

The Flyer

Wednesday February 23, 2022

The deadline for receiving items for the March Flyer is **Wednesday, March 23, at 4:00 pm** with delivery coming on Wednesday March 30th, 2022.

Please send items to: **The Flyer: P.O. Box 55, New Ross, NS, B0J 2M0**

or e-mail – **nrfclaura@gmail.com** ---- New Email Address -----

*Follow us on Facebook! <https://www.facebook.com/nrfrc/>

You can now make payments by e-transfer to: newrossflyer@gmail.com



NEW ROSS FAMILY RESOURCE CENTRE

4691 Highway 12, PO Box 106, New Ross, (902) 689-2414

E-mail: nrfckaren@gmail.com

The New Ross Family Resource centre is open, please follow our covid-19 protocol that is posted on our door if you stop by. Hand sanitizer is available and please wear a mask before coming to the office.

OFFICE HOURS: M-Th 8-4, Fridays by chance or appointment. The Resource Centre would like to welcome **Karen Snair** as the new Executive Director.

If there is a new service or program you would like to see, reach out and let her know!

Office Administrator: Laura Broome nrfclaura@gmail.com

ON SITE BLOOD COLLECTION has resumed on THURSDAYS and will continue every second THURSDAY. You must call **Colleen Hull at **624-0406** to book your appointment.**

All Covid protocols will be observed, masks must be worn, and hand sanitize when you enter the building. Please call 902 689-2414 for more information on this service.

Dates: March 3, 17 & 31, April 14 & 28



NOVA SCOTIA WORKS will be offering employment services at the New Ross Family Resource Centre soon, at this time we are working remotely. Contact Jessica Lecky @ 902-858-5627 or 902-275-8178 cell or jlecky@empsolutions.ca for more information on how Employment Solutions can help you with your employment needs. We will keep you updated on when we will be back on site.

The Flyer acknowledges donations received during this issue:

T & D Nursery New Ross Credit Union (Annual) OHC (Annual)

Please remember to include your contact info with your add (name and phone #) **Suggested donations for flyer ads:** Full page ad: \$30. ½ page ad: \$15. 1/3-page ad \$10.

You can now make payments by e-transfer @ newrossflyer@gmail.com,

Thank you for your continued support

Julia Sanders RMT

* Registered Massage Therapist
* Craniosacral Therapist

Afternoon and evening
appointments
available.

Phone: (902) 689-2849
E-mail: juliasandersrmt@hotmail.com

4905 Highway 12, New Ross

Forties Community Centre Events-

Where Old Friends Meet!

Supper

Corned Beef & Cabbage

Sunday, March 13th

Corn Beef & Cabbage,
Carrots & boiled potatoes

Dessert, tea/coffee

serving 4-6

Adults \$ 15.00 under 12 \$ 7.00, under 5- \$3.00

Eat in or get take out.

902-689-2000 hall

Fully accessible

Covid protocols apply

Annual Meeting

The annual meeting of the Forties Community Centre will be held

March 21st at 7:30 pm. The public is invited to attend.

Hall Bookings

Ervin Broome is doing bookings for the Forties Community Centre. Please call Ervin at 689-2782 and he will be pleased to assist you. If he is not at home just leave a message and he will call you back. Thank you!

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New Ross Legion Events

Guests must be signed in by a Member. Under aged guests must accompanied by a guardian.
Membership is easy and inexpensive. Come take a look!

**CHINESE TAKEOUT SUPPER: HOMEMADE SPRING ROLL, VEGETABLE
STIRFRIED RICE, SWEET AND SOUR PINEAPPLE CHICKEN, FORTUNE
COOKIE AND FRUIT TART. EXTRA SPRING ROLL \$2.00. PICK UP
SATURDAY, MARCH 12, 2022, 4-5 pm. \$17.00 DEADLINE TO PRE-ORDER
MARCH 9. CALL JANET 902-275-8585**

**CHASE THE ACE is on again with the Jackpot growing. Tickets can be
purchased at Harley Bears, Clover Farm, Home Hardware, Vittles, Gina's
and the Legion and are only \$2.00 each. Draws are held Monday at
8:30. You do not have to be at draw to win. Someone at the Legion will
draw for you. Thank all of you who support us.**

Tuesday April 12th, 2022, CVITP (Community Volunteer Income Tax Program)

Will be available at the New Ross Family Resource Centre

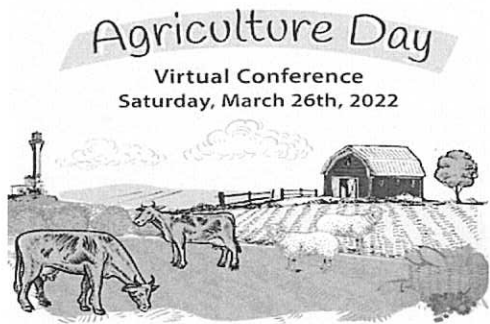
FREE Income Tax preparation / Facilitator Sandy Dumaresq

