



Musquodoboit Valley Community Newsletter

5th Edition | January/February 2026

Hello Reader, thank you for picking up the Musquodoboit Valley Community Newsletter. This publication is a project of the Musquodoboit Valley Communities Association (MVCA). MVCA is a new organization made up of four working groups, focusing on business, non-profits, tourism, and civics & culture. We've started this bi-monthly newsletter for all residents to hopefully improve awareness and communication from one end of the Valley to the other.

Community supports the MV Food Bank's Christmas program

On behalf of the Musquodoboit Valley Food Bank Association, I would like to take the opportunity to thank our Board of Directors, all the Volunteers, and our community for such amazing work the past several weeks. We supplied 64 Food Hampers to 217 family members, including 95 children receiving Angel Gifts and Coats. The Community really came through for us this year, and we thank you. Exciting things are coming for 2026!

Mark Bonin, Manager, Musquodoboit Valley Food Bank

Local daycare receives expansion funding

The Province of NS is investing about \$4.5 million in the Splash of Color Children's Centre to add up to 76 new child-care spaces. This project is part of provincial and federal efforts to expand access to child care, supported through the Canada–Nova Scotia Canada-wide Early Learning and Child Care Agreement. The spaces, for infants, toddlers and preschoolers, will be in a new building beside the current centre on Highway 224. The new facility is expected to open in August 2026. Congratulations!!

Affordable Food Market to continue for 22 more weeks

The Mobile Food Market has received funding from the Province of NS to continue the Musquodoboit Valley Affordable Food Market until the end of May 2026. See you Thursdays from 4:00 -6:00 pm at the Middleton United Church's lower level to purchase your fresh fruit, vegetables, eggs and bread at an affordable price. Everyone welcome! www.facebook.com/mobilefoodmarket

Nominate a Deserving Volunteer

Each year the Mayor and Halifax Regional Council recognize the warmth and generosity of volunteers with an awards ceremony, celebrating the invaluable contributions of these individuals, who give their time and skills in our community. Please consider nominating an outstanding youth or adult volunteer or a community group in your community for a volunteer award. Nominations for 2026 close at 5 p.m. on Thursday, January 8, 2026.

<https://www.halifax.ca/about-halifax/volunteering/volunteer-awards>

The Musquodoboit Valley Communities Association (MVCA) is looking for a **TREASURER** to handle the finances of the Association. We have few transactions at his point so we expect the duties to take no more than 1-2 hours per month. If you are interested in helping out, please contact us at musquodoboitvalley@gmail.com

Comfort centres are temporary daytime facilities activated by the Halifax Regional Municipality during events such as prolonged power outages or extreme weather. They provide food, water, device charging, and current information, with all logistics managed by the municipality.

In the Musquodoboit Valley, current comfort centre locations include Elderbank Ground Search and Rescue, Middle Musquodoboit Bicentennial Theatre, Cooks Brook Fire Hall and Upper Musquodoboit Legion. Residents would be notified of activations through radio and on the website. <https://www.halifax.ca/safety-security/emergency-management/emergency-accommodations>

JANUARY 2026

- Jan 8 - **Meals on Wheels** – Home cooked meal for seniors 55+. Middleton United Church, 12:00 pm, \$10. Anita 902-758-5050.
- Jan 8 – **Tech Café** - A fresh start series to declutter your phone, update your digital safety, and regain control of your online world. Weekly on Thursdays from 10:00 am – 12:00 pm until March 26th (no session on March 19th). Upstairs in the Haverstock Pharmacy building, Unit #4. Registration required 902-391-0014 admin@esmvlearning.ca
- Jan 8 –**iPhone for the Absolute Beginner** - a gentle introduction to the fundamentals so you can start using your iphone with confidence. Weekly on Thursdays from 1:00 pm – 3:00 pm until March 26th (no session on March 19th). Upstairs in the Haverstock Pharmacy building, Unit #4. Registration required 902-391-0014 admin@esmvlearning.ca
- Jan 9 - **Cash Bingo** - Join us for an exciting evening with CASH prizes. Doors open at 6:00 pm, games start at 7:00 pm. Canteen accepts cash and debit. Upper Musquodoboit Community Hall. Contact via Facebook messenger for more information.
- Jan 11 - **Carrolls Corner Fiddle Jam**- We play fiddle tunes for all to enjoy. Come dance, snack, and listen. 1:00 pm – 4:00 pm. Carrolls Corner Community Centre, 9 Milford Road. Admission by donation. Contact: fiddlerdog1@yahoo.ca
- Jan 16 – **TGIF Meal** – Delicious Chicken pot pie with dessert, tea & coffee. Meagher’s Grant Community Hall. 6:00 pm, \$14.00 per person. Children are welcome. Take-out is available. Details on Facebook/Meagher’s Grant Community Hall
- Jan 18 - **Afternoon Jam Session** – Join us for an afternoon of music, everyone welcome. 1:30- 4:30 pm. Lemmon Hill Community Centre. 272 Lemmon Hill Road, Dean.
- Jan 19 – **MVCA Civics & Culture Working Group Meeting** –Join us as we make our plans for 2026. 6:30 pm. Contact Anne for location and details at awarburton@protonmail.com
- Jan 22 - **Meals on Wheels** –Home cooked meal for seniors 55+. Middleton United Church, 12:00 pm. \$10. Anita 902-758-5050.
- Jan 23 - **Pub Night with Tristan Legge** - Musquodoboit Valley Bicentennial Theatre. 7:00 - 11:00 pm. Ages 19 and over. \$15.00. More information www.bicentennialtheatre.ca
- Jan 24 – **Men’s FREE Breakfast** – Welcoming men from across the Musquodoboit Valley for good food and conversation. Middleton United Church lower level. 8:30 am – 10:00 am. For details or to volunteer contact Denise 902-891-0191
- Jan 29- **Soup Luncheon** - Enjoy a bowl of soup, a roll and a dessert with tea and coffee and some great company! 11:30 am to 1:30 pm. \$10.00. Holy Cross Catholic Church. 11645 Hwy#224 Middle Musquodoboit.

