

January  
2019

# Tantallon

## PROGRAM LISTINGS

### Adults

#### **Book Club: *Forgiveness - A Gift from My Grandparents* by Mark Sakamoto**

There's only a mere glimpse at the personal rupture that makes Mark Sakamoto's *Forgiveness: A Gift From My Grandparents* a memoir, before the book sinks into a historical account of the Second World War. Pieced together through Sakamoto's interviews with his maternal grandmother, Mitsue Sakamoto, and paternal grandfather, Ralph MacLean, these wartime recollections from contrasting sides of a human tragedy offer a unique perspective on the idea of a Canadian family.

**Tuesday, January 8**

**7:00 PM - 8:30 PM**

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

#### **Staying Active in Winter**

Does your physical activity routine tend to "cool off" when the weather gets worse? Don't hibernate...participate! Join the Community Health Team to learn strategies to keep exercising safely into the colder months. Please note there is no physical activity in this session. In partnership with the Community Health Team.

**Wednesday, January 16**

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

Registration is required. Please call the Community Health Team at (902) 490-4560.

#### **Workshop: New Year Detoxing 101**

The new year is a prime time to start healthier habits that make you feel amazing. Detox provides your body the opportunity to reset, get rid of toxins, and kick start healthy habits and routines. Join Silvia Revenco, holistic nutrition coach to learn how to detox your body. You will also receive some samples of teas and smoothies. Whether you feel that you want to detox after over-indulging during the holiday season, or you've been wanting to detox but aren't sure where to start, this class is for you.

**Thursday, January 17**

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

Program Room

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

#### **Transition Bay Talks: A Monthly Series**

Join members of the Transition Bay Community as they present discussions once a month on various environmental or social awareness topics such as: developing projects for resilience; local gardening; co-op greenhouses; other food production and distribution; skills training; transportation; energy options; local currencies; off-grid living; and similar topics. Everyone is welcome.

**Sunday, January 20**

**2:15 PM - 4:30 PM**

Registration is required.

#### **Open Mindfulness in the Bay**

Each month there will be a new topic related to mindfulness. Our speakers include Dr. Timothy Walker and others in the field of mindfulness. Drop in once to check it out... or come regularly. Sessions include guided practice and discussion. No previous experience is required.

**Sunday, January 27**

**2:15 PM - 4:30 PM**

Program Room

### All Ages

#### **Homeschoolers at the Library**

Twice a month, join our local homeschoolers for fun and fascinating activities. This week: Homeschooler 'Zine Writing and Planning (Session 2) All ages

**Tuesday, January 15**

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

#### **Performance: Halifax Ukrainian Dance**

This performance will feature intricate steps, graceful athleticism, and the vibrant traditional costumes of Halifax Ukrainian Dance. Led by Anne and Peter Mahalik, this small group of dedicated and talented youth will perform a variety of dances from various regions of the Ukraine.

**Saturday, January 19**

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

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### **Super Saturdays: Let's Play a Game**

Drop in with your friends and family. You can discover new and classic table-top games, including: Word on the Street (12+) Word on the Street Junior (8+) Tapple (8+) Unspeakable Words (10+) Anomia (10+) Ages 8+

**Saturday, January 26**  
**2:00 PM - 4:00 PM**

### **Fables & Frolics**

Free-play, crafts, storytime, and more family fun. Ages 0-5.

**Fridays**  
**10:00 AM - 11:00 AM**

No program January 4.

### **Songs & Stuff**

A music-focused storytime for preschoolers and their families Ages 0-5.

**Thursdays**  
**10:00 AM - 11:00 AM**

Program Room

No program January 3.

### **Teens**

#### **Teen Night**

Do things. Try stuff. Do things with stuff!  
Ages 13+.

**Thursday, January 3**  
**6:00 PM - 8:00 PM**

#### **Book Club: Manga & Graphic Novels**

Join us for a monthly graphic novel book club. Share your thoughts and enjoy a special homemade treat. Ages 13+.

**Tuesday, January 8**  
**7:00 PM - 8:00 PM**