

Seniors Week 2015 – Programs

Annapolis Valley Regional Library - <http://valleylibrary.ca/>

Saturday, October 17 (one day earlier than Seniors Week)

Morning

Dr. Frank W. Morse Memorial Library

New! Starting October 17th - Seniors Social - every 3rd Saturday of the month.

First Social - Introducing Adult Colouring, along with great conversation & refreshments.

October 18 – 24

Windsor Library

West Hants Historical Society will be providing us with artifacts for a “Wonder what that is?” table. Come and test your knowledge.

October 18 – 24

Windsor Library

Puzzle and colouring table

Sunday, October 18

6:30 pm

Bridgetown & Area Library

End-of-Life Discussion with Dr. John Ross

Talk with Dr. John Ross, Emergency Medicine Professor at Dalhousie University, about end-of-life options. Share your thoughts about how we collectively deal with end-of-life issues, how essential it is to think ahead of time about what interventions you want and don't want, and the importance of making your wishes known to family and doctors. Dr. Ross appeared as guest-presenter on this important topic on CBC Radio's Maritime Noon phone-in in July of this year.

Monday, October 19

1:30 – 3:00 pm

Rosa M. Harvey Library

Meeting of the Middleton Writers' Group. Topic: “No Means No”

Do you enjoy putting your thoughts on paper and sharing them? Do you like to hear feedback?

If so, this program is for you! Write down your thoughts on the current topic “No Means No” and bring here for presentation and discussion.

Monday, October 19

1 – 2 pm

Berwick Library

Kitchen Party: Songs and Stories about Food and Cooking

Join Sue for a fun-filled hour of songs and stories at the Berwick Library. She'll be singing and playing some familiar songs from the old days to get your toes tapping and we hope that you will join in for a chorus or two! Bring your stories to share as we talk about food and cooking. Everything that goes on the table is on the table for discussion! This is a 55+ event.

Tuesday, October 20

10 am – 12 pm

Isabel and Roy Jodrey Memorial Library

Chair Yoga

This is a chance for senior's to try one of the gentlest forms of yoga by using a chair to assist with poses. Experience the benefits of yoga for yourself with this free Seniors Week program under the guidance of Yoga Instructor, Teresa Newcomb.

Tuesday, October 20

1 pm

Bridgetown & Area Library

Library Book Club

This month we're discussing "The Light Between Oceans" by M. L. Stedman.

Tuesday, October 20

2 – 3 pm

Kentville Library

Chair Yoga

Free one hour gentle, meditative yoga class for Seniors. Chair Yoga is perfect for anyone wanting to practice yoga but has concerns about mobility! Benefits: Increase range of motion Explore balance Build strength and endurance Connect to your inner stillness Relaxation No previous experience required.

Tuesday, October 20

7 pm

Rosa M. Harvey Library

Mona Parsons Presentation

Wolfville's Mona Parsons was the only Canadian female civilian who was imprisoned by the Nazis during World War Two. Andria Hill's presentation will include excerpts from her book: "Mona Parsons: From Privilege to Prison, From Nova Scotia to Nazi Europe" and a slideshow. Copies of her book will also be for sale.

Wednesday, October 21

11 am

A Guided Tour of Kingston's Superstore: Reading Food Labels and Making Healthy Choices. Dietician Megan Dixon will take us on a tour explaining the details of reading labels correctly and how to make healthy choices.

Wednesday, October 21

10 am – 1 pm

Wolfville Library

Catalogue and eBook Q & A

Drop by anytime between 10:00 am and 1:00 pm to ask Charlotte Janes, our Systems and Collections Access Coordinator, your questions. Ask about our new library catalogue or maybe you have some questions about our downloadable eBooks and audiobooks. She will share some neat tips with you for these services.

Wednesday, October 21

Afternoon

Windsor Library

Seniors tech session with C@P youth

Wednesday, October 21

2 – 3 pm

Evergreen Home for Special Care

Charles MacDonald and his Faerie Cottages. An informative program about Centreville resident, Charles MacDonald, and the Faerie Cottages he built at Huntington Point.

Wednesday, October 21

7 – 8 pm

Slide Presentation Presented by Local Naturalist and Photographer Andy Dean. If you have already discovered Miner's Marsh, you will know what kind of a nature treat is in store. If you haven't, come discover what wonderful things can be found in Kentville's back yard.

Thursday, October 22

1 – 4 pm

Kingston Library

Celebrating Seniors

Learn what's happening in the library and the Village for you.

Fitness and Safety tips at home.

Mini Tai Chi class at 3 pm.

Meet our tech teacher (C@P) and book a free lesson for your tablet/ebook/smart phone.

Learn about new volunteer programs.

Work on our ongoing jigsaw puzzle.

