

# Northwoods

LIVE MORE

Reboom Summer 2017

get Doing,  
Live More!

# Northwood

LIVE MORE

## Welcome to Reboom!

*It's where you start*

Reboom is a Northwood initiative geared to today's mature adults and their parents. Reboom is your go-to source for recreation options, tips to help you live more, connections to resources, and solutions to issues that concern you, your parents and even your children.

Membership to Reboom is \$20.00 per year. Members also get regular, free mailouts and exclusive access to lectures and other special one-time events. To get your membership or to renew, please stop by the Reboom office, visit us online or email us at [info@reboom.ca](mailto:info@reboom.ca).

## Registration Information

There are three ways to register!

1. Call our office at 902-454-3351. If we aren't available when you call, just leave us a message telling us your name, your contact information and the program you're interested in.
2. Stop by our office during business hours.
3. Visit us online at [nwood.ns.ca/calendar](http://nwood.ns.ca/calendar) find the program you wish to register for and click register.

All programs, events, education, workshops, etc. are for Reboom members only, unless otherwise specified and require advance registration.

Drop-in programs do not require a commitment and are on a pay-as-you-go basis. However, if you plan to attend a drop-in program, please register in advance using one of the methods listed.

## Office Closure

Please note that the Reboom offices will be closed from August 7 to 11th

# Reboom

## Locations

(rooms used for most events/programs)

### Northwood Halifax Campus

2615 Northwood Terrace, Halifax

- Harbourview Lounge
- Penthouse
- Shirley Burnstein Hall
- Stadacona Room
- Manor Meeting Room

### Northwood Bedford Campus

123 Gary Martin Drive, Bedford

- William E. Live More Park
- Classroom
- The Great Room

Phone: 902-454-3351  
Email: [info@reboom.ca](mailto:info@reboom.ca)  
Web: [www.nwood.ns.ca](http://www.nwood.ns.ca)

## Gift Certificates Available

Reboom gift certificates are available in any denomination and can be used for any Reboom program, event or membership (new or renew)!

# Music & Arts



## **North Street Singers in Concert**

Don't miss your chance to hear the North Street Singers in concert this spring! Under the direction of Paul Simons this ensemble has performed to sold out crowds throughout Halifax and Dartmouth. Come and hear what new music they have been rehearsing this season, it's sure to be a treat!

When: Friday, May 12, 2017 at 7:00 p.m.  
Where: Shirley Burnstein Hall  
Cost: \$12 for Reboom Members and  
\$15 at the door

## **Canada Day Concert**

As part of the 40th Anniversary of Bedford Days and Canada's 150, the North Street Singers will be performing a free concert to the public! Join us for the celebration.

When: July 1, 2017 at 3:30 p.m.  
Where: Dewolfe Park, Bedford

## **Sit Down and Dance**

Anyone can dance! This class uses many forms of dance, including tap, modern, jazz, ballroom, square dance, and folk dances. The music ranges from Big Band, Swing, Classical, Country, Broadway, representing an era well known to those in their 60s, 70s, 80s and 90s.

When: Mondays, at 2:00pm  
Where: Shirley Burnstein Hall  
Duration: June 5 to June 26  
Host: Ruth-Ellen Jackson  
Cost: \$1 drop in fee for members  
\$5.00 non-members

## **Maisie's Country Time & Line Dance**

Come join the fun! Line Dancing is the classic way to dance to country music. Host Ruth-Ellen Jackson will teach two simple, fun Line Dances early in the evening in preparation for live entertainment by Maisie's Country Time. The fun really starts when we combine the live music with the Line Dance. Put your boots on and grab a cold beer for a stomping good time.

When: August 18,  
Line Dance lessons 6-6:45pm,  
Live Music 7:00pm.  
Where: Harbourview Lounge  
Host: Ruth-Ellen Jackson  
Cost: Regular dance fees apply.

## **Tea and Tango**

It has been known for many years that many forms of dance and movement have significant health benefits. The fact that tango is based on walking makes it accessible to many who find other dance forms too challenging.

