

# Truro Library Programs for September 2018



## Heroes/Adventurers

Tuesday, September 4 – All ages – 5:30-8pm – Role-Playing Games Night. No experience needed! We provide the supplies, you bring the imagination. Children's table.

## Needlework Drop-in

Thursday, September 6 – all ages – 10-12noon & 6-7:30 – spend time with others who love to do needlework crafts such as knitting and crochet. Meet new friends, share ideas.

## Miniature Wargames

Thursday, September 6 – Ages 16+ – 5:30-8pm – Do you enjoy strategy games like Risk, Axis&Allies, chess, or role-playing games like Dungeons&Dragons? Do you like painting/crafting? An exciting new hobby.

## Word Nerds Writing Group

Thursday, September 6 – ages 13+ – 6-7:30pm – Join other word nerds at our supportive writers group. Share work, help reach writing goals. Registration required.

## Lego at the Library

Friday, September 7 – ages 5-12 – 3:30-4:30 – Drop in to make some Lego creations!

## Book Beats

Saturday, September 8 – ages 3-8 – 11-11:45am – Sing songs and hear musical stories. Create your own colourful instrument to take home. Drop in program.

## Rustic Stars

Saturday, September 8 – Ages 10+ – 10-12noon – Using twigs and sticks create a star design held together with twine. Seasonal rustic décor. Drop in program, while supplies last.

## Scrabble @ the library

Monday, September 10 – 1:30-3:30 – adults – Several non-competitive games with 2 or 3 people, a rotation each game. Dictionaries and cheat sheets are permitted.

## Homeschoolers Haven

Tuesday, September 11 – Ages 5+ – 1:30-3pm – A meeting place for homeschoolers to get together and share ideas and resources.

## Easing the Pain from Sunburn

By *Christine Urquhart*

Burned by fun in the sun? If you have sunburn, the damage is already done. But you can ease the discomfort: 1. Apply cold compresses to the sunburn or take a cool bath. 2. Apply a moisturizing cream or gel containing aloe. 3. If small blisters form, don't break them.

If they break, gently clean the area with mild soap and water, and cover the area with gauze. If these tips don't help or your sunburn is severe with large blisters, call your doctor.

Golfers: Know when to call it quits! Love to golf? You may look forward to every minute you can spend on the course, but it pays to be reasonable. Limit your sun exposure.

While golfing, watch for symptoms of dehydration, heat exhaustion and heatstroke. Red flags might include a headache, dizziness, nausea, excess fatigue, rapid heartbeat or confusion. Drink plenty of water, and cut your game short if necessary.

## Butter vs. Margarine: What's Healthier?

By *Christine Urquhart*

Margarine usually beats butter when it comes to heart health. Margarine is made from vegetable oils, so it contains no cholesterol, and it generally has more polyunsaturated and monounsaturated fat than butter does.

But not all margarines are created equal, and some may even be worse than butter. In general, the more solid the margarine, the more trans-fat it contains. Look for a spread with the fewest calories that tastes good to you, doesn't have trans fats and has the least amount of saturated fat.

## Heroes/Adventurers

Tuesday, September 11 – All ages – 5:30-8pm – Role-Playing Games Night. No experience needed! We provide the supplies, you bring the imagination. Children's table.

## DIY Geometric Orbs

Wednesday, September 12 – adults – 10:30-11:30 – Using only straws, wire and hot glue gun create shapes, add a modern flare to your home décor. Registration starts Sept 7<sup>th</sup>.

## Return to Hogwarts

Wednesday, September 12 – teens ages 13-18 – 5:30-7:30 – Time to go back to the magical books! Get sorted into your house, play Quidditch, make magical wands, and more!

## Needlework Drop-in

Thursday, September 13 – all ages – 10-12noon & 6-7:30pm – spend time with others who love to do needlework crafts such as knitting and crochet. Meet new friends, share ideas.

