

Seniors Week 2016 - Programs



Annapolis Valley Regional Library

Games and Puzzles
Library Bookclub
Charles MacDonald and His Faerie Cottages
Positive Approaches for Dementia
Conversations About Death and Dying
Fiber Craft Wednesday
Valley Child: A Memoir
Coffee, Tea and Conversation
Rug Hooking at the Library
Card Making Workshop
Celebrating the Harvest Season
The Memento – Christy-Ann Conlin author reading
Seniors Week Social
An Old-fashion Kitchen Party

Pictou-Antigonish Regional Library

"Sharing Stories, ... discover your community"
(Sept 30 to Oct 2)
Community Art Fair @library
Knitting Circle
Sleep Disorders & Dreams with Zoe Haynes
Pictou County Naturalists Club
Story Boards... researching, writing &
presenting community history with John Ashton
Grandparents Welcome! - Stellarton Library
Knitting Group
Club Français
Soccer: a history of Brazil, with Rosana Barbosa
Knitting Circle
Seniors Cafe
Urban sociology: *Halifax, Africville & State Power*
Knitting & Crocheting group
Book Club
Knitting Circle led by the RJ Square Knitters

Knitting Circle led by the Stellar Knitters
Multimedia Writing Workshop, with Chris Benjamin & Jon Tattrie

Western Counties Regional Library

Display and board games
Display - Seniors Expo
"Seniors and Colour" - an afternoon of colouring!
Display and Special Hand Crafter Club for Seniors
Display and an Afternoon Tea
Chair Yoga for Seniors
Me and my Grands!

Cape Breton Regional Library

Senior Social- An afternoon of music with Doug Johnson
Adult Colouring
Knitting Club
Knitting and Crafting
Chess at the Library
Disposable Souls - Phonse Jessome author reading
Live Where You Want - presentation from Northwood Intouch
Pollinators with Michelle Smith (Cape Breton Naturalists Society)
Fibre Lunch

Cumberland Public Libraries

Classic Movie Night - Young Frankenstein
Let's Find the Best Voting System for NS
A Novel Idea Book Club

Seniors Week 2016 - Programs

Halifax Public Libraries

October Trails Challenge: The Kick-Off for
Dartmouth Harbourfront Trail
First Nations Drumming
Into the Blue: The Body Connecting Us All
Chinese Culture Day
Crochet and Knitting Club
Movie: Me Before You
Spinning Yarn Demonstration
Ikebana Presentation
Symphony 101 led by Adrian Hoffman,
featuring Michael Baker
Who Is Jane Austen?
Immigration Law
Harvest Tea
Best Weight Basics
Take a Hike!
Understanding Senior Abuse and Senior Fall
Prevention
Wagner's Tristan und Isolde
Move: The Nice Guys
Seniors' Week Genealogy Drop-In
The Crystal Lyre
So You Want to Build a House?
Paul Thomas Anderson's Hard Eight with
introduction by Zack Miller

Parks Canada Hometown Heroes: Women
in WW1
Paint Group
Fraud Protection for Seniors
Movie Matinee: The Free State of Jones
Evening Movie: Star Trek Beyond
Stitch Niche
Finding Exo Planets with Patrick Kelly
Book Club: Virgin Cure
Book Club: The Golden Son
Propeller Craft Beer School 101
5 Steps to Promote Brain Health and
Positive Aging
BodyTalk with Cheryl Laurenti, Certified
BodyTalk Practitioner
Gwen Davies Book Launch: Facing the Other
Way
Chargin' from the Margin: Conversations on
Diversity in the Arts with DaPopo Theatre
Technology Petting Zoo
Craft Beer Tasting
Don't Hibernate, Participate!
Hard Times: Literature and the Industrial
Revolution Great Expectations.

Seniors Week 2016 - Programs

Annapolis Valley Regional Library

Games and Puzzles

October 1 – October 7

Windsor Library

There will be an array of games such as crib, checkers and coloring pages set up for anyone at all times throughout the week. The puzzle table will be active.

Library Bookclub

Saturday, October 1

2:00 pm

Isobel and Roy Jodrey Memorial Library, Middleton

Join us for a discussion of *Cool Water* by Dianne Warren. All are welcome! Drop into the library or call 684-0103 if you need a copy of the book.

Charles MacDonald and His Faerie Cottages

Monday, October 3

10 a.m.

Berwick Library

Join us for an informative program about Centreville resident, Charles MacDonald and the Faerie Cottages he built at Huntington's Beach.

