



Informing & Entertaining for over 30 Years... It's always been about providing CHOICES
Enjoy the Power of 50 Plus... Visit our web site: www.choicesafter50.com

Free Copy



Parkland
RETIREMENT LIVING

1-877-742-6639

experienceparkland.com/retireNB



– See Full Ad on Back Cover

You can help keep my home clean

Please Recycle



– See Ad, Page 9



**TAX
ACCOUNTING
SERVICES LTD**

For All Your Taxation & Accounting Needs

(506) 649-0109

– See Ad, Page 11

Summer 2026

Choices After 50

Features On:

- Estate Planning
- Retirement Matters
- Lifestyle Trends & Travel
- Fitness & Recreation
- Hearing Tips & Advice
- Healthcare Concerns
- Cartoons & Humour

Summer – a perfect time for “Active Living”

CHOICES after 50® “The First Choice in Senior’s Publications” produced by EMI Publications & Media



Why wait for an ultrasound and MRI?

**Appointments
Available Now**

Reports available in
5 Days*

Highly trained, experienced staff using
advanced MRI & Ultrasound imaging technology
and enhanced health and safety standards.

FREE ON-SITE PARKING AVAILABLE

Get the **information you
need when you need
it**, so you can **focus on
what matters.**

Call For an Appointment Today: 1-855-897-4476

585 Mapleton Rd., Suite 101, Moncton, NB

Visit: www.MONCTONMRI.COM

We accept: Major Credit Cards, Interac (debit)



Bobby's Hospice Summer BBQ's

Join us every Friday from June 19th - September 4th, from 11:30 AM - 1:00 PM directly at Bobby's Hospice for a delicious meal and a great time!

What's Included for \$8: Hamburger, Hot Dog, Chips and Water

Local live entertainment each week, vendors, raffles,
50/50 draws and more surprises!

Come for the food, stay for the fun! We can't wait to see you there!



Four Ways to Create a Calming Landscape...



Urban Landscaping Ltd:

by: Lorna Pond, Certified Landscape Professional

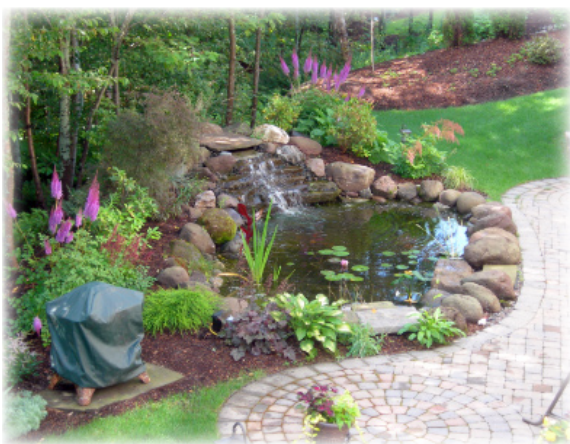
Charles Dickens, in his novel *A Tale of Two Cities* once wrote the timeless introduction “it was the best of times, it was the worst of times”. These words have stood the test of time, repeatedly showing their historic truth, but within the context of the current geopolitical uncertainty, it may seem like the latter is the overriding sentiment on many days of the present. Nevertheless, we have the power to shift our experiences to “the best of times” by carefully creating and managing our own curated environment both inside and outside our own home.

More and more in recent months we are all appreciating the gift of the community we live in. The natural community of parks, river systems, gardens and trees that adorn our area provide a relief from the turmoil of the world. That feeling of comfort and serenity can be realized on our own property as well as out in the community at large.

Consider these following four simple ways to find peace in your yard without breaking the bank.

1. Plant a garden - Whether you want to explore your “green thumb” by planting a vegetable garden to help supplement your grocery needs or you want to recreate an English perennial garden you saw on Pinterest for its aesthetic beauty, gardening is a great way to reduce stress and increase happiness. Soil contains beneficial microbes that can act as natural antidepressants by increasing serotonin levels, so by working your hands through the soil on a regular basis, you can keep anxious thoughts at bay and simply enjoy your own surroundings. Your physical health will also benefit with the added exercise that tending to plants will provide.

2. Install a Water Feature - The sound of water creates an instant calm and draws your focus away from the rush and anxiety of the day.



Have you ever seen a child be able to walk by a running brook or water-fall without pleading to their parents to let them feel the flowing water? That instinct to hear, see and feel moving water that delights us as children stays with us as we age. What better way to rediscover the joy and

carefree feelings of your childhood than to install a bubbling rock or other water feature in a gathering spot on your property.

3. Light up the Night - Soft lighting, both indoors and out, can create a feeling of calm and help reduce anxiety. Lighting that is warm, dim or diffused sends signals to the nervous system that it is time to relax and unwind. It also allows for a safe and comfortable transition from the purposeful activities of the day into the relaxed social activities of the evening. Solar lights or low voltage lighting, when applied correctly, can enhance the enjoyment of outdoor activities and social interactions well beyond sunset.

4. Build a Fire Pit - Going back to basics and creating a space to safely enjoy a small wood fire is one of the best ways to really relax in your own yard. The mesmerizing flicker of flames, just like the movement of water, can draw your attention away from the pressures of modern life to a more tranquil state of being. The cozy warmth of a firepit naturally elicits a sense of relaxation and encourages conversation with others.

These four simple additions to your outdoor landscape

can help refocus your thoughts and emotions into a positive and peaceful perspective. Choose one, or choose them all; build it yourself or hire it out; go big or keep it small. Whatever you choose, you have the power to create a path to happiness and contentment on your own piece of this great big crazy world in which we live.



Where Imagination Meets Creation

LANDSCAPING

Lawn and Garden Installation • Patios • Walls • Fences
Decks • Walkways • Drainage

MAINTENANCE

Clean-Ups • Mowing • Shrub & Hedge Trimming
Weeding • Organic Based Fertilization

SUPPLIES

Soil • Mulch • Decorative Gravel • Flagstone
Play Sand • Crushed Limestone • Pavers



Certified Professionals • Award Winning Company

65 Marr Road, Rothesay 849-4124 www.urbanlandscaping.ca

IT'S TRUE:

Keep smiling, it makes everyone wonder what you're up to...