- 1:00 - 4:00 pm; 20 minute appointments
- Eligibility based on income and simplicity of tax return to be completed. More info at this link
<http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/nd-eng.html#help>
- Book your appointment by calling Sandy at 902-275-3421
- Remember to bring all your tax slips and forms with you

This program is a partnership with OHC and NRFRC

Agriculture Day, Saturday March 26th, 2022

The annual Agriculture Day conference is a celebration of small-scale farming and agricultural enterprise along the South Shore. Agriculture Day is presented as a collaboration between MODL, Municipality of Chester, and the Region of Queens Municipality, together with the Nova Scotia Department of Agriculture and Nova Scotia Business Inc., supported by South Shore Opportunities CBDC. The event blends together some of the best current thinking on agriculture topics, with inspirational stories of success and development in the sector, ready to be applied by you, right here! Our area has affordable, available agricultural lands and an increasing demand for locally grown produce. If you are currently farming or are looking forward to a future home- or farm-based lifestyle, Agriculture Day is for you. The event is free to attend, but we ask that you register by email to registration@growsouthwestnovascotia.ca. Agriculture Day 2022 will be a virtual event. Stay tuned for details at the event page on Facebook: <https://fb.me/e/1v3UsEnqw> or at <https://www.growsouthwestnovascotia.ca/>



Walk-in Clinic Schedule for March 2022

902-273-2098 Schedule is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CLOSED	CLOSED 1	2 5:00 pm to 9:00pm	3 9:00 am to 1:00 pm 4:30 pm to 8:30 pm	4 9:00 am to 2:00 pm	5 9:00 am to 1:00 pm
6 CLOSED	7 CLOSED	8 CLOSED	9 5:00 pm to 9:00pm	10 9:00 am to 1:00 pm 4:30 pm to 8:30 pm	11 9:00 am to 2:00 pm	12 CLOSED
13 CLOSED	14 CLOSED	15 CLOSED	16 5:00 pm to 9:00pm	17 9:00 am to 1:00 pm 4:30 pm to 8:30 pm	18 9:00 am to 2:00 pm	19 9:00 am to 1:00 pm
20 CLOSED	21 CLOSED	22 CLOSED	23 5:00 pm to 9:00pm	24 9:00 am to 1:00 pm 4:30 pm to 8:30 pm	25 9:00 am to 2:00 pm	26 CLOSED
27 CLOSED	28 CLOSED	29 CLOSED	30 5:00 pm to 9:00pm	31 9:00 am to 1:00 pm 4:30 pm to 8:30 pm		

PLEASE do not come to second floor walk-in clinic if you do not have an appointment.

Call 1-902-273-2098 to make a same day appointment; pre-booking is no longer available

You must wear a mask – please bring one with you.

Admin office: 902-275-3847, lburch@ourhealthcentre.ca Walk-in clinic: 902-273-2098

Address: 3769 Hwy #3 PO Box 74 Chester NS BoJ 1Jo, Facebook: www.facebook.com/OurHealthcentre.ca

Website: www.ourhealthcentre.ca Instagram: [ourhealthcentre](https://www.instagram.com/ourhealthcentre) Twitter: [@OurHealthCentre](https://twitter.com/OurHealthCentre)

Wild Flower Arrangement Workshop with Susan Larder



FREE workshop for all ages (under 16, must be accompanied by an adult), each workshop will include education, wild flower assortment, and a vase.

Location: Upstairs of the New Ross Family Resource Centre

Date: Last Wednesday of every month, starting Wednesday, March 30th from 2:00pm-4:00pm

Registration is required call 902-689-2414 or nrfrckaren@gmail.com

Participants should consider: bringing an apron or wearing clothes that can get dirty.

Walking Club with Karen

Open to everyone - We will leave the NRFRC parking lot and walk up and around Ruby's Trails. At the lookoff we will have a break and a quick reflection.

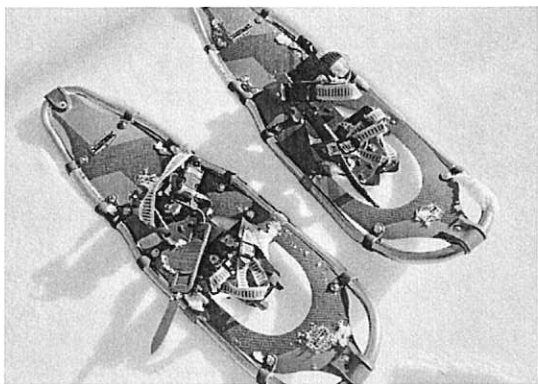
Date: Every Tuesday, 10:00am, starting March 1st 2022

Registration is required for walk & childcare can be provided. Call 902-689-2414 or email nrfrckaren@gmail.com



Participants should consider: comfortable clothing and footwear, water bottle, light snack, sunglasses and camera, if you desire.

