

Adults

Book Club: *The Clockmaker's Daughter* by Kate Morton

Discover new authors, meet new people, and share insights. For September we will discuss *The Clockmaker's Daughter* by Kate Morton.

Tuesday, September 10
7:00 PM - 8:30 PM

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

Food & Mood

Have you ever thought about the relationship between what you eat and how you feel? Join us as a member of the Community Health Team explores how healthy eating can support mental well-being. In partnership with the Community Health Team.

Wednesday, September 11
1:00 PM - 3:00 PM

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

Wednesday Library Social

Tantallon Public Library, in partnership with BayRides, is hosting a social gathering in the library every other Wednesday afternoon for adults. Coffee, tea and light refreshments will be provided-and some fun learning opportunities as well. If you require a complimentary return ride from home to the Library courtesy of BayRides, please call to make arrangements.

Wednesday, September 11
1:00 PM - 2:30 PM

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

Osteopathy with Nancy Perrier: Part One

Are you curious about what Osteopathy is and how it can benefit you? Join Nancy Perrier for two sessions to learn about the benefits and history of Osteopathy. We'll learn how Osteopathy can benefit all stages of life, assist with trauma and other aspects like cranial to sacral forms and much more. The second session will be geared for families, parents, expecting parents and children of all ages and how Osteopathy techniques can benefit all ages. This is part one in a two-part series on Osteopathy.

Wednesday, September 11
6:30 PM - 8:00 PM

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, September 15
2:00 PM - 4:30 PM

Registration is required.

Adult Board Games

Tabletop board gaming is experiencing a revival, and we want to get in on the fun. Join us for an evening of modern board games. You can come to enjoy the hobby, meet new people, and play some great games. Feel free to bring your own favourites, or play games others have brought. Adult Board Game Night is open to gamers at any level. This monthly meet up is community run, and meets on the third Wednesday night of the month.

Wednesday, September 18
6:00 PM - 7:00 PM

Lecture: Integrated Cancer Care

When it comes to cancer, adding natural medicine can be powerful. Are you interested in learning how integrative naturopathic care can improve your cancer outcomes? Whether your focus is prevention, helping improve cancer therapy outcomes, or reducing your chance of being re-diagnosed, come join Dr. Jeremy Hayman, ND to gain valuable insight into how to safely support your cancer outcomes through evidenced based natural medicine today. In partnership with Cornerstone Naturopathic Inc.

Thursday, September 19
6:30 PM - 8:00 PM

Public Health Information Session: Parenting Support

Drop in once a month for a free session with a Public Health Nurse. Connect with other families, receive breastfeeding support, and have a nurse answer your parenting questions. Parents with children ages 0-5 In partnership with Nova Scotia Health Authority.

Tuesday, September 24
1:30 PM - 3:30 PM

Solar Electricity for Homes: Discover Solar PV 2019

Solar Nova Scotia will demystify the technology, the economics, and the process of getting solar panels on your home. Solar electricity, or photovoltaics (PV), has a great payback time and is great for the environment. You will learn: that solar electricity works in Nova Scotia! how and why productivity varies by location many systems pay themselves off in 10-12 years how to evaluate quotes for a PV system the specifics of available loans, rebates, etc. In partnership with Solar Nova Scotia.

Tuesday, September 24

6:00 PM - 8:00 PM

Registration is required. To register, please visit solarns.ca

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Wednesday, September 25

1:00 PM - 2:30 PM

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

Estate & Will Preparation Information Session

Learn the basics of end of life planning which may include such topics as: Will Preparation Estate Planning Power of Attorney Personal Directive (often referred to as a living will) Probate and Administration Contested Estate Issues Guardianship In partnership with Kennedy Schofield Lawyers

Wednesday, September 25

6:30 PM - 8:30 PM

Book Club

Join in the monthly Book Club where you will get to socialize with other readers and discuss fabulous books. A list of books for September 2019 to June 2020 is now available.

No program for September.

Needle Niche: Craft Social Group

Meet in the lounge, bring along any of your needle crafts, and join in some needle-crafting fun. Whether it be knitting, crocheting, quilting, embroidery, or weaving, we want you to share your passion or develop a new hobby. Everyone is welcome. This weekly meet up is community run, and meets every Thursday in our Lounge area. All levels of experience are welcome.

Thursdays

7:00 PM - 8:45 PM

Lounge area

Bridge Social

This drop-in, mixed kitchen-style bridge and social time takes place weekly. All new members with some experience with this style of Bridge are welcome to join. Games begin on time at 1 PM. This weekly meet up is community run, and meets every Friday.

Fridays

1:00 PM - 4:00 PM

Games for Adults: Your Friday Social

Tabletop games such as Scrabble and card games are a great way to socialize and have fun at the same time. Join us for a weekly afternoon of fun. You can come to enjoy the hobby, meet new people, and play some great games. Feel free to bring your own favourites, or play games others have brought. This weekly meet up is community run, and meets every Friday. Everyone with all levels of experience are welcome.

Fridays

12:30 PM - 2:30 PM

All Ages

Homeschoolers at the Library

Join our local homeschool community for a monthly meet-up. In these sessions, we will explore specific skills. Stay tuned for more details. If interested in participating, please connect with Eric at Tantallon Public Library. All ages

Tuesday, September 10

2:00 PM - 4:00 PM

Osteopathy with Nancy Perrier: Part Two

Are you curious about what Osteopathy is and how it can benefit your children, and family member of all ages? This session will be geared for families, parents, expecting parents and children of all ages and how Osteopathy techniques can benefit all ages. All ages and family members can benefit from this technique. This is part two in a two part series on Osteopathy.

Saturday, September 14

10:30 AM - 12:00 PM

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

Kids & Preschoolers

Homeschooler Book Clubs

Join our two homeschooler book clubs, occurring at the same time! Inspired by Brave Writer, Arrow is for children, and Boomerang is for teens. If you are interested in participating, please send your request to Eric, who will forward your contact to the hosts. All ages. In partnership with Brave Writer.

Tuesday, September 17

2:00 PM - 4:00 PM

Registration is required.

Science Literacy Week: Fairy Tale STEM

Celebrate Science Literacy Week at the library We're applying science to classic fairy tales How strong were the three pigs' houses? Plant a magic bean and see what grows. Build a bridge for the Billy Goats Gruff and more Ages 5+. Younger children are welcome to attend with assistance.

Saturday, September 21

10:00 AM - 3:00 PM

Program Room

Songs & Stories

A music-focused storytime for preschoolers and their families.

Ages 0-3.

Thursdays

10:00 AM - 11:00 AM

Program Room

No program September 5.

Fables & Frolics Family Drop-in

Free-play, crafts, family fun, capped with storytime.

Fridays

10:00 AM - 11:00 AM

Program Room

No program September 6.

Teens

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