

# Mulgrave Community Newsletter

## September 2025

### **MUNICIPAL OFFICE**

**Town of Mulgrave**  
PO Box 129  
459 Murray Street  
Mulgrave, NS B0E 2G0

**Hours of Operation**  
Monday - Friday  
8:00am - 4:30pm

**Phone Number**  
902-747-2243

**Fax Number**  
902-747-2585

[www.townofmulgrave.ca](http://www.townofmulgrave.ca)

Like us on Facebook  
[www.facebook.com/mulgrave-recreation](http://www.facebook.com/mulgrave-recreation)

### **Council Meetings**

The public is invited to attend meetings the first and third Monday of each Month

October 06, 2025  
October 20, 2025  
November 03, 2025  
November 17, 2025

Meetings start at 6:30 pm in the Council Chambers

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***Welcome Back, Superstars!***

***New year. New goals. Big dreams.  
Let's learn, laugh, and shine in 2025!***

***Mulgrave Town Staff & Council Members!***

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# *Call for Members: Accessibility Advisory Committee*

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## Town of Mulgrave

The Town of Mulgrave is seeking dedicated individuals to serve on its **Accessibility Advisory Committee**.

This Committee will provide advice to Town Council on identifying, preventing, and eliminating barriers faced by people with disabilities in relation to municipal programs, services, initiatives, and facilities. Members will help guide the Town's efforts to become a more inclusive and accessible community for all.

As part of our commitment to accessibility and in accordance with the **Nova Scotia Accessibility Act**, the Accessibility Advisory Committee will play a key role in helping the Town meet its legislative obligations.

## Who Should Apply?

We encourage applications from:

- Individuals with disabilities
- Individuals representing organizations that support persons with disabilities
- Residents with an interest or experience in accessibility and inclusion

At least **50%** of the committee members must be persons with disabilities or representatives from organizations representing them, as required by the Accessibility Act.

## Responsibilities Include:

- Advising Council on accessibility-related issues and opportunities
- Participating in the review of the Town's Accessibility Plan
- Identifying barriers in municipal policies, services, infrastructure, and communications
- Helping promote public awareness and education about accessibility

## How to Apply:

Interested individuals are invited to submit an expression of interest, including a brief statement outlining their background, experience, and motivation for applying.

**Deadline to apply:** October 03<sup>rd</sup>, 2025

**Submit to:** [CAO@townofmulgrave.ca](mailto:CAO@townofmulgrave.ca)

**Contact:** David Gray

Help shape a more inclusive future for the Town of Mulgrave. Your voice matters

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## *IMPORTANT NOTES FOR RESIDENTS*

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### **Winter Reminder: Keep Items Clear of the Street**

As winter approaches, residents are reminded to ensure that garbage boxes, civic address signs, shrubs, and other items are placed a safe distance away from the roadside. This will help prevent damage caused by snow plowing and ensure efficient winter maintenance.

Thank you for your cooperation!

### ***BULK PICK UP***

Please note the new schedule for bulk pickup will be the last Thursday of October 30, 2025,  
4 - 5 items per Collection

#### **DUMPSTERS @ TOWN GARGAGE**

1. Dumpster for Bulk Garbage
  - Anything that would be accepted during Bulk Pick Up
  - Example: Washer/Dryer or Stove
2. Steel Bin
3. Pile for Burnable
  - Brush
  - Clean Lumber

**IT IS NOT FOR HOUSEHOLD GARBAGE.** Household Garbage & Recyclables are picked up every Thursday of the week.

## ***Halloween Events***

*Trick-Or-Treating will take place on Friday, October 31st up until 8:00 pm.*

*We plan to have our annual Trunk or Treat event with added activities this year on October 25, 2025. If there are any businesses or individuals interested in putting in a "trunk," please contact Mallory @ (902)302-0736 or by email @ [recreation@townofmulgrave.ca](mailto:recreation@townofmulgrave.ca).*

*We are very excited to see this year's turn out!*

# OCTOBER FEST

Happening

October 25<sup>th</sup>, 2025

Down by The Front Porch!!

12-2pm

Free Hotdogs,  
ice cream,  
Face painting  
& Fish Pond!