Positive Approaches for Dementia

Tuesday, October 4

2:00 – 3:30

Bridgetown & Area Library

A workshop with Marcy MacPherson, Certified Teepa Snow Trainer. This workshop is useful for caregivers, friends and all those who engage with people living with dementia. It includes a general overview of dementia, information on how to positively approach people living with dementia, and techniques for caring for someone with dementia.

Seniors Week 2016 - Programs

Conversations About Death and Dying

Tuesday, October 4

7:00 - 8:30 pm

Rosa M. Harvey Middleton & Area Library, Middleton

This is an informal, comfortable gathering of people who want to talk about death and dying, to reflect on what's important, share thoughts and eat cake!

Fiber Craft Wednesday

Wednesday, October 5

1:00 – 3:00 pm

Isobel and Roy Jodrey Memorial Library, Middleton

For knitters, hookers, crocheters, weavers and spinners ... or anyone who enjoys the fibre craft arts. An opportunity to share stitches & time. Bring your own project. Every Wednesday, in the lower level of the library. Everyone welcome!

Valley Child: A Memoir

Wednesday, October 5

2:00 – 3:00 pm

Isabel and Roy Jodrey Memorial Library, Middleton

As part of the Seniors Week "Sharing Stories" series, author Jockie Loomer-Kruger has prepared a video presentation describing the origins of her first book, "Valley Child". There will be a slide show of her folk art illustrations, readings from the book by special guest readers, and time for the audience to talk about their own Valley memories. Refreshments will be served.

Coffee, Tea and Conversation

Thursday, October 6

10:00 am- 12:00 pm

Rosa M. Harvey Middleton & Area Library, Middleton

This will be an opportunity for casual discussion about various topics that are important to today's seniors, while enjoying some delicious snacks.

Seniors Week 2016 - Programs

Rug Hooking at the Library

Thursday, October 6

10:00 am – 2:00 pm

Bridgetown & Area Library

In honour of Seniors Week, the Bridgetown Rug Hookers will hold their October 6th meeting in the Library. New participants are welcome. Please bring your own lunch. Coffee and tea will be provided.

Card Making Workshop

Thursday, October 6

2:00 – 3:00 pm

Bridgetown & Area Library

Learn basic techniques to create beautiful handmade cards. Materials are provided.

Celebrating the Harvest Season

Thursday, October 6

3:00 - 4:30 pm

Rosa M. Harvey Middleton & Area Library, Middleton

This will be a chance to share practices about how to preserve your harvest and prepare for winter while building your own autumn theme centerpiece. Snacks provided.

The Memento – Christy-Ann Conlin author reading

Thursday, October 6

1 pm

Windsor Library

Join local author Christy Ann Conlin for a dramatic reading from her new book, *The Memento*. There will be fairy cakes and tea. This event is sponsored by the Canada Council for the Arts.

Seniors Week Social

Thursday, October 6

2 pm – 4 pm

Windsor Library

Join us for some easy listening entertainment provided by local musicians ... while you read, browse, do the puzzle, or just relax. Coffee & tea & light refreshments provided.

Seniors Week 2016 - Programs

An Old-fashion Kitchen Party

Friday, October 7

1:30 - 2:30+

Rosa M. Harvey Middleton & Area Library, Middleton

Join Sue for a fun-filled hour of songs and stories at the Library. She'll be singing and playing some familiar songs from the old days...

Pictou-Antigonish Regional Library

"Sharing Stories, ... discover your community", Nova Scotia Public Libraries Seniors Week 2016

October 1 – 7, 2016

Pictou-Antigonish Regional Library

During the celebration of Canadian Library Month, drop by and join us as Nova Scotia Public Libraries celebrate Seniors Week - an opportunity to highlight library programs, services and materials for adults & older adults! "Sharing Stories, and discover your community!"

Culture Days @library (September 30 to October 2, 2016)

Saturday, October 1, 2016

Pictou-Antigonish Regional Library

Join us at the library to celebrate Culture Days (September 30 - October 2, 2016)! Culture Days raises the awareness, accessibility, participation and engagement of Canadians in the arts and cultural life of their communities. With the support of volunteer groups at the national, provincial and local levels, hundreds of thousands of artists, cultural workers, organizations and groups, volunteers and supporters self-mobilize to host free participatory public activities that take place in hundreds of cities and towns throughout the country over the last weekend of September each year. ... for more information, please visit www.culturedays.ca .