The tango walk itself helps develop balance and a regular gait, while learning short combinations or figures is excellent for memory. Last but not least, tango music is highly expressive, with a wide variety of moods and feelings.

All these reasons and more make tango good for you—come join us and explore for yourself!  
[www.teaandtango.com](http://www.teaandtango.com)

When: Friday, August 25, 2017 at 2:00 p.m.  
Where: Shirley Burnstein Hall  
Host: Martina Sommer and Lorne Buick  
Cost: \$3.00 drop in members  
\$5.00 non-members

# Health & Wellness



## **Nordic Pole Walking Clinic**

Learn the basics of this excellent walking exercise with added health and fitness benefits. Bill VanGorder, president of Nordic Walking Nova Scotia will guide you through the essentials while explaining why it will benefit you. Poles are provided during the lesson or just bring your own.

### **Bedford:**

When: August 22 10:00 a.m. at noon  
Where: The Great Room  
Host: Bill VanGorder  
Cost: \$3.00 drop-in fee

### **Halifax:**

When: Thursday, August 31, 2:00-3:00pm  
Where: Shirley Burnstein Hall  
Host: Bill VanGorder  
Cost: \$3.00 drop-in fee

## **Basic Morning Meditation**

Meditation is known to alleviate pain, stress and improve circulation and digestion. It's a great way to relax the mind, rejuvenate the body and bring clarity and fulfillment into your life. You will be guided in a meditation practice that can move you from just getting by in life to thriving.

When: Saturdays 10:00 a.m. to 11:00 a.m.  
Where: Penthouse  
Duration: June 3 to August 26  
Facilitator: Robbie MacCormack  
Cost: \$3.00 drop-in fee members  
\$4.00 non-members

## **Kripalu Yoga**

Whether you use a yoga mat or sit in a chair, join experienced instructor Anna Hirtle for a weekly session of breathing exercises, gentle stretches, strengthening postures, and finally a few moments of relaxation. Open to everyone at all fitness levels and abilities.

When: Mondays, 11:00 a.m. to 12:00 p.m.  
Where: Shirley Burnstein Hall  
Duration: June 5 to August 28  
Instructor: Anna Hirtle  
Cost: Members: \$3.00 drop-in fee  
Non members: \$5.00

## **Yoga In the Park**

Whether you use a yoga mat or sit in a chair, join experienced instructor Kathryn Francis for a weekly session of breathing exercises, gentle stretches, strengthening postures, and finally a few moments of relaxation. Open to everyone at all fitness levels and abilities.

When: Thursdays, 10:30 a.m. to 11:30 p.m.  
Where: William E Frank Live More Park  
Duration: July 6 to August 24  
Instructor: Kathryn Francis  
Cost: Members: \$40.00  
Non members: \$60.00

## **Tai Chi & Meditation on the Patio: Presentation & Open House**

For anyone who is interested in observing and learning more about this graceful, ancient form of exercise. Please join us for this free interactive presentation on the patio of Yang style Tai Chi and Meditation with Steve Oliver from the NS Tai Chi and Meditation Association. All are welcome to attend and either observe or join in.

Where: Harbourview Patio  
(penthouse if inclement weather)  
When: June 6, 11:30-12:30 p.m.  
Instructor: Steve Oliver and Guests  
Cost: Free, All Welcome

## Tai Chi & Meditation Classes

These Tuesday classes will start with a 30 minute “warm up” session. In the 2nd session there will be a 30 minute discussion and group meditation. The last 30 minute session will include traditional Tai Chi practice. These classes are open to the public. No prior knowledge of Tai Chi or meditation is required and participants are welcome to join in on any or all 3 of the 30 minute sessions.

When: Tuesdays, 10:00, 10:30, 11:00 a.m.  
10:00 Warm Up Session  
10:30 Discussion/Group Meditation  
11:00 Traditional Tai Chi Practice

Saturdays, 12:30 p.m. Open Practice

Where: Penthouse  
Instructor: Steve Oliver, Nova Scotia Tai Chi & Meditation Association  
Duration: June 13 to August 29

Cost: **Members:** \$1.00 Drop-in Fee for 30 Min. Session or \$3.00 for all sessions.  
**Non-members:** \$2.00 Drop-in for 30 Min. Session or \$5.00 for all Sessions.