2-4pm

Annual Trunk or Treat

Hosted by:



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# THE FRONT PORCH

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**OCTOBER FEST  
ANNE PELLY  
LIVE MUSIC**

## *Fall Hours*

<i>Tuesday</i>	<i>7:00am - 3:00pm</i>
<i>Wednesday</i>	<i>7:00am - 3:00pm</i>
<i>Thursday</i>	<i>7:00am - 3:00pm</i>
<i>Friday</i>	<i>7:00am - 3:00pm</i>
<i>Saturday</i>	<i>8:00am - 2:00pm</i>

*Come try our Coffee, Tea, Lattes, Treats,  
Homemade Goods*

*You'll always see a friendly face there to talk  
to. We are very proud to run this small  
business in such a beautiful town. Hope to see  
you there!*

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## GUYSBOROUGH CBDC

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**Are you interested in starting your own business?**

**THE CBDC Guysborough County can help...**

- Need financing for your business? Loans available to any legally operated business in Guysborough County. Some sectors include, fishing, trucking, retail, manufacturing, service, accommodations, food service, etc.
- Business loans up to a **maximum of \$600,000** with flexible interest rates starting at prime plus 2% with flexible re-payment schedules.
- Loans available for business start-up, expansion, renovations, line of credit, etc.
- Quick approval Micro Loans available up to **\$10,000**.
- Business start-up information and counseling available.

Self-Employment Benefits Program -. (SEB) - Qualifying participants can receive benefits and training opportunities during business startup.

**Guysborough County Community Business Development Corporation Limited**

**PO Box 199, 46 Main Street, Guysborough County, NS B0H 1N0**

**Guysborough Office: phone: (902)533-2770 fax: (902) 533-2016**

**Email: [wanda.macdonald@cbdc.ca](mailto:wanda.macdonald@cbdc.ca)**

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## MULGRAVE & AREA WELLNESS HUB

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**Mulgrave and Area Wellness Hub**  
**403 Murray Street**

### **Who Are We?**

The Mulgrave and Area Medical Centre Ltd. is a registered charity through Canada Revenue Agency. We are governed by a volunteer board of directors, and we are independent non-profit organization separate from the Town of Mulgrave.

### **Physician Recruitment**

Over the past few months, we have met with representatives from the Nova Scotia Health Authority to request the resumption of medical services at the MAMC. We are pleased to share that the Diabetic Clinics and Mobile Clinics have now been reinstated. Our efforts are ongoing to have additional medical services restored on a regular basis to better serve Mulgrave and area residents.

### **Now Available for Rent!**

We have office space and newly updated meeting room space available for rent, with flexible rentals options (daily/weekly/monthly). Please private message us on Facebook or email [mulgravefoodpantry@yahoo.com](mailto:mulgravefoodpantry@yahoo.com) for more information.

### **Diabetic Clinics**

We are very pleased to announce the return of diabetic clinics at the Mulgrave and Area Medical Centre. A heartfelt thank you to Nova Scotia Health for reintroducing this vital service to our community. These pre-booked clinics are administered by the Strait Richmond Hospital Diabetes Centre.

### **Foot Care Clinics**

Tina Pinkham is providing foot care clinics at the Mulgrave and Area Medical Centre. The next clinic is scheduled for October 1, 2025. Please call Tina for more information or to make an appointment at 902.318.4991.

### **Guysborough County Adult Learning Association (GALA)**

GALA offers programs to help develop and enhance computer skills, work-related skills, soft skills, and other essential skills. There is also help for people preparing for the CAEC (Canadian Adult Education Credential which replaced the GED). The computer program includes basic computer skills, email, social media skills, online safety and so much more! GALA can help you learn how to use many devices including computers & laptops, Chromebooks, smartphones, tablets & iPads.

These skills help people succeed in the workplace, in the classroom, in their community as volunteers, and in other activities of daily life. GALA can also do online classes and packages and offers Family Literacy programs including free books for children (depending on availability). These programs are open to any adult who is 18 years older and is a Canadian citizen. Classes will start at the Mulgrave and Area Medical Centre on September 17<sup>th</sup> with classes being held weekly on Wednesday and Thursday.

All GALA programs are FREE. GALA may be able to provide support for transportation to classes. To find out more or to register for these programs, please call 902. 533.4252 or email: [admin@guysboroughlearning.ca](mailto:admin@guysboroughlearning.ca)

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# MULGRAVE & AREA WELLNESS HUB

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## Community Outreach Programs

Thank you to Strait Area Women's Place and Leaside Society's Men's Support Workers for offering outreach programs in Mulgrave. Stay tuned for future dates. Drop-in services for men and women include:

- Advocacy
- Individual Support Counselling
- Budgeting
- Form Filling Assistance
- Free Grocery Items
- Free Hygiene Products

## Updated Security Measures for Mulgrave Food Pantry

To ensure the safety and integrity of our food pantry, we have installed surveillance cameras due to incidents of vandalism. These measures are in place to protect the pantry and ensure it remains a resource for everyone who needs it. Please rest assured that client privacy remains a top priority. The recorded footage will only be reviewed if there are instances of damage or misuse. This means your visits to the pantry will remain confidential as always, unless there is a need to investigate specific incidents of harm. We thank you for your understanding and cooperation as we work to maintain a safe and respectful environment for all.

