

Elderberries newsletter, February 18, 2012

1. Sunday February 26, 2:00 - 5:00 pm, Yes, folks, that's not tomorrow - it's a week from tomorrow. "Forever Fit : Balance Exercises for Elders" with Paul Curwin. Wear something loose and comfortable - we will be moving all our limbs! Many of these adapted exercises are chair-based, so don't let lack of mobility stop you.

Spencer House Seniors Centre, 5596 Morris St, Halifax. No alcohol, no scents, no pets, please. Therapy dogs welcome. Accessible entrance to the side, parking at the back. Feel free to bring an over-fifty friend - we happily accept new members.

Following the program there will be a brief (we promise!) Elderberries General Meeting. Then comes the Potluck Social. Please bring something you would enjoy eating. Spencer House has a full kitchen, so main dishes as well as finger food will be welcome. Coffee and tea will be supplied.

Attendees are requested to bring a modest donation for "pass-the-hat" to cover Spencer House expenses.

2. Other forthcoming events :

Monday February 20, noon to 1:00 pm

Gender Neutral Washrooms. Presentation and discussion sponsored by PrideHealth and the Nova Scotia Public Interest Research Group. RBC Lecture Theatre, Halifax Infirmary.

Tuesday to Sunday, February 21 to 26, 8:00 pm. Saturday and Sunday, 4:00 pm matinee. Kinky Kitten Club, a play by LeeAnne Poole. Part of The Sex Festival 2012. Plutonium Playhouse, 2315 Hunter Street, \$15.00 - \$20.00 sliding scale.

Friday February 24, 10:00 pm

Heavy Petting - a queer dance party at The Company House, 2202 Gottingen St. Cover \$5.00.

Sunday March 11, meet and greet 8:45, show 9:00 - 11:00.

Women with Wigs: a Celebration of Transgendered Women and Celebrity Drag Queens. These praiseworthy fundraisers are giving 100% of the proceeds to Bryony House, Halifax shelter for abused women and their children.

Menz Bar and Mollyz : 2182 Gottingen Street.

3. Large Elderberries Poster : do you have artistic and/or design skills? Would you be interested in making a large (bristol board size) poster to showcase the Elderberries group? This would be used by Halifax Pride, which this year will have a special focus on LGBT history and elders. The Organizing Committee can supply pennants, brochures, and photos; and also pay for materials; but we are looking for a volunteer to pull this poster together. Please reply to malm1@ns.sympatico.ca.

4. March Elderberries event will be Sunday March 25

5. Apologies for the late appearance of this newsletter. All typos are the fault of chocolate intoxication from Valentines Day.