Bring a new patron and win a book

Thursday, October 22

10 – 11 am

Isabel and Roy Jodrey Memorial Library

Building Better Sleep

Do you ever wonder how you could get a better sleep? How well you sleep can make a difference in how you live your life. Join Bonnie Doyle from the Hants Health & Wellness Team for a discussion on how to get a better night's sleep.

Thursday, October 22

4 – 8 pm

Kentville Library

Drop-In iPad for Beginners

Thursday, October 22

2 pm

Bridgetown & Area Library

Seniors travel

Shopping in Bangor. Thanksgiving in New York City. Christmas in Nashville. Or how about a tour of the Maritimes? Join Richard Arnold, President of Atlantic Tours, and find out some exciting worry-free bus tour opportunities that seniors will enjoy.

Thursday, October 22

2 – 4 pm

Windsor Library

Senior Social

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

Thursday, October 22

7 pm

Rosa M. Harvey Library

Seed Saving and Herbal Medicine

Megan Tardif-Woolgaar, medical herbalist, will give us tips on using medicinal, wild/backyard herbs. Learn which herbs will help your body to detox and which are great for stimulating the digestive system. Owen Bridge of Annapolis Seeds, will share his tried and true methods of saving seeds at harvest time.

Friday, October 23

10 am – 12 pm

Berwick Library

Coffee and Conversation

Join us once a month at the Library, Berwick's living room, for coffee, tea and conversation with your community neighbours. Each month a guest will help us get the conversation started.

Friday, October 23

10 am – 12 pm

Windsor Library

Fiber-Op Friday. For knitters, crocheters, hookers, spinners, and weavers. Bring your own project. Everyone welcome.

Friday, October 23

2 – 3 pm

Wickwire Place

Kitchen Party: Songs and Stories about Food and Cooking.

Sue will be singing and playing some familiar songs from the old days to get your toes tapping and we hope that you will join in for a chorus or two! Bring your stories to share as we talk about food and cooking. Everything that goes on the table is on the table for discussion! This is a 55+ event.

Saturday, October 24

1 pm

Bridgetown & Area Library

Recipe Swap

Seniors -- in this case anybody over 50 -- this is for you! Bring your favourite EASY recipe to the library, any category at all: appetizers, entrees, desserts, drinks... We'll have a chat about food and cooking, and share our favourite recipes and preparation tips. Later, the recipes will be compiled and distributed to the others.

Cape Breton Regional Library - <http://cbri.ca/>

Tuesday, October 20

1 – 4 pm

McConnell Library

Chess and Scrabble Drop-In

Tuesday, October 20

7 – 9 pm

McConnell Library

Armchair Travel

Visit Italy with Donnie Ward

Wednesday, October 21

1 - 3 pm

McConnell Library

Seniors Cafe: Comfort Foods and Family Traditions – Sharing Stories and Recipes

Wednesday, October 21

7 – 9 pm

McConnell Library

Armchair Travel
English Canal Vacation with Phil and Anne Irons

Thursday, October 22

3 – 4:30 pm

McConnell Library

Tai Chi and Qi Gong with Michael Milburn

Thursday, October 23

7 – 9 pm

McConnell Library

Family Heirlooms – Share Your Stories

Friday, October 23

1 – 3 pm

McConnell Library

Fibre Lunch and Adult Colouring Drop-In

Friday, October 23

2 – 3 pm

McConnell Library

Social Media Information Session

Saturday, October 24

1 – 3 pm

McConnell Library

Ancestry.ca Information Session

Saturday, October 24

3:30 – 4:30 pm

McConnell Library

“I Owe it all to Rock & Roll and the CBC” – a reading by Frank Cameron

Cumberland Public Libraries - <http://cumberlandpubliclibraries.ca/>

Tuesday, October 20

7 – 8 pm

Amherst

Readers Nigh Out Book Club

In October we will be discussing the One Book Nova Scotia selection.

Thursday, October 22

9 – 10 am

Amherst

Rise N' Shine Book Club

In October we will be discussing the One Book Nova Scotia selection.

Thursday, October 22

Parrsboro Library 2 – 4 pm

Advocate Library 6 – 8 pm

Is Islam a Threat to Canada?

Join Fazal Malik of the Ahmadiyya Muslim Community as he explains: What is Islam? Does the Qur'an promote terrorism? Why are youth influenced by radicals? And more ...

Halifax Public Libraries - <http://halifaxpubliclibraries.ca/>

Wednesday, October 21

7 pm

Cole Harbour Branch

Healthy Aging with Zara Beaudoin, St. Elizabeth Health Care

Tips on exercise, healthy eating etc.

Thursday, October 22

Keshen Goodman Branch

Falls Prevention with Zara Beaudoin, St. Elizabeth Health Care

Safety tips for fall prevention inside and outside the home.

Friday, October 23

Central Library

The Fountain of Health: 5 Steps to Brain Health and Positive Aging

Continue to learn new things. Like your muscles, your brain improves with use. Challenging your brain with mental exercise increases memory and concentration and lowers your risk of dementia.