Seniors Week 2016 - Programs

Community Art Fair @library

Saturday, October 1, 2016

Stellarton Public Library

Create, Participate, & Share! If you craft it, we'd love to have it! Knit, sew, crochet, hook, paint, draw, sculpt, build, write, ... and more. Bring in your art from Tuesday to Thursday, and it will be on display Friday through Saturday, to celebrate Culture Days 2016. For more information, please contact the Stellarton Library (902-755-1638).

Knitting Circle (drop-in)

Saturday, October 1

2:30pm – 3:30pm

New Glasgow Public Library

Join the crew at the library as they lead a knitting circle! The New Glasgow Library is pleased to offer you a program for knitters and wannabe knitters. Bring your own project, or try our simple samples. Share what you know and learn from others. Everyone is welcome, from absolute beginners to master knitters. Have some fun, make some friends! We will have some supplies to share for those who do not have their own. For more information on this new monthly program and how to take part, please contact the library at 902-752-8233. Please note as a public place the library has a scent-free policy.

"Sleep Disorders and Dreams: Sleep Gentle Sleep" with Zoe Haynes, Mini-lecture Series for 55+ (Registration required)

Tuesday, October 4

10am – 12pm

Antigonish Town & County Library

Join us for the first of a 3-part series on "Sleep Disorders and Dreams" presented by Zoe Haynes. Today's presentation is "Sleep, Gentle Sleep: what is it and how we do it".

**Registration is required. Talks are open, admission is free. A nutrition break is provided. Mini-lectures for 55+ is a series of sessions sponsored by the St.FX Continuing & Distance Education, at the Antigonish Town & County Library. ** For more information and to register - please call (902) 867-3319 or email 'cmaceach@stfx.ca' .

Pictou County Naturalists Club

Tuesday, October 4

6:30pm – 8:00pm

Seniors Week 2016 - Programs

New Glasgow Public Library

Join the Pictou County Naturalists Club as they host various speakers, meet and discuss nature-related topics. All are welcome!

Story Boards... researching, writing & presenting community history, Writing Workshop with John Ashton

Tuesday, October 4

6:30pm – 8:00pm

Pictou Public Library

Join author, columnist, historian and visual artist John Ashton, as he takes participants on a journey of discovering community history. Mr. Ashton has worked with many Pictou County communities to present their histories by means of graphics, text and photos on interpretive panels. Learn the different traditional and online methods and sources of historical research. Join us for a writing workshop at the library. All ages welcome. Class size is limited to 12 participants, please pre-register by contacting the Pictou Library (902-485-5021). Financial support for this workshop was provided by the Town of Pictou - Parks & Recreation, through a New Horizons grant ("Each one, Teach one" project) from the NS Department of Seniors, and an endowment from the Pictou County Writers Group.

About the Author/Instructor: Author and columnist John Ashton will offer participants tips on selecting historical subject matter, developing and writing a story from beginning to end. He will also discuss utilizing factual historical research from libraries, archives, museums, universities, genealogists, manuscripts, research papers, personal interviews, books, microfilm and online. John Ashton is a self-employed graphic artist and historical author. He has operated Ashton Creative Design for over thirty years from his studio/office in Bridgeville, Pictou County. Mr. Ashton has won several national and provincial awards for his design work. Currently he is Historic Sites and Monuments Board of Canada -Nova Scotia Representative and Heritage Trust of Nova Scotia's Antigonish, Guysborough and Pictou's-Regional Representative. Mr. Ashton has authored two non-fiction books and has been a daily, weekly and monthly newspaper historical columnist.

Stellarton Library

Saturday, October 1 – Friday, October 7

We are inviting grandparents to attend all our children's programs.

Seniors Week 2016 - Programs

Knitting Group (ages 7+, pre-registration required)

Tuesday, October 4

6:30pm – 7:30pm

Stellarton Public Library

Knitting for kids ages 7+ (adults are welcome too!) this program is open to anyone that wants to get together and knit, or learn the basics! Registration is required, as space and supplies are limited. For more information, please call the library (902-755-1638).

