

**APRIL**  
2018

# Tantallon

## PROGRAM LISTINGS

### **Adult**

#### **Take Charge of Your Stress 4 Week Program**

Join members from the Community Health team over for 4 weeks to help you will learn and practice skills to reduce stress and learn to develop a plan to take charge of your stress today and in the future. Please call the Community Health team at 902-460-4560 to register. In partnership with Community Health Teams.

**Tue, Apr 3/10 AM-12 PM**

Registration required

#### **Veggie Garden Remix with author Niki Jabbour**

Best-selling author Niki Jabbour invites you to shake up your vegetable garden with an intriguing array of food plants from around the world: Cucamelons, Indian cucumbers, chickpeas, Italian leaf broccoli, Chinese artichokes, zaatar, and wonderful greens like Tokyo bekana, amaranth, magenta spreen, and molokhia. She'll showcase a wide selection of flavourful and easy-to-grow global vegetables, and offer tips on how to grow and eat them.

**Tue, Apr 3/6:30 PM-8 PM**

#### **Combat Weight Gain: Finding Balance for Women**

Gaining weight and don't know why? Led by local fitness and nutrition professional, Shaina Falcone, this presentation explains the effects of hormones, lifestyle, and genetics on women's health, metabolism, and weight gain. We will explore the science behind hormonal changes that lead to weight gain, from puberty through menopause, and discuss what really works to combat it!

**Wed, Apr 4/7 PM-8:30 PM**

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**Tue, Apr 10/10 AM-12 PM**

Registration required

#### **Book Club**

##### ***Nostalgia*, by M.G. Vasenji**

From one of Canada's most celebrated writers, two-time Giller Prize winner Momez Vassanji, comes a taut, ingenious, and dynamic novel about a future where eternal life is possible, and identities can be chosen.

**Tue, Apr 10/7 PM-8:30 PM**

Registration required

#### **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, Apr 10/7 PM-9 PM**

Registration required

#### **Unicorn Theatre**

##### **Presents a preview of *James and The Giant Peach Jr.***

Join the cast of *James and the Giant Peach, Jr.* for a preview with a sneak peek at Unicorn Theatre's new production, which will be coming up at the end of April. Based on the Roald Dahl book, this quirky musical features a boy, a magician, some human-sized insects and...a pretty big peach. In partnership with Unicorn Theatre.

**Sat, Apr 14/2 PM-2:45 PM**

Registration required

#### **TRANSITION BAY TALKS**

The topic for April will be announced soon. Stay tuned.

**Sun, Apr 15/2:30 PM-4:30 PM**

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**Tue, Apr 17/10 AM-12 PM**

Registration required

### **Introduction to Quantum Healing Hypnosis Technique with Mayumi Endo**

Join Mayumi as she introduces us to Quantum Healing Hypnosis Technique (QHHT), which is a deeper level regression therapy. There will be a Q&A with your subconscious/higher self. QHHT involves inducing an individual into the deeper state of trance through visualization. Mayumi will guide us through a mini session so bring a mat and a blanket if you prefer to lie on the floor.

Registration is required at the Library, please call 902-826-3330. For more information, please see [www.mayumi-endo.com](http://www.mayumi-endo.com).

**Thu, Apr 19/6:30 PM-8:30 PM**

Registration required

### **Learning to Make Chinese Lanterns**

Join us for a fun and interactive afternoon learning to make Chinese Lanterns. Adults and families are welcome to come to this program. Presented by The Confucius Institute at Saint Mary's University, which share their Chinese culture and language by hosting Chinese culture related events throughout the City. Please call 902-826-3330 to register. In partnership with the Confucius Institute at Saint Mary's University.

**Sat, Apr 21/2 PM-4 PM**

Registration required

### **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, Apr 22/2:30 PM-4:30 PM**

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**Tue, Apr 24/10 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, Apr 24/1:30 PM-3:30 PM**

### **Prepare to Do Your Will**

Prepare for writing your will by using the 12 simple steps of the Legal Information Society's Wills App (online wills form). Review sample will templates and get a lawyer referral. Getting organized to write your will has never been easier. Presented by The Legal Information Society of Nova Scotia (LISNS), which is a charitable, not for profit organization connecting Nova Scotians with the resources they need to assist with their legal issues. In partnership with the Legal Information Society of Nova Scotia (LISNS).

**Tue, Apr 24/6:30 PM-8:30 PM**

### **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, Apr 25/7 PM-8:30 PM**

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### **The Village of Hammonds Plains at the Time of Confederation in 1867:**

#### **A Hammonds Plains Historical Society Talk**

As Canada was entering confederation in 1867, the hamlet of Hammonds Plains by that time was a sustainable thriving village depended on the surrounding forests for its survival. Come and hear Dave Haverstock from the Hammonds Plains Historical Society talk about what the village looked like at this time, what life was like, and hear about some of the names who lived there in 1867. In partnership with Hammonds Plains Historical Society.

**Thu, Apr 26/7 PM-8:30 PM**

#### **Author Reading: Jon Pierce**

If you thought the essay was dead, think again. In the hands of Jon Peirce, a writer with a wicked imagination, strong social conscience, and a keen sense of the absurd, the time-honoured genre takes many different forms. *Social Studies—Collected Essays, 1974-2013* showcases a range of essays from short, rapier-like skewering of political hypocrisy and injustice to a leisurely exploration of the metric system and its implications for writers. Come out to hear three of Jon Pierce's humorous stories.

[jonpeirce.ca](http://jonpeirce.ca)

**Sun, Apr 29/2:30 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**

#### **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, Apr 5/6:30 PM-8 PM**

#### **SUPER SATURDAYS**

##### **Family Games**

All ages

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

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**Sat, Apr 7/10 AM-12 PM**

#### **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, Apr 10/2 PM-4 PM**

Registration required

#### **Puppet Show**

##### ***Mucky Moose***

All ages

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

**Thu, Apr 19/3:30 PM-4 PM**

Free tickets given out 30 min before event

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## PROGRAM LISTINGS

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### **Sensory-Friendly Library Time**

Join Library staff for an afternoon suited to your family's wishes. 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 or other sensory disorders. In partnership with Autism Nova Scotia.

**Mon, Apr 16/3 PM-5 PM**

Registration required

### **Preschoolers**

#### **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**