Worry is interest paid on trouble before it comes due...

The person who smiles when things go wrong, has thought of someone they can blame it on...

Have You Named a Trusted Contact Person?

Why it may help offer peace of mind for older adults, their families and those who help them with their money

At some point in our lives, unexpected health issues, memory problems or stressful events may make it harder to manage our money and investments with confidence. Unfortunately, these same situations can make older adults more vulnerable to financial fraud or exploitation. One practical way to add a layer of protection is to name a Trusted Contact Person through your registered financial advisor.

A Trusted Contact Person, or TCP, is someone you authorize your registered financial advisor to contact in limited circumstances. This person does not manage your money, make decisions for you or have access to detailed account information. Instead, they serve as an extra point of contact if your advisor is concerned about your wellbeing.

For example, your advisor may contact your TCP if:

- they cannot get in touch with you after several attempts
- they notice unusual activity and are concerned you may be experiencing financial exploitation
- they are concerned about your ability to make financial decisions due to a health issue
- they need to confirm who your legal representative is.

In short, a TCP can help your advisor take reasonable steps to protect your account when something does not seem right.

Choosing a TCP is entirely up to you, but it should be someone you trust. They should be mature, comfortable discussing sensitive issues and willing to take on the role. It could be an adult child, another relative or a close friend.

Ideally, it should be someone who knows you well, understands your support network and will look out for your best interests.

article continued on page 4

Avez-vous désigné une personne de confiance?

Pourquoi cela peut contribuer à rassurer les aînés, leurs proches et les personnes qui les aident à gérer leur argent

Au cours de votre vie, des problèmes de santé, des troubles de la mémoire ou des événements stressants peuvent survenir et vous empêcher de gérer votre argent et vos placements en toute confiance. Dans ces mêmes situations, les personnes âgées deviennent plus vulnérables à l'exploitation financière ou à la fraude. Pour renforcer votre protection, vous disposez d'une solution pratique qui consiste à désigner une « personne de confiance » par l'intermédiaire de votre conseiller financier autorisé.

Une personne de confiance est une personne que vous aurez autorisé votre conseiller financier à contacter dans des situations déterminées. Cette personne ne prend aucune décision à votre place, elle ne gère pas votre argent et n'a pas accès aux renseignements détaillés de votre compte bancaire. Elle pourra toutefois être contactée si votre conseiller financier a des préoccupations à votre sujet.

Par exemple, votre conseiller peut communiquer avec votre personne de confiance :

- s'il ne parvient pas à vous joindre malgré plusieurs tentatives;
- s'il remarque des transactions inhabituelles et craint que vous ne soyez victime d'exploitation financière;
- s'il doute de votre aptitude à prendre des décisions financières en raison d'un problème de santé;
- s'il doit confirmer la ou les personnes qui vous représentent légalement.

En résumé, si votre compte présente une quelconque anomalie, votre personne de confiance pourra aider votre conseiller financier à prendre des mesures raisonnables qui permettront de le protéger.

suite de l'article en page 4



Protect your investments

Speak with your financial advisor about naming a Trusted Contact Person.



Protégez vos placements

Parlez à votre conseiller financier au sujet de la désignation d'une personne de confiance.



continued: Have You Named a Trusted Contact Person?

Naming a Trusted Contact Person is not the same as granting power of attorney. It simply gives your registered financial advisor one more way to help safeguard your financial wellbeing.

If you have an investment account, ask your financial advisor about naming a Trusted Contact Person — a small step that could make a meaningful difference to protect you and your financial wishes in the future.

Learn more about how and why to appoint a Trusted Contact Person at [Finfo.ca](https://finfo.ca).



Protect your investments

Speak with your financial advisor about naming a Trusted Contact Person.



Protégez vos placements

Parlez à votre conseiller financier au sujet de la désignation d'une personne de confiance.



suite: Avez-vous désigné une personne de confiance?

La décision de nommer une personne de confiance vous revient, mais il doit s'agir d'une personne mature à qui vous faites confiance. Elle doit être prête à assumer son rôle et être capable de tenir des conversations difficiles au sujet de votre situation personnelle. Il peut s'agir d'un enfant devenu adulte, d'un autre membre de la famille ou d'un ami proche. Dans l'idéal, cette personne vous connaît assez bien, votre et votre réseau de soutien, et veillera à toujours agir dans votre intérêt.

Désigner une personne de confiance ne signifie pas lui accorder une procuration. Cela consiste simplement à fournir à votre conseiller financier autorisé l'information dont il a besoin pour protéger votre argent.

Si vous possédez un compte de placement, consultez votre conseiller financier pour en savoir plus sur la désignation d'une personne de confiance. C'est une démarche simple qui pourrait, à l'avenir, vous protéger, vous et vos actifs financiers.

Pour savoir comment faire pour désigner une personne de confiance, consultez [Finfo.ca](https://finfo.ca).

Healthy Diet vs. Supplements

A recent survey found that seniors are less likely to make dietary changes that would lower cancer risk and are more likely to turn to dietary supplements.

This is disturbing in light of the evidence that a diet rich in a variety of fruits, vegetables, whole grains, can significantly lower the risk for cancer.

In contrast, there is no evidence that the same is true for dietary supplements. Although hundreds of vitamins, minerals, and herbal compounds are available in supplement form, food scientists estimate that fruits, vegetables, whole grains, and beans could contain thousands of yet-to-be-identified substances that may play a crucial role in cancer prevention.

Multivitamins are useful for people who have difficulty meeting their daily requirements for necessary vitamins. However, for cancer prevention, you must alter your diet, increasing your intake of fruits, vegetables, and grains.

CHINESE PROVERB: A happy person is never poor,
an unhappy person is never rich...

