

Below is a collection of recommendations from people in our neighbourhood.

The person who created this page is not responsible if the service does not live up to the recommendations.

Those that are NOT local businesses (within a 5-10 min drive of Upper Tantallon) are *italicized*.

<p>EMERGENCY SERVICES DNR – Waverley Office (902) 861-2560 Fire (non-emergency) (902) 826-1220 Hope for Wildlife (902) 407-9453 NS Power Outage Line (902) 428-6004 Poison Control (902) 428-8161</p> <p>Police (Tantallon) (Non-emerg) (902) 244-7208</p> <p>HEALTH AND WELLNESS</p> <p>BLOOD COLLECTION NSHA SMB Blood Collection (902) 826-3377</p> <p>CHIROPRACTORS Hammonds Plains Chiropractic (902) 406-7656</p> <p>DENTISTS Tantallon Dental Centre (902) 826-2163 St. Margaret’s Bay Dental (902) 826-2150</p> <p>DOCTORS Crossroads Family Practice (902) 826-9096 <u>Walk-in Clinics</u> Hammonds Plains Medical Clinic 832-9233 Tantallon Community Medical Clinic 826-7200 Tantallon Family Practice (902) 826-2744</p> <p>MASSAGE THERAPIST Patricia Zinck (902) 225-7906 Sam Guthrie (902) 826-2338 (St. Marg. Bay PT) <i>Michelle Holmes (902) 443-0971(KearneyLake)</i> Stephanie @St. Marg Bay Chiro (902) 826-1088 Beth @ Waves to Wellness (902) 219-2848 Karen Freeman (902) 579-9607</p> <p>NATUROPATH Cornerstone Naturopathic (902) 820-3443 McLeod Naturopath (902) 820-2727</p> <p>OPTOMETRISTS Dr. I A Mendleson (902) 826-1116</p> <p>OSTEOPATH Kaitlyn Sobey (completing 4th out of 5 yr program) (902) 403-5387</p> <p>PHARMACIES Lawtons Drugs (902) 826-1441 Hammonds Plns PharmaChoice (902) 832-0494 Pharmasave (902) 826-2161 Sobey’s Pharmacy (902) 826-3180</p> <p>PHYSIOTHERAPY CBI Health Centre (902) 820-3030 Platinum Physiotherapy (902) 820-2777 The Physioclinic (902) 826-2647</p>	<p>SPA SERVICES Ambili Esthetics (902) 476-9437 Omi Nails (902) 826-8777 Spa Chappelle (902) 826-2697 Stacy Jack Esthetics (902) 476-1710</p> <p>YOGA Breathing Space Yoga (902) 820-9642</p> <p>HOME – For Your Home</p> <p>APPLIANCE REPAIRS Keating Appliance (902) 478-2179 Mike Shaw (902) 229-9606</p> <p>CLEANING SERVICES <u>Carpet and Upholstery</u> <i>Options Plus (902) 209-4355</i> <u>House Cleaner</u> Full House Cleaning - Candace (902) 823-1146</p> <p>DONATIONS Adsum for Women & Children (902) 423-5049 Chisholm House (902) 423-9871 Diabetes Association (902) 453-4232 Manor House (902) 445-3250 Parker Street (902) 425-2125 Phoenix House (902) 420-0676 SMB Food and Thrift Shop (902) 826-9272</p> <p>DRIVEWAY PAVING <i>Blacktop Paving (902) 402-5950</i> <i>Lenihan’s – Mike Rafuse (902) 275-3524</i> <i>Metro Paving (902) 864-3727</i></p> <p>ELECTRICIANS Zachary (902) 292-8003 Tantallon Electric (902) 456-4238 1st Electric (902) 830-1226</p> <p>FLOORING Brown and Mitchell Hardwood (902) 876-5032 <i>Vintage Flooring (mix reviews) (902) 450-5727</i></p> <p>HARDWARE Bay Equipment Rentals (902) 826-7000 Canadian Tire (902) 826-2800 Redmond’s Home Hardware (902) 826-2517 Rona (902) 826-6666</p> <p>HEAT PUMPS <u>(Installation and Repairs)</u> Just Once Heat Pumps (902) 579-2551</p> <p>LANDSCAPING Tantallon Lawn Care & Property(902) 448-8524 Urban Exquisite Landscaping (902) 430-7368</p>	<p>MORTGAGE BROKERS: Margaret & James Shinnars (902) 820-3303</p> <p>PAINTER <u>Interior</u> <i>Jose’s Painting (902) 471-9193</i> TPower Painting - Troy Power (902) 209-5550</p> <p>PLUMBERS Ken Reid (Suburban plumbing) (902) 471-3140 Randy Sauve (902) 219-2191 Accent Plumbing (902) 832-4357 Tantallon Plumbing (902) 880-9555 JEILD Plumbing Ltd (902) 412-6827</p> <p>REALTORS: Alan MacMullen (902) 488-2520 Bruce Patterson (902) 401-5859 Colleen Doucet RAMAR (902) 471-6768 John Pearce – Royal LePage (902) 229-9225 Matt Swain VIEWPOINT (902) 789-9099 Ron Maher - Sutton Grp - rmaher@sutton.com</p> <p>ROOF Lafitte’s Roofing (902) 209-1701</p> <p>CONTRACTORS Rick Neglia (416) 540-9905 and Gabriel Sanchez (416) 456-3735 Bruce Gallagher (902) 497-7761</p> <p>SEPTIC TANK ISSUES <i>AB Septic (902) 456-5011</i></p> <p>SHEDS Mod U Shed (902) 468-1470</p> <p>SNOW REMOVAL CONTRACTORS Clayton Richard (902) 221-6434 Brandon Dooks (902) 403-7501 or 483-3040 Chad (902) 499-1191 (V-Plow) Ray Wells (902) 452-2109 Tony Aalders (902) 818-7803 Trent Martel (902) 430-7368 (V-Plow, Spreader, Tractor with Snowblower) Dave Garand (902) 719-9574 Gerard Coleman (902) 802-1166 (Tractor with snow blower and Bucket) Linney Landscaping (Chuck) (902) 448-4743 (best for widening driveways and removing icy snow banks)</p> <p>WELL WATER ISSUES <i>Perry (Diamond water) (902) 441-8709</i> <i>Brewster Well Drilling (902) 866-0454</i> <i>Neptune Water Systems (902) 832-5288</i></p>
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KIDS – For Our Kids