## Introduction to Tai Chi

The NS Tai Chi and Meditation Association (NSTCMA) offer introductory classes in Yang Style Tai Chi. Learn this graceful and ancient form of exercise at your own comfort level. Sessions are designed for the beginner at any age and ability.

When: Wednesdays, 10:30 to 11:30 am  
Duration: June 7 to June 28 (session 1)  
July 5 to July 26 (session 2)  
Where: 123 Gary Martin Drive  
Instructor: Steve Oliver, Nova Scotia Tai Chi & Meditation Association  
Cost: \$40.00 per session

## Food and Mood

Have you ever thought about the connection between what you eat and how you feel? What’s good for your body is good for your mood. Join us to learn more.

When: Fridays, May 26, 1:30 to 3:30 p.m.  
Where: Penthouse  
Cost: Free

*To register call 902-460-4560 or register online at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)*

## Introduction to Living with Stress

Understand and explore a variety of stress management techniques and make a plan for how to make these strategies work in your life.

When: Wed, July 12, 1:30 to 3:30 p.m.  
Where: Halifax CHT Office-Suite 105, 6080 Young St. Halifax  
Instructor: Halifax Peninsula Community Health Team  
Cost: Free

*To register call 902-460-4560 or register online at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)*

## Take Charge of Your Stress

Over the 4 weeks of the program you will learn and practice skills while working on a plan to take charge of your stress today and in the future

When: Fridays, August 18 to September 8  
9:30-11:30 a.m.  
Instructor: Halifax Peninsula Community Health Team  
Cost: Free

*To register call 902-460-4560 or register online at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)*



## Narcotics Anonymous

Narcotics Anonymous is a non-profit fellowship of men and women for whom drugs have become a major problem. We are recovering addicts who meet regularly to help each other stay clean. The only requirement for membership is the desire to stop using drugs.

When: Mondays, 11:45 a.m. - 12:45 p.m.  
Where: Manor Meeting Space

## Friendly Fitness

This unique seated class will focus on the benefits of exercise, music, and social atmosphere. Designed to include and benefit all levels of fitness abilities. Lively music, laughter, and beneficial exercises for the mind and body.

When: Thursdays, 10:30 to 11:30 a.m.  
Where: Shirley Burnstein Hall  
Duration: April 13 to July 27  
Cost: \$1.00 drop-in fee members  
\$5.00 non-members

## Social Programs

### Kitchen Bridge

We are a relaxed bridge group who play a modified contract game and are always welcoming new members. Our program hostess has been playing for years. Enjoy a great afternoon of friendly competition. You must have some prior bridge knowledge to play with this group.

When: Tuesdays, 1:30 to 3:30 p.m.  
Where: Shirley Burnstein Hall  
Duration: June 6 to August 26  
Hostess: Janet Mullock  
Cost: \$2 drop-in fee

## Cribbage

This game welcomes those of all playing abilities and partners are not required. Players are matched on a first come first served basis and although partners are never guaranteed, we try to get everyone in the game.

When: Tuesdays, 1:30 p.m.  
Where: Shirley Burnstein Hall  
Duration: June 6 to August 29  
Hostess: Dot Brown  
Cost: \$2.00 drop in fee



## Crib Tournament

Enjoy our annual Spring Crib tournaments with great company. Refreshments, cash prizes, door prizes and draws. This event is open to all crib players – beginner and experienced alike.

When: Thursday, June 6, at 1:30 p.m.  
Lunch served at 12:30 p.m.  
Where: Shirley Burnstein Hall  
Cost: \$10 Reboom members  
\$15 non-members

*Registration deadline is one week in advance.*





## Reboom Bingo

Bingo is a great way to get out and meet new people. Whether you want to play bingo or volunteer, new people are always welcome. Games consist of 10 regular games, one jackpot game, six specials (optional) and a Loonie number (optional). The Loonie number accumulates until it is won and prizes have been as high as \$2500.