MEAGHER’S GRANT COMMUNITY HALL ACTIVITIES:

Morning Steppers - Self-directed fitness class with video. Cost: \$1.00 drop-in. Monday Wednesday & Friday 9:00 –10:00 am

Pickleball games –Thursday evenings 7:00 -9:00 pm. Cost: \$2.00/person drop-in. 19+. Bar and canteen open.

4-H Member Monthly meetings –The first Monday of the month. 7:00 pm.

Auction 45 card evenings - Cost: \$5.00 per person. 2nd & 4th Friday of the month at 7:00 pm. Jan 9, 23 Feb 13, 27

WORSHIP SERVICES:

Holy Cross Catholic Church, Middle Musquodoboit – Mass Saturdays 4:00 pm Jan 3, 10, 17, 24, 31, Feb 7, 14, 21, 28

Lower Musquodoboit United Churches - Sundays 10:00 am. • St. James in Meagher’s Grant- Jan 4, 18, Feb 1, 15

• St. Andrew’s in Elderbank -Jan 11, 25, Feb 8, 22. Email for more details: lowermusquodoboit@gmail.com

Middle Musquodoboit Faith Community –All services at 10:00 am. Middleton United Church.

• Middleton (In-person & YouTube)-Jan 4, Feb 1 • Middleton (In-person only)- Jan 18, Feb 15 • YouTube only- Jan 11, Feb 8

• Middleton (In-person & YouTube) song, discussion & fellowship- Jan 25, Feb 22

www.youtube.com/@MMFC100 annikaatchurch@gmail.com

Sharon Presbyterian Church, Dean – Sunday 10:00 am – Jan 4, 11, 18, 25, Feb 1, 8, 15, 22

Visit the community calendar at www.musquodoboitvalley.ca to view more
or to submit an event.

Sign up for our newsletter online so you don’t miss a single issue.

Scan the QR code or go to <http://eepurl.com/jqnNOg> to sign up.



FEBRUARY 2026

- Feb 1 - **Carrolls Corner Fiddle Jam**- We play fiddle tunes for all to enjoy. Come dance, snack, and listen. 1:00 pm – 4:00 pm.
Carrolls Corner Community Centre, 9 Milford Road. Admission by donation. Contact: fiddlerdog1@yahoo.ca
- Feb 5 - **Meals on Wheels** – Home cooked meal for seniors 55+. Middleton United Church, 12:00 pm. \$10. Anita 902-758-5050.
- Feb 13 - **Late Night Record Shop - A tribute to the Bare Naked Ladies** - Musquodoboit Valley Bicentennial Theatre. 7:00 pm.
\$35.00. More information www.bicentennialtheatre.ca
- Feb 14- **Take Out Lasagna & Garlic Bread Supper** - Delicious takeout meal with Carrot cake for dessert. Dean Church Hall, 3:00 pm to 6:00 pm, Adults \$12.00, Youth 12 and under \$3.00, preschoolers free. More info contact 902-568-0025 or 902-568-2578.
- Feb 15 - **Afternoon Jam Session** – Join us for an afternoon of music. 1:30- 4:30 pm. Lemmon Hill Community Center, Dean.
Players and listeners welcome.
- Feb 17 - **Pancake Supper** - Pancakes, sausages, baked beans and biscuits, including dessert. Adults \$12.00, 6 – 12 yrs \$7, under 5 free. 4:00 -6:00 pm. Holy Cross Catholic Church. 11645 Hwy#224, Middle Musquodoboit. Eat in or take out.
- Feb 17 - **Middle Musquodoboit Agricultural Society Annual General Meeting** - A great time to find out how to join all of our events and committees. Musquodoboit Valley Bicentennial Theatre. 7:00 pm.
- Feb 19 - **Meals on Wheels**–Home cooked meal for seniors 55+. Middleton United Church, 12:00 pm. \$10. Anita 902-758-5050.
- Feb 20- **TGIF Meal** – Delicious meal with dessert, tea & coffee. Meagher’s Grant Community Hall. 6:00 pm, \$14.00 per person.
Children are welcome. Take-out is available. Details on Facebook/Meagher’s Grant Community Hall
- Feb 24- **MVCA Non-Profit Working Group Meeting** – Roundtable for Non-profits. 6:30 pm. Middleton United Church Lower level. For more information contact Denise at musquodoboitvalley@gmail.com
- Feb 27 – **Soup Luncheon** - Enjoy a bowl of soup, a roll and a dessert with tea and coffee and some great company! 11:30 am - 1:30 pm. \$10.00. Holy Cross Catholic Church. 11645 Hwy#224 Middle Musquodoboit.

