

# JANUARY 2018

# Tantallon PROGRAM LISTINGS

## Adult

### **Book Club**

***Two Solitudes*, by Hugh MacLennan  
or *Who Has Seen the Wind*, by  
W.O. Mitchell**

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, Jan 9/7 PM-9 PM**

Registration required

### **Sahaja Yoga Meditation 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, Jan 10/7 PM-8:30 PM**

Runs January-May

### BEING PREPARED

#### **Navigating Care for Seniors with Marie Claire Chartrand**

Are you wondering what services are available for older adults? What home care, long term care, and assisted living options are available? What do they cost? How to navigate the services available to seniors? Marie-Claire Chartrand of Greywave Senior Care Consulting will provide an overview of government Continuing Care Programs, private home care, assisted living, and nursing home options.

**Tue, Jan 16/10 AM-11:30 AM**

#### **Off-Grid Living with Cam Famell Hosted by Transition Bay**

Wondering what its like to live without a connection to the electric grid and with no electric bill? Then this presentation is for you. Learn about the different types of off-grid systems, off-grid for new construction, off-grid as a re-profit for existing homes, components of off-grid systems, trade-off choices, and costs of some sample off-grid packages, and then join in a discussion about off-grid living. Please note: This presentation has been quite popular in the past, so we want you to know space is limited. Please email info@transitionbay.ca to reserve your spot. In partnership with Transition Bay.

**Sun, Jan 21/2 PM-4:30 PM**

Registration required

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

All ages

Join Library staff for an afternoon of doing whatever you and your family want. Come to read, play, make a craft, ask questions, and play on a computer or iPad, and check out cool stuff (books, CD's, DVD's). 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, Jan 22/3 PM-5 PM**

Registration required

### BEING PREPARED

#### **A Planned Death is a Good Death**

No one likes to think about death, but it happens to everyone. Learn how cultivating self love includes making decisions that ensures a prepared death, for everyone involved. We will also explore the options currently available in Nova Scotia, and some up and coming new ideas about what to do with our bodies when we are done with them. Q&A to follow. Roxanne Walsh is an End of Life Planner and Independent Funeral Celebrant.

**Tue, Jan 23/10 AM-11:30 AM**

#### **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, Jan 23/1:30 PM-3:30 PM**

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**Wed, Jan 24/7 PM-8:30 PM**

Runs January-May

### **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, Jan 28/2:30 PM-4:30 PM**

### **BEING PREPARED**

#### **Energy Efficiency and Sustainable Practices in the Home with Michael Mckay, Clean Nova Scotia**

We will be discussing how minor upgrades and lifestyle changes in the household can create a warmer home, save money on heating/electrical costs, and help the environment. We will touch on electricity use, tips on improving the envelop of the home, and other waste-reducing measures. In addition to the tips, we will provide information on some programs that can help residents in Nova Scotia on their path to a greener, more efficient household. In partnership with Clean Nova Scotia.

**Tue, Jan 30/10 AM-11:30 AM**

#### **Introduction to Tai Chi**

Feel balanced, comfortable, and have fun learning to practice Taoist Tai Chi® arts with a group. You will be introduced to Taoist Tai Chi that helps calm the mind, cultivates the heart, and transforms you into a healthier and more harmonious person. Introductory classes will be an hour long and run for eight weeks on the following dates: November 8, 15, 22, 29 and January 10, 17, 24, and 31. Come join the fun.

**Wednesdays/10 AM-11 AM**

Runs until January 31

### **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**

#### **Family Games**

All ages

Giant Games, Board Games, Video Game... Let's Play!

**Sat, Jan 13/10 AM-12 PM**

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### **Super Saturdays**

#### **Open Craft**

All ages

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

**Sat, Jan 20 /10:30 AM-11:30 AM**

#### **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 Eric the librarian to register your family at 902-826-3333.

**Tue, Jan 16/2 PM-4 PM**

Registration required

#### **Puppet Show**

##### ***The Hog Prince***

All ages

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

**Thu, Jan 25/3:30 PM-4 PM**

Free tickets given out 30 min before event

### **SUPER SATURDAYS**

#### **Puppet Show**

##### ***The Hog Prince***

All ages

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

**Sat, Jan 27/10:30 AM-11 AM**

Free tickets given out 30 min before event

### **Preschoolers**

#### **Fables and Frolics**

Ages 0-5

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

**Fridays/10 AM-11 AM**

#### **Songs and Stuff**

Ages 0-5

Music focused story time for preschoolers and their families!

**Thursdays/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, or building cool things.

**Thu, Jan 4/6:30 PM-8 PM**