

JUNE
2018

Tantallon

PROGRAM LISTINGS

Adults

MEC's Mobile Bicycle Maintenance Station

All ages. Staff from MEC (Mountain Equipment Co-op) will be on hand with their mobile bicycle safety check and repair station. Drop in and learn basic bike maintenance, get some quick adjustments, and prepare to explore your community on 2 wheels. In partnership with the Halifax Regional Municipality
Saturday, June 9
10:30 AM - 12:30 PM

Sensory-Friendly Library Time

All ages. Join us for an afternoon at the Library in a low-stimulation environment. Come to read, play, make a craft, ask questions, and play on a computer or iPad, and check out cool stuff (books, CDs, DVDs). Sensory-friendly library time is for adults, children, and families who are living with Autism Spectrum Disorder. In partnership with Autism Nova Scotia
Monday, June 11
3:00 PM - 5:00 PM
To register, call us at (902) 826-3330.

Book Club: A Number of Things by Jane Urquhart

From one of our nation's most beloved and iconic authors comes a lyrical 150th birthday gift to Canada. In *A Number of Things*, Jane Urquhart chooses 50 Canadian objects and weaves a rich and surprising narrative that speaks to our collective experience as a nation. Each object is beautifully illustrated by the noted artist Scott McKowen, with Jane Urquhart conjuring and distilling meaning and magic from these unexpected facets of our history.

Tuesday, June 12
7:00 PM - 8:30 PM

Program Room
Registration is required. To register, call us at (902) 826-3330.

Women's Pelvic Health: Through the Different Stages of Life

Let a physiotherapist lead you toward good health. Katerina Miller will identify common issues in pelvic health facing women in the different stages of life. She will provide tips and dispel misconceptions.

Thursday, June 14
6:30 PM - 8:00 PM

Program Room

Community Health Talk: Understanding Pain

This session will explain pain as well as some of the changes that can occur with chronic pain and help you better understand it. In partnership with the Community Health Team

Tuesday, June 19
6:30 PM - 8:30 PM

Registration is required. Please call the Community Health Dept @ 902-490-4560.

Adult Board Game Night

Tabletop board gaming is experiencing a revival, and we want to get in on the fun. Join us for an evening of modern board games. You can come to enjoy the hobby, meet new people, and play some great games. Feel free to bring your own favourites, or play games others have brought. Adult Board Game Night is open to gamers at any level. This weekly meet up is community run.

Wednesdays | Wednesday, June 6
6:00 PM - 8:00 PM

Meet up in the lounge

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Needle Niche: Craft Social Group

Meet in the loungz 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 | Thursday, June 7

7:00 PM - 8:45 PM

Lobby

No program on June 28.

Games at the Library

Join us for an afternoon of games such as Scrabble, Crib, or 45s with old and new friends. Please bring a friend or two or your own games to join in the fun. All are welcome.

Fridays | Friday, June 1

12:30 PM - 2:30 PM

Program Room

Bridge

Mixed kitchen-style bridge. All new members with some experience with this style are welcome to join.

Fridays | Friday, June 1

1:00 PM - 4:00 PM

Program Room

Kids

Summer Reading Club Kick-Off

Party: Tantallon

All ages. Join us for the first of our summer activities! We'll have a variety pack of fun to entertain and delight.

Thursday, June 28

2:00 PM - 4:00 PM

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.

Thursday, June 7

6:30 PM - 8:00 PM