

Celebrating 15 Years of Elderberries - 2010 - 2025  
**April 2025 Newsletter**

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## 1. April 13th Salon

**When:** Sunday, April 13, 1:00PM ~ 3:00PM

**Where:** 2630 Gottingen St (Northwood)

**What:** Potluck and a guest speaker, Anthea Taljaard with two, yes *two*, topics!

Wearing her Elections Canada hat, Anthea will present, and answer your questions about the current Federal election: where to vote, when to vote, how to vote – but of course, not *who to vote for*.

Switching hats to that of an artist, Anthea will talk about her art and the business of making and selling art. Anthea's art website is [saltspraydesign.ca](http://saltspraydesign.ca).

Now living on the Eastern Shore, Anthea's story began in South Africa. Originally educated with a Masters degree in business and a hobbyist art collector with a fascination for the ocean and texture/patterns, she traveled and worked in corporations in South Africa and the Middle East for most of her adult life.

This will be a potluck as usual, bring something to share.



## 2. April 27th Salon

**When:** Sunday, April 27, 1:00PM ~ 3:00PM

**Where:** 2630 Gottingen St (Northwood)

**What:** Chair Yoga! Kaitlin Drury will demonstrate how to use and practice Chair Yoga for stretching and flexibility.

Teas and coffee will be provided. Food to share would be appreciated. You can watch, take notes or participate.



## 3. March 9th Salon

After our brief AGM, Annapolis Valley playwright, film writer and actor Katerina Bakolias was our guest Presenter. She read sections of her recent book “Luscious Love.” A story of first love and the quirks and challenges of working in a retail store. Her style is engaging, deftly painting word pictures of the nuances of human interaction.



## 4. March 23rd Salon

Darlene and Lorna, volunteers from a team coordinated by the Halifax Regional Police gave a presentation of practical skills, and concerns about online safety, fraud, and scam prevention.



## 5. Upcoming LGBT Events

You can find all local LGBT Events in one place at:

<https://gay.hfxns.org/LocalEvents>

Or google “gay halifax events”

Wayves Magazine publishes the big list of Pride celebrations in Atlantic Canada. Head over to [wayves.ca](http://wayves.ca) and click the first button, [Prides].



## 6. Members Notices

Broadcast your news! If you have an announcement about a birth, a Graduation, moving, wedding, of you, your partner, kids, your grandkids etc, just <Reply> with them, or send them to

[AtlanticCanadaElderberries@gmail.com](mailto:AtlanticCanadaElderberries@gmail.com)



## 7. Elderberries Mugs For You!

Need a cosy gift? Elderberries mugs are perfect.

On the back is the grey pride ribbon and the words: We are old. We are tired. We can get away with things. So... don't piss us off!

The price is \$15.00; you can get one at our events or we can mail one to you.



## 8. About The Elderberries

The Elderberries is the social, educational, and activism group for LGBT Elders in Atlantic Canada. To join the Society and the mailing list, send an email to [AtlanticCanadaElderberries@gmail.com](mailto:AtlanticCanadaElderberries@gmail.com) • We have a Facebook group too! Join the Facebook Group, “NSElderberries” • To be removed from this mailing list, just <Reply> with the word “Unsubscribe”.

