

MARCH
2017

Tantallon

PROGRAM LISTINGS

Adult

Games Night for Adults

Why should kids have all the fun? Drop-in to this program to explore new and classic board games. We'll play a few in small groups, and then merge into one large game. Bring friends or come solo. All are welcome to play.

Thu, Mar 2/7 PM-8:30 PM

Better Sleep:

Information Session for Families with Stephanie Gilbert

Join Stephanie Gilbert and learn about creating a safe and optimal sleep environment for your child. She will cover biological rhythms, optimal nap times, routines and rhythms, and age appropriate bedtimes. Stephanie Gilbert is a pediatric nurse with 16 years' experience and a trained consultant with Good Night Sleep, a national organization.

Tue, Mar 7/2 PM-3 PM

Using Ayurveda to Enhance Your Health with Raelene Fewer Bartlett

Raelene Fewer Bartlett presents this interactive workshop where participants discover their dosha and learn what foods, exercises, and lifestyle practices will help them feel their best. Ayurveda is an ancient system of health and well-being. Raelene Fewer Bartlett is a Women's Wellness Coach, Nutritional Consultant, and owner of Radiant Wellness.

Tue, Mar 7/7 PM-8:30 PM

Transition Bay Presentation

Movie screening: Tomorrow (Demain)

After an announcement about the possible extinction of a part of humanity before the end of the century, a documentary team investigated ten different countries to determine what might lead to this disaster and how to avoid it. They met the pioneers who are re-inventing agriculture, energy, economy, democracy and education. Joining those concrete and positive actions, which are already working, they began to figure out what could be tomorrow's world.

Sun, Mar 12/2:30 PM-4:30 PM

Book Club

***Punishment*, by L. McIntyre**

In *Punishment*, his first novel since completing his Long Stretch trilogy, Scotiabank Giller-winner Linden MacIntyre brings us a powerful exploration of justice and vengeance, and the peril that ensues when passion replaces reason, in a small town shaken by a tragic death.

Tue, Mar 14/7 PM-8 PM

Registration required

Mindfulness in the Bay

A Monthly Meditation Group

Open to All

An introduction to the power of the practice of mindfulness and its benefits to health, well-being, and managing the pace of life. Drop-in once to check it out or come regularly. Sessions include guided practice and discussion. No previous experience required. The sessions are led by Dr. Timothy Walker, Ph.D., a faculty member of the Atlantic Contemplative Centre (ACC). The Open Mindfulness in the Bay is a free, 2 hr/month session for the public.

Sun, Mar 19/2:30 PM-4:30 PM

Introduction to Making the Most of Your Food Dollar

Learn how to get more value and nutrition from your food dollar with meal planning, preparation, and smart shopping tips. Please call 902-460-4560 to register with the Community Health Team.

Wed, Mar 22/10 AM-12 PM

Registration required

GARDENING SERIES

Trees and Shrubs

with Lynn Brooks, Master Gardener

Find out how and where to plant in April with Master Gardener Lynn Brooks. This program is part one of a two-part series on gardening with Lynn Brooks. See April 26 for part two, Lawns and Ground Covers.

Wed, Mar 22/7 PM-8 PM

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PROGRAM LISTINGS

INTRO TO THE PSYCHIC: A THREE PART SERIES

Introduction to Divination Tools: Cards and Crystals with Carol Grimmitt

Ever wondered what was in the cards for you? Or why we are attracted to certain stones or crystals? Come and explore some of the varieties available and learn some techniques in understanding what they say to us. Please call 902-826-3330 to register or drop-in to sign up. In partnership with Silverbirch Spirit Connections.

Thu, Mar 23/7 PM-8:45 PM

Registration required

Public Health Information Sessions Parenting Support

Parents with children ages 0-5

Drop-in once a month for a free session with a Public Health Nurse. And, if you wish, stay and learn more about a special topic. In partnership with Nova Scotia Public Health.

Tue, Mar 28/1:30 PM-3:30 PM

General Back and Chiropractic Health with Dr. Christina Bagnell

Dr. Christina Bagnell is the owner and clinical director of Basin View Chiropractic. She will be presenting on basic back care and how Chiropractic services can aid in back care to optimize patient health and wellness.

Tue, Mar 28/7 PM-8:30 PM

Women in Conversation

Are you a woman who has newly immigrated to Canada? Join us to practice your English skills while meeting other people, sharing experiences and learning about your new community!

Wednesdays/7 PM-8:30 PM

Registration required

Needle Niche Craft Social Group

Meet in the lounge with this social group and bring along any of your needle crafts and join in with this fun group. Knitting, crocheting, quilting, embroidery—share your passion or develop a new hobby.

Thursdays/7 PM-8:50 PM

Games at the Library

Join us for an afternoon of games such as Scrabble, Crib, or 45's with old friends and new. Please bring a friend or two or your own games to join in the fun. All are welcome.

Fridays/12:30 PM-2:30 PM

Bridge at the Library

Mixed "Kitchen" style- all new members with some experience with Kitchen Style Bridge are welcome to join.

Fridays/1 PM-4 PM

Kids

BOOK LAUNCH

On the Author's Stage: Annika Sangster featuring *Neighbours*

All Ages

Local minister Annika Sangster presents her first book, *Neighbours*, an engaging retelling of the Good Samaritan parable. She'll entertain with her storytelling, and get the kids playing with the same colourful clay used in her art. Stay afterwards to meet the author and get a signed copy.

Sat, Mar 4/2 PM-3 PM

Learn to Drum Workshop with Krystle Reteiffe and the Women of the Shore

All ages

The Women of the Shore invite you to learn some of the hand and big drumming basics with them. The workshop will include how to care for a First Nations drum, drumming basics, and some traditional songs.