Reminder: please check the date before you donate 😊 All donations are monitored and expired items are discarded by volunteers. Thank you for your cooperation.

## Virtual Care

"Virtual Care" is a term that has become common in recent years, but what does it mean?

Virtual care uses approved audio and video technology to connect patients and health care providers. It can be delivered in many ways to meet various needs. It allows people to see a health care provider from just about anywhere, which increases access to care for everyone.

VirtualCareNS provides Nova Scotians with virtual access to a primary care provider (family doctor or nurse practitioner). To use VirtualCareNS, you need:

- A valid Nova Scotia health card number. If you are new to the province, you cannot use VirtualCareNS until you have received your physical healthcare card.
- Be able to access the internet through a computer or mobile device
- Have an e-mail address
- Be located within the province when accessing VirtualCareNS

If you do not have a primary care provider and are not on the Need a Family Practice Registry, you can register online or by calling 811. Visit <https://www.nshealth.ca/virtual-care> for more information and to get registered.

VirtualCareNS offers two options, Full Care and Basic Care.

- Full Care (Nova Scotia licensed doctors and nurse practitioners)

Full Care is only available to Nova Scotians without a primary care provider.

Full Care providers can prescribe medications, and order tests. They can also refer you to specialists and in-person care.

Full Care hours of operation: Monday: 8 a.m. to 7 p.m. (AST)

Tuesday, Thursday, Friday: 8 a.m. to 5 p.m. (AST)

Wednesday: 8 a.m. to 7 p.m. (AST)

Sunday: 9 a.m. to 4 p.m. (AST)

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# MULGRAVE & AREA WELLNESS HUB

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- Basic Care (Canadian licensed doctors and nurse practitioners)

Nova Scotians without a primary care provider have unlimited access to Basic Care.

Nova Scotians with a primary care provider have two free Basic Care visits within the calendar year, and do not have access to Full Care.

Basic Care providers offer basic healthcare advice or prescription renewals (except controlled substances). Basic Care providers can not order tests or refer you to specialists or in-person care.

This option is available 24/7/365.

## 211 Nova Scotia

211 is a free, confidential information and referral service that can connect you to thousands of programs and services offered by local community groups, non-profits, and government departments across Nova Scotia, 24/7. When you dial 2-1-1, the line is answered by certified Community Resource Navigators who will help you navigate the complexities of the human and social services system quickly and easily. Contact 2-1-1 for information and referrals to:

- Health Services & Mental Health Supports
- Income Support & Financial Assistance
- Food Banks, Meal Programs & Grocery Delivery
- Housing Help & Emergency Shelter
- Support Services for Seniors, and more!

**Kids Help Phone** is Canada's only 24/7 e-mental health service offering free, multilingual and confidential support to help all young people Feel Out Loud. You can phone to speak with a trained counsellor. You can also text to reach a trained volunteer crisis responder.

Call tollfree: 1-800-668-6868 or Text CONNECT to 686868.

## 811

You can call 811 to be assessed and receive navigational support from a registered nurse, 24 hours a day. The nurse can assess your health concern and decide where the most timely and appropriate place is for you to receive care. They can also let you know about other options and supports that are available in your community. Additionally, they can offer non-emergency advice and information about mental health and addictions, call 811.

## 988: Suicide Crisis Helpline

988: Suicide Crisis Helpline provides urgent, live, trauma-informed support by phone and text 24 hours a day, 7 days a week. Call 988. Text 988.

**Good2Talk Nova Scotia** provides support for university and college students with a professional counsellor. Good2Talk is private and confidential and you'll either receive information about support resources nearest you and / or a referral, or you can chat with the counsellor about whatever's on your mind.

Call toll-free: 1-833-292-3698 or Text GOOD2TALKNS to 686868

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# MULGRAVE & AREA WELLNESS HUB

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## Provincial Mental Health and Addictions Crisis Line

The Provincial Mental Health and Addictions Crisis Line provides crisis intervention for children, youth and adults experiencing a mental health crisis or mental distress.

The service is available 24 hours a day, seven days a week, to support callers who present with suicidal thoughts, self-harming thoughts or behaviors, overwhelming anxiety, difficulty coping with distress, psychotic or distorted thinking, depression, substance use difficulties or any other self-identified mental health concerns. Crisis is self-defined by the individual calling for support.

The crisis line also supports families, friends, community agencies and others to manage mental health crisis through education, outreach and consultation. In the Eastern Zone (*Cape Breton, Guysborough and Antigonish areas*) to access this service during a mental health crisis, call 902-429-8167 or 1-888-429-8167 (toll free) available 24/7.

