

January  
2019

# Cole Harbour

## PROGRAM LISTINGS

### Adults

#### **Book Club: *Never Let Me Go* by Kazuo Ishiguro**

Discover new authors, meet new people and share insights. *Never Let Me Go* is a moving novel that reimagines our world and time in a haunting story of friendship and love.

**Wednesday, January 9**

**7:00 PM - 8:00 PM**

Program Room

Registration is required. To register, call us at (902) 490-3820.

#### **Happy Healthy 2019**

Join Dr. Karen Frackowiak, N.D. from Symmetry Wellness Centre to discuss some healthy habits you can develop to thrive physically, emotionally and mentally in the new year.

**Wednesday, January 16**

**7:00 PM - 8:00 PM**

Program Room

Registration is required. To register, call us at (902) 490-3820.

#### **Understanding Pain**

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

**Friday, January 18**

**1:30 PM - 3:30 PM**

Program Room

Registration is required. Please register by calling the Community Health Team at 902-460-4560.

#### **Introduction to Instant Pot**

Learn about the Instant Pot, a 3-in-1 gadget that combines a pressure cooker, slow cooker, and rice cooker in one amazing tool. We'll also demonstrate how to prepare some quick and easy meals using the pot.

**Saturday, January 19**

**2:00 PM - 4:00 PM**

Program Room

Registration is required. To register call us at (902) 490-3820.

#### **Knitting for Charity**

How do hand-knitted tweedle muffs help Dementia patients? Drop in and find out. We've been knitting for area retirement homes, the IWK, community groups and more. Patterns, needles and materials provided, you supply the time and the heart. Yarn donations are gratefully received anytime at Cole Harbour Public Library.

**Wednesday, January 23**

**6:30 PM - 8:30 PM**

Program Room

### Kids & Preschoolers

#### **Puppet Show: Little Red Riding Hood**

Watch your favourite stories come to life. Ages 0-8. Tickets will be given out 30 minutes before start time.

**Thursday, January 10**

**10:30 AM - 11:00 AM**

Program Room

Group registration is required. To register, call us at (902) 490-3820

#### **Library Rats: All About Board Games**

Join us and sample our collection of great board games. Grades 5-6. We've created a program for those who don't fit the teen mold... at least not yet. Join us for crafts, activities, socializing, and fun.

**Tuesday, January 15**

**6:30 PM - 7:45 PM**

Program Room

Registration is required. To register, call us at (902) 490-3820 or visit our Customer Service Desk.

#### **Penguin Pandemonium Party**

Waddle in for a celebration of all things perfectly penguin: Penguin stories, penguin songs, penguin rhymes and penguin crafts. Ages 0-8. Tickets will be given out 30 minutes before start time.

**Wednesday, January 16**

**10:30 AM - 11:15 AM**

Program Room

Group registration is required. To register, call us at (902) 490-3820.

#### **Puppet Show: Children Make Terrible Pets**

Watch your favourite stories come to life. Ages 0-8. Tickets will be given out 30 minutes before start time.

**Thursday, January 17**

**10:30 AM - 11:00 AM**

Program Room

Group registration is required. To register, call us at (902) 490-3820

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### **Puppet Show: Morris Has a Cold**

Morris the Moose has caught a cold and his friend Boris the Bear tries to help Morris feel better by taking care of him. Ages 0-8. Tickets will be given out 30 minutes before start time.

**Thursday, January 24**

**10:30 AM - 11:00 AM**

Program Room

Group registration is required. To register, call us at (902) 490-3820

### **Library Rats: Hot Chocolate Station**

Join us for hot chocolate, complete with all the mix-ins you can imagine. Grades 5-6. We've created a program for those who don't fit the teen mold... at least not yet. Join us for crafts, activities, socializing, and fun.

**Tuesday, January 29**

**6:30 PM - 7:45 PM**

Program Room

Registration is required. To register, call us at (902) 490-3820 or visit our Customer Service Desk.

### **Puppet Show: The Three Little Fish & the Big Bad Shark**

Watch your favourite stories come to life. Ages 0-8. Tickets will be given out 30 minutes before start time.

**Thursday, January 31**

**10:30 AM - 11:00 AM**

Program Room

Group registration is required. To register, call us at (902) 490-3820

### **Family Drop-in**

Stories, rhymes, and plenty of time to play and chat. Ages 0-8. Tickets will be given out 30 minutes before start time.

**Wednesdays**

**10:30 AM - 11:15 AM**

Program Room

Group registration is required. To register, call us at (902) 490-3820.

### **Teens**

#### **Operation Teen Drop**

Join us every Thursday for snacks, games, art, and more.

**Thursdays**

**6:30 PM - 8:00 PM**

Program Room