RECURRING EVENTS:

Musquodoboit Valley Food Bank - Open Fridays, 10:00 – 11:00 am. Middleton United Church.
Musquodoboit Valley Square Roots Bi-weekly Veggie Bag pick up – 10:30 am – 12:30 pm. Jan 24, Feb 7, 21 (Cobs Bread every Saturday.) Cooks Brook. Facebook\Musquodoboit Valley Square Roots
Feminine Fridays - Feminine products and hygiene products for men and women. Always free. Pickup every Friday unless other arrangements have been made. https://www.facebook.com/share/N1JDZhDfn98vkN5h/
Musquodoboit Valley Affordable Food Market –Join us every Thursday from 4:00 – 6:00 pm starting January 8 th 2026 to purchase your fresh, affordable food. Everyone is welcome! Middleton United Church Lower level. www.facebook.com/mobilefoodmarket
Valley Branch Legion #147 Cribbage - Wednesday evenings at 7:00 pm and a cribbage tournament the 4 th Sunday of the month at 1:00 pm. Both have refreshments available. Upper Musquodoboit.
Valley Branch Legion #147 Kitchen Party - 3 rd Saturday of each month from 7:00 pm – 10:00 pm. Upper Musquodoboit
Valley Branch Legion #147 Regular meetings - First Friday of each month. Upper Musquodoboit.
Upper Musquodoboit Fellowship Hall – Cribbage every Thursday 2:00 pm. \$3.00 to play, \$1.00 high hand. 50/50 tickets available. Partner not required. All welcome. Upper Musquodoboit.
Upper Musquodoboit Fellowship Hall - Cribbage Tournament on the 4th Saturday of the month starting at 1:30 pm. \$5.00 to play per person. \$1.00 high hand. 50/50 tickets. Partner required. All welcome. Upper Musquodoboit.
Lemmon Hill Community Center - Jam session every Tuesday evening 7:00-10:00 pm. All players and listeners welcome. Dean
Carrolls Corner Community Centre - Dungeons & Dragons. Fridays 6:30 pm. Sew What (Craft group) Mondays 10:00 am – 2:00 pm. Adult Social Group. Tuesdays 1:30-3:30 pm. (starting the 2 nd Tuesday of January)

JAN/FEB HRM RECREATION PROGRAMS:

Fitness Centre Free Drop In (16+), MRHS	Youth Open Gym Free Drop In (ages 13-18), MRHS
Monday Jan 5, 12, 19, 26, Feb 2, 9, 16, 23 - 6:30 pm - 9:00 pm	Tuesday Jan 6, 13, 20, 27, Feb 3, 10, 17, 24 -- 7:00 pm – 9:00 pm
Tuesday Jan 6, 13, 20, 27, Feb 3, 10, 17, 24 - 7:00 pm – 9:00 pm	Youth and Adult Open Gym Free Drop In (13+), MRHS
Wednesday Jan 7, 14, 21, 28, Feb 4, 11, 18, 25- 6:30 pm–9:00 pm	Friday Jan 9, 16, 23, 30, Feb 6, 13, 20, 27-- 7:00 pm – 9:00 pm
Friday Jan 9, 16, 23, 30, Feb 6, 13, 20, 27- 6:30 pm – 9:00 pm	Badminton Free Drop In (16+), MRHS
	Wednesday Jan 7, 14, 21, 28, Feb 4, 11, 18, 25- 6:30 – 9:00 p.m.

Sign up for Halifax Parks and Recreation programs. Call 902-490-6666 or visit
<https://www.halifax.ca/parks-recreation/programs-activities/recreation-activities>

Thank you to our advertisers and to HRM Councillor Cathy Deagle Gammon for contributing to the cost of this newsletter.

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Mental Wellness Ambassadors Program

Build resilience, boost mental health knowledge, and support your community with the Well-Being HUB's five-workshop series. Complete all five and receive a certificate. Open to individuals, caregivers, and community workers or volunteers.

Online workshops (6:30–8:30 pm):

- **Jan 22:** Workshop 1 -Basics of Mental Health & Wellness
 - **Feb 5:** Workshop 2 - Thoughts, Feelings & Actions
 - **Feb 19:** Workshop 3 -Self-Awareness & Emotional Intelligence
- **Workshops 4 and 5 will be held in March***

Register for one or all workshops online at www.wellbeinghub.ca/events-2/ or contact Sarah Ryan at 902-237-5065/ oec@wellbeinghub.ca