Club Français

Wednesday, October 5

12pm – 1pm

Stellarton Public Library

Come join in the fun practicing your French in a friendly atmosphere on the 1st Wednesday of the month at noon, in the Stellarton Public Library. For more information, contact Cynthia Gallagher at francaispictou@gmail.com. Like them on facebook at: www.facebook.com/pages/Club-francais/323609647749631

Soccer: a history of Brazil, with Rosana Barbosa, Ph.D. (Saint Mary's University, Continuing Education)

Wednesday, October 5

1:00pm – 2:30pm

Pictou Public Library

Join us for a weekly university seminar (streamed live) on Wednesdays, courtesy of Continuing Education, at Saint Mary's University from September 7 until November 30. Soccer: a history of Brazil, with Rosanna Barbosa Students will trace the historical forces behind the evolution of soccer in Brazil – from an elite sport to a national passion with unifying powers. Topics include: the transition to a slave free society, immigration, the development of a national identity, urbanization, the military dictatorship, as well as gender divisions and the role of the media and economics behind the popularity of the sport.

- *October 5 – Factory Football and the expansion of soccer clubs.*
- **Reading:** José Sergio Leite Lopes. Class, Ethnicity, and Color in the Making of Brazilian Football." *Daedalus*. Vol. 129. No. 2 (Spring 2000): 239-270.
<http://www.jstor.org/stable/pdf/20027636.pdf>

Seniors Week 2016 - Programs

Knitting Circle (drop-in)

Wednesday, October 5

2pm – 3pm

Antigonish Town & County Library

Join us for some knitting! All are welcome, for more information call 902-863-4276.

Seniors Cafe (drop-in, light refreshments served!)

Wednesday, October 5

2pm – 3pm

Antigonish Town & County Library

Join Seniors Cafe as they have speakers who talk about a variety of topics! This month, join newly-minted author Alex MacInnes as he talks about his book, his vision that took place in Monastery and his spiritual journey. Books will be available for purchase. Snacks and light refreshments will be provided - to learn more or suggest a speaker please call 902-863-4276.

Seniors Cafe (drop-in, snacks & light refreshments provided)

Wednesday, October 5

2:30pm – 3:30pm

Westville Library

Join us for speakers on various topics, all are welcome! This month, Robert Ball will be in to talk about his role in a work-led initiative to help fix a school in Bravaro, located in the Dominican Republic last winter. The school, in desperate need of repairs, housed up to 500 students. Light refreshments and snacks will be provided. For more information, or to suggest a speaker, please call (902) 396-5022.

Urban sociology: Introduction and History, with Val Marie Johnson, Ph.D. (Saint Mary's University, Continuing Education)

Thursday, October 6

1:00pm – 2:30pm

New Glasgow Public Library (Community Room)

Join us for a weekly university seminar (streamed live) on Thursdays, courtesy of Continuing Education, at Saint Mary's University from September 8 until November 24. Urban sociology: Introduction and History, with Valerie Johnson Students in this survey will be introduced to the sociological study of the city, with particular attention paid to how human beings produce and interact in cities through unequal power relations, and in historically specific ways.

Seniors Week 2016 - Programs

- *Today's Lecture: Halifax, Africville & State Power*

Knitting & Crocheting group (drop-in)

Thursday, October 6

3pm – 4pm

Pictou Library

Drop in to knit and crochet with others every Thursday afternoon. Bring your own yarn and needles, patterns and written instructions will be available. For more information, please contact the library at 902-485-5021.

Book Club

Thursday, October 6

6:15pm – 7:15pm

River John Library

Books, discussion and debates - all a part of the monthly book club. For more information, call (902) 351-2599.

Knitting Circle led by the RJ Square Knitters

Friday, October 7

10am – 11am

River John Library

Join the library and the RJ Square Knitters for a fun morning of stitching and chatting! All are welcome. For questions, call (902) 351-2599.

Knitting Circle led by the Stellar Knitters

Friday, October 7

1pm – 2pm

Stellarton Public Library

Join us for an afternoon of stitching and conversation in the cozy atmosphere of the Stellarton Library. All are welcome (please bring your own needles, yarn or hooks). For more information, please call the library (902-755-1638).

Seniors Week 2016 - Programs

Multimedia Writing Workshop, with Chris Benjamin and Jon Tattrie

Saturday, October 8

1:00pm – 3:30pm

New Glasgow Public Library (Community Room)

“The medium is the message.” The medium we use (video, internet, magazine/newspaper page, book etc.) is more than just a way to get our message out. It changes how we tell our story and even the story itself. This session will explore how each medium shapes story, and how as storytellers we can adapt our tales for maximum impact and reach. Join us for a writing workshop at the library, all are welcome. Class size is limited to 15 participants, please pre-register by contacting the New Glasgow library (902-752-8233). Financial support for this workshop was provided by an endowment from the Pictou County Writers Group.