Halifax Public Libraries offer a variety of programs of interest to seniors, including technology instruction, free university classes, genealogy, musical performances and programs on health and wellness.

Pictou-Antigonish Regional Library - <http://parl.ns.ca/>

Saturday, October 17 (one day earlier than Seniors Week)

10 am – 3 pm

NSCC Pictou Campus

'Aging and Engaging – Celebrating Seniors in our Community'

Join us as we celebrate seniors and their contributions to our community through speakers, entertainment and lunchtime conversation.

Monday, October 19

10 am – 12 pm

Pictou Public Library

Seniors Café with St. Clair Prest talking about ghostly haunts of Pictou. Come and bring your tales of hauntings, forerunners, etc.

Tuesday, October 20

4 – 5 pm

Antigonish Town & Country Library

Health Connections group talk – this month's topic is 'Eating Healthy'. Join this group for interactive and fun discussions relating to overall health and wellness.

Tuesday, October 20

7 – 8 pm

Pictou Public Library

Book Club featuring 'A Song in the Daylight' written by Paullina Simons.

Tuesday, October 20

7 – 8 pm

New Glasgow Public Library

Book Club

Wednesday, October 21

2 – 3 pm

Antigonish Town & Country Library

Knitting Circle

Wednesday, October 21

7:30 – 8:30 pm

Antigonish Town & Country Library

Book Club

Thursday, October 22

1 – 2 pm

Pictou Public Library

Women on Wheels (WOW) cycling group

If you're curious about cycling or want to go on rides with a group, join a women's cycling group. For beginners or the experienced cyclist. Meet other women who are interested in cycling, enjoy healthy snacks and listen to an informative session about cycling topics such as:

simple bike maintenance, change a tire, find the best bike and gear to suit your needs and more.

Thursday, October 22

3 - 4 pm

Stellarton Public Library

Chair Yoga with Rachael MacLean

Join us for a gentle demonstration of Chair Yoga, with certified yoga instructor Rachael MacLean, from True Nature Studio. This session is sponsored by Stellarton Recreation, and is being offered as a special program for NS Public Libraries Seniors Week. Chair Yoga is a wonderful way to start a practice, and is accessible to all ages, levels and abilities. If you are breathing you are capable of this uplifting and enjoyable experience. You will discover the power of breath and movement connecting.

Thursday, October 22

3 – 4:30 pm

Pictou Public Library

Knitting and Crocheting Group

Thursday, October 22

3 – 4 pm

New Glasgow Public Library

Learning with your Local Library workshop series presents ‘Using Ancestry Library Edition’. This week Debbie will be showing people how to navigate the Ancestry Library Edition to help library users trace their family trees and other genealogical projects.

Friday, October 23

10 – 11 am

River John Library

Knitting Circle with the RJ Square Knitters

Friday, October 23

1 – 2 pm

Stellarton Public Library

Knitting Circle led by the Stellar Knitters

Saturday, October 23

1:30 – 2:30 pm

New Glasgow Public Library

Laughter Yoga

Did you know you can laugh even if you don't feel like laughing? You don't need a great sense of humour to laugh; you can laugh even if you're not happy. In fact you can laugh for no reason – with Laughter Yoga. Laughter Yoga is the latest health craze seeping the world – anyone can laugh without a reason. It is truly a life changing experience for millions. Anyone can do it; it is

scientifically proven; easy to learn and a lot of fun. People can feel the benefits right from the first session. Instructor Shelley Ballantyne is a certified Laughter Yoga leader.

In addition, at the Stellarton library: all week we are extending an extra special invitation for grandparents to join their grandchildren and come to the library to take part in our ABCs for Babies, ToddleTimes, Preschool Storytimes, Afterschool @Library, TeenReaders Club, Knitting Clubs, etc.

Western Counties Regional Library - <http://www.westerncounties.ca/>

October 18 – 24
Pubnico
Display

October 18 – 24
Lockeport
Display

Tuesday, October 20
6 – 7:30 pm
Digby
Seniors Game Night.

Tuesday, October 20
2 – 3 pm
Barrington
Healthy eating for seniors with Jennifer Bell, from the Sobeys community room.

Tuesday, October 20
Afternoon
Shelburne
50+ Chair Yoga Demo for seniors by Christine Curry

Wednesday, October 21
Barrington
Knitting circle

Thursday, October 22
6:30 – 8 pm
Weymouth
Halloween craft time for seniors. Make a vintage paper Halloween wreath.

Thursday, October 22

2:30 – 3:15 pm

Clare

Chair Yoga

Thursday, October 22

6 – 8 pm

Clark's Harbour

Seniors Games Night

Friday, October 23

2 – 4 pm

Yarmouth

Autumn tea with music by Vic and Friends

Friday, October 23

6 pm

Barrington

Scrabble night at the library