes:

1. “The Secret Life of Flowers”: Flowers’ scientific names
2. “What a Load of Bunk!”: Words for nonsense
3. “Gardentoolism”: Slang
4. “This Week Or Next?”: Time words



crocus vernus
Spring Crocus
or
Dutch Crocus



narcissus pseudonarcissus
Wild Daffodil or Lent Lily



tulipa gesneriana
Garden Tulip