

**NOVEMBER**  
**2017**

# Tantallon

## PROGRAM LISTINGS

### Adult

#### BRAIN HEALTH SERIES

#### **Preventing Alzheimer's and Dementia Naturally with Dr. Ashley Margeson, ND**

Join Dr. Ashley Margeson for a two-part series on Brain Health and Natural Solutions. Preventing Alzheimer's and Dementia is the first of the two programs (November 1). During this lecture, you will hear how brain power and memory optimization can help with prevention. The second lecture is called Managing Post-Concussion and Brain Injury Naturally (November 15). Ashley will share how we can get back to your day-to-day by managing post-concussion and brain injury naturally. In partnership with Cornerstone Naturopathic Inc.,

**Wed, Nov 1/6:30 PM-8 PM**

#### COMMUNITY HEALTH TEAM LECTURE

#### **How to Speak Assertively, Part 1/4**

You will learn how to say your opinions, needs, and feelings in an open, honest, and direct way by participating in group activities, discussions, role plays and practicing at home. To register, please call 902-487-0690. In partnership with Community Health team.

**Tue, Nov 7/10 AM-12 PM**

Registration required

#### **Ladies Game Night**

#### **Get your board game on!**

Join fellow female board game enthusiasts and try something new or play some old favourites. Enjoy the Library's board game collection or bring something from home to play.

**Wed, Nov 8/7 PM-8:30 PM**

#### COMMUNITY HEALTH TEAM LECTURE

#### **How to Speak Assertively, Part 2/4**

You will learn how to say your opinions, needs, and feelings in an open, honest, and direct way by participating in group activities, discussions, role plays and practicing at home. To register, please call 902-487-0690. In partnership with Community Health team.

**Tue, Nov 14/10 AM-12 PM**

Registration required

#### **Mobility, Now You're Going Places with the VON Greater Halifax**

To mark Fall Prevention Awareness Month, the HRM Aging Well Together Coalition, in partnership with VON Greater Halifax and the Nova Scotia Public Libraries, offers this free, interactive workshop. Topics include how to tell when you may need an assistive device, tips for using a cane or walker, the importance of bathroom grab bars, and information on where to obtain assistive devices. Included in the presentation are tips and strategies for remaining independent and preventing falls. To register call Jenny Theriault at 902-455-6393 or e-mail jenny.theriault@von.ca. In partnership with Von Greater Halifax and HRM Ageing Well Together Coalition.

**Tue, Nov 14/1 PM-3 PM**

Registration required

#### **Book Club**

#### ***The Nightingale*, by Kirstin Hannah**

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, Nov 14/7 PM-9 PM**

Registration required

**NOVEMBER**  
**2017**

# Tantallon

## PROGRAM LISTINGS

### Book Club

The 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, Nov 14/7 PM-9 PM**

Registration required

### BRAIN HEALTH SERIES

#### **Managing Post-Concussion and Brain Injury Naturally**

**with Dr. Ashley Margeson, ND**

Join Dr. Ashley Margeson for a two-part series on Brain Health and Natural Solutions. Preventing Alzheimer's and Dementia is the first of the two programs (November 1). During this lecture, you will hear how brain power and memory optimization can help with prevention. The second lecture is called Managing Post-Concussion and Brain Injury Naturally (November 15). Ashley will share how we can get back to your day-to-day by managing post-concussion and brain injury naturally. In partnership with Cornerstone Naturopathic Inc,

**Wed, Nov 15/6:30 PM-8 PM**

#### **Introduction to Being Psychic, Part 3 with Carol Grimmitt of Silverbirch Shining Connections**

Lecture Three, Crystals and Their Energy: An exploration of a variety of crystals and how their properties can help us. In partnership with Shining Silverbirch Connections.

**Thu, Nov 16/7 PM-8:30 PM**

### **A Preview of Unicorn Theatre's *Lion King Jr.***

Join Unicorn Theatre's talented kids for a sneak peek at their new production, *The Lion King, Jr.*. Simba, Nala, Mufasa, Scar, Timon, Pumbaa, and all the familiar characters will be there to sing some of the wonderful songs, such as *Circle of Life*, *Just Can't Wait to Be King*, *Can You Feel the Love Tonight*, and many others. All ages are welcome to attend and enjoy this fun and lively preview. In partnership with Unicorn Theatre.

**Sat, Nov 18/2 PM-2:45 PM**

### **Open Mindfulness in the Bay**

Each month there will be a new topic related to mindfulness and notable speakers—Dr. Timothy Walker, Brian Callahan, Alice Haspray, and Margaret Calahan—to guide us through the subject. Drop-in once to check it out...or come regularly. Sessions include guided practice and discussion. No previous experience is required.