New Ross Family Resource Centre needs your help! We are trying to find out what you would like to see for programs and services offered here in New Ross – your input is important to us! We have posted the Survey on our Facebook page and have sent it home through children at NRCS and the New Ross Daycare. If you have not received a paper copy for your family or do not have Facebook, please contact Karen Snair at nrfrckaren@gmail.com and she can send the link to you via email. If you do not have email/internet, she would be more than happy to give you a paper copy if you stop by the Centre during office hours, Monday – Thursday, 8:00am – 4:00pm.



Snowshoeing at Ross Farm

Date: Thursday, March 10th, 2:00 – 4:00 pm (weather and trail conditions will be checked the day before).

Location: Meet at the New Ross Family Resource Centre to collect your snowshoes. We will then walk over to the Lion's Gate park and begin using the trails around Ross Farm to explore on snowshoes.

Free, open to everyone. Under 16, must be accompanied by an adult.

Registration is required by: Monday, March 7th, call 902-689-2414 or email nrfrckaren@gmail.com

Participants should consider: weather appropriate clothing, water bottle, sunglasses and camera, if you desire.



Baby & Play Group with Janice

Date: Every Monday, 10 - 11:30am

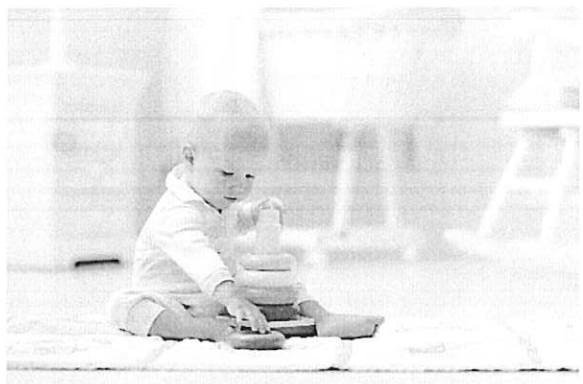
Location: NRFRC downstairs classroom

Free for families with children birth to age 5. Includes free play, art activities, reading, music, a healthy snack, and an opportunity for parents/guardians to connect.

Registration is required. Call 902-689-2414 or email nrfrjjanice@gmail.com

Adults are required to wear a mask.

"Playgroups provide an opportunity for children to play and learn. Assists in language development and communication. Provides a space for children to participate in and enjoy new activities. Provides a stimulated environment where children can acquire new skills and learn."



NEW ROSS FOOD BOXES

We will be offering our Produce Food Boxes again this year, running them monthly, April to November. This is open to all families who reside in New Ross. We have the capacity to have 60 families join this program. Families will be responsible for picking up their food items at the Centre on a set day and time. There is a suggested donation of \$25/box. If you're a returning or new family, please contact us to register at the New Ross Family Resource Centre 902-689-2414 or email nrfrckaren@gmail.com.

SEED KITS

If you are a resident in New Ross and would like to have a seed kit to begin your own garden, please contact the New Ross Family Resource Centre at 902-689-2414 to register or email nrfrckaren@gmail.com. They will include common seeds, such as green and yellow beans, beats, carrots, etc. We will be accepting 40 registrants for this program.

Chromebook Rentals at the New Ross Family Resource Centre!

Thanks to the Mental Health Foundation of Nova Scotia the Resource Centre has **3 Chromebooks** available for community members to rent out to help access online mental health supports, attend virtual health appointments, and to help decrease overall feelings of social isolation during these more challenging times. Chromebooks come with a keyboard, a camera, microphone, and more. Stop by to see Karen Monday to Thursday to sign out a Chromebook and or to get help with any virtual teaching needed. Confidential office space can also be provided if needed for you to attend virtual appointments.





NEW! Free Counseling for Women in New Ross

Information from Nicole Robson about her counselling services:

My name is Nicole Robson and I am the Outreach Coordinator at Second Story Women's Centre. I am happy to say that due to the support of the New Ross Family Resource Centre I will be able to offer some one-on-one counselling support every two weeks in New Ross. Second Story offers support through a trauma informed approach, and I have worked with people dealing with anxiety, depression, trauma, and grief and loss. I like to work from a strength-based approach, and use tools such as mindfulness, and grounding techniques. If you have any questions or would like to schedule an appointment, I can be reached at 902-541-0343.





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~ 2021 RRSP Contribution Deadline is March 1, 2022 ~

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