Sat, Mar 11/2 PM-3 PM

Magician Tim Gavel

Ages 7+

There's a new magician in town – and you won't believe your eyes when you see the cool tricks that Tim has up his sleeve. Prepare to be amazed.

Tue, Mar 14/10:30 AM-11:30 AM

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PROGRAM LISTINGS

Spring is Right Around the Corner!
with Dawn Suzette Smith, popular
local author

All ages

Dawn is an advocate of taking time to connect with nature, especially as a family. She is a strong believer that time outdoors is time well spent and will benefit all aspects of life. Learn some interesting facts about spring while taking part in a family friendly spring activity.

Tue, Mar 14/2:30 PM-3:30 PM

Dartmouth Circus Club: Circus Work-
shop

All ages

The DCC will teach basic tricks with circus toys, including poi, juggling balls, and hula hoops. Participants will learn how to safely have fun and experiment with different toys while handcrafted music playlists by a local electronic artist keep us moving and flowing. Instruction and guidance based on the interest of the participants. All ages welcome.

Wed, Mar 15/10:30 AM-11:30 AM

Breakout Box #4

Ages 10+

Bring your brains and buddies to beat the Breakout Box. You'll gawk and be shocked at how stocked this locked box is! Can you mock the clock, as you rock the chock-a-block riddle stock?

Wed, Mar 15/2 PM-4 PM

The Sky's the Limit: Easy Engineering

Ages 5+

Your goal is to build a structure. Will it reach the ceiling? Is it big enough to sit inside? Is it strong enough to hold up weights? What can you build?

Thu, Mar 16/10:30 AM-11:30 AM

6TH ANNUAL TOY BUILDING CONTEST

Drop-Off Begins

All ages

Enter your original creations for fame and prizes. You have one day to drop-off your toy(s) during open hours beginning Friday, March 17, 12 p.m. and ending Saturday, March 18, 12 p.m.

The toys will be placed in our Model Showcase on Saturday, March 18 until 3 p.m. After everyone gets to see grand entries, an award ceremony take place Saturday, March 18, 3 p.m. The Library will issue five sets of prizes: Best in Show for Ages 0-6, Ages 7-10, and Ages 10+, and best 3D design. Ask in branch for more details.

Fri, Mar 17/12 PM

6TH ANNUAL TOY BUILDING CONTEST

Model Showcase

All ages

Now that you, or someone you know, have dropped-off your toy(s), check out other entries in our Model Showcase until 3 p.m., when the award ceremony begins. The Library will issue five sets of prizes: Best in Show for Ages 0-6, Ages 7-10, and Ages 10+, and best 3D Design. Ask in branch for more details.

Sat, Mar 18/10 AM-3 PM

6TH ANNUAL TOY BUILDING CONTEST

Award Ceremony

All ages

It's time to honour the best original toys with fame and prizes. You had one day to drop-off your toy(s), a bit of time in our Model Showcase, and now we invite you to take part in our humble award ceremony. Cheer on your favourite entry (even if it is your own) and delight in the ingenuity of such creative minds. Five awards will be given during the ceremony. They are Best in Show for Ages 0-6, Ages 7-10, and Ages 10+, and best 3D design. Ask in branch for more details.

Sat, Mar 18/3 PM

Homeschoolers at Tantallon

Dewey Numbers 600-699

All ages

Let us help you with your homeschooling plans. Register with the group and drop in for our monthly program by contacting Eric at 902-826-3330 or drewe@halifax.ca. This month's session features Dewey Numbers 600-699, where we will play with a variety of technologies.

Thu, Mar 23/2 PM-4 PM

Registration required

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PROGRAM LISTINGS

Preschoolers

SUPER SATURDAYS

Ninja Storytime

All ages

All ages fun, every Super Saturday Morning! Puppet Shows, Free Play, Special Storytimes, and who knows what else!

Sat, Mar 4/10:30 AM-11:30 AM

SUPER SATURDAYS

Puppet Show

Don't Play with Your Food!

All ages

All ages fun, every Super Saturday Morning! Puppet Shows, Free Play, Special Storytimes, and who knows what else!

Sat, Mar 11/10:30 AM-11:30 AM

Free tickets given out 30 min before event

Puppet Show

Don't Play with Your Food!

All ages

All ages fun, every Super Saturday Morning! Puppet Shows, Free Play, Special Storytimes, and who knows what else!

Thu, Mar 16/2:30 PM-3:30 PM

Free tickets given out 30 min before event

Storytime

Ages 3-5

Are your children ready to begin independent learning through stories and music? This program will get them and you started, including introductions to French music and vocabulary.

Tuesdays/10:30 AM-11:15 AM

Begins March 28

Songs and Stuff

Ages 0-5

Music focused story time for preschoolers and their families!

Thursdays/10:30 AM-11:15 AM

Begins March 30

Fables and Frolics

Family Drop-In

Ages 0-5

Free-play, crafts, story time and more family fun!

Fridays/10:30 AM-11:30 AM

Family Drop-In

Fables & Frolics

Ages 0-5

Free-play, crafts, story time and more family fun!

Fridays/10:30 AM-11:30 AM

Begins March 31

Teens

Teen Sci Fi / Fantasy Club

Ages 13+

Come on out and get your geek on! Whether you're a teen with a taste for Sci-Fi and Fantasy or a teen who reads geek, watches geek, plays, dresses, and breathes geek, this is the club for you. This month: VS. Star Wars vs Star Trek, Timelords vs Jedi, etc. and etc.. What would you like to do? Stay tuned for future plans!

Thu, Mar 9/7 PM-8:30 PM