**DO YOU HAVE
FORGOTTEN MONEY?**

**\$42
MILLION**
waiting to be claimed

**Search your
name today!**

**QFUND
FINDERNB.ca**



**AVEZ-VOUS OUBLIÉ DE
L'ARGENT QUELQUE PART?**

**42 MILLIONS
DE DOLLARS**
attendent d'être réclamés

**Recherchez votre
nom aujourd'hui !**

**MES
FONDSNB.ca**



Perfect Weather Means Perfect Timing for Fall and Winter Home Prep

Summer is the ideal time to weatherproof your home for colder seasons. Invest in your comfort now while the weather is perfect for renovations. Don't wait for the first frost to prepare your home for the seasons ahead. Take advantage of warm weather to complete energy efficient home renovations and maintenance. You'll be happy you did when chilly fall weather arrives.

Easier installation conditions

Weather proofing is always simpler when it's warm and dry outside. Adding weatherstripping to doors and windows is less of a chore on warm summer days. As well, materials like caulk and sealants cure properly in moderate temperatures. Interior caulking projects are easier when you can open windows to air out your home. (Remember to use caulking intended for interior use.)

Window repairs or replacement are simplest during warmer months too. No worries about a summer breeze blowing through the house when windows are being changed. The same goes for door replacement.

Tip: Schedule roof work, gutter cleaning, and exterior caulking for mild summer days when surfaces are dry and accessible. Install door sweeps, replace worn weatherstripping, and add insulation to attic access points. **Clean your heating system while it isn't in use**

The simplest time to clean your heating system is when you don't need it. Change furnace filters, clean vents, and have your heating system professionally serviced before cold weather arrives. Clean chimney and fireplace systems. For heat pumps, remove and vacuum the filter, and clear any debris around the outside unit. Scheduling a contractor to perform a deep cleaning is easier during summer when they're usually less busy with installations.

Catch problems early

Summer inspections can find issues before they turn into costly winter emergencies. You can spot loose roof shingles, damaged siding, or failing window seals while there's still time to fix them properly. Use binoculars to check your roof. Look for cracks in your foundation. Test all windows and doors to make sure they are sealed well. Don't know where to begin? Start with a home energy evaluation

SaveEnergyNB programs delivered by NB Power begin with an energy evaluation to help you better understand what needs to be done. The programs offer incentives as well to help you complete any efficiency projects.

Once you've had your evaluation, you will receive a list of upgrade suggestions. The evaluation report will explain which upgrades will make the most significant impact on your



Proudly delivered by **NB Power**
Fièrement offert par **Énergie NB**



HOME COMFORT MADE EASY

Enjoy a cozy, comfortable home year-round.

Let us help you lower your energy use and manage your costs. Our programs, advice, and easy-to-use tools make it simple. From small changes to expert support, we're here for you.

Visit saveenergy.nb.ca/choices for details!

CONFORT À LA MAISON, TOUT SIMPLEMENT

Profitez d'une maison confortable toute l'année.

Nous vous aidons à réduire votre consommation et à gérer vos coûts grâce à des programmes, des conseils et des outils faciles à utiliser. Petits gestes ou soutien personnalisé, nous sommes là pour vous.

Visitez [écoenergienb.ca/choix](https://ecoenergienb.ca/choix) pour plus de détails.

home's energy use, so you can start with improvements that make the most sense.

Winter comfort made easy

Proper weatherproofing eliminates cold spots and drafts that make rooms uncomfortable during winter. A well-sealed home requires less energy to maintain comfortable temperatures, and your heating system works more efficiently when it's not fighting air leaks.

Bonus benefit: Energy-efficient improvements add value to your home and make it more appealing to buyers. Good weatherproofing shows potential buyers that the home has been well cared for. Following these summer prep tips will give you peace of mind when the cold weather hits. Visit saveenergy-nb.ca/choices to get started with your comfort and savings today!

Lonely? Don't Spend Another Long, Cold Winter Home Alone!



Come join us at Windsor Court! Stay in a beautiful suite with wonderful amenities. Experience delicious home cooked meals. Join in on lots of fun social activities.

When all the snow and ice melts you can head back to your house if that is what you choose to do.

Call Marilyn at 292-8451 to find out about our Winter Stays

10 BARTON CRESCENT • 506-292-8451
WWW.WINDSORCOURT.NB.CA



**Metro Health
Services Inc.**
People in Motion

Certified Professionals

Offering a Full Line of Limb Prostheses, Orthopaedic Footwear, Biomechanical Foot Orthotics, Orthopaedic Braces and Specialized Wheelchair Systems

CALL FOR AN APPOINTMENT

(506) 648-6150

Saint John Regional Hospital – Level B

A Healthy Lifestyle Can Beat Back the Hands of Time...

Boomers, are you at risk of vitamin and mineral deficiencies.

The popular notion that 50 is the new 40, and 40 is the new 30, has been reaffirmed by Canada’s baby boomers in a recent national survey. In fact, 61 per cent of baby boomers say that they feel about 10 years younger than their true age.

In the survey commissioned by the Centrum News Bureau, when asked what they do to feel younger, 76 per cent cited regular exercise, 71 per cent say they watch what they eat and 40 per cent say they take a multiple vitamin or mineral supplement on a regular basis. Most baby boomers surveyed don’t rely on plastic surgery, liposuction or wrinkle creams, for example, but rather believe they are taking control of the way they age by following a simpler regimen.

“This famous generation is more informed in many ways than their parents, and this gives them a sense of control and empowers them. They pride themselves on doing things their own way, and now in doing so, they are trying to rewrite the book on aging,” says Dr. Mirosława Lhotsky, family physician, co-author of The Healthy Boomer, and co-founder and director of the Toronto Midlife Health Institute. “This is particularly true when it comes to their approach to healthy living. They are striving to stay fit by exercising and eating well, in order to stay young. They want to be involved in all aspects of their health.”

While many claim to feel younger than their years, the survey also reveals that many baby boomers are very concerned about maintaining their good health in the years to come, in order to reduce the risk of developing chronic disease.

For both men and women surveyed, the greatest health concern is cancer (60 per cent), followed by heart disease (50 per cent). Other concerns include Alzheimer’s disease (28 per cent), arthritis (26 per cent) and diabetes (24 per cent). When it comes to osteoporosis, though, women are three times more likely to be concerned than men (21 per cent versus 7 per cent, respectively).