**Continuing Care** supports people who need home care, community care services and long-term care. Call 1-800-225-7225 toll-free for more information or to make a referral for you or your loved one.

## Dementia Helpline Alzheimer Society of NS

The confidential, toll-free Dementia Helpline provides an opportunity to speak with someone who understands. Call the Dementia Helpline toll free at 1-800-611-6345 or email [alzheimer@asns.ca](mailto:alzheimer@asns.ca)

The Dementia Helpline provides:

- Help navigating the dementia journey
- Ongoing individualized support
- Registration for Alzheimer Society of Nova Scotia programs
- Connection to community-based services
- Culturally diverse materials in multiple languages (print or online)

Information about:

- Any type of dementia
- Maintaining brain health
- Getting a diagnosis
- Planning for the future
- Maintaining independence
- Tips and strategies for living well

Call if you are:

- Concerned about memory loss
- Diagnosed with any type of dementia
- Supporting someone living with dementia

The Dementia Helpline is a service for:

- People living with dementia
- Care partners/Caregivers
- Family members
- Friends
- Health Care Providers

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# MULGRAVE & AREA WELLNESS HUB

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## Fall Functional Fitness Exercise: SQUATS

A squat is one of the best functional fitness exercises because it trains a movement you already do dozens of times a day—sitting down and standing up—but in a way that makes you stronger, more stable, and less prone to injury. Here's why it's so valuable:

### 1. Mimics everyday movements

Every time you get out of a chair, pick something up from the floor, or lower yourself to play with a child, you're essentially squatting. Training the squat makes these daily movements easier and safer.

### 2. Builds strength in multiple muscle groups

Works quads, hamstrings, glutes, and core all at once. These muscles are key for walking, climbing stairs, carrying groceries, and getting up from the floor.

### 3. Improves balance and stability

Squats engage your core and lower body in a way that strengthens the muscles that keep you steady. This is especially important for preventing falls as you age.

### 4. Boosts mobility and joint health

Done correctly, squats help maintain healthy hip, knee, and ankle range of motion.

They encourage better posture and alignment.

### 5. Adaptable for all fitness levels

Can be done with just bodyweight, holding onto a chair, or with added weight (like a backpack or grocery bag) for more challenge

## Knee-Friendly Tips for All Squats

Hips before knees: Always start the movement by pushing your hips back, not bending the knees first.

Shallow is fine: You don't need to go deep—pain-free range is more important.

Weight in heels: You should be able to wiggle your toes the whole time.

Slow pace: Lower in 3–4 seconds, then stand up in 1–2 seconds to avoid jerking.

## Get Started:

A simple way to start incorporating functional fitness into your daily life is to attach exercises to things you're already doing so they feel natural.

Here are a few practical strategies to incorporate squats into your daily life:

- Laundry squats: Squat down instead of bending over when loading/unloading the machine.
- Do 10-20 squats while talking on the phone.
- Anchor squats to daily habits like brushing your teeth; as soon as your done, do 5-10 squats.
- Do a few squats during TV commercials.

## Protecting Vulnerable Adults

In Nova Scotia, Adult Protection Services are governed by the Adult Protection Act. Adults 16 years and older who are living in a situation of significant risk of self-neglect or experiencing abuse or neglect by others which results in serious harm to the person and their inability to protect themselves from abuse or neglect by reason of mental and/or physical incapacity. Adult

Protection Services has the authority to intervene based on the following:

- The person is living at an immediate and significant level of risk and does not understand or appreciate the level of risk he/she is living in.
- The person does not have the physical capacity to protect him/herself from the assessed risk.
- The person has a permanent, irreversible condition that affects their physical or mental ability to protect themselves.

We must protect vulnerable adults from negligence, risk and abuse. If you are aware of any such instances, please report them by calling 1-800-225-7225.

The Adult Protection Act does not cover financial abuse. Situations of alleged financial abuse would be handled by your local police department. They will investigate to determine if financial abuse is a crime and will recommend the best way to proceed.

## Senior Abuse Information and Referral Line

Call for information about senior abuse or to talk about a situation of abuse. Your call will be kept confidential. Leave a message if a person does not answer the phone. This is not a crisis line. The Department of Seniors cannot investigate, but it can tell you about resources in your community. Call 1-877-833-3377 toll-free in Nova Scotia or 902-424-3163 out of the province.

## MAMC Health Tip

**Functional fitness** refers to exercises that mimic real-life movements, making daily tasks easier and safer. It's important because it improves strength, balance, and mobility, reducing the risk of injury and enhancing overall well-being. Examples of functional fitness exercises include squats, push ups, planks, glute bridges, calf-raises and step ups.