When: Mondays & Saturdays at 7:00 p.m.  
Card Sales 6:00-6:50 p.m.  
Where: Shirley Burnstein Hall  
Cost: Regular Game books \$2 for 3up,  
\$4 for 6up, \$6 for 9up, Specials \$1

\*\*Note there will be no Bingo on August 5, 7 & 12

## Elderberries

Are you 50 or older; lesbian, gay, bisexual, trans or two spirited and looking for a mixed social group beyond the bar scene. The Elderberries may be the group for you. No registration required.

When: Second Sunday of each  
month at 2:00p.m.  
Where: Penthouse

**Harbourview Lounge**  
2615 Northwood Terrace, Halifax  
Join us Tuesday through Thursday at 7:00 p.m.  
for refreshments and great company.  
Enjoy live music every Wednesday evening.

## Bedford Campus Community Party

Join us for our annual block party to celebrate the West Bedford Community! Enjoy our Northwood Community Garden and Live More Park and stay for the family fun! There will be live entertainment, games, prizes, food vendors, and much, much more! Celebrate your community, celebrate life!

When: Saturday, June 24, 1:00 - 4:00 p.m.  
Where: William E. Frank Live More Park,  
123 Gary Martin Drive, Bedford

## William E. Frank Live More Park & Community Garden

Welcome to the second year of the Community Garden at Northwood Bedford Campus! Whether you would like to grow your own organic vegetables, try out new seed varieties, or learn new composting techniques, our Community Garden has space for you. Building on the success of our first year, we will have 42 beds available for spring and summer sowing, including six accessible units ready for all of your planting needs.

Much is happening at the Live More Park this spring with the construction of paved walkways, the addition of outdoor lighting, and the building of our on-site programming and storage space. This space has been designed to resemble a traditional train station and will provide shade and water access. A tool shed will be available for all registered gardeners and there will be a host of events offered for our garden community. Limited spaces available.

Where: William E. Frank Live More Park  
123 Gary Martin Drive  
Cost: \$50 per bed for the season  
(includes a Reboom membership!)  
Contact: 902-454-3351 or info@reboom.ca

# Learning



## **Beyond iPad Basics**

Bring your own iPad and join in on these one-hour supportive learning sessions for iPad users. You will go further than the basics like entering into the wonderful world of apps; exploring such apps as Google maps, Netflix, gaming, free magazines via the library and anything else that may interest you. You are required to bring your own iPad. Registration is required, limited spaces available.

When: Fourth Thursday of each month  
from 2:00 – 3:00 p.m.  
Where: Manor Meeting Space  
Duration: June 22 to August 24  
Facilitator: Matthew McCarthy,  
Halifax Public Libraries  
Cost: No charge

*Register at least one week in advance .*



## **Gardening 101**

Break out the seeds and soil and get gardening with this introduction to the basics! Get to know your soil, temperate zone, and your garden! Whether you wish to grow your own veggies, plant a fruit tree or start an aromatherapy garden, get started with these beginner gardening tips!

Where: William. E. Live More Park  
When: Saturday, May 27 &  
Facilitator: Emily Tregunno, Halifax Seed Co.  
Cost: Free for Community Garden  
members, \$5.00 for non-Members



## **Beyond Computer Basics**

Thanks to the assistance of the Halifax Public Libraries, we offer these free, one hour computer clinics designed for people with moderate computer experience. Come and learn about how to manage files, attach photos to e mails and more. During this class you will have access to a laptop. Space is limited and booked on a 1 hour appointment basis from 1:00 -2:00 pm. Contact Reboom to reserve your spot

When: 4th Thursday of the month  
1:00-2:00p.m.  
Where: Manor Meeting Space  
Duration: June 22 to August 24  
Facilitator: Mattew McCarthy,  
Halifax Public Libraries  
Cost: No Charge

*Register at least one week in advance*



# Markets



## Vendor Market

Love to browse but can't find the time with work? Reboom brings shopping to you! We book a variety of local vendors with baked goods, gourmet popcorn, jewelry, crafts, and personal care items.