“It’s good news that boomers are paying attention to the future because the reality is, over the next decade, the first round of Canada’s ten million baby boomers will reach the age of 65. Even by age 50, the health risks associated with aging start to become apparent, regardless of how young you feel or how active you are,” says Dr. Lhotsky.

Nearly 80 per cent of baby boomers believe that they have some or even a lot of control in reducing their risk of chronic disease. Andrea Miller, registered dietitian at Sunnybrook and Women’s College Health Sciences Centre, agrees that boomers have a strong hand in ensuring good health in the long term.

“Diet can have a significant impact in offsetting, to some degree, the rising health risks that aging brings,” says Miller. “But even if we make healthier food choices, as we age, our bodies don’t absorb certain vitamins and minerals as well from diet alone. A daily multivitamin supplement can provide the necessary nutritional insurance to fill in the nutrient gaps of a less than optimal diet.”

In Baby Boomers’ Health

Boomers, in particular, are at risk of some vitamin and mineral deficiencies, Dr. Lhotsky adds. The absorption of vitamin B12, for example, decreases after the age of 50. Strong scientific evidence suggests that the daily use of a multivitamin can help address these shortcomings. A multivitamin may also impact elevated blood levels of homocysteine, which has been linked to an increased risk of heart disease.

A Swedish study in the Journal of Nutrition, for example, showed that the use of a multivitamin supplement was associated with reduced homocysteine levels and therefore a lower risk of heart disease. Further studies show that multivitamin supplementation can also help improve immune function and help reduce the risk of age-related macular degeneration, cancer and osteoporosis.

Boomers, particularly women, are also at an increased risk of osteoporotic fractures because of vitamin D and calcium deficiencies. According to the most recent (2002) Clinical Practice Guidelines for the Diagnosis and Management of Osteoporosis in Canada and the Osteoporosis Society of Canada, those over the age of 50 should be consuming 1,500 mg of calcium and 800 IU of vitamin D daily.

When choosing a supplement to address vitamin and mineral deficiencies, Miller recommends that baby boomers look for a multivitamin that is formulated specifically for those aged 50 plus, such as Centrum Select™, which has higher levels of vitamin B6 and B12, vitamin E and a lower level of iron.

Many healthcare professionals may also recommend taking a calcium supplement with increased vitamin D, such as Caltrate Select™ specifically formulated for older adults with 400 IU of vitamin D.

Mark Your Calendar...

Note... Rhoda’s Flea Market is CLOSED
the month of August

RHODA’S



Flea Market

EXHIBITION PARK

37 McAllister Drive, Saint John

\$2 Admission, under 12 Free with parent

Every Sunday, 9am to 1pm

Tables \$20 tax included

2 for \$35 or 3 for \$45

For more information Call or find us on facebook

658-1232



/rhodasmarket

Plan
NOW
so you
don't
miss
out...

Rhoda's

Christmas Festival 2026

Of Crafts, Antiques, Art & Food

November 20th, 21st & 22nd

WEEKEND PASS

Adults : \$8

Seniors: \$7

kids 12 and under:

Free!

(Must be accompanied
by an adult)

Friday

12pm-9pm

Saturday

10am-6pm

Sunday

10am-4pm

FREE PARKING!

**Hourly
door prizes!**



Follow us on
Facebook and
instagram!

Irving Oil Field House

129 McAllister drive, Saint John, NB

RHODA'S



Flea Market

EXHIBITION PARK

37 McAllister Drive, Saint John

\$2 Admission, under 12 Free with parent
Every Sunday, 9am to 1pm

Tables \$20 tax included
2 for \$35 or 3 for \$45

For more information Call or find us on facebook

658-1232

 /rhodasmarket

Note... Rhoda's Flea Market
is CLOSED the month
of August

Rhoda's Christmas Festival 2026

Of Crafts, Antiques, Art & Food

November 20th, 21st & 22nd

WEEKEND PASS

Adults : \$8

Seniors: \$7

Kids 12 and under:

Free!

(Must be accompanied
by an adult)

Friday

12pm-9pm

Saturday

10am-6pm

Sunday

10am-4pm

FREE PARKING!

**Hourly
door prizes!**



Follow us on
Facebook and
Instagram!

Irving Oil Field House

129 McAllister drive, Saint John, NB

Visitor Discovery Feature

2026 Complimentary Copy

By The Bay

MEMORIES: Of a Relaxing Visit

VISIT: Unique Shops and Galleries

EXPLORE: The Fundy Coast & Coves

DISCOVER: Our History & Friendly People



"Clip Out - Fold & Go"
Travel Feature...



The Preferred Discover Guide... For over 30 years

- Where to Stay • Where to Eat • Things to Do
- Sights to See • Shopping • Local Events
- Entertainment • Maps

Discover the Town of OROMOCTO

Whether you are looking to delve deep into the history of Canada's military and New Brunswick's shipbuilding, relax and get back to nature...
...or just go shopping,
Oromocto is the place to visit.

Drop by our Visitor Information Centre, conveniently located at **Exit 301** off the Trans-Canada Highway.

OROMOCTO.CA   

TOWN OF Oromocto
Recreation & Tourism



Discover and explore the beautiful Town of Oromocto. Located just 15 minutes from the capital city of Fredericton, we are a progressive and prosperous community that was initially developed to support Canadian Forces Base Gagetown. Oromocto is also known as a community that is deeply rooted in our diverse culture and heritage. With a population of about 13,000, we are nestled along the Oromocto and Saint John Rivers. These pristine waterways are among the finest in North America! Oromocto is a destination that offers its citizens and visitors alike a wide variety of recreational and cultural opportunities. Oromocto is a great place to spend a day, a weekend or the rest of your life. Come visit us soon! *Oromocto – more than rivers connect us!*



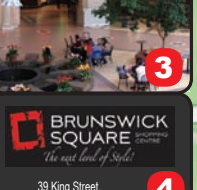
Visit Flea Markets or Walk on the Ocean Floor, it's all here to enjoy in Southern NB



1 Walking through History



2 Market Square
One Market Square, Saint John



3 BRUNSWICK SQUARE
The next level of safety
39 King Street, Uptown Saint John



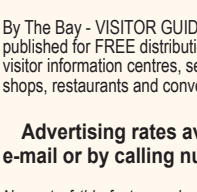
4 Visitor Information
Shoppes of City Hall
15 Market Square
(506) 658-2855
Open daily - year round



