

Fire Safety and Preparation

DIGBY AND AREA SENIORS' SAFETY PROGRAM

Dawn Thomas, Coordinator

seniorsafety@digby.ca

902-308-0544

Planning Ahead Will Help

An emergency can be very upsetting when we are not prepared and are suddenly in the middle of panic.

Taking the time to be a little more prepared for evacuation, power outages, fires and other disasters will keep you safer.

Types of Disasters:

- Hurricanes, Ice, Snow and Wind Storms, Floods, Fires

Be Prepared!!

Plan for the needs of all family members and pets.

Have 2 free exits. Doors or windows work and keep them accessible for leaving quickly.

Seniors living alone with mobility challenges, memory or health issues will benefit from having a support team in place. It's a good idea to review the plan and keep routes clear of clutter.

Get rid of throw mats and consider night lights.

An Emergency kit for evacuation can be similar to one you prepare for power outages and fires.

Have extra items for mobility needs; chargers for battery power equipment, medications, keys, list of practitioners, and consider in advance back up locations to stay, if needed. Have extra clothes if needing to leave quickly.

Get a first aid kit with bandages and medicinal supplies for headaches and stomach issues.

Think about cards and games for entertainment by the flashlight.

It's not something we think about, but when we need to be prepared, we'll be happy we took the time.

Please remember to check on your senior neighbors.

When to call 911

911 is a free Service in Nova Scotia. It will bring Police, Ambulance or the Fire Department. You can call 911 if your health is threatened, your safety is compromised or property is threatened with unwanted people or damage. It is very important to have your civic number visible by the road and light enough it can be seen at night.

POWER OUTAGES



We are expected to be prepared to stay safe on our own for 72 hours.

Evacuation Go bags are recommended for emergencies.

For more information in cases of evacuation call

902-308-0713

DIGBY AREA RECREATION

Find us on  

NHL Legends Tour

The NHL Legends of Hockey Tour stops at Digby Arena on Sunday, September 28, 2025. Local players will get the chance to face hockey stars like Rich and Ron Sutter, Chris Nilan, Rick Vaive, Derian Hatcher, Colton Orr & more. The tour stop is a fundraiser for Digby Area Recreation.

General Admission: \$25 (3 and under free)

Dressing Room Pass; \$25. Meet the NHL Legends during either the first or second intermission.

VIP Meet & Greet: \$100. Includes general admission tickets and allows you to attend the post game reception to meet the NHL Legends where you can get a chance for photo opportunities and autographs. Light refreshments will be provided and cash bar.



Fall Back Into Fitness Starting October 1st

Cardio, Core & More - Digby Curling Centre
Mondays, 9:30 - 10:30 am

Chair Yoga

Mondays, 10:00-11:15 am, at St. Joseph's Church Hall, Weymouth.
Wednesdays, 10:00-11:00 am, at Digby Curling Centre.

Zumba Gold - Digby Curling Centre
Fridays, 9:30 - 10:30 am

Cost: Punch card (10 classes) for \$72



HalloHarvest

Join us at the Digby Outdoor Recreation Centre for HalloHarvest, a celebration of Autumn & Halloween. Watch for more details!

Saturday, October 18th - 12:00-5:00 pm

Recreational Youth Pond Hockey

Thursdays, October 16-March 12
5:00-5:50 PM at Digby Arena

Registration fee: \$100.00 plus HST

Open to boys and girls, ages 6-16, who are not registered in a minor or high school hockey program. No experience required. Call 902-245-4344 for more information or to register.



Public Skating at Digby Arena Starting October 1, 2025

Monday & Wednesday:

Parent & Tot Skate: 11:00 am-12:00 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: 11:00 am-12:00 pm
Adult (19+) Skate: 12:00-1:00 pm

Saturday:

Public Skate: 4:00-5:00 pm

Sunday:

Public Skate: 1:30-2:30 pm

Admission; Pay What You Can!



Community Open Gym

Digby Area Recreation's Open Gym Program offers free, flexible, unstructured play. This is a perfect opportunity to get out there and get active with no stress, no fees, no fuss!

Watch for Community Open Gym schedules at Islands Consolidated School, St. Mary's Bay Academy, Digby Regional High School, starting October 17, 2025.