Table rental cost is \$25 for Reboom members or \$40 for non-members. Please email [info@reboom.ca](mailto:info@reboom.ca) or call 902-454-3351 for more information.

### **Bedford:**

When: Thursday, July 27 & August 31  
10:00 am. to 3:00 p.m.

Where: Main Hall Way, Ivany Place,  
123 Gary Martin Drive, Halifax

### **Halifax:**

When: Friday, July 28th & September 1st,  
10:00 am. to 3:00 p.m.

Where: 2615 Northwood Terrace, Halifax

## Spring Market

Join us for a bustling craft market with local artisans featuring handmade crafts, baked goods, preserves, knitted goods, jewelry and much more. Visit our sites from 10:00 a.m. to 3:00 p.m. and treat yourself!

### **Halifax**

When: Thurs, June 1, 10:00am to 3:00pm

Where: Shirley Burnstein Hall

### **Bedford**

When: Fri, June 2, 10:00am to 3:00pm

Where: Great Room

## Jay Set Fashions for Fall

### Trunk Show and Sale

Don't miss these great seasonal "shopopportunities". The Jay Set Fashion Outlet will be on site to help you plan your new fall wardrobe with some great new clothing and accessory pieces for sale from the Tan Jay, Alia and Nygard brands. Great outlet prices with an additional 10% savings and a door prize draw. Invite family and friends along for this fun, service with a smile, shopping event. Dressing rooms and rest area available.

When: Wednesday, August 30  
2:00 - 4:00 p.m.

Where: Shirley Burnstein Hall

Cost: No Charge, All Welcome



## Get Connected: Live More with Northwood

Get Connected provides a regular social call from a Northwood volunteer to an older adult living alone. Get Connected offers...

- A free weekly connection with a trained volunteer
- A friendly call from someone who knows your name
- Pleasant conversation on topics of mutual interest

For more information call: **902-421-6387**

Email: [getconnected@nwood.ns.ca](mailto:getconnected@nwood.ns.ca)

## Day Trips

### **Divine Wine & Cheese**

What is more divine- good wine or cheese? We decided on both and so are going out for the day to tour Fox Hill Cheese House with added shopping, tasting and treats in the house. We follow this up with a visit to the famous Lockett Vineyards and a great pub lunch.

When: Friday, June 2  
Timelines: Depart Halifax Campus at 9:00 am, Return to Halifax Campus 4:00 pm  
Depart Bedford campus at 9:30 am, Return Bedford Campus 4:30 pm  
Cost: Members \$45 Non Members \$65

### **On the Pirate Trail**

It's time to explore the South Shore again! We'll head down the trail of pirates to Liverpool and enjoy the shops, museums and attractions on foot in and around the town. It's a bit of a drive and part of the fun is the stops along the way. Registration required by July 7.

When: Friday, July 21  
Timelines: Depart from Halifax Campus at 9:00 am and Bedford Campus at 9:30 am  
Return to Bedford Campus at 4:30 pm and at 5:00 pm to Halifax Campus  
Cost: Members \$45 Non Members \$65

### **Masstown, Mill & "Tata"**

It's another adventure filled road trip to the Northumberland Shore area with visits to Masstown Market, a local brunch/lunch and maybe another wee stop before our final destination, "Tata" otherwise known as Tatamagouche. It's an interesting day with lots of treats along the way. Registration required by August 24.

When: September 8, 2017  
Timelines: Depart from Halifax Campus at 9:00 am and Bedford Campus at 9:30 am  
Return to Bedford Campus at 4:30 pm and at 5:00 pm to Halifax Campus  
Cost: Members \$45 Non Members \$65

*Cost for all three day trips include transportation and admission fees.  
Lunch, snacks and shopping are at your own expense.*

### ***Retirement Living at Northwood is about choice, independence and convenience.***



Enjoy the privacy of your own home, the friendly surroundings and the active Northwood social life.

