

DIGBY AREA RECREATION



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

PUBLIC SKATING AT DIGBY ARENA

Monday & Wednesday:
Parent & Tot Skate: 11 am-12 pm
Adult (19+) Skate: 12:00-1:00 pm
Student Skate: 2:30-3:30 pm
Teen Skate : 3:30-4:30 pm

Friday:
Parent & Tot Skate
Adult (19+) Skate: 12:00-1:00 pm

Saturday & Sunday:
Public Skate: 4:00-5:00 pm

Extra Skates:
Dec. 24, 31 & Jan 2 - 11 am-12pm
December 27 - 1:00-2:00 pm

Admission; Pay What You Can!

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

NATIONAL VOLUNTEER WEEK APRIL 27-MAY 4

On behalf of the Town of Digby and The Municipality of District of Digby, Digby Area Recreation Commission annually host the Digby & Area Volunteer Recognition Ceremony. National Volunteer Week is a time to recognize the contributions of volunteers and the positive impact they have on society. Volunteers share their time, skills, empathy, and creativity to help build strong, vibrant communities. People are encouraged to nominate a deserving volunteer from their community to receive an award. More information on how to nominate a volunteer will be available in January.



All nominations are recognized at the local ceremony during National Volunteer Week. Also, a nominee from Town and Municipality is chosen to be recognized at the Provincial level during the Provincial ceremony in Halifax.

DIGBY RECREATION FREE WINTER EQUIPMENT LOAN



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 - 8:30 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

Planning for Your Future

DIGBY AND AREA SENIORS' SAFETY PROGRAM

Dawn Thomas, Coordinator

seniorsafety@digby.ca
902-308-0544

Why should I plan for my future now?

It's difficult to imagine that something could happen to us at any time. But, if we don't have our plans in place, it will be more difficult for providers to know what our wishes are or could have been.

What do I need to consider?

Health and Personal Care Decisions:

- A personal directive lets you choose someone to make health and care decisions if you cannot make them for yourself. This could be for a short time or at the end of your life. It's a good idea to speak to the person you choose about your wishes regarding your care and desires if something were to happen to you.
- If you don't choose someone while you are well, then someone will be appointed who you might not want to help you.

Legal and Financial Decisions:

- Delegating someone to be your Power of Attorney allows you the opportunity to select SOMEONE YOU ABSOLUTELY TRUST to manage your most important business while you're alive. They can ONLY act when you are unable to make your own decisions.
- This is the most important document you will sign. Be sure to see a lawyer to assist you with how to manage your assets and finances should you become unable to.

Will:

- This states where you want your belongings to go after you die. You can appoint an executor to someone to carry out your final wishes. This is an opportunity for you to make decisions on your wishes. If you do not have one, provincial regulations will organize your belongings and estate for you.

Selecting The Right People to Help:

Pick someone who will do errands for you without a complaint.

Be sure the person you choose doesn't ask for any of your personal ID or information while you can make your own decisions.

Will the person you selected get along with your family and friends? Will there be conflict?

Talk to a lawyer to help you understand all the possible ways to ensure all of your needs will be respected.