

Adult Programs:

Baddeck Library:

High Fibre Lunches

Last Friday of every month at 12 noon. Bring your craft project and your lunch – we'll have the tea on.

McConnell Library:

High Fibre Lunches 1-3 pm

Every Friday. Drop in with your fibre craft project to work on and join us for conversation and a cup of tea.

Tues Mar 8th 7 pm Bicycle Touring

Jacques Cote of Velo CB will introduce you to the ideas behind *active holidays* and bicycle touring! Jacques will answer questions on preparing for a tour, equipment needed, cost, etc. and present a slideshow of a recent tour in New Zealand.

Wed Mar 9th 2 pm Intro to Digital Media and 7 pm Downloads from CBRL **

Librarian Nick Warren will introduce you to the new Nova Scotia Public Library digital download service (OverDrive®). Learn how to find and borrow eBooks and Digital Audiobooks from CBRL. *Please Register!
**2 pm session will be repeated at 7pm

Tues Mar 22nd 7 pm Author Reading 'Women, War & Hypocrites: Studying the Qur'an'

Dr. Robert Campbell from CBU will read from and discuss his newest work *Women, War & Hypocrites: Studying the Qur'an*, a book that addresses some of the most controversial verses and ideas in the Qur'an.

Tues Mar 29th 7 pm De-cluttering & Staging

Join interior decorator Wynn MacNeil for Getting Organized 101 with tips on de-cluttering and getting your home back! Wynn will also spend time on how to stage your home for sale, or a special event.

Tues Apr 19th 7pm Paddling Cape Breton Island

Join Tim, Jacqueline and Kathy of Rising Tides Expeditions for a slideshow and discussion of the beauty of paddling Cape Breton Island's coast and waters. Learn how to pick a paddling location, what to look for in equipment, and how to get the information you need to be safe and have fun.

Wed Apr 27th 7 pm Cycling Medicine

Dr. Chris Milburn, from Velo CB, will talk about preventing and treating common cycling injuries and the science behind training. There will be time for Q&A. Dr. Milburn is a physician with an interest in sports and rehabilitation medicine – he has also been an active cyclist for 20 years.

Fri Apr 29th 7 pm Book Launch - 'Revenge of the Wolf'

Enter the worlds of fantasy, action and adventure with author DC (David) Rhind. Rhind was a celebrity guest author at the 2010 HalCon conference. His novels include the Agent Samurai vampire-hunter series, and the Calebra medieval fantasy adventure series, of which 'Revenge of the Wolf' is the latest. Teens and fantasy fans are welcome.

Men's Book Club

Join Librarian Nick Warren for this men only bookclub! Phone the McConnell Library 562-3161 for more info.

Upcoming May Adult Programs:

Tues May 3rd New trends in Veggie Gardening

Wed May 4th Thinking with a Pencil

Thurs May 5th James McConnell: Life & Legacy

Thurs May 12th 'A Twist of Lemmon':
Hollywood legend Jack Lemmon

USED BOOK SALE!

Thurs. April 7th 5pm to Sat. April 16th 5pm

The Library will be selling thousands of good, used books to raise funds and make room for new material. Pre-sale for 'Friends of the Library' from 2-3:30 pm, Thurs April 7th
Membership available for \$5

North Sydney Library:

Thurs Mar 10th 7pm Bicycle Touring

Jacques Cote of Velo CB will introduce you to the ideas behind *active holidays* and bicycle touring! Jacques will answer questions on preparing for a tour, equipment needed, cost, etc. and present a slideshow of a recent tour in New Zealand.

TEEN Programs:

Glace Bay Library

Wed Mar 16th Teen Games Time 3-5 pm

Come enjoy video and board games with your friends! Refreshments will be served.

Register starting Mar 2nd 849-8657

McConnell Library

Fri Mar 25th Teen Games Night 8-11 pm

Video and board games, cards, books, food and fun!
(Ages 13-18)



March/ April 2011 Senior Program Listing

Seniors' Cafés

McConnell Library (1 pm-3:30 pm):

Tues Mar 8th Games Day

Come and try your hand at Wii bowling, golf and more, or play board games, or cards at our monthly seniors games day. If you are good at chess, come help others who'd like to learn.

Tea and conversation also available!

Tues Mar 22nd Positive Aging - Nutrition Secrets for Healthy Aging

Nutrition needs change as we age. No matter how old you are, eating well is always an important way to stay healthy. Public Health Nutritionist, Mary Daly will share ways to promote and enhance your health through good eating and active living. Meal planning using Canada's Food Guide and other nutrition issues will be discussed.

Tues Mar 29th Positive Aging - Gentle Exercise for Body & Mind: Tai Chi

Traditional Chinese Medicine is the world's most popular system of complimentary healing with many secrets for healthy aging. Exercises such as Tai Chi and Qigong are powerful healing techniques combining the mind, body and breathing. Join Michael Milburn for a discussion of the benefits of these gentle exercises and be prepared to give them a try!

Tues Apr 19th Alzheimer's Disease

Join Patsy Leblanc of the Alzheimer's Society of NS and learn more about Alzheimers and other dementias - diseases that we may struggle with as we age. Patsy will talk about brain health, prevention, living with Alzheimers and caring for loved ones with dementia. (Sponsored by CIBC)

Tues Apr 26th Games Day

Come and try your hand at Wii bowling, golf and more, or play board games, chess or cards at our monthly seniors games day. Patsy MacMullin will also provide Tarabish instruction for anyone who is interested. Tea and conversation will also be available!

Seniors Book Clubs!

Senior's Book Clubs are now happening at the following CBRL branches: Glace Bay, New Waterford, North Sydney, Sydney and Sydney Mines! Book Clubs are a great social forum for seniors and provide opportunities to meet and get to know new people! If you are a senior and are interested in joining a book club, ask Library staff at your branch for more information.

BOOK SALE!

Thursday April 7th to Saturday April 16th
McConnell Library, Sydney