ACTIVITIES & ARENA:

Atlantic Jiu Jitsu Academy (902) 499-3877
Clay Café Pottery Studio (902) 429-2994
St. Margaret's Bay Arena (902) 826-2100

BABYSITTERS

Kristen Vienneau (902) 489-9914

DAY CARES

Friends for Life Early Learning (902) 850-2527
Giant Steps (902) 826-3040
Hamm. Plains Children's Ctre (902) 835-1804

HOME DAY CARES

Tiny Toes... (Carmela Smith) (902) 880-1845
Lynn Anstey Lucy (902) 826-1995

BEFORE AND AFTER SCHOOL

Kelly Horne (902)
Tracy Mckeown (902) 820-2386

SCHOOLS

Creative Kids (902) 832-5437
Five Bridges Jr. High (902) 876-2026
Hammonds Plns Consolidated (902) 832-8412
Sir John A Macdonald High School 826-3222
Tantallon Junior Elementary (902) 826-1204
Tantallon Senior Elementary (902) 826-1200
Stock Transport (School Buses) (902) 481-8400

TUTORS

Grade 12 University Prep, UGrad & Master's
Alan Timberlake (902) 225-4944

PETS – For Our Pets

DOG WALKER / PET SITTER

Furevva (902) 789-3882
Kelly (902) 877-0540

DOGGIE DAYCARE

Happy Hounds (Barrington) (902) 429-1342
Jollytails (902) 406-2446
Just Like Home (902) 823-2521
Pampered Paws (902) 835-5739
Tantallon Vet (and boarding) (902) 826-9344
The Dog Company (as well as Training,
Grooming and Boarding) (902) 835-8677

DOG GROOMERS

Your Doorstep Grooming (902) 471-9335
Little Hound (902) 820-2810
Mutt Cuts (902) 478-3649

PET STORES

Best Friends Pet Supplies (902) 826-0690

VETERINARIANS

Hammonds Plains Vet Hospital (902) 444-4784
Tantallon Vet Hosptl & brding (902) 826-9344
Westwood Hills Vet (902) 826-1933