### Why is it Important?

Improved ability to perform daily tasks:

Functional fitness makes everyday activities like lifting groceries, climbing stairs, or getting out of a chair easier and safer.

Reduced risk of injury:

By strengthening the body's natural movement patterns, functional fitness helps prevent injuries that can occur from improper form or weak muscles.

Better posture and core strength:

Functional exercises engage the core muscles, improving posture and reducing the risk of back and neck pain.

Increased flexibility and mobility:

Functional movements help maintain or improve flexibility and range of motion, making it easier to bend, stretch, and move comfortably.

Improved overall health and well-being:

Functional fitness promotes a healthy and active lifestyle, leading to better physical and mental health.

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# GUYSBOROUGH COUNTY ADULT LEARNING ASSOCIATION

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*Guysborough County Adult Learning Association (GALA)*

*The place for lifelong learning*

GALA offers programs to help develop and enhance computer skills, work-related skills, soft skills, and other essential skills. We also help people prepare for the CAEC (Canadian Adult Education Credential which replaced the GED). Our program includes: basic computer skills, email, social media skills, online safety, soft skills and so much more! We can help you learn how to use many devices including computers & laptops, Chromebooks, smartphones, tablets & iPads.

These skills help people succeed in the workplace, in the classroom, in their community as volunteers, and in other activities of daily life.

Our programs are open to any adult who is 18 years or older and is a Canadian citizen.

**GALA classes will start again on September 17<sup>th</sup> with classes being held at the Mulgrave Medical Centre on Wednesdays and Thursdays.** We can also do online classes and packages.

We offer Family Literacy programs including free books for children (depending on availability).

All GALA programs are FREE. We may be able to provide support for transportation to our classes.

To find out more or to register for our programs, please call (902) 533-4252 or email: [admin@guysboroughlearning.ca](mailto:admin@guysboroughlearning.ca)

The Guysborough County Adult Learning Association (GALA) is sponsored by the NS Department of Labour, Skills and Immigration and Nova Scotia School for Adult Learning (NSSAL).





# Guysborough County Home Support Agency

*October is Continuing Care Month*

A time to celebrate CCAs and recognize their vital contribution to the provision of health care for Nova Scotians.

Thank You for the  
compassionate care you  
provide to clients in the  
place they call home.



Contact us:  
(902) 533-3655

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## MESSAGE FROM MLA

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Well, another summer is behind us- what a wonderful time with so many great community events and festivals across Guysborough-Tracadie, and specifically in the Municipality of the District of St. Mary's. I had a fantastic time at the Sherbrooke Canada Day parade, the Port Bickerton Art Festival and Ecum Secum Days, where I had the chance to "dunk" Warden James Fuller- what a highlight!

I had the pleasure of welcoming my caucus colleagues to the area in early September- our out-of-town caucus took place at the beautiful Liscomb Lodge and some of our MLAs visited a number of local groups and organizations, including Scotia Pallets in Goshen, the Eastern Shore Sunshine Club in Ecum Secum, the St. Mary's River Association, historic Sherbrooke Village and of course Beanie's Bistro for a delicious lunch. Thanks to all involved for the amazing hospitality- my colleagues were incredibly impressed with the area I have the honour to represent.

This is one of my first messages in your newsletter- I appreciate the municipality giving me the opportunity, and you for reading it. If there is anything we can ever do to help, please don't hesitate to reach out to me or Charla- by phone at 902-533-2777, email [GregMorrow4GT@gmail.com](mailto:GregMorrow4GT@gmail.com) or by stopping by our constituency office.

Thank you- and enjoy the beautiful fall weather.

Greg



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# MULGRAVE RECREATION

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## Scotia Days

Another festival here and gone. A huge Thank You to all the Scotia Days committee members for which without you this festival wouldn't be where it is today, also a Big Thank You to all of you, for attending all the events and making it so fun to be a part of. This year was a great success and I couldn't have done it without all the help. We are excited to get planning started for next year, and are always welcoming to anyone who may be interested in joining the committee for next season. If you are interested in joining the committee, please contact Mallory @ (902)302-0736 or by email @ [recreation@townofmulgrave.ca](mailto:recreation@townofmulgrave.ca)

## 55+ Games

The planning for the 55+ games has begun, Dates are set for October 1st & 2nd, 2025, you can pick up a registration forms at the Town office during regular business hours or contact Mallory @ [recreation@townofmulgrave.ca](mailto:recreation@townofmulgrave.ca) Keep an eye on the Mulgrave Recreation Facebook page for more information.

## Summer Day Camp

Summer day camps this year have been another hit! We have had a fantastic turn out for each week. A huge Thank You to our summer staff for all their hard work! We can't wait to see everyone next year!