Western Counties Regional Library

Display and board games

October 1 – October 7

All week drop-in.

Pubnico Branch Library

Display - Seniors Expo

Izaak Walton Killam Memorial Library, Yarmouth

Friday, October 1st

9-3 pm

Board games and display all week

"Seniors and Colour" - an afternoon of colouring!

Westport Branch Library

Sunday, October 2

2:15-4:15

Seniors Week 2016 - Programs

Display and Special Hand Crafter Club for Seniors

Clark's Harbour Branch Library

Tuesday, October 4

6-7 pm

Display and an Afternoon Tea

Senator Ambroise H. Comeau Memorial Library, Clare

Tuesday, October 5

1:30 to 3 pm

Chair Yoga for Seniors

Lillian Benham Library, Lockeport

Thursday, October 6

1:30 - 2:30 and display

Me and my Grands!

Thursday, October 6

6:30 – 7:30 pm

McKay Memorial Library, Shelburne

Scrapbooking for grandparents and their grandkids.

Seniors Week 2016 - Programs

Cape Breton Regional Library

Senior Social- An afternoon of music with Doug Johnson

Wednesday, October 5

3-4pm

Glace Bay Public Library

Tea and light snack served.

Adult Colouring

Friday, October 7

2-4pm

Glace Bay Public Library

Knitting Club

Friday, October 7

7-9pm

Glace Bay Public Library

Knitting and Crafting

Tuesday, Oct. 4

6:30-8pm

New Waterford Public Library

Chess at the Library

Tuesday, Oct 4

1-4pm

James McConnell Memorial Library, Sydney

Author Reading: Phonse Jessome reading from Disposable Souls

Tuesday, Oct 4

7-9pm

James McConnell Memorial Library, Sydney

Seniors Week 2016 - Programs

“Live Where You Want”- presentation from Northwood Intouch

Wednesday, Oct 5

2-4pm

James McConnell Memorial Library, Sydney

Pollinators with Michelle Smith (Cape Breton Naturalists Society)

Wednesday, Oct 5

7-9pm

James McConnell Memorial Library, Sydney

Fibre Lunch

Friday, Oct 7

1-3pm

James McConnell Memorial Library, Sydney

Cumberland Public Libraries

Classic Movie Night - Young Frankenstein

Tuesday, Oct. 4

7:00pm

Four Fathers Library, Amherst

Let’s Find the Best Voting System for NS

Wednesday, Oct. 5

6:30-9:00

Four Fathers Library, Amherst

A Novel Idea Book Club

Wednesday, Oct. 5

7:00-8:00pm

Springhill Library

Seniors Week 2016 - Programs

Halifax Public Libraries

October Trails Challenge: The Kick-Off for Dartmouth Harbourfront Trail

Saturday, October 1

11 AM-12 PM

Alderney Gate Library

All ages

We're kicking off the October Dartmouth Harbourfront Trail Challenge at Alderney Gate, located on the harbour.

Come learn more about this exciting month-long event, then join us for treks along the trail all through the month. The route is 6 km from Alderney Gate Ferry Terminal to Woodside Ferry Terminal and back. Meet up in the library lobby. In partnership with Halifax Parks and Recreation and Hike Nova Scotia. Special Location: Along the Dartmouth Harbourfront Trail. Registration required.

First Nations Drumming presented by Women of the Shore

Saturday, October 1

10:30 AM-11:30 AM

Tantallon Library

The Women of the Shore invite you to listen to some traditional, basic First Nations drumming with them. Their performance will include a brief talk on how to care for a First Nations drum, drumming basics, and some traditional songs. All are welcome to attend this fabulous event. In partnership with Women of the Shore.

Into the Blue: The Body Connecting Us All

Saturday, October 1

10 AM-5 PM

Halifax Central Library

The 2016 Sustainable Oceans Conference will explore four themes – Our Mind: Ocean Education and Literacy; Our Stomach: Sustainable Seafood; Ocean Heart: Conservation; and Our Lungs: Ocean Resources. Each topic will begin with a presentation by an expert in the field, followed by two students who will share current research. In the breakout sessions, you will be invited to delve into conversation about conservation and the sustainable utilization of our marine resources. Come out, and dive in!

Chinese Culture Day

Saturday, October 1

2-4:45 PM

Keshen Goodman Library

Immerse yourself in Chinese culture. Try fun hands on activities including Chinese paper-cuts and calligraphy. Try some traditional tea and enjoy beautiful dress.

