

DIGBY AREA RECREATION NEWS

From Parent & Tot to Adult, we have swim lessons for every age!

Digby Area Recreation Commission offers the Lifesaving Society's Swim For Life program at the Digby Pool during the months of July and August! The Swim for Life program is the Lifesaving Society's learn-to-swim program that develops solid swimming strokes and skills, and valuable Water Smart® education that will last a lifetime.

2023 Sessions:

Session 1 : July 3-14

Session 2: July 17-28

Session 3: July 31-August 11

Session 4: August 14-25



Watch for more details on levels being offered during each session and the times. The cost is \$50.00 & HST per child, per session. Online registration will open June 12, 2023.

5th Trail Challenge Badge Added



Digby Area Recreation recently added a 5th trail to the Trails Challenge. The five Trails Challenge Badges for you to earn are: Acacia Valley Trails, Gulliver's Cove Trails, Weymouth Storybook Trail, Balancing Rock Trail and the VanTassell Lake Trail.

Participation is easy! Pick up or download a copy of the challenge pamphlet, pick and complete your challenge, submit your photo proof by email to activeliving.darc@bellaliant.com. Once your submission has been verified, you will be awarded your trail badge.

Also new this year, in partnership with Hike Nova Scotia, is the Hiker Challenge Digby Badge. To qualify for the Digby badge, walk four of the five trails. After you complete the challenge apply for the Digby Badge at www.hikenovascotia.com



Summer means lots of time in the great outdoors and making memories with friends old and new. Our Summer

Day Camp offers campers a chance to participate in a variety of fun-filled activities like swimming, arts and crafts, sports, games, and engage in outings in the community.

This program is for children ages 5-12. Children must bring a packed lunch, water, and a change of clothes for each day. Summer Day Camp is Monday through Friday, 8:30AM-4:30PM. Cost is \$100.00 plus H.S.T. per child, per week.

2023 Summer Day Camp Schedule:

Week 1 - July 3-7 - Camp Gameology

Week 2 - July 10-14 - Camp Hero

Week 3 - July 17-21 - Camp Detective

Week 4 - July 24-28 - Camp Science

Week 5 - July 31-August 4 - Camp Creative

Week 6 - August 8-11 - Camp Hollywood

Week 7 - August 14-18 - Camp Carnival

Week 8 - August 21-25 - Camp Holidays

2023 Specialty Camp Schedule:

July 4-7 - Weymouth Day Camp @ SMBA

July 11-14 - Kayak Camp, Ages 9-12

July 17-21 - Wrestling Camp, Ages 9-12

July 24-27 - Basketball Camp, Ages 8-16

July 31-August 4 - Leadership Camp, Ages 11-15

August 15-18 - Kayak Camp, Ages 13-15

Watch our Facebook page and website for more summer programming coming to a community near you!

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Frauds and Scams Prevention

DIGBY AND AREA SENIORS' SAFETY PROGRAM

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902-308-0544

Urgency, Emotion, Threats, False Hope

Fraudsters are becoming more clever. They trick us on the phone, through texts, emails, mail, on social media; Facebook and private chat messages. Here's a few strategies to keep in your scam prevention tool belt!

Tips for Recognizing Scams:

- If it's too good to be true, stop. Think. Be a skeptic.
- If there is a sense of panic, fear, sadness or excitement, consider this is when you might make a quick and wrong decision.
- **NEVER EVER** give personal information unless you are the one who made the contact and you are certain you know who is needing it. Most government organizations, banks or businesses will not ask for this over the phone or through email. The CRA scam threatens to call police- just hang up.
- "Spoofers" steal other people's phone numbers, profile pictures and pretend they are someone legitimate. Hang up and look for the correct contact information and try directly.
- Grandparent scams ask for money by pretending to be a traveling grandchild in need of large amounts of money hang up.
- Talk to your friends and family about the latest scams. They are changing rapidly and the best tool for you is to have information and education.

If you've been a victim of a scam:

Contact your bank if you've shared your banking or personal information. They can help protect your accounts.

Call the police 902-245-2579 or the Senior's Safety Program 902-308-0544. Most scams are not local crimes and are so big in scale that the best is to stop all communication with the fraudster.

Consider changing your contact information, have your family check in on you and know that you're not alone. There are lots of emotions and fears that come with having been victimized.

Reach out to the The Canadian Anti Fraud Centre at 1-888-495-8501 or report online to www.antifraudcentre-centreantifraude.ca

"I was asked to go buy iTunes cards and Google play cards to give to this wonderful church group in the province. They called me back when I returned and I gave them the number on back of the cards. I've already spent \$5000 dollars and my family says it's a scam!"

- Digby Area Senior

◆ ONLINE SAFETY

Strong passwords have capitals, numbers, sign: Sky567#

Be careful what you like and share on Facebook. Much of this info could be stolen or plans to target your digital footprint

Never speak to strangers in private chat groups. Never send money or chat with someone who professes their love

Keep you phone, tablet and computer up to date, shut it off once and awhile, don't click on pop ups and use secure websites.

Accept friend requests from only people you know.