## Mulgrave Community Pool

I want to say a huge Thank You to this year's sponsors KD Pharma, MARA, Renewable Energy Systems (RES), Martin Marietta, Keltic Current and the Mulgrave Volunteer Fire Department for sponsoring our pool this season. The pool had a great turn out this year, thanks to our sponsors. We can't wait to see you all again next year! Thank You to our pool staff for their continuous hard work!

## Soccer

Soccer this summer had a great turnout of kids, we look forward to next season! I want to say Thank You to all the coaches who volunteered their time, we wouldn't have been able to do it without you!

## Seniors activities

The senior's drop in will continue to be held every Wednesday from 1-4pm. We always look forward to seeing new faces.

*Keep an eye out for more info to come.!!*

A poster for an adult open gym event. The background is orange with a diagonal line pattern. In the center, on a white rectangular background, is the text "ADULT OPEN GYM" in large, bold, blue, rounded letters. Below this, in smaller orange letters, is "MULGRAVE MEMORIAL GYMNASIUM". Further down, in blue letters, is "MON, TUES, WED & FRI'S" and "1:30 PM - 4 PM". At the bottom center is the Mulgrave Nova Scotia logo, which features a stylized 'M' with a sailboat above it, the word "Mulgrave" in a script font, and "NOVA SCOTIA" in a smaller sans-serif font below it. Surrounding the central text are several blue line-art icons: a volleyball at the top, a baseball on the right, a badminton racket on the left, a basketball on the bottom left, a soccer ball at the bottom, and a tennis racket on the bottom right.

**ADULT  
OPEN GYM**

MULGRAVE MEMORIAL  
GYMNASIUM

MON, TUES, WED & FRI'S  
1:30 PM - 4 PM

  
NOVA SCOTIA

**MMC GYM  
IS OPEN  
FOR  
WALKING**

COME GET YOUR STEPS IN!  
MON, TUES, WED & FRI'S!!!

9-12PM

**AGES:  
5 - 17**

# **YOUTH OPEN GYM**

**MULGRAVE MEMORIAL CENTRE  
GYMNASIUM**

**WEDNESDAYS IN**

**NOV:  
6-7 PM**

**Waivers need to be signed by a  
parent or guardian before  
attending your first night.**



# MARKET BY THE SEA



JOIN US FOR OUR  
ANNUAL  
**CHRISTMAS  
MARKET**

Join us for an exciting Christmas Market where  
you'll find unique gifts, a magical atmosphere and  
\* festive spirit!

**SAVE  
-THE-  
DATE-  
2025**

**DECEMBER 7**

*Market  
by the Sea*  
Food • music • friends

If interested, contact Leanne at (780)243-0320  
Or you can reach out to the market facebook page!  
Get your table quick before it's all booked up!!

**TABLE COST = \$10 EACH**



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## FITNESS CENTRE HOURS

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A black and white photograph of a person's legs and hands as they lift a barbell from the floor. The person is wearing a wristband and sneakers. The background is a dark gym floor.

# OCEAN VIEW FITNESS CENTRE

## HOURS OF OPERATION

<b>MONDAY</b>	<b>5:30AM-8:30PM</b>
<b>TUESDAY</b>	<b>5:30AM-8:30PM</b>
<b>WEDNESDAY</b>	<b>5:30AM-8:30PM</b>
<b>THURSDAY</b>	<b>5:30AM-8:30PM</b>
<b>FRIDAY</b>	<b>5:30AM-6:30PM</b>
<b>SATURDAY</b>	<b>8:30AM-6:30PM</b>
<b>SUNDAY</b>	<b>8:30AM-6:30PM</b>

## Fitness Center

Check out our affordable rates and very convenient hours of operation.

To register to become a member please contact the Recreation Department @ [recreation@townofmulgrave.ca](mailto:recreation@townofmulgrave.ca) or drop in to the Mulgrave Town Office during regular business hours.

We are looking for fitness centre committee members, if you are interested in joining please contact Mulgrave Recreation @ (902)302-0736, or by email @ [recreation@townofmulgrave.ca](mailto:recreation@townofmulgrave.ca)

# OCEAN VIEW FITNESS CENTRE



## Ocean View Fitness Centre Mulgrave, Nova Scotia

### **MEMBERSHIPS**

#### Single Membership (15 or older)

\$350 per year (2 months free)  
\$175 for 6 months (1 month free)  
\$88 for 3 months  
\$35 per month

#### Student/Senior Membership (over 55 seniors & students must attend school)

\$300 per year (2 months free)  
\$150 for 6 months (1 month free)  
\$75 for 3 months  
\$30 per month

#### Family Membership (youth between 15-18 yrs)

\$900 per year (2 months free)  
\$450 for 6 months (1 month free)  
\$250 for 3 months  
\$90 per month

**\*\*PLUS a refundable \$20 deposit for an access card\*\***

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# *PHP Wind Update on the Goose Harbour Lake Wind Farm*

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August 2025

## **PHP Wind Project Update**

PHP Wind's Goose Harbour Lake Wind Farm project continues to be a hive of activity, with many days having over 150 persons on site. Significant work has been done on road, bridge and culvert construction throughout the summer.