Seniors Week 2016 - Programs

Crochet and Knitting Club

Saturday, October 1

2:30 PM

Dartmouth North Library

New to crochet or knitting - or a seasoned pro? All are welcome and supplies are provided.

Registration required.

Movie: *Me Before You*

Saturday, October 1

1:30 PM-3:30 PM

Halifax North Memorial Library

Rated 14A

A girl in a small town forms an unlikely bond with a recently-paralyzed man she's taking care of.

Spinning Yarn Demonstration

Saturday, October 1

1 PM

J.D. Shatford Library

All ages

Celebrate Culture Days with a demonstration of how to prepare fibre and spin it into yarn.

Ikebana Presentation

Sunday, October 2

3 PM

Captain William Spry Library

Local artist and business owner, Miyako Ballesteros of Ikebana Shop, demonstrates how to prepare Ikebana, the Japanese flower arrangements in the style of the Sogetsu School. In partnership with Ikebana Shop. Registration required.

Symphony 101 led by Adrian Hoffman, featuring Michael Baker

Sunday, October 2

2 pm

Halifax Central Library

Learn about music, orchestras, composers, and more with "Symphony 101"! This relaxed, accessible class features instruction from music lecturer Adrian Hoffman, a Dalhousie University instructor and former CBC Radio host. In this class, Adrian will explore the idea of keeping the beat, and the vital "roll" that an orchestra's percussionists play in keeping things moving along. We'll also hear from Symphony Nova Scotia percussionist Michael Baker, who will give a personal perspective on his instrument and his role as a professional musician.

Seniors Week 2016 - Programs

Who is Jane Austen? with Claire Bellanti, President of The Jane Austen Society of North America

Sunday, October 2

2 pm

Halifax Central Library

Jane Austen is well-known as one of English literature's most beloved authors, but who was she really? What were her interests, her pursuits, and what is it about her novels that still evokes such emotion and interest around the world, almost 200 years after her death? Claire will also discuss Circulating Libraries, an 18th century social institution that was very important to Austen's life and works. In partnership with The Jane Austen Society of Nova Scotia.

Immigration Law

Monday, October 3

6 PM-8 PM

Keshen Goodman Library

Learn about Canada's immigration laws, including gaining temporary and permanent residency, sponsoring a family member to come to Canada, and becoming a Canadian citizen. Please call 902-406-8618 to register. In partnership with Legal Information Society of Nova Scotia, Nova Scotia Barristers' Society, Legal Aid Nova Scotia, ISANS, Dalhousie Legal Aid Service. Registration required.

Harvest Tea

Tuesday, October 4

10:30 AM-12 PM

Alderney Gate Library

What are you grateful for this Thanksgiving? Enjoy pumpkin-themed refreshments, reflect, and savour a cup of tea or coffee with friends and community.

Best Weight Basics

Tuesday, October 4

2 PM-4 PM

Bedford Library

Get started on discovering your best weight with strategies to tweak your days to live your healthiest life. To register call 902-460-6750. In partnership with Bedford/Sackville Community Health Team. Registration required.

Seniors Week 2016 - Programs

Take a Hike!

Tuesday, October 4

1:30 PM-2:30 PM

Keshen Goodman Library

Join members of the Halifax North West Trails Association and Julianna Lagin-Nasse of PUURE Fitness to discover our walkable neighbourhood. Wear suitable comfortable footwear. In partnership with Halifax North West Trails Association.

Understanding Senior Abuse and Senior Fall Prevention

Tuesday, October 4

3 PM

Musquodoboit Harbour Library

Learn about the types of senior abuse (financial, emotional, physical, fraud scams etc.). Find out how to recognize the warning signs, next steps to take, and how to offer support in a safe, respectful way. Sponsored through the Nova Scotia Department of Seniors.

Wagner's *Tristan und Isolde*

Tuesday, October 4

1:30 PM-2:30 PM

Keshen Goodman Library

Experience and appreciate opera on a whole new level. Dr. Walter H. Kemp, Artistic Director of Opera Nova Scotia, will present this series of introductory talks to the Metropolitan Opera HD broadcast series at Cineplex Theatres.

