

APRIL
2017

Tantallon

PROGRAM LISTINGS

Adult

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.

Sat, Apr 1/2 PM-3 PM

On the Author's Stage:

L.P. Suzanne Atkinson

Suzanne spent her professional career in both fields of mental health and home care as a therapist and trainer. She also owned and operated, with her husband, an antique business and a construction business for more than twenty-five years. Suzanne writes about the challenges inherent in aging and about the unavoidable consequences of relationships. She uses her life and work experiences to weave timeless stories that cross many boundaries. L.P. Suzanne Atkinson was born in New Brunswick and settled in Nova Scotia in 1991.

Sun, Apr 2/2:30 PM-4 PM

The Crystal Lyre

A Vibrational Sound Demonstration

The crystal lyre is a unique instrument that was inspired by the ancient Greek lyre, making it a perfect marriage of old and new. It has eight pure quartz tubes and includes the seven notes and the octave of the C major scale. It creates a harmonic sound that is soothing, relaxing, joyful, and serene. Come out, replenish yourself with positive energy, and experience a profound inner state of well-being. The demonstration lasts approximately 20 minutes, so please join us in the lounge for this very relaxing and meditative sound session. All ages welcome!

Tue, Apr 4/12 PM-12:20 PM

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, Apr 6/7 PM-8:30 PM

UNICORN THEATER PRESENTS

Preview of *Peter Pan*

Unicorn Theatre's young actors invite you to join them for a sneak peek at their newest musical, *Peter Pan*. Meet the magical characters created by J.M. Barrie in his famous play, including Wendy, Captain Hook, and the Pirates, Tiger Lily, The Lost Boys, and of course - Peter himself. Enjoy some of the wonderful songs that have been thrilling audiences around the world for decades: In partnership with Unicorn Theatre.

Sat, Apr 8/2 PM-2:45 PM

TRANSITION BAY PRESENTATION

Repair Café Drop In

Concerned about our throw-away culture and hoping to keep things out of the landfill? Bring your electronics, small appliances, clothing, jewelry, wind instruments, furniture, or other small household items to the Library, and volunteers will be on hand to help with repairs. Get your broken items fixed, and pick up a few skills in the process. Additional volunteers with repair skills are welcome. In partnership with Transition Bay.

Sun, Apr 9/2 PM-4:30 PM

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PROGRAM LISTINGS

Public Health Information Sessions Breastfeeding 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 special topic. In partnership with Nova Scotia Public Health.

Tue, Apr 11/1:30 PM-2:30 PM

Public Health Information Sessions Learning to Play Under Age 1

Parents with children ages 0-5
Drop-in for a free session with a Public Health Nurse. In partnership with Nova Scotia Public Health.

Tue, Apr 11/2:30 PM-3:30 PM

Book Club:

***The Illegal*, by Lawrence Hill**

The Illegal reflects this tragedy, cruelty, and hope as well as the complexities of what it means to be a refugee or undocumented migrant in the world today.

Tue, Apr 11/7 PM-8:30 PM

Registration required

Fragrance Alchemy: Natural Healing with Lynne Smith

Please join Lynne Smith as she talks about a new healing tool called Fragrance Alchemy, which uses specific oils on specific acupressure points associated with the 12 meridians in your body. This relatively new healing tool can reduce pain and assist in your healing. This can affect every area of your life and is excellent for everyone. This tool was brought out 3 years ago and is already in 23 countries in the world with outstanding results. In partnership with LifeSmith Coaching.

Thu, Apr 13/7 PM-8:30 PM

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, Apr 23/2:30 PM-4:30 PM

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, Apr 25/1:30 PM-3:30 PM

Introduction to Living with Stress

Join the Community Health team and learn how to understand and explore a variety of stress management techniques and make a plan for how to make these strategies work in your life. Please call the Community Health team at 902-460-4560 to register,

Tue, Apr 25/7 PM-8:30 PM

Registration required

GARDENING SERIES

Lawns and Ground Covers with Lynn Brooks, Master Gardener

Get some tips from a master gardener and make your lawn the best it can be.

Wed, Apr 26/7 PM-8 PM

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PROGRAM LISTINGS

Bellydance at the Library **Celebrate National Dance Week!**

All ages

Enjoy a dynamic modern belly dance performance and then learn a bit about the history of the dance, different types of costuming, and Middle Eastern music and rhythms. Then try playing a darbuka or some finger cymbals, and learn a few moves! Join members of UberWench Tribal Belly Dance and the Serpentine Tribal Fusion Dance Co. as they help celebrate National Dance Week.

Sat, Apr 29/10:30 AM-11:30 AM

Approaching Dementia Positively **with Marcy MacPherson**

Join us for an informed discussion with Marcia MacPherson for an overview of Dementia, approaching someone with Dementia and relationship building skills. All are welcome to attend. Registration is required. Please call the Information desk at 902-826-3330 to sign up.

Sun, Apr 30/2:30 PM-4 PM

Registration required

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

SUPER SATURDAYS

Giant Games

All ages

Experience your favourite games on a grand scale.

Sat, Apr 1/10:30 AM-11:30 AM

SUPER SATURDAYS

Easter Fun

Hop to it!

All ages

Grab your Easter baskets and hop to it! The Library, that is, for fun Easter crafts and activities.

Sat, Apr 15/10:30 AM-11:30 AM

Homeschoolers of Tantallon

Dewey Numbers 700-799

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 700-799: Arts and Leisure, and we're hosting a kid's Kitchen Party. So, bring your instruments and voices and dancing shoes. Let's make some noise!

Thu, Apr 20/2 PM-4 PM

Registration required

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SUPER SATURDAYS

You Got to Sing! CHORUS

Earth Day Songs

All ages

The You Gotta Sing! CHORUS is a non-auditioned, all ages community choir welcoming all people. No singing experience is necessary. Join us!

Sat, Apr 22/10:30 AM-11:30 AM

Preschoolers

SUPER SATURDAYS

Puppet Show

Bunnies' Alphabet Eggs

All ages

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

Sat, Apr 8/10:30 AM-11 AM

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

Songs and Stuff

Ages 0-5

Music focused story time for preschoolers and their families!

Thursdays/10:30 AM-11:15 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

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: TBD...What would you like to do? Stay tuned for future plans!

Thu, Apr 20/7 PM-8:30 PM