

# Making the Most of Every Day

This month we have been busy helping participants make the most of every day and checking a few items off of their bucket lists.

## Truro Train Trip

The Seniors Group went on a VIA Rail train trip to Truro. From boarding the train to taking in the sights everyone enjoyed the adventure.

"The train trip was great! I liked having lunch on the train." - Nancy

## Keji Bike Ride

A group took to the trails at Keji with our Heart Program instructor Brian and Greenhouse instructor Evelyn. Biking is something many participants enjoy doing both here at Bonny Lea Farm and on trails with staff.



Tom shown here with Larry and our new wood splitter, still in the box. It has since been set up and is in use daily!

## Terry Fox Run

Kathy, Tom, Val and Ronnie participated in the Terry Fox Run.

## Hants County Exhibition

This bunch could teach us all a thing or two about having fun and trying new things. From agriculture and animals to adrenaline and adventure, they did it all! (see more on facebook)

"Trying the rides at the exhibition was fun. I would do it again!" - Adam

Offering these enriching opportunities (the cost of staffing & transportation) is part of our unfunded programming costs.

# **Kindling Kindness**

One of our very loyal kindling customers saw the great work that we do in the Barn and wanted to support our program.

Cutting over 2500 bundles of kindling a year takes a toll on our wood splitters.

Tom showed up recently with a brand new electric wood splitter and stand for us! Thank you Tom Fougere for believing in the work we do and for your support. You make a difference!

Currently work is underway to winterize our Kindling and Mulch Barn so that work can continue in that space all year round.









# **Leaving Your Legacy**

Leaving a gift in your will ensures your goals and values live on, affecting future generations.

Talk to your lawyer or financial advisor about options:

- residual gift
- percentage
- fixed amount
- stocks or shares
- life-insurance.

If you'd like to discuss your plans with us, call Liz 902-275-5622 ext 241.

"I believe in Bonny Lea Farm. That is why I have left a gift in my will." - Long-time supporter & donor

# **Delivering Quality**

A group of people meet regularly to discuss Quality of Life here at Bonny Lea Farm. The committee is drawn from the Board, community members and management.

Their goal is to ensure that participants experience the best possible quality of



life. Topics discussed range from how to support participants in achieving their goals to how to enhance and expand their daily experiences.

> "We are always reviewing what we do and considering what else we could do to support participants in reaching their potential." - Barbara Carthew, Chair

## Quality of Life Committee

Front row (left to right): Barb Carthew, chair; Mary Ellen Clancey; Karen Lake; Barbie Nunn-Porter. Back row: Catherine Robar; Philippe Degraeve; Liam Clancey; David Outhouse and Eve McDermott.

# **Good Times Gallery**









Top left (clockwise): Laura and Debbie taking in the Hants County Exhibition; David biking at Keji; Larry making icing for Laurie Anne's birthday cake.



# BONNY LEA FARM thanks all Golfers & Sponsors of our ANNUAL BENEFIT

Golf Tournament







Top to Bottom: Special Olympic Putting Challenge team with Jack Flemming; Team Hilchey with Nick Richardson, Lori Davis, Robin Bond and David Hilchey; Team Fisher Transport.

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Together we raised over \$30,000 in support of our enhanced programs! Thank you!