5 Barbour's General Store
10 Market Square
(506) 632-6813
Open May - Oct



6 Throughway Visitor Information
1509 SJ Throughway
(506) 58-2940
Open May - Oct



7 Parking Location



8 Harbour Passage



9 Harbour Station



10 Harbour Passage



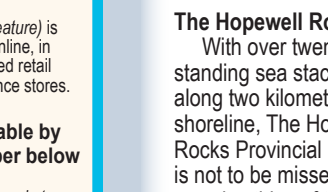
11 Harbour Passage



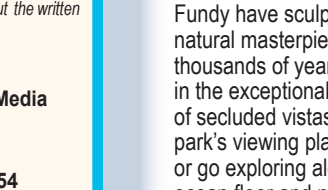
12 Harbour Passage



13 Harbour Passage



14 Harbour Passage



15 Harbour Passage



16 Harbour Passage



17 Harbour Passage

18 Harbour Passage

19 Harbour Passage

20 Harbour Passage

21 Harbour Passage

22 Harbour Passage

23 Harbour Passage

24 Harbour Passage

25 Harbour Passage

26 Harbour Passage

27 Harbour Passage

28 Harbour Passage

29 Harbour Passage

30 Harbour Passage

31 Harbour Passage

32 Harbour Passage

33 Harbour Passage

34 Harbour Passage

35 Harbour Passage

36 Harbour Passage

37 Harbour Passage

38 Harbour Passage

39 Harbour Passage

40 Harbour Passage

41 Harbour Passage

42 Harbour Passage

43 Harbour Passage

44 Harbour Passage

45 Harbour Passage

46 Harbour Passage

47 Harbour Passage

48 Harbour Passage

49 Harbour Passage

50 Harbour Passage

51 Harbour Passage

52 Harbour Passage

53 Harbour Passage

54 Harbour Passage

55 Harbour Passage

56 Harbour Passage

57 Harbour Passage

58 Harbour Passage

59 Harbour Passage

60 Harbour Passage

61 Harbour Passage

62 Harbour Passage

63 Harbour Passage

64 Harbour Passage

65 Harbour Passage

66 Harbour Passage

67 Harbour Passage

68 Harbour Passage

69 Harbour Passage

70 Harbour Passage

71 Harbour Passage

72 Harbour Passage

73 Harbour Passage

74 Harbour Passage

75 Harbour Passage

76 Harbour Passage

77 Harbour Passage

78 Harbour Passage

79 Harbour Passage

80 Harbour Passage

81 Harbour Passage

82 Harbour Passage

83 Harbour Passage

84 Harbour Passage

85 Harbour Passage

86 Harbour Passage

87 Harbour Passage

88 Harbour Passage

89 Harbour Passage

90 Harbour Passage

91 Harbour Passage

92 Harbour Passage

93 Harbour Passage

94 Harbour Passage

95 Harbour Passage

96 Harbour Passage

97 Harbour Passage

98 Harbour Passage

99 Harbour Passage

100 Harbour Passage

101 Harbour Passage

102 Harbour Passage

103 Harbour Passage

104 Harbour Passage

105 Harbour Passage

106 Harbour Passage

107 Harbour Passage

108 Harbour Passage

109 Harbour Passage

110 Harbour Passage

111 Harbour Passage

112 Harbour Passage

113 Harbour Passage

114 Harbour Passage

115 Harbour Passage

116 Harbour Passage

117 Harbour Passage

118 Harbour Passage

119 Harbour Passage

120 Harbour Passage

121 Harbour Passage

122 Harbour Passage

123 Harbour Passage

124 Harbour Passage

125 Harbour Passage

126 Harbour Passage

127 Harbour Passage

128 Harbour Passage

129 Harbour Passage

130 Harbour Passage

131 Harbour Passage

132 Harbour Passage

133 Harbour Passage

134 Harbour Passage

135 Harbour Passage

136 Harbour Passage

137 Harbour Passage

138 Harbour Passage

139 Harbour Passage

140 Harbour Passage

141 Harbour Passage

142 Harbour Passage

143 Harbour Passage

144 Harbour Passage

145 Harbour Passage

146 Harbour Passage

147 Harbour Passage

148 Harbour Passage

149 Harbour Passage

150 Harbour Passage

151 Harbour Passage

152 Harbour Passage

153 Harbour Passage

154 Harbour Passage

155 Harbour Passage

156 Harbour Passage

157 Harbour Passage

158 Harbour Passage

159 Harbour Passage

160 Harbour Passage

161 Harbour Passage

162 Harbour Passage

163 Harbour Passage

164 Harbour Passage

165 Harbour Passage

166 Harbour Passage

167 Harbour Passage

168 Harbour Passage

169 Harbour Passage

170 Harbour Passage

171 Harbour Passage

172 Harbour Passage

173 Harbour Passage

174 Harbour Passage

175 Harbour Passage

176 Harbour Passage

177 Harbour Passage

178 Harbour Passage

179 Harbour Passage

180 Harbour Passage

181 Harbour Passage

182 Harbour Passage

183 Harbour Passage

184 Harbour Passage

185 Harbour Passage

186 Harbour Passage

187 Harbour Passage

188 Harbour Passage

189 Harbour Passage

190 Harbour Passage

191 Harbour Passage

192 Harbour Passage

193 Harbour Passage

194 Harbour Passage

195 Harbour Passage

196 Harbour Passage

197 Harbour Passage

198 Harbour Passage

199 Harbour Passage

200 Harbour Passage

201 Harbour Passage

202 Harbour Passage

203 Harbour Passage

204 Harbour Passage

205 Harbour Passage

206 Harbour Passage

207 Harbour Passage

208 Harbour Passage

209 Harbour Passage

210 Harbour Passage

211 Harbour Passage

212 Harbour Passage

213 Harbour Passage

214 Harbour Passage

215 Harbour Passage

216 Harbour Passage

217 Harbour Passage

218 Harbour Passage

219 Harbour Passage

220 Harbour Passage

221 Harbour Passage

222 Harbour Passage

223 Harbour Passage

224 Harbour Passage

225 Harbour Passage

226 Harbour Passage

227 Harbour Passage

228 Harbour Passage

229 Harbour Passage

230 Harbour Passage

231 Harbour Passage

232 Harbour Passage

233 Harbour Passage

234 Harbour Passage

235 Harbour Passage

236 Harbour Passage

237 Harbour Passage

238 Harbour Passage

239 Harbour Passage



Bigger & Better Than Ever... NB Country Music Hall of Fame Announces 2026 Induction Ceremonies & Gala Concert

Get your tickets now!