Civil work at the project's transformer pad, substation, switchyard and operations & maintenance building locations is progressing well, including excavation, forming and pouring of most foundations.

Progress continues to be made on the construction of the massive turbine pads over the last few weeks. The work has been supported by the installation, commissioning, and use of the brand-new state-of-the-art concrete batch plant.

Due to the extremely dry conditions this summer, work on site has only been able to proceed under permit by NRR and is subject to specific conditions, such as having three water trucks on-site, no tree clearing, etc.

In summary, we remain on schedule with turbine component manufacturing, with the wind turbine package delivery to the Port of Mulgrave expected to start by April 2026. The project remains on schedule as outlined on our website ([www.phpwind.ca](http://www.phpwind.ca)).

If you have any questions, please email [info@phpwind.ca](mailto:info@phpwind.ca), visit our contact page on the website, or reach out to one of your Community Liaison Committee members.





## Royal Canadian Legion – Branch 37

### Greetings from the Mulgrave Legion!

We hope this message finds you well. Summer was a busy one, and as we wind down and head into fall, we'd like to extend a heartfelt thank you to everyone who attended our events during Scotia Days:

- Mini Cribbage
- 45's
- Blind 45's
- Annual Steak BBQ
- Ambrose Memorial Pool Tournament

### ★ Upcoming in September

Our weekly card games are starting up again!

**Mini Cribbage** – Sunday, September 7th @ 1:00pm

**45's Card Play** – Wednesday, September 10th @ 7:00pm

### 📺 Fundraiser Results

Congratulations to the four winners of our Mulgrave Legion 10-49 Fifty/Fifty Draw:

**Dawn Black**

**Jo-Anne Wallace**

**Marilyn Russell**

**Rosanne Tibbo**

A big THANK YOU to everyone who entered the draw — your support truly makes a difference! 🙌

# MULGRAVE VOLUNTEER FIRE DEPARTMENT



## CHARGE INTO FIRE SAFETY!

This year's Fire Prevention Week (FPW™) campaign, October 5-11,

“Charge into Fire Safety™: Lithium-Ion Batteries in Your Home,” Works to educate everyone about using these batteries safely. The campaign stresses how important it is to BUY, CHARGE, and RECYCLE safely when it comes to lithium-ion batteries.

### CHARGE INTO FIRE SAFETY: 3 STEPS

**Buy only listed products** When buying a product that uses a lithium-ion battery look for a safety certification mark such as UL, ETL, or CSA. This means it meets important safety standards.

**Charge devices safely.** Always use the cords that came with the product to charge. Follow the instructions from the manufacturer. Buy new chargers from the manufacturer or one that the manufacturer has approved. Charge your device on a hard surface. Don't overcharge your device. Unplug it or remove the battery when it's fully charged.

**Recycle batteries responsibly.** Don't throw lithium-ion batteries in the trash or regular recycling bins because they could start a fire. Recycle your device or battery at a safe battery recycling location. Visit [call2recycle.org](https://www.call2recycle.org) to find a recycling spot near you.

# CHARGE into Fire Safety™

## Lithium-Ion Batteries in Your Home

Most of the electronics we use in our homes every day are powered by lithium-ion batteries. In fact, most everything that's rechargeable uses this kind of battery.



LITHIUM-ION BATTERIES store a lot of energy in a small place. These batteries can overheat, start a fire, or explode if overcharged or damaged. By learning how to **BUY**, **CHARGE**, and **RECYCLE** these batteries safely, you can help prevent a fire in your home.



**BUY** only listed products. When buying a product that uses a lithium-ion battery look for a safety certification mark such as UL, ETL, or CSA. This means it meets important safety standards.



**STOP** using your device right away if the battery smells weird, gets too hot, makes popping noises, changes in shape or color. If it is safe, move the device away from anything that can catch fire. Call **9-1-1**.



**CHARGE** devices safely. Always use the cables that came with the product to charge. Follow the instructions from the manufacturer. Buy new chargers from the manufacturer or one that the manufacturer has approved.



**RECYCLE** batteries responsibly. Don't throw lithium-ion batteries in the trash or regular recycling bins because they could start a fire.



