

January  
2019

# Bedford

## PROGRAM LISTINGS

### All Ages

#### **Discover Your Personal Strengths**

Discover your character strengths through activities and exercises and learn the benefits of applying them in real-life situations. In partnership with the Bedford-Sackville Community Health Team.

**Wednesday, January 9**  
**2:30 PM - 4:30 PM**

#### **Writers' Circle**

Join our writers' circle for support and inspiration. Hosted by author, Suzanne Atkinson.

**Wednesday, January 9**  
**6:30 PM - 8:00 PM**

#### **Community Social**

If you're new to the community, feeling lonely, or you'd just like to meet some new people, please join us! The Community Health Team will discuss how free time, being with community, and learning new things will have a positive impact on your health. Then we'll welcome the Library's Food Specialist, Emily Glover, to learn how to make a local specialty, blueberry grunt. Coffee and tea will also be provided. In partnership with the Bedford-Sackville Community Health Team.

**Friday, January 25**  
**1:00 PM - 3:00 PM**

Registration is required. To register, call us at (902) 490-5740.

#### **Book Club: *When Breath Becomes Air* by Paul Kalanithi**

Discover new authors, meet new people and share insights on *When Breath Becomes Air*, by Paul Kalanithi.

**Tuesday, January 29**  
**2:30 PM - 3:30 PM**

#### **Technology Drop-in**

Do you need some help with your email? Are you confused by social media? Would you like to play with a 3D printer? Drop in and we'll help you out.

**Wednesday, January 30**  
**10:00 AM - 12:00 PM**

#### **Grown-up Story Time**

It's nice to be read to at any age. Bring your lunch, or your knitting, and let us read to you. Sweets and coffee will be provided. We meet for Grown-up Story Time on the last Wednesday of the month at lunchtime.

**Wednesday, January 30**  
**12:15 PM - 12:45 PM**

### Kids & Preschoolers

#### **Storytime**

Crawl through the magic tunnel and enter a world of stories, rhymes, instruments, and puppets.

**Thursday, January 10**  
**10:30 AM - 11:00 AM**

#### **Puppet Show: *The Great Paper Caper***

A thrilling tale of mystery, crime, alibis, paper planes, a forest, and a bear who wanted to win.

**Thursday, January 17**  
**10:30 AM - 11:00 AM**

#### **LEGO at the Library**

Let your imagination run wild with the Library's LEGO collection. Create some fun for the whole family.

**Saturday, January 19**  
**10:00 AM - 4:30 PM**

#### **Storytime**

Crawl through the magic tunnel and enter a world of stories, rhymes, instruments, and puppets.

**Thursday, January 24**  
**10:30 AM - 11:00 AM**

#### **Puppet Show: *Bear Snores On***

On a cold winter night many animals gather to party in the cave of a sleeping bear, who then awakes and protests that he has missed the food and the fun.

**Thursday, January 31**  
**10:30 AM - 11:00 AM**

#### **Bébé et Moi**

Groupe de soutien pour les mères/pères et autres responsables de garde ayant la charge d'un bébé âgé de la naissance à 2 ans. Sujet différent à chaque semaine sur le développement de bébé et la possibilité de rencontrer des professionnels de la santé francophones. De la naissance à 2 ans.

En partenariat avec La Pirouette.

**les mardis**  
**10h00 - 11h00**

Pas de programme le 1er janvier.

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### **La Petite Histoire**

Programme pour toute la famille avec la lecture d'un livre, une activité et des chansons. C'est aussi une merveilleuse façon de socialiser avec les autres parents et enfants. De 2 à 5 ans. En partenariat avec La Pirouette.

#### **les mardis**

**11h00 - 12h00**

Pas de programme le 1er janvier.