**\$95 gives you an all-access ticket to FanFare, Reception, 3 Course Banquet, Induction Ceremony, Gala Concert and Late Nite Jam.
Contact Sandra at: 506-472-0355
or sanreed101@gmail.com**

Join us at the Fredericton Inn on October 17th, 2026 as we honour the past, celebrate the present and inspire the future of country music in NB.

Building on the tremendous success of last year's celebration, the 2026 Gala promises to build on that momentum.

Enjoy the convenience of all Gala Day events taking place under one roof, offering fans an immersive country music experience from start to finish.

The FanFare Expo returns by popular demand, giving attendees the opportunity to connect with artists and niche local businesses one on one. The Gala Concert will showcase Hall of Famers, presenting a celebration of NB's country legacy.

Afterwards, all are welcome to take part in the Late Nite Jam. Step up to the mic and share your voice!

The 2026 Inductees Are:

Julian Austin - Sussex & Grand Bay/Saint John

Carla Bonnell - Mauderville

Steve Maillet - St. Antoine

Lee Marlow - Bouctouche (posthumously)

Terry Patterson - Rothesay

These brilliant artists have made lasting contributions to country music in New Brunswick and beyond, helping shape the province's rich musical heritage. Get your tickets now! \$95 gives you an all-access ticket to FanFare, Reception, 3 Course Banquet, Induction Ceremony, Gala Concert and Late Nite Jam. Contact Sandra at: 506-472-0355 or sanreed101@gmail.com

Leading up to Gala Day will be Community Events in Fredericton and surrounding areas of NB. Follow us on our website, nbcmhf.com, Facebook and Instagram for event updates!

Plan
NOW
so you don't
miss out...



**The Seniors' Resource Center
provides resources and information
on a variety of services, events and
activities to enhance wellness and
quality of life for seniors.**

**Visit us at Level 3, Brunswick Square,
online at www.seniorshelps.com
or call (506) 633-8781.**

Proudly funded by the City of Saint John.



You can help keep my home clean
Please Recycle



Do you know all the different things you can recycle in New Brunswick? Paint, tires, packaging & paper products, oil & glycol, and beverage containers. You can even return medications & medical sharps for safe disposal. It's easier than you think to help keep NB clean and green!

To find out more about our programs and locations in NB, contact us:

 **RecycleNB.com**

1-888-322-8473

Important “Estate” Planning Issues...

Columbarium Niche vs In Ground Cremation Burial?

One of most important aspects of end-of-life planning is choosing the final resting place for yourself and your loved ones. Cremation burials currently represent about 75% of all burials. Some family members choose to hold their loved one’s ashes at home but there are several issues to consider when making that decision; protection of the urn itself against damage and loss is often a primary concern. Burying the ashes, preserves the history forever. A dedicated resting place also provides all family members a comfortable place to visit and reflect - on their own time, in their own way.

Columbariums are large stand-alone structures, built-in vaults, or walls of individual compartments, known as niches, designed to inter cremated remains. Most often a columbarium is constructed of granite, which will essentially last forever.

Niches are the compartments within the columbarium that hold cremated remains. Niches may vary in size but are typically large enough to hold at least two urns. Some niches have bronze plaques to mark the statistics. Granite doors have a more personal laser etch finish to detail photos, statistics, or quotes.

In Ground Cremation Burial. Ashes interred in a cemetery will require a burial lot. Depending on the cemetery you choose, you may have several options for burial, including a full lot, an urn garden lot, or double cremation lot. Another option is having the ashes buried in the same lot with a family member in an existing grave. When burying ashes with another family members you will have to be certain you have permission for the use of the lot and the marking of the grave. An urn garden lot often has flat grave markers while a full or double lot will accommodate an upright monument.

Questions to ask when comparing a niche vs in-ground cremation burial.

- What is the cost of a niche vs burial lot?
- How many ashes can be buried in that space?
- How do I mark the grave – monument or door lettering?
- Is there space available in a family lot?
- What is the opening/closing costs for each option?
- What are the inside dimensions of the niche?

Columbarium Niche vs In Ground Cremation Burial?

A cemetery provides a permanent location that anyone can visit, is well cared for, and maintained. Cremains are safe in a well-maintained, manicured setting. Cremation burial allows timing flexibility of final placement when waiting upon the arrival of out-of-town relatives and guests. A designated and beautiful place for friends and family to visit and pay their respects. A forever memorial honoring both life and legacy.

– Donna Gray, Executive Director,
Cedar Hill-Greenwood Cemetery

Benefits of Pre-Planning Your Memorial

Do you know the burial wishes of those closest to you? Do they know yours? As we get older, we often start thinking about how our death will affect those around us, especially our loved ones. Losing someone close to you is always traumatic, but we can help our loved ones during that difficult time by being prepared and preplanning as much as possible. This relieves them of the stress of last-minute scrambling or trying to guess how you would like your life memorialized.

Preplanning puts you in charge. It guarantees, before you die, that you will have the memorial that you want. Think of it in the same manner as you did when you planned your wedding, your vacations, and your children. It is a major life event for you and your loved ones. And, if done properly, it can be one of the most meaningful gestures you make for those left behind. What better way to give the gift of love and to give you peace of mind at the same time.

Pre-purchasing saves your loved ones from being forced into making fast decisions and spending thousands of dollars without the normal, coherent thought process a person typically makes when spending that amount of money. Your family will be under stress and in a state of shock. They may not even be fully aware of what is being discussed while making your funeral and cemetery arrangements. Pre-purchasing allows you to pay today's price, and by doing this you are avoiding inflation for the years to come. You can select what you are financially comfortable with at today's budget without financially burdening your family when you are gone. Allow the Preplanning experts at Smet Monuments guide you through this process by reaching out today!