**CHARGE** your device on a hard surface. Don't overcharge your device. Unplug it or remove the battery when it's fully charged.



**RECYCLE** your device or battery at a safe battery recycling location. Visit [call2recycle.org](http://call2recycle.org) to find a recycling spot near you.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**  
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Fall is on its way, and Eastern Counties Regional Library (ECRL) is here with a variety of resources and ways to engage. Visit your nearest branch, or check out our website and social media to learn more about things like:

**Curbside Pick-Up/Borrow by Mail** – curbside pick-up and borrow by mail are available to all Mulgrave residents! Select items in our online catalogue and place a hold, selecting either “ECRL – Mulgrave Library” for curbside pickup, or “ECRL - Borrow by Mail” as the pickup location, or call (902)747-2597 for assistance.

**Digital Library Services** – accessible for free anytime, from anywhere with an internet connection. With downloadable eBooks and audiobooks, newspapers (including the Chronicle Herald!), magazines, music, television and film, English and French encyclopedias, and more, there is something for everyone at [ecrl.ca/digital-library-services/](http://ecrl.ca/digital-library-services/)

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# EASTERN REGION SOLID WASTE MANAGEMENT

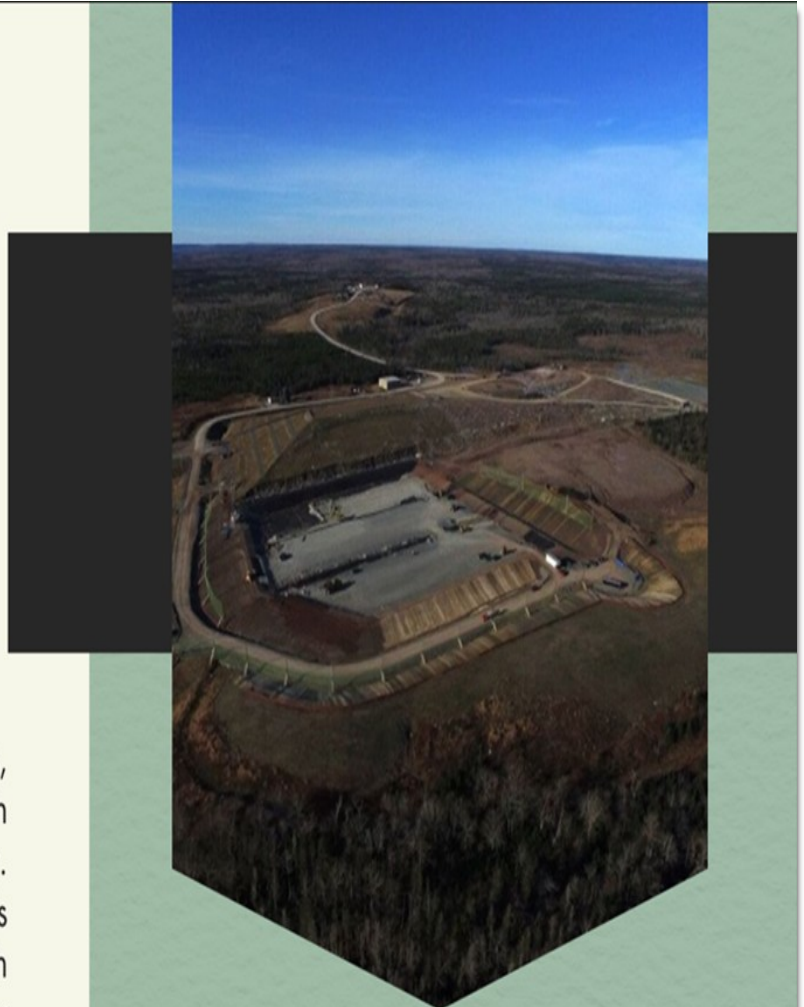


## Where Do Batteries Go?

Batteries are a Household Hazardous Waste (HHW) item. **All batteries must be dropped off at an HHW facility or HHW event.**

## Why Is It Important to Keep Batteries out of Landfill?

Batteries are a fire hazard in landfills, leading to fires that are difficult to extinguish and release toxic fumes into the air. Batteries additionally contain heavy metals and other toxic substances that can leach into the soil and groundwater when they decompose in landfills.



## A Guide to Proper Battery Disposal



Eastern Region  
SOLID WASTE  
Management

# Collection Schedule

459 Murray St, Mulgrave



: Textiles | 
 : Metal Pots Pans Small Appliances | 
 : Bulk Collection | 
 : Recycling | 
 : Green Cart | 
 : Garbage | 
 : Holiday

## September 2025

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

## October 2025

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

## November 2025

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

## December 2025

S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

## January 2026

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31