Movie: *The Nice Guys*

Tuesday, October 4

7 pm

J.D. Shatford Library

Rated A

The Nice Guys takes place in 1970s Los Angeles, when down-on-his-luck private eye Holland March (Gosling) and hired enforcer Jackson Healy (Crowe) must work together to solve the case of a missing girl and the seemingly unrelated death of a porn star. During their investigation, they uncover a shocking conspiracy that reaches up to the highest circles of power.

Seniors' Week Genealogy Drop-In

Tuesday, October 4

1:30 PM-4 PM

Halifax Central Library

Drop-in and learn about our local history collection, ask for assistance scanning your old photos and negatives, and get to know some new digital genealogy resources.

Seniors Week 2016 - Programs

The Crystal Lyre: A Vibrational Sound Demonstration

Tuesday, October 4

12 PM-12:20 PM

Tantallon Library

The crystal lyre is a unique instrument that was inspired by the ancient Greek lyre, making it a perfect marriage of old and new. It has eight pure quartz tubes and includes the seven notes and the octave of the C major scale. It creates an unparalleled harmonic that is soothing, relaxing, joyful, and serene, and its dynamic tone resonates with all who experience it. Come out, replenish yourself with positive energy, and experience a profound inner state of wellbeing. The performance lasts approximately 15-20 minutes.

So You Want to Build a House? with Don Lohnes, author and retired architect

Tuesday, October 4

7 PM-8:30 PM

Tantallon Library

Author and retired architect Don Lohnes' book, *So You Want to Build a House*, offers advice on how to build a comfortable home that meets personal needs for space and location while trying to avoid potential, future problems. Starting with the purchase of a site and then taking you through the necessary phases of building a home, Don Lohnes brings you to the successful conclusion of a comfortable living space to meet your needs.

Paul Thomas Anderson's *Hard Eight* with introduction by Zack Miller

Tuesday, October 4

6 pm

Halifax Central Library

Rated R

Paul Thomas Anderson's first full-length film stars Philip Baker Hall as Sydney, a poker-faced gambler with a soft heart for a hard luck story. He plays guardian angel to John and Clementine, whom he grows to love like family. But when casino pro Jimmy threatens to reveal a secret from Sydney's past that could destroy his relationship with John and Clementine, Sydney decides to hedge his bets and not leave anything to chance. Zack Miller is a Film Programmer with Carbon Arc Cinema. In partnership with Carbon Arc Cinema and Obsolete Records.

Parks Canada Hometown Heroes: Women in WWI

Tuesday, October 4

6:30 pm

Halifax Central Library

Parks Canada shares the surprising stories of Nova Scotian women and their roles in the First World War, from ship building to the establishment of blood banks. In partnership with Parks Canada.

Seniors Week 2016 - Programs

Paint Group

Tuesday, October 4

10 AM-12:30 PM

Sheet Harbour Library

Do you paint or would you like to try your hand at painting? Watercolor, oils, sketches? The paint group meets at the Sheet Harbour Library to paint and socialize every Tuesday morning. If interested, please call the library at 902-885-2391 or drop by for more information.

Fraud Protection for Seniors: with CPA Canada

Tuesday, October 4

7 PM

Woodlawn Library

Learn what fraud is, how it works, and how to identify the signs of fraud. You will also learn how to act on suspicions, what are the top three scams, why seniors are targeted, and what to do if you are a victim of fraud. In partnership with CPA (Chartered Professional Accountants) Canada.

Movie Matinee: *The Free State of Jones*

Wednesday, October 5

1:30 PM

Woodlawn Library

Rated 14A

A disillusioned Confederate army deserter returns to Mississippi and leads a militia of fellow deserters, runaway slaves, and women in an uprising against the corrupt local Confederate government. Starring Matthew McConaughey, Gugu Mbatha-Raw, Mahershala Ali. Free tickets given out 60 minutes before.

Evening Movie: *Star Trek Beyond*

Wed, Oct 5/6:15 PM

Woodlawn Library

Rated PG

The USS Enterprise crew explores the furthest reaches of uncharted space, where they encounter a new ruthless enemy who puts them and everything the Federation stands for to the test. Starring Chris Pine, Zachary Quinto, Karl Urban. Free tickets given out 60 minutes before.

Seniors Week 2016 - Programs

Stitch Niche

Wednesday, October 5

7 PM-8:40 PM

Sackville Library

Whatever your interest--knitting, crocheting, needlework -- join us for an evening of stitchery and conversation. Share ideas and peruse the newest craft books. All levels are welcome.

