



IN THE NEWS

September 2019

We're 45!
Empowering people with disabilities since 1973.

**EXTRA, EXTRA READ ALL ABOUT IT!
& TELL EVERYONE YOU KNOW!**

The Shop on Central Opens its Doors

The Shop on Central is a social enterprise established by Bonny Lea Farm.

The small shop and café gives adults living with a disability the opportunity to experience working in the community, selling products that are made with pride here at Bonny Lea Farm and other social enterprises across Nova Scotia.

The Buy Local theme carries through to our coffee and cold beverages, featuring Just Us! Coffee products and Terra Beata Cranberries fresh juices.

As a workplace, The Shop offers employees the opportunity to learn, grow and succeed, building self-respect, dignity, integrity and productivity. Using a model of empowerment, motivation, encouragement and collaboration The Shop will set employees on a course for success.

The Shop on Central is open Tuesday-Saturday from 10:00am-2:00pm. Plan to drop by soon!

For more information call 902-273-2324 or email shoponcentral@bonnyleafarm.ca.

Come for the work

STAY FOR THE PEOPLE

THE SHOP
ON CENTRAL
227 CENTRAL STREET, CHESTER
GIFTS | CAFÉ | MORE



Bonny Lea Farm is hiring.
To learn more, come to our
JOB FAIR
Thursday, September 26, 2019 from 2:00-4:00pm
Bonny Lea Farm
Main Building, 5 Collicutt Road, Chester off of Hwy 14

www.bonnyleafarm.ca

A Face in the Community

The Shop manager Hannah Langille, met with participants to explore their interest in working in The Shop.

Currently three participants from Bonny Lea Farm and one participant from the South Shore Work Activity Program work at The Shop.

Kathy, shown at right, is proud to be representing Bonny Lea Farm to the public, learning new skills and showcasing the many products made here at our vocational program.



A Day in the Life of Bambi By Rose

If you know me, you know I have a guinea pig named Bambi.

He gives me the responsibility that comes with being a pet owner and the joy that comes from his companionship. I like to call him my emotional support pet.

I have owned a lot of guinea pigs. You might say I am a bit of a guinea pig expert and even host a piece about guinea pigs during Barn Dance on 100.7fm.

I hope you like my pictures.



Bonny Lea Farm Yoga Story Wins National Contest!

For the past few years Bonny Lea Farm has offered participants a yoga program. Instructor DeNel “Didi” Rehberg Sedo, of Blue Lotus Yoga Studio - who is also known as “Dr D” to her students at Mount Saint Vincent University, where she is a professor and researcher in the Department of Communication Studies - brings her expertise, energy, and enthusiasm to deliver a yoga program meeting each participant’s unique abilities and needs.

In the beginning the groups were smaller. As more and more participants tried the class, the numbers grew. Now most of the 45 participants involved in our day program take part in one of the classes.

When British Columbia based Halfmoon Yoga Equipment was celebrating its 30th birthday this spring they invited people to share their yoga stories for a chance to win 30 yoga mats. Instructor Didi wrote about her experience in leading yoga here at Bonny Lea Farm. Her entry was one of three selected from across Canada to receive 30 yoga mats!

Didi dropped by to celebrate the win with the participants and lead a fun outdoor yoga session.



Greyson donated a drum kit and his time to offer a drumming group to participants over the summer. He plans to continue coming every other week to make some music with participants.

Drumming Anyone? Volunteer Offers Unique Opportunity

We’re not sure who has been enjoying the drumming time on Wednesday nights more, the participants or 14 year old Greyson. In the early summer Greyson donated a drum kit to Bonny Lea Farm and offered to come hold drumming sessions with participants one evening a week.

Participants jumped at the chance! While Tom had previously taken drum lessons and enjoyed the opportunity to bang out a rhythm, many of the others had never held drum sticks before. We are grateful to Greyson and his parents for sharing their time, talents and treasures.



For more about what is happening at Bonny Lea Farm visit our website at www.bonnyleafarm.ca or our Facebook page at www.facebook.com/bonnylea.farm