## Photography Club

Thursday, September 13 – ages 13+ – 6-7:30pm – Hands-on exercises, insightful presentations, group sharing. All abilities and experience levels. Registration required.

## Picture Book Time

Thursday, September 13 – age 3-5 yrs – 10:30-11:15am – Stories, rhymes, and crafts! Registration starts August 23 (limit of 20)

## Miniature Wargames

Thursday, September 13 – Ages 16+ – 5:30-8pm – Do you enjoy strategy games like Risk, Axis&Allies, chess, or role-playing games like Dungeons&Dragons? Do you like painting/crafting? An exciting new hobby.

## Email Basics

Saturday, September 15 – adults – 2-3pm – Beginner's program learn the ins and outs of creating and using email and benefits of having a free account. Registration starts Sept 7<sup>th</sup>

## Imagination Station

Friday, September 14 – ages 5-12 – 3:30-4:30 – Drop in to build, explore and create!

## Author Reading – Genevieve Graham

Saturday, September 15 – all ages – 11-12noon – Globe&Mail best-selling novel, *Come From Away*. A poignant story (based on local legend), young couple caught on opposite sides during WW2.

## Check It Out Book Club

Monday, September 17 – adults – 2-3:30pm – Join us to discuss *Lonesome Dove* by Larry McMurty. Ask at our front desk to obtain a copy.

## Scrabble @ the library

Monday, September 17 – 1:30-3:30 – adults – Several non-competitive games with 2 or 3 people, a rotation each game. Dictionaries and cheat sheets are permitted.

## Heroes/Adventurers

Tuesday, September 18 – All ages – 5:30-8pm – Role-Playing Games Night. No experience needed! We provide the supplies, you bring the imagination. Children's table.

## Sherlock Fest

Wednesday, September 19 – teens ages 13-18 – 5:30-7:30 – Awaken your inner Sherlock with mastermind observation skills, memory palaces, and deduction. The game is afoot!

## Connect the Dots

Thursday, September 20 – ages 12-18 – 6-8 pm – A social support group for LGBTQ+ youth and their allies

## Needlework Drop-in

Thursday, September 20 – all ages – 10-12noon & 6-7:30 – spend time with others who love to do needlework crafts such as knitting and crochet. Meet new friends, share ideas.

## Miniature Wargames

Thursday, September 20 – Ages 16+ – 5:30-8pm – Do you enjoy strategy games like Risk, Axis&Allies, chess, or role-playing games like Dungeons&Dragons? Do you like painting/crafting? An exciting new hobby.

## Science Literacy Week – Oh Ick!

Saturday, September 22 – 10-12noon – ages 5-12 – Drop in to build a burp factory and fashion a farting slime bag. (while supplies last).

## Scrabble @ the library

Monday, September 24 – 1:30-3:30 – adults – Several non-competitive games with 2 or 3 people, a rotation each game. Dictionaries and cheat sheets are permitted.

## Heroes/Adventurers

Tuesday, September 25 – All ages – 5:30-8pm – Role-Playing Games Night. No experience needed! We provide the supplies, you bring the imagination. Children's table.

## Tales for Twos

Tuesday, September 25 – 18mos.-3yrs. – 11-11:20am – Stories, music, and finger rhymes. Registration starts September 4. (limit 15)

## Pet Food: Myths & Facts

Wednesday, September 26 – all ages – 6:30-7:30 – Joye Sears, RVT, BSCh will discuss common misconceptions & facts about the food we buy our pets. Partnership with Dalhousie Faculty Association.

## Bad Art Night

Wednesday, September 26 – teens ages 13-18 – 5:30-7:30pm – Create bad art on purpose. We'll fling paint, massacre moulding clay, and make quizzical nonsense. Prize for worst artist.

## Needlework Drop-in

Thursday, September 27 – all ages – 10-12noon & 6-7:30 – spend time with others who love to do needlework crafts such as knitting and crochet. Meet new friends, share ideas.

## Miniature Wargames

Thursday, September 27 – Ages 16+ – 5:30