

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 Jan 18th 7 pm Using Stand-up Comedy

Join stand-up comedian Alex Kothe for a presentation on the benefits of humour and how you can use it in your public speaking at work and at play.

Wed Jan 26th 7 pm Meet CUSO - VSO

If you are interested in volunteering overseas, come and learn more about CUSO-VSO international placements. We will be joined by returned volunteer, Eva Zaleski who has volunteered with CUSO-VSO since 2004 in Guyana and China.

Fri Jan 28th Teen Games Night 8-11 pm

Video and board games, food and fun!
(ages 13-18)

Sun Jan 30th 2-4 pm Family Literacy Day

'Play for Literacy' - join us for fun, games and activities for the whole family! Free book for each child! Everyone is welcome!
(doors open at 1:30pm) * Snowdate Sunday, Feb 6th *

This event is sponsored by the Adult Learning Association, the Family Place Resource Centre, and the Cape Breton Regional Library. Refreshments sponsored by CHB Communities in Motion and books donated by Adopt a Library CB.

Tues Feb 1st 7 pm Don't Hide Inside, Go for a RIDE!

The temperature outside may be around zero but don't pack your bikes away until spring. There are plenty of beautiful, ride-able days in the winter. Join Velo Cape Breton for a demonstration of the right clothing, gear and techniques for winter cycling.

Wed Feb 2nd 7 pm Staying Fire Safe in Your Home

Fire Fighter and Fire Service Instructor (Level 2) Stephen MacVicar will share important Fire Safety tips for keeping your family safe! This promises to be an interactive and exciting presentation. All your questions will be answered.

Wed Feb 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 repeated at 7 pm - please attend only one

Thurs Feb 10th 7 pm Love Letters and Louisbourg

Parks Canada Historian, Anne Marie Lane-Jonah will discuss 18th century correspondence between loved ones in Louisbourg and France. Participants can also try their hand at quill writing with Curator, Ruby Fougere. Compose your own quill written message for someone special – just in time for Valentine's Day!

Tues Feb 15th 7 pm Ordering from the Cosmic Kitchen

The Universe is like a Cosmic Kitchen with an infinite menu, just waiting to take and fulfill your orders. Learn the principles for creating your orders and how to apply them to your career, prosperity, health, etc. Join Maribeth MacIntyre, a certified *Heal Your Life Workshop Leader*, and learn about the philosophy of Louise L. Hay.

Tues Feb 22nd 7 pm Inspirational Singers

An evening of gospel hymns and spirituals with Whitney Pier's **Inspirational Singers** under the direction of Eddie Parris. Celebrate African Heritage Month in song!

Sat Feb 26th KnitFit Knit-a-Thon 10 am-5 pm

Get out your knitting needles and crochet hooks and join us at the Baddeck and McConnell Library branches for the 4th Annual KnitFit Community Knit-a-Thon. Participants knit or crochet items to be donated to local family charities. Collect pledges to sponsor your participation in the Knit-a-Thon and all monies raised will help support Children's programming at the CBRL. For more info and pledge forms go to www.cbri.ca. Donations of yarn, tools and finished items welcome at all Library branches.

Seniors' Cafés

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

Seniors Wii Sessions

Tues Jan 25th & Tues Feb 8th

Come for a fun afternoon and learn to use **Wii Sport** and **Wii Fit**. Monthly sessions to be held throughout the year.

A regular schedule of Seniors' Cafes will resume in March at McConnell branch.