

**JANUARY**  
2017

# Cole Harbour

## PROGRAM LISTINGS

### Adult

#### **Book Club**

##### ***A Man Called Ove*, by Fredrik Backman**

Discover new authors, meet new people, and share insights monthly.

**Wed, Jan 4/7 PM**

Registration required

#### **Don't Hibernate, Participate!**

Does your physical activity cool off with the temperatures? Learn new strategies that will keep you exercising safely throughout the colder months. In partnership with Dartmouth Community Health Team. Please register by calling the Health Team at 902-460-4560.

**Wed, Jan 11/6:30 PM-8:30 PM**

Registration required

#### **Heat Your Home. Save Money. Find Out How.**

##### **with Sonia Smith, HomeWarming**

Drop-in for tips, hints, and program information on how to keep warm and cosy for less money. Bring your questions. Sonia has the answers.

**Sat, Jan 14/10 AM-2 PM**

#### **5 Ways to Save Money and Avoid Costly Traps with Emo Ikede**

Emo Ikede, author of *How Students Save Over \$10,000 a Year*, shares ideas about how you can reduce monthly expenses and save money. There will also be some take home tools that will help you put your good intentions into practice.

**Wed, Jan 18/7 PM**

Registration required

#### **Craving Change A Four Week Program**

Discover why you eat the way you do and find out some tricks to change your thinking and your eating! In partnership with Dartmouth Community Health Team. Please register by calling the Health Team at 902-460-4560. In partnership with Dartmouth Community Health Team.

**Thu, Jan 19/1:30 PM-3:30 PM**

Registration required

#### **Laughter Yoga with Bruce Miller**

This "laughing for no reason" form of yoga is good for stress relief and a better immune system. Join us!

**Sat, Jan 21/11 AM**

Registration required

#### **Knitting for Charity**

What difference can a few people and some leftover yarn make? Lots! We help people using simple patterns, donated yarn, and....you! Why not join us? (Donations of yarn are welcome.)

**Wed, Jan 25/6:30 PM-8:30 PM**

#### **Craving Change A Four Week Program**

Discover why you eat the way you do and find out some tricks to change your thinking and your eating! In partnership with Dartmouth Community Health Team. Please register by calling the Health Team at 902-460-4560. In partnership with Dartmouth Community Health Team.

**Thu, Jan 26/1:30 PM-3:30 PM**

Registration required

### Preschoolers

#### **Puppet Show Bear Snores On**

All ages

Will Bear sleep through the noise in his cave and miss the party with his friends?

**Thu, Jan 12/10:30 AM-11 AM**

Free tickets given out 30 min before event

#### **Puppet Show Dragon Stew**

All ages

Who will win the contest for the best dragon stew?

**Thu, Jan 19/10:30 AM-11 AM**

Free tickets given out 30 min before event

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### **Puppet Show**

#### ***The Case of the Disappearing Books***

All ages

Who is stealing the books from the Library? Will Pig be able to deduce who it is before the shelves are bare?

**Thu, Jan 26/10:30 AM-11 AM**

Free tickets given out 30 min before event

### **Baby and Tot Time**

Ages 0-18 months

Join us for stories, songs, rhymes and more!.

**Wednesdays/1:30 PM-2:15 PM**

Begins January 11, Free tickets given out 30 min before event

### **Read-A-Jig-Jig**

Ages 0-5

Read a Jig Jig and away we'll go with music, stories, and lots more fun.

**Wednesdays/10:30 AM-11:15 AM**

Begins January 11, Free tickets given out 30 min before event

### **3-5 Storytime**

Ages 3-5

Join us for stories, crafts, activities, and more fun! Parents or Caregivers are to attend with 3-5 year olds, and siblings of other ages are welcome.

**Fridays/10:30 AM-11:15 AM**

Begins January 13, Free tickets given out 30 min before event

### **Teens**

#### YOUTH SPLASH

##### **PJ's and Cartoons**

Grades 7-9

Start the year off right cozy pj's, cartoons, popcorn, and candy! Join us at Youth Splash to chill out and TV binge.

**Thu, Jan 5/6:30 PM-8 PM**

#### TEEN SUPREME

##### **Bingo Hall**

Grades 10-12

Get your money at the door, buy your bingo tickets, and play to win big! Join us at Teen Supreme for Bingo!

**Thu, Jan 12/6:30 PM-8:30 PM**

#### YOUTH SPLASH

##### **Bingo Hall**

Grades 7-9

Get your money at the door, buy your bingo tickets, and play to win big! Join us at Youth Splash for Bingo!

**Thu, Jan 19/6:30 PM-8 PM**

#### TEEN SUPREME

##### **Smackdown!**

Grades 10-12

Pick a challenge from the bowl, answer or act it out, and pass it along. Join us at Teen Supreme for an evening of fun.

**Thu, Jan 26/6:30 PM-8:30 PM**