

<Adults

Book Club: *Educated* by Tara Westover

Discover new authors, meet new people, and share insights on *Educated* by Tara Westover.

Wednesday, September 11
7:00 PM - 8:00 PM

Fenerty Room

Explore the Mediterranean Diet

Interested in lowering your risk of heart disease, Alzheimer's and diabetes? Learn how you can improve your health by following the Mediterranean way of eating. In partnership with Bedford-Sackville Community Health Team.

Tuesday, September 17
6:00 PM - 8:00 PM

Fenerty Room

Registration is required. To register, call the Community Health Team at (902) 460-4560.

Art Discussion: Michelangelo or Bernini?

Join Greg Galbraith for a visually rich two-hour session that examines the works of the Renaissance master Michelangelo Buonarroti and the emotionally charged creations of Baroque superstar Gian Lorenzo Bernini. The session will conclude with an attempt by participants to agree on who was the superior artist/architect. Everyone is welcome.

Friday, September 20
10:00 AM - 12:00 PM

Let's Cook the Mediterranean Way

Join Sobey's Dietitian Lindsay Fredericks for a hands-on cooking session focusing on the Mediterranean diet. One of the featured recipes will be a hearty whole grain salad with Mediterranean flavours to enjoy together. We'll chop, cook, and sample our recipe. In partnership with Sobey's Dietitians.

Tuesday, September 24
6:00 PM - 8:00 PM

Fenerty Room

Registration is required. To register, please call (902) 865-8653.

An Eye on Retirement: Wealth Creation & Preservation

Join our guest Financial Advisor to learn about changes to government benefits (OAS and CPP), the declining availability of employer-sponsored benefits and considerations for the transition of savings from accumulation to decumulation. Make the most of your money as you move into retirement. Everyone is welcome.

Wednesday, September 25
6:00 PM - 8:00 PM

Stitch Niche

Whatever your interest, knitting, crocheting, needlework, join us for an evening of stitchery and conversation. All levels of experience are welcome.

Wednesdays
7:00 PM - 8:45 PM

All Ages

Puppet Show: Take Me to Your Library

See what happens when Pig runs into a space creature from Orthon on his way to the library.

Friday, September 13
10:30 AM - 11:00 AM

Super Saturday: Lego & Blocks

It's a Super Saturday kind of morning - why not spend it at the library getting creative? All Ages Super Saturdays is all about hands-on activities or experiences that will be fun for both kids and grown-ups alike. It is your day to play games, unleash your inner artist, and experiment with technology.

Saturday, September 14
10:00 AM - 11:30 AM

PD Day Movie: Secret Life of Pets 2

Rated G | 2019 | 1h 16m

Max & friends are out for a new adventure in this sequel to the original. In *Secret Life of Pets 2*, Max and Duke are headed to the country where Max meets a new farm dog named Rooster who helps him overcome his fears. Snacks will be provided.

Friday, September 27
10:30 AM - 12:00 PM

Group registration is required. Please call us at (902) 865-8653 to register a group.

Kids & Preschoolers

Baby & Tot Time

Join us for songs, stories, and play in this interactive program for babies, toddlers, and their caregivers. Ages 0-35 months & caregivers. This program runs every Tuesday from September 10 to November 26.

Tuesdays

10:15 AM - 11:00 AM

No program September 3.

Storytime & Play

Songs, stories, rhymes, and play help children to experience independent group activity, gain pre-reading skills, and develop a love of reading. Ages 3-5. This program runs every Thursday from September 12 to November 28.

Thursdays

10:00 AM - 11:00 AM

No program September 5.

Kids' Club: We All Scream for Ice Cream

You scream, we scream, we all scream for ice cream! School might be back in session, but it's still summer for a few more weeks. Today in Kids' Club, we're making homemade ice cream to end the summer season. Ages 5-9.

Wednesday, September 11

3:15 PM - 4:15 PM

Registration is required. To register, call us at (902) 865-8653.

Kids' Club: Dessert Tacos

What could be better than tacos you ask? Dessert tacos of course. Join us for this Kids' Club where we'll work together to make apple pie tacos. Ages 5-9.

Wednesday, September 25

3:15 PM - 4:15 PM

Registration is required. To register, call us at (902) 865-8653.