

SEPTEMBER
2017

Tantallon

PROGRAM LISTINGS

Adult

Book Club

***Mary, Mary*, by Lesley Crewe**

Discover new authors, meet new people and share insights. Tantallon's book club meets once a month on a Tuesday night. Please call the Library at 902-826-3330 or stop by the Information Desk to register. You can also pick-up a complete booklist of titles for each month at the Information Desk.

Tue, Sep 12/7 PM-9 PM

Registration required

Wild Blueberry Trifle with Acadian Maple Cream

with Chef Ian Peters

Interested in something sweet? Join us for a mouth-watering taste of Nova Scotia flavours. We will make an amazing trifle with wild blueberries, Acadian maple cream, vanilla pudding, and fresh donuts. Yes, donuts. Learn a twist on old classics by using donuts instead of cake. It's delicious all the way to the end. To register, please call 902-826-3330 A Tastes Like Home program supported by the Province of Nova Scotia in partnership with the Department of Communities, Culture, and Heritage presented in partnership with Cobequid Community Health Board.

Thu, Sep 14/6:30 PM-8:30 PM

Registration required

TRANSITION BAY DISCUSSIONS

Up the Creek – With a Paddle Global Challenges and What We Can Do

This workshop, presented by Robert Cervelli, will look at the prospects for the human race on our planet in the decades ahead. We will plumb the depths of two extremes – the doom and gloom of climate change and the environmental destruction of our only habitat, as well as the incredible optimistic trends going on globally to adapt at both the personal and community levels to these changes. For more information visit: transitionbay.ca/events/
In partnership with Transition Bay.

Sun, Sep 17/2 PM-4:30 PM

Tea-time

with Author Lesley Crewe

Have a nibble and a chat with author Lesley Crewe on Sunday afternoon after Word on the Street. Author of nine books, one of which (*Relative Happiness*) was recently made into a movie, Lesley is one of Nova Scotia's bestselling authors. Join the Tantallon Book Club for a special afternoon with an engaging local writer. Presented in partnership with Scotiabank.

Sun, Sep 17/2:30 PM-4 PM

Personal Wellness Profile

Get Your Personalized Health Report, Part 1/2

In week one, you will complete a lifestyle survey and have your cholesterol, blood sugar, blood pressure, body fat, and waist circumference measured. In week two, you will receive a personalized report that lets you know how you are doing in nine health areas and find out what is your health age. To register, please call 902-487-0690. In partnership with Community Health Team.

Tue, Sep 19/9 AM-11 AM

Registration required

INTRODUCTION TO BEING PSYCHIC

Lecture One: Tuning In with Carol Grimmitt

Further develop your own natural abilities with Carol Grimmitt of Silverbirch Spirit Connections in this three-part series. Each month you will experience a new kind of interactive session. In partnership with Silverbirch Spirit Connections.

Thu, Sep 21/7 PM-8:30 PM

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PROGRAM LISTINGS

Personal Wellness Profile

Get Your Personalized Health Report, Part 2/2

In week one - you will complete a life-style survey and have your cholesterol, blood sugar, blood pressure and body fat and waist circumference measured. In week 2- receive a personalized report that lets you know how you are doing in the 9 health areas and find your health age. To register, please call 902-487-0690. In partnership with Community Health Team.

Tue, Sep 26/9 AM-11 AM

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, Sep 26/1:30 PM-3:30 PM

Medicine Bag Workshop

A personal medicine bag is a sacred object that is usually made into a small pouch and worn around the neck of Indigenous peoples. Medicine bags contain objects that symbolize personal and spiritual well-being and protection. As such, the contents are kept private by the individual. Space is limited, so please register soon. Krystle Retieffe will be facilitating the workshop, sharing teachings with you and leading you through making your own personal medicine bag. You may wish to bring a small item with you to place inside your medicine bag. Krystle is a visual artist and Keeper of the Drum for Women of the Shore. She lives on Nova Scotia's South Shore and her family is from Payun aq Payunji'j (Port Au Port Peninsula) in Taqamkuk (Newfoundland and Labrador) and are members of the Qalipu First Nation.

Thu, Sep 28/6:30 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

Homeschoolers at the Library

All ages

Drop in to help us make our own zine. We'll meet to share and plan and play, and take home our special assignments for the month. Contact the Eric the librarian to register your family at 902-826-3333.

Tue, Sep 5/2:30 PM-4:30 PM

Registration required

SUPER SATURDAY

Family Games

All ages

Giant games, board games, video games. Let's play!

Sat, Sep 9/10:30 AM-11:30 AM

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PROGRAM LISTINGS

Super Saturdays

Open Craft

All ages

We'll give you materials and inspiration, but no instructions. Make art your way!

Sat, Sep 16/10:30 AM-11:30 AM

Autism-Friendly Library Time

Join Library staff for a full day of doing whatever you and your family want. Come to read, play, make a craft, ask questions, and play on a computer or iPad, check out cool stuff (books, CDs, DVDs). Or simply explore and enjoy the library in a low-stimulation environment. This day is for adults, children, and families who are living with Autism Spectrum Disorder.

Mon, Sep 18/3 PM-5 PM

Registration required

Let's Do Science

Ages 5+

Join students from Dalhousie University as they host a variety of hands on science activities.

Tue, Sep 19/7 PM

Super Saturdays

Open Craft

All ages

We'll give you materials and inspiration, but no instructions. Make art your way!

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

Preschoolers

Puppet Show

Wise Petunia

All ages

What wacky antics will those puppets get up to this time?

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

Free tickets given out 30 min before event

SUPER SATURDAY

Puppet Show

Wise Petunia

All ages

What wacky antics will those puppets get up to this time?

Sat, Sep 23/10:30 AM-11 AM

Free tickets given out 30 min before event

Songs and Stuff

Ages 0-5

Music focused story time for preschoolers and their families!

Thursdays/10 AM-11 AM

Fables and Frolics

Ages 0-5

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

Fridays/10 AM-11 AM

Begins September 8

Teens

Teen Fan Art Club

Ages 13+

Writers! Artists! Makers! Whatever you are a fan of, join us for a night of sharing fan fiction, making art projects, or building cool things.

Thu, Sep 7/6:30 PM-8 PM

Starting a Career with the RCMP

Ages 13+

If you are interested in a career with the RCMP or a similar law-enforcement agency, this program is for you. Come out for an introduction to the education, training and work-life of an officer, and make some contacts for the future. In partnership with the RCMP.

Wed, Sep 20/7 PM-8:30 PM