You may also want to consider having your monument or memorial installed while you are still able to enjoy it. It can stand as a tribute to you and your family – your ancestors, your descendants, your loved ones.

Humphreys'
FUNERAL HOME



Andre LeClair M.B.B.A.
Owner / Funeral Director
humphreysfh@humphreysfh.com



David Humphreys
Funeral Director / Pre Need Specialists
humphreysfh@humphreysfh.com

Have The Talk of a Lifetime !

The decision to preplan your funeral is a very personal one. Those who ultimately take the important step of documenting their wishes regarding their funeral and ultimately sharing these decisions with loved ones usually express a great sense of comfort and relief. Humphreys' Funeral Home offers FREE no obligation pre-arranged funeral arrangements, call us today to make an appointment. We will discuss your wishes and go over a variety of guaranteed funding options.

20 Marks Street, St. Stephen - (506) 466-3110

*People who achieve true success rarely worry
about being successful...*

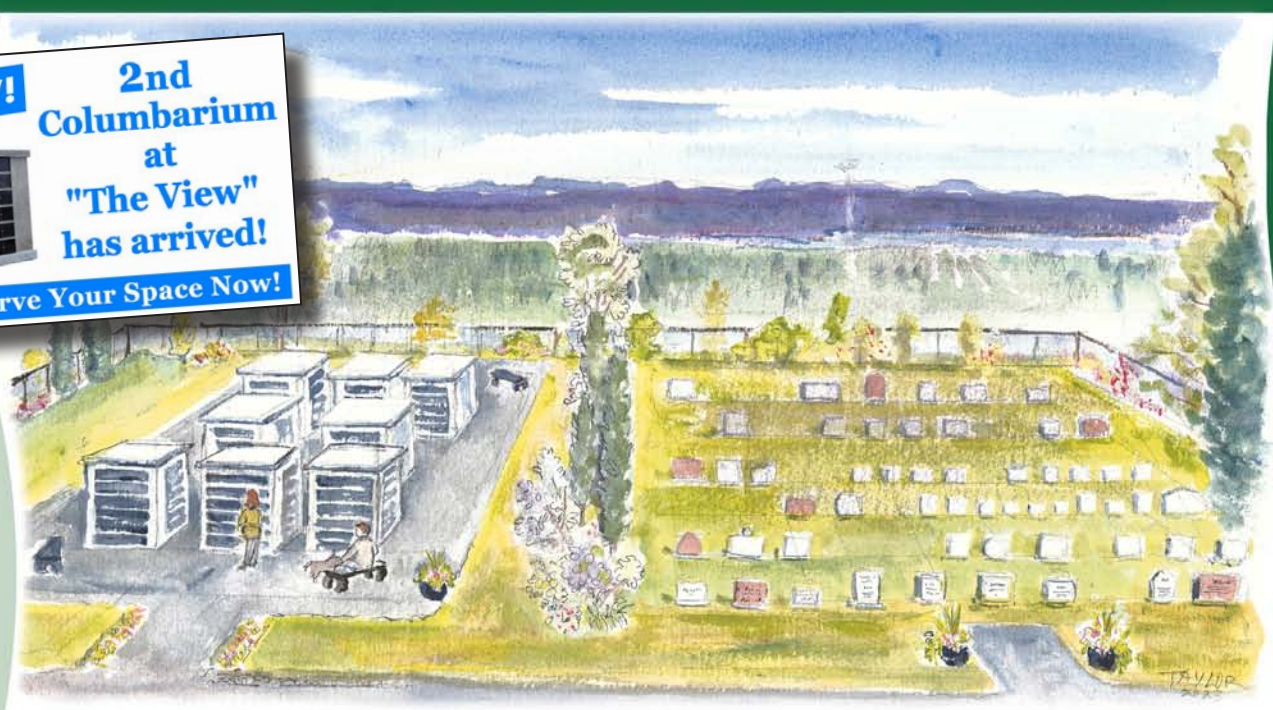
There is no true satisfaction without a struggle first...



**Cedar Hill-
Greenwood Cemetery**

1650 Manawagonish Rd.
Saint John, NB E2M 3Y3
Phone: 506-672-4309
info@cedarhillcemetery.ca

NEW!
**2nd
Columbarium
at
"The View"
has arrived!**
Reserve Your Space Now!

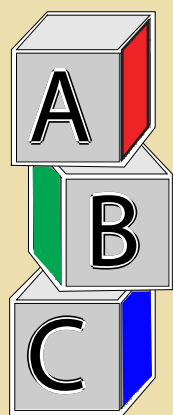


**The
View**

**Cedar Hill
Extension
Cemetery**

Expansion

Talk to these Professionals...



FOR ALL YOUR TAXATION
& ACCOUNTING NEEDS

TAX ACCOUNTING SERVICES LTD

"Building on the Basics"

- Personal Tax • Small Business Tax • Payroll • HST Returns
- Fisherman • Truckers • Bookkeeping • Audits • E-File

(506) 649-0109

240 King Street, (West) Saint John, NB
abctaxltd@outlook.com

People & Pet Cemetery

Eternal Resting Place
at Greenwood Cemetery
1380 Sand Cove Road
Saint John, NB



**Pets are family
members too!**

Cedar Hill-Greenwood Cemetery recognizes this and is responding to the many requests for pets to be buried with their owners.

To that end, we have prepared a dedicated area in Greenwood Cemetery.

People have the choice of a Traditional or Cremation Burial with an upright monument. Pet ashes may be buried when you are ready, they can be added to the Family Monument or have their own Marker.

Cedar Hill-Greenwood Cemetery

1650 Manawagonish Rd.
Saint John, NB E2M 3Y3
Phone: 506-672-4309
info@cedarhillcemetery.ca



Call these Professionals... get informed about their services and products...

