

DIGBY AREA RECREATION



Phone: (902) 245-5006 EMail: darc@ns.aliantzinc.ca
27 Shreve Street, Digby, N.S.

NOMINATIONS FOR VOLUNTEER AWARDS

Digby Area Recreation is seeking nominations for volunteer awards that will be presented at a local ceremony during National Volunteer Week in April. This is your chance to step forward and help us celebrate and honour volunteers in our community.

The award categories are:

- Representative Volunteer Award
- Volunteer Family Award
- Youth Volunteer Award



Nomination forms are available on the DARC website. Nominations for Volunteer Awards Must be received by MARCH 1, 2024.

Forms can also be picked up and dropped off at the DARC Office, or via email. Phone (902) 245-1949.

EQUIPMENT LOAN PROGRAM

To help make play and healthy living accessible to everyone, Digby Area Recreation is proud to offer equipment to help you try out new activities. While this is a free service, reservations is required and allocated on a first come, first served basis. A signed equipment loan form and waiver is required.

Winter equipment available includes snowshoes, skates, cross country skis with boots & poles and sleds. Equipment can be booked by calling 902-245-1949 or email: darc@ns.aliantzinc.ca

Equipment can be loaned for up to 4 days at a time and must be picked up and returned to the DARC Office, 2nd floor of Digby Arena.

FREE PUBLIC SKATING AT DIGBY ARENA

Tuesday:

Public Skate: 12:00-1:00 pm

Wednesday:

Parent & Tot Skate: 11-11:45 am

Adult (19+) Skate: 12:00-1:00 pm

Student Skate: 2:30-3:30 pm

Teen Skate : 3:30-4:30 pm

Thursday:

Adult (19+) Skate: 12:00-1:00 pm

Saturday & Sunday:

Public Skate: 4:00-5:00 pm

Digby Arena - (902) 245-1950
27 Shreve Street, Digby, NS

COMMUNITY OPEN GYM

Digby Area Recreation's Open Gym Program offers free, flexible, unstructured play; basketball, badminton, pickleball, etc. Staff will be on site to welcome you and assist participants. This is a perfect opportunity to get out there and get active with no stress, no fees, no fuss!

Islands Consolidated School

Fridays 5:30 - 7:30 pm

St. Mary's Bay Academy

Saturdays 10:00 am - 1:00 pm

Digby Regional High School

Fridays 6:00 - 9:00 pm

Saturdays 10:00 am - 3:00 pm

Find us on



Safe Driving for Seniors

DIGBY AND AREA SENIORS' SAFETY PROGRAM

Dawn Thomas, Coordinator

seniorsafety@digby.ca

902-308-0544

Safety Tips and Older Drivers

Sometimes there are some simple things seniors can do to allow the privilege of driving for longer. Here are some tips:

- Plan your route in advance.
- Drive in the daytime on familiar roads when possible.
- Avoid busy traffic times and consider road conditions.
- Take breaks and avoid long periods of driving. Ask a friend to help for longer trips.
- Leave plenty of distance between you and the other drivers.
- Use your mirrors and always shoulder check before merging onto the highway or switching lanes.
- Stay alert for parked cars, pedestrians, and potential hazards. School zones, bus stops and crosswalks can be especially busy in the morning and afternoon.
- Never assume another driver will give you the right of way.
- Minimize background noise by keeping the radio and the fan on low. Avoid driving with pets and chatty passengers.
- Remove loose items from your driving space. Purses, canes, umbrellas should be clear from your driving space.
- Be prepared for the unexpected.

Warning signs it's time to stop driving:

This is a tough one. Driving is not a right and requires a great deal of attention, reflexes and mobility.

If your family has suggested you stop, then that's a very good indication.

If you miss signs and street lights, neglect to use turn signals, become frustrated, get turned around in familiar places, drift into other lanes, it might be time to reconsider other transportation options.

Chat with your doctor about vision, hearing and memory. There are things you can do to be proactive and safe.

If the police get involved, it's often too late.

Dementia and Driving

If you notice your loved one is having difficulty driving or you have a nervous feeling about them getting behind the wheel, it's time for YOU to have that difficult conversation. Is your loved one having trouble multi tasking? Do they have trouble judging distances and depth? Have others talked to you about their concerns about your loved one's memory and driving?

Tell your doctor about your concerns or call the Seniors' Safety Program or Police.