It's a place where services are all under one roof, giving you access to a wide range of programs and amenities as part of our Northwood community.

Northwood offers Assisted Living, Supportive Living and Independent Living. For more information about any of our retirement living options, please call 902-440-2574.

## City Safaris Series - Mini Local Bus Trips and Outings

It's our regular monthly lunch outings with a twist! Join us as we venture around our beautiful HRM discovering new restaurants, enjoying new experiences, taking in beautiful scenery and perhaps a little shopping too. Book early as space is limited and these trips sell out early. We offer pick up/ drop off locations at both the Northwood Halifax Campus and Northwood Bedford Campus. Cost is for transportation only. The cost of your lunch and any treats, shopping is at your own expense.

### Trip 1: Wildlife Wonders

Enjoy a beautiful local seaside drive out to Lawrencetown and Seaforth communities. We'll stop at the beach to breathe in some sea fresh air and stretch our legs. Then we're off to enjoy an early afternoon lunch at the Tea House on the hill overlooking the ocean. After a relaxing lunch we'll stop at the Dutch store and visit Hope for Wildlife. You're sure to make new friends and gain a new found respect for the critters at Hope for Wildlife.

When: June 29  
Timeline: Depart from Bedford Campus at 9:30 a.m. and at 2:30 p.m.  
Depart Halifax Campus at 10:00 a.m. and return at 2:00 p.m.  
Cost: Members \$30 Non Members \$45

*Registration and payment due no later than June 15*

### Trip 2: French for Day

Let's have "une bonne journee a Halifax" and feel French for a day – or at least part of the day. We are picking up croissants enroute plus a nice tea or coffee and heading to the public gardens for tea , croissants and a stroll in "Le Jardin" From There we are lunching at Le Bistro By Liz for an enjoyable French café style dining experience. Feel free to wear your beret mes amis!

When: Friday, July 14  
Timeline: Depart from Bedford Campus at 9:00 a.m. and Halifax Campus at 9:30 a.m.  
Return to Halifax Campus at 2:00 p.m. and Bedford Campus at 2:30 p.m.  
Cost: Members \$35 Non Members \$50 (includes coffee and croissant)

*Registration and payment due no later than June 30*

### Trip 3: Sunnyside Up

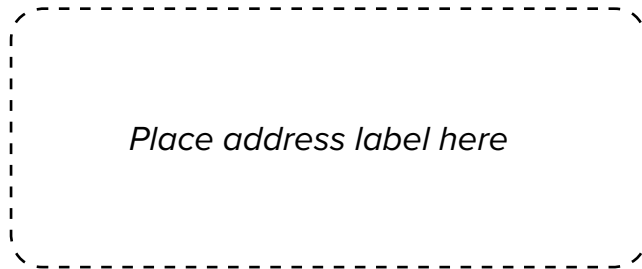
We are going to make this a Sunny kind of outing to Bedford starting with to the Sunnyside Mall for a walk and shop where we will can enjoy a leisurely coffee and a bit of specialty shopping at Pete's and other Bedford favorites. Then we have lunch across the street at the yummy Homestyle Sunnyside Restaurant and finish with a fresh outdoor (hopefully) sunny stroll along the Bedford Boardwalk.

When: Friday, August 25  
Timeline: Depart from Halifax Campus at 10:00 a.m. and Bedford Campus at 10:30 a.m.  
Return to Bedford Campus at 2:00 p.m. and at 2:30 p.m. to Halifax Campus  
Cost: Members \$25 Non Members \$40

*Registration and payment due no later than August 11*



Northwood Reboom  
2615 Northwood Terrace  
Halifax, NS B3K 3S5



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# The Pauline Potter Fitness Centre

*The try-it, you-might-like-it event!*

Just call 902-493-5641 to arrange  
your test drive!

It's free, convenient and your body will thank  
you. When you like it, your monthly  
no-contract membership will  
be \$25 (tax included).

Pauline Potter Fitness Centre  
2630 Gottingen Street  
Halifax