**Sun, Nov 19/2:15 PM-4:30 PM**

### COMMUNITY HEALTH TEAM LECTURE

#### **How to Speak Assertively, Part 3/4**

You will learn how to say your opinions, needs, and feelings in an open, honest, and direct way by participating in group activities, discussions, role plays and practicing at home. To register, please call 902-487-0690. In partnership with Community Health team.

**Tue, Nov 21/10 AM-12 PM**

Registration required

### **Sahaja Yoga Meditation**

#### **A Four-Week Meditation Series**

Sahaja Yoga is a unique method of meditation based on an experience called Self Realization (Kundalini awakening) that can occur within each human being. Through this process an inner transformation takes place by which one becomes moral, united, integrated, and balanced. Wear loose comfortable clothing.

**Wed, Nov 22/7 PM-8:30 PM**

### **Everything You Need to Know About Intermittent Fasting**

**With Dr. Ben Connolly**

Intermittent fasting has garnered a lot of attention recently and there are a thousand different ways to do this. Come find out what the research and evidence is behind intermittent fasting, how it can help with weight loss, and how you can easily incorporate this into your daily routine. In partnership with Cornerstone Naturopathic Inc.

**Thu, Nov 23/7 PM-8:30 PM**

**NOVEMBER**  
**2017**

# Tantallon

## PROGRAM LISTINGS

### **Hook In with the Rug Hookers**

Please join these talented artists and watch them in action. Join the Rug Hookers and/or bring your own to work on or ask questions and watch them work right before your eyes during their HOOK-IN. The Rug Hooking Museum of North America is located near Hubbard's and houses many wonderful pieces. For more information, please visit the museum's website at [www.hookedrugmuseumnovascotia.org](http://www.hookedrugmuseumnovascotia.org). In partnership with Rug Hooking Museum of North America.

**Sat, Nov 25/10 AM-4 PM**

### COMMUNITY HEALTH TEAM LECTURE

#### **How to Speak Assertively, Part 4/4**

You will learn how to say your opinions, needs, and feelings in an open, honest, and direct way by participating in group activities, discussions, role plays and practicing at home. To register, please call 902-487-0690. In partnership with Community Health team.

**Tue, Nov 28/10 AM-12 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, Nov 28/1:30 PM-3:30 PM**

### COMMUNITY HEALTH TEAM LECTURE

#### **Holiday Eating Survival Guide**

Learn Strategies on how to eat better and stay active over the Holidays, making better food choices, and ways to make your favorite recipes healthier.

To register, please call 902-487-0690.

In partnership with Community Health Team.

**Tue, Nov 28/7 PM-8:30 PM**

Registration required

### **Sahaja Yoga Meditation**

#### **A Four-Week Meditation Series**

Sahaja Yoga is a unique method of meditation based on an experience called Self Realization (Kundalini awakening) that can occur within each human being. Through this process an inner transformation takes place by which one becomes moral, united, integrated, and balanced. Wear loose comfortable clothing.

**Wed, Nov 29/7 PM-8:30 PM**

### **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 SATURDAY

#### **Family Games**

All ages

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

**Sat, Nov 4/10 AM-12 PM**

### **Kid's Loom Knitting Club**

Ages 8+

Would you like to learn to knit? Join our volunteers in our reading lounge for fun and easy lessons with knitting looms. The Library will keep your projects safe until you're done.

**Sun, Nov 5/2:30 PM-4 PM**

Registration required

**NOVEMBER**  
**2017**

# Tantallon

## PROGRAM LISTINGS

### **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, Nov 7/2:30 PM-4:30 PM**

Registration required

### **Kid's Loom Knitting Club**

Ages 8+

Would you like to learn to knit? Join our volunteers in our reading lounge for fun and easy lessons with knitting looms. The Library will keep your projects safe until you're done.

**Sun, Nov 19/2:30 PM-4 PM**

Registration required

### **Autism-Friendly Library Time**

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, Nov 20/3 PM-5 PM**

Registration required

### **Super Saturdays**

#### **Open Craft**

All ages

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

**Sat, Nov 25/10:30 AM-11:30 AM**

### **Preschoolers**

#### **Puppet Show**

##### ***Legend of the Beaver's Tail***

All ages

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

**Thu, Nov 16/3:30 PM-4 PM**

Free tickets given out 30 min before event

#### **Puppet Show**

##### ***Legend of the Beaver's Tail***

All ages

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

**Sat, Nov 18/10:30 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**

### **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, Nov 2/6:30 PM-8 PM**