**CRAFTING
BATHROOMS WITH
QUALITY & STYLE...**



BATH CRAFT



Full bathroom renovations can cost thousands of dollars and take weeks. A bathtub cut modifies your existing tub in just a few hours for a fraction of the cost.

**Affordable Alternative to
Remodeling:**



We specialize in fast, reliable and beautifully crafted bath renovations using durable, mold-resistant material. From product supply to full installations.

Bath Craft brings comfort, safety and elegance to your home.

✓ Bathtub Installation ✓ Shower Conversions ✓ Walk-in Tubs

Call: 1 506 651-3456
358 Rothesay Ave., Unit #105
e-mail: info@bathcraft.ca

Summer is
the perfect time to be
in-touch
with these
Professionals



Hospice and Palliative Care – What’s the Difference...

At Bobby’s Hospice, our motto is
“It’s your journey, YOUR way.”

A palliative care unit and a residential hospice offer the same quality of care delivered by a team of trained and experienced palliative care specialists. However, a residential hospice offers a non-institutional, home-like environment with lots of space for family use. At Bobby’s Hospice, we welcome family to be here 24-hours a day and provide them with a full kitchen, living rooms, bedrooms and bathroom facilities.

The focus of Hospice care is on comfort, not cure – and on life, not death. At Bobby’s Hospice, our motto is “It’s your journey, YOUR way.” Our goal is to make each person’s last weeks and months of life as

comfortable as possible while also providing support to family members and friends.

Hospice is about dignity, respect, comfort, peace and hope. It is about celebrating life and enhancing



the quality of living. At Bobby’s Hospice, we help to make a patient’s last wishes come true, like spending a weekend at the camp, or taking a special trip with loved ones, etc.

40% of the funds needed to provide care at Bobby’s Hospice are provided by the NB Government. The additional 60% must be raised through fundraising. This means, Bobby’s Hospice must raise over \$1M every year to cover the cost of food, medical & general supplies, heat,

lights, phone, cable, snow clearing, garbage pick up, equipment and furniture, etc.

It’s caring people like you who support Hospice that make this high level of compassionate care possible to people when they need it most! A donation to our Legacy Foundation is a gift from the heart that will help us care for others when they need it the most.

Call (506) 632-5593 for more information or visit our website at www.hospicesj.ca if someone you know needs in-patient palliative care to give a gift.

“Interesting Ways to Increase your Brain Power...”

If you can’t remember where you left your keys or the name of a new colleague, it’s probably not stupidity or dementia. More likely, your brain has gotten caught in ruts and information overload. But you can help your brain learn and remember. Create new connections—big or small—and your brain becomes more active and flexible. Here are a few ways to create new neural pathways and to help your brain stay plastic:

Laugh. It’s good for your brain! Humor works in the whole brain, and quickly. Less than a half-second after you hear or see something funny, an electrical wave moves through the higher brain functions of the cerebral cortex: the left hemisphere analyzes the joke’s words and structure; the right hemisphere interprets the meaning. Meanwhile, the visual sensory area of the occipital lobe creates images; the limbic (emotional system) makes you happier; and the motor sections make you smile or laugh. In short, laughter improves creativity, and memory.

Exercise. Movement helps you think. The brain’s cognitive and movement functions work side by side, sharing the same automatic process. When you solve a problem, you imagine moving through the steps. Exercise also stimulates the production of brain chemicals, such as BDNF (brain-derived neurotrophic factor), which encourages growth of new nerve connections.

If you already exercise, great – keep going. If you don’t exercise, then it’s time to begin. Park two blocks from the store or the office, and walk. Take the stairs rather than the elevator. Schedule a walk with a friend, join a gym, and mark out your exercise time on a calendar.

Balance light and darkness. Changes in light can affect the brain, even if you’re not aware of it. The lack of sufficient brightness in the wintertime can lead to seasonal affective disorder, otherwise known as the blues. When we move the clocks back and forth (from Daylight Savings to Standard Time), there are more accidents on the road. We need light. The brain uses it to enhance alertness. We also need darkness to synchronize our body clock. Indoor lights, computers, street lamps, and television sets can create too much brightness at night.

Learn. Learning new skills strengthens the whole brain. Start by simply trying new things: visit a new place, learn a song—they all stimulate your neurons. Or do normal things in odd ways, such as brushing your teeth with your left (non-dominant) hand, taking a new route home. At first you might feel a little awkward or silly, but then you will begin to enjoy the challenge. Learn something new like quilting or bridge, or take a community class in engine repair or gourmet cooking. As a reward, you’ll come away with new skills and possibly give your brain a better chance against Alzheimer’s.

Create. For years, scientists believed the right side of the brain was responsible for creativity. However, recent functional brain scans show that the whole brain engages in creative thinking. You can also build time for creative experience: try a new craft, or make a date to spend a half hour each week writing, painting, knitting, or building

something. Pump the creative well, and you’ll inspire yourself while building new neural connections.

By reducing stimulation and making little changes, you’ll appreciate your wonderful brain. Start big or small, and you’ll find your brain coming back to life.

Sondra Kornblatt is the author of "A Better Brain at Any Age:"

STANDING FOR YOU!



MP **WAYNE LONG**
Saint John – Kennebecasis
(506) 657-2500
wayne.long@parl.gc.ca

Discover the new Seniors and Long-term Care Plan for New Brunswick

- Opening 624 new long-term care beds
- Support to age your way in community
- Investing in a skilled and stable workforce



LEARN MORE
GNB.CA/SeniorsStrategy



New Brunswick
Nouveau Brunswick



Summer Awaits at Parkland

Join us this summer for a complimentary lunch* and personalized tour to experience life at Parkland. Enjoy a variety of meal options, including daily specials, served restaurant-style. Connect with a welcoming community through vibrant activities designed to engage and inspire.



Discover flexible living options designed for you and your loved ones. With All-Inclusive and Assisted Living options, Parkland offers the right level of care and peace of mind, along with compassionate support and the freedom to live life fully. Here at Parkland, choice is always on the menu.

Reserve your table at experienceparkland.com/nb-summer

**RSVP required and some exclusions apply.*



experienceparkland.com | 1-877-742-6639

Miramichi | Riverview | Saint John | Quispamsis | Fredericton