Finding Exo Planets with Patrick Kelly, Royal Astronomical Society - Halifax Centre

Wednesday, October 5

7 PM

Keshen Goodman Library

Most science fiction relies on planets: Tootoonie and Alderaan in Star Wars; Vulcan, Bajor, and Cardassia in Star Trek; Caprica (and the mythical planet Earth) in Battlestar Galactica. The last 15 years have seen incredible advances that now allow several methods for the detection of planets around other stars. This talk will explain some of these methods, the results, and show how you can keep track of the 700+ planets discovered so far. And yes, "There's an app for that"! In partnership with The Royal Astronomical Society-- Halifax Centre.

Book Club: *Virgin Cure*

Wednesday, October 5

6:15 PM-7:30 PM

Sheet Harbour Library

Discover new authors, meet new people, and share insights. Registration required.

Book Club: *The Golden Son*, by Shilpi Somaya Gowda

Wednesday, October 5

7 PM-8:30 PM

Cole Harbour Library

Discover new authors, meet new people and share insights monthly. Call for Book Club membership info. Registration required.

Propeller Craft Beer School 101

Wednesday, October 5

7:30 PM

Captain William Spry Library

Ages 19+

Ever wonder what the difference between a pale ale, white wheat, lager, or porter might be? Learn about the different beer types and what you can expect from them so you will know what to look for when you are ordering or purchasing craft beer. In partnership with Propeller Brewery. Registration required.

Seniors Week 2016 - Programs

5 Steps to Promote Brain Health and Positive Aging Take Care of Your Mental Health

Thursday, October 6

1 PM

Keshen Goodman Library

Mental health is key to positive aging. Challenge negative thoughts and be willing to ask for help. In partnership with Fountain of Health.

BodyTalk with Cheryl Laurenti, Certified BodyTalk Practitioner

Thursday, October 6

6:15 PM-7:30 PM

Sheet Harbour Library

BodyTalk optimizes the body's internal communications helping the body to operate more efficiently and more effectively in response to injury and illness. Non-invasive, completely safe, and easily integrated into other healthcare regimes, BodyTalk can change the way you look at healthcare forever. Registration required.

Gwen Davies Book Launch: *Facing the Other Way*

Thursday, October 6

7 PM-8:30 PM

Halifax North Memorial Library

Boularderie Island Press and Gwen Davies are delighted to announce the launch of Gwen's new book. In *Facing the Other Way*, Davies portrays a cast of idealistic housemates working toward a better world. And through it all, when it counts, they are there for each other.

Chargin' from the Margin: Conversations on Diversity in the Arts with DaPoPo Theatre

Thursday, October 6

6:30 PM

Halifax Central Library

Meet some of the artists involved with DaPoPo's Live-In Festival 2016. Artists featured include Meghan Hubley, Lara Lewis, Aisha Zaman, and Jay Whitehead. The event will include performances, presentations, and a panel discussion, addressing issues of mental health, queer identity, and cultural marginalization. In partnership with DaPoPo Theatre.

Technology Petting Zoo

Friday, October 7

10 AM-4 PM

Alderney Gate Library

Curious about new technology? Let us help you demystify it! Ever heard of a Makey-Makey? This is your chance to see technology that you might not have seen before. See our 3D printer, Squishy Circuits, littleBits, Chromebooks, a Makey-Makey, and more.

Seniors Week 2016 - Programs

Craft Beer Tasting

Friday, October 7

3 PM

Special location: Propeller Brewery, 2015 Gottingen St., Halifax

Ages 19+

Ready to put your craft beer lessons to work? Come to our Gottingen Tasting Room to test out your new skills. Offered by Captain William Spry Library in partnership with Propeller Brewery. Registration required.

Don't Hibernate, Participate! with the Community Health Team

Friday, October 7

9:30 AM-11:30 AM

Does your physical activity routine tend to 'cool off' with the temperatures? Join the Community Health Team to learn strategies to keep you exercising safely into the colder months. To register, please call 902-460-4560. In partnership with Halifax Peninsula Community Health Team.

Hard Times: Literature and the Industrial Revolution Great Expectations? Dickens and the Industrial Revolution

Friday, October 7

1:30 PM

Keshen Goodman Library

After the Industrial Revolution, Britain emerged as an industrial Superpower, but at an enormous cost. This 4-week course explores the ways in which period authors responded to the changes taking place. Presented by Dr. Chris Ferns, Professor Emeritus in the Department of English at Mount Saint Vincent University. In partnership with Mount Saint Vincent University.