

**SEPTEMBER**  
2017

# Cole Harbour

## PROGRAM LISTINGS

### Adult

#### **To Go Gluten-Free or NOT to Go Gluten-Free? That is the Question!**

Sobeys Wellbeing Counselor Kelly Pearce, RD has recipes for those who need to avoid gluten, and tips for how families can dine together when the rest of you don't! To register, please call 902-490-3821.

**Wed, Sep 13/7 PM-8 PM**

Registration required

#### **Engineering a Safer World: Earthquake Proof Buildings with Engineers Nova Scotia**

Ages 5+

Join Rosalie Hanlon from Engineers Nova Scotia to learn about the science behind how buildings withstand an earthquake, and design, build and test your own. In partnership with Engineers Nova Scotia.

**Tue, Sep 19/10 AM-10:45 AM**

Group registration required

#### **Fall Garden Wrap-Up with Jim Sharpe**

Fall is a busy time for harvesting your garden and saving plants for next year. Learn about fall harvest, covering crops, fall planting, and ensuring your garden plants are ready for the winter. As rewards for your hard-learning, taste some seasonal bounty and take home a recipe. Seed Saving and perennial winter care will also be featured. Speaker Jim Sharpe is the Vice-President of Atlantic Master Gardeners Association. To register, please call 902-490-3821. A Tastes Like Home program supported by the Province of Nova Scotia in partnership with the Department of Communities, Culture, and Heritage.

[www.atlanticmastergardeners.ca](http://www.atlanticmastergardeners.ca).

**Wed, Sep 20/7 PM-8 PM**

Registration required

#### THE BOOK CHASE

#### **Why You Need Goodreads**

Thousands of readers track the books they've read on Goodreads, the book lovers' website. If you want to switch from a notebook to a website or app, come find out how. Goodreads has book covers, book summaries, recommendations and more. Our librarian will demonstrate the features of Goodreads and provide a complete tutorial to get you started (prerequisites: access to Internet and email account). Bring your phone, tablet or laptop, or take our instructional guide and follow up at home.

**Fri, Sep 22/2 PM-4 PM**

Registration required

#### **The Food of Ghana with Mary Nkrumah**

Mary Nkrumah of Mary's African Cuisines will prepare a meal and describe the ingredients, cooking and food culture of her home country, Ghana. A Tastes Like Home program supported by the Province of Nova Scotia in partnership with the Department of Communities, Culture, and Heritage.

**Sun, Sep 24/2:30 PM-4 PM**

Registration required

#### **Knitting for Charity**

How do hand-knitted tweedlemuffs help Alzheimer's patients? How do curly-tentacled octopi help premature babies? Drop in and find out! We've been knitting for area retirement homes, the IWK, community groups and more. Patterns, needles, and materials are provided. You supply the time...and the heart! Yarn donations gratefully received.

**Wed, Sep 27/6:30 PM-8:30 PM**

### Kids

#### **Cole Harbour Harvest Festival Families**

For Cole Harbour's special day, come for a morning snack, join us for kids' art activities, play Minecraft in the library, and visit us at the Health Fair. In partnership with Cole Harbour Harvest Festival.

**Sat, Sep 9/10 AM-5 PM**

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### **Makedo**

Ages 5+

Drop by the Library and experiment with our Makedo kits. We provide the Makedo tools; you provide the imagination.

**Thu, Sep 21/3:30 PM-4:30 PM**

Group registration required, Free tickets given out 30 min before event

### **Latin Art Workshop for Children**

Ages 5+

The Maritime Senorita (Maria Valverde) will lead an interactive art class for children in both English and Spanish. Come join the fun as she reads a section from her children's book *The Maritime Senorita* and create your own cultural character using the art supplies provided. In partnership with Latispanica Cultural Association.

**Sat, Sep 30/10 AM-12 PM**

Registration required

### **Preschoolers**

#### **Puppet Show**

##### ***Duck Soup***

Ages 0-8 years

Find out what happens when Duck's friends think he's been made into soup.

**Thu, Sep 14/10:30 AM-11 AM**

Group registration required, Free tickets given out 30 min before event

#### **Sizzling Science:**

##### **A Read-A-Jig-Jig STEM Special**

Ages 0-8 years

It's Science Literacy Week, so let's mix, fix and build with "bricks"! We'll even see some science tricks! Please note: food will be served at this Read-A-Jig-Jig special program.

**Wed, Sep 20/10:30 AM-11:15 AM**

Free tickets given out 30 min before event

#### **Puppet Show**

##### ***Don't Let the Pigeon Drive the Bus***

Ages 0-8

Pigeon really, really, really wants to drive the bus, and he sees his chance when the bus driver takes a break.

**Thu, Sep 21/10:30 AM-11 AM**

Group registration required, Free tickets given out 30 min before event

#### **Puppet Show**

##### ***Wolf's Chicken Stew***

Ages 0-8 years

A scheming wolf tries to fatten up a prospective meal, but finds that he gets his just desserts in the end.

**Thu, Sep 28/10:30 AM-11 AM**

Group registration required, Free tickets given out 30 min before event

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

Ages 0-8

Read a Jig-Jig and away we'll go with music, songs, crafts, and more.

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

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

#### **Baby and Tot Time**

Ages 0-36 months

Join Janice and her guitar for songs, rhymes, books, and experiences especially chosen with babies and toddlers in mind.

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

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

### **Teens**

#### **LIBRARY RATS**

##### **Meet and Greet**

Grades 5-6

We've created a program for those who don't fit the teen mold...at least not yet! Join us for crafts, activities, socializing, and fun at the first ever Library Rats program.

**Tue, Sep 19/6:30 PM-7:45 PM**

Drop off time 6:30 p.m. and pick up 7:45 p.m.

#### **AREA 51: SPECIAL**

##### **Create-a-Snack**

Grades 7-9

Hungry and don't know what to eat? Let Sobey's Panavista help you prepare and enjoy delicious snacks you can easily make at home...before you get hangry. Demos, hands-on fun, and tastings are all on the menu tonight. In partnership with Sobey's - Panavista.

**Thu, Sep 28/6:30 PM-8 PM**

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### **Area 51**

Grades 7-9

A space for teens to hang out and relax, watch movies and videos, play games, and participate in cool activities. Snacks are provided.

**Thursdays/6:30 PM-8 PM**

See also: Create-a-Snack special on September 28