RESTAURANTS, CAFÉS, ETC

CAFÉS / COFFEE SHOPS

Bike and Bean (902) 820-3400
Hubbard's Cove Coffee (902) 220-8299
Mariposa Natural Market & Café 820-3350
Otis & Clementine's (Books too)(902) 826-1823

LOCAL RESTAURANTS & TAKE-OUT

BubbaBistro (902) 826-2171
Dairy Queen (902) 826-2957
Delish Fine Foods (902) 1436
Lefty's (902) 826-7978
McDonald's (902) 826-1763
Mary Brown's (902) 826-7800
Mezza (902) 820-8282
Moon Tong (902) 826-1683
Pizza Girls Katch (902) 820-8888
Subway Cafe (902) 700-6637
Tim Hortons (902) 826-2115
White Sails Bakery & Deli (902) 826-1966
Wing 'n It (902) 820-9464

FISH AND CHIPS

Acadian Fish & Chips (902) 475-7000
Fredie's Fantastic Fish House (902) 450-3474
Katch (902) 820-8888
Maya's Favorite Fish & Chips (902) 820-7952
Recardo's Pizza (902) 826-2114
Sheila's Fish & Chip truck @ Bayswater Beach

PIZZA

Little Joe's (902) 820-4141
Peppertoni's (902) 492-9292
Pizza Girls (902) 820-8888
Pizzatown (902) 826-9090
Recardo's Pizza (902) 826-2114
Rustic Crust (902) 817-1783

LOCAL SERVICES

BANKS

Credit Union Atlantic (902) 820-7585
Scotiabank (902) 826-2124
Royal Bank (902) 826-7022
TD Bank (902) 826-3106

CHURCHES

Seaside Community Baptist Church 826-7766
St. Luke's United (902) 826-2523
St. Marguerite Bourgeoys Parish 826-2696
St. Nicolas Anglican Church (902) 826-1156

GROCERIES

Sobeys (902) 826-1046
Superstore (902) 826-3190

HAIRDRESSER

Kathy Davis @ Manespot Salon (902) 880-1215
Tanya Ozolins (902) 233-1674

LAWYERS

Farrow Law (902) 820-3555
MDW Law (902) 422-5881
Sealy Cornish Coulthard (902) 466-2500
Kennedy Schofield Law Firm (902) 826-9140

LIBRARY

Tantallon Public Library (902) 826-3330

PIANO TEACHERS

Anne Gosney (902) 407-2575

PHOTOGRAPHER

Carrie Ann Photography
<https://www.facebook.com/carrieanimages>

POST OFFICE / POSTAL OUTLETS

Canada Post (902) 826-7762
Pharmasave (902) 826-2161

RESUME/COVER LETTER WRITING

Jen Warrington (902) 237-8545

SEAMSTRESS

Chlista ptchlista@hotmail.com
Therese MacKillop tlauziere23@gmail.com

TAXI SERVICES

TJ'S Van & Carpool Services (902) 402-1555
BLT Limo (902) 449-5676
Atlantis Limousine (902) 240-7100

TRANSPORATION SERVICES FOR SENIORS

drivingmissdaisy.ca - Maggie (902) 483-1455

TRAVEL

Maritime Travel (Audrey) (902) 826-1782
Vacation MD (Michelle) (902) 237-1175

SMALL BUSINESSES / GIFT GIVING IDEAS

Arbonne - Tanya Ozolins - (902) 233-1674
<http://www.arbonne.com>

Create and Stamp - Christine Alward
<https://www.createandstamp.com>

Epicure - Carmela Smith - (902) 880-1845
<https://www.carmelasmith.epicure.com>

Impressions with Clay - jewelry - Julie Gratzter
<https://www.impressionswithclay.com>

Mary Kay - Natalie Wilson - (902) 222-7155
<https://www.marykay.ca>

Pampered Chef - Annette Boutilier
(902) 476-5371

Penelope and Michelle - reusable items
<https://www.penelopeandmichele.etsy.com>

Silverbirch Spirit Connections - metaphysical
store-Carol <https://silverbirchspirit.square.site>

Tupperware - Michele Faulkner
<https://www.my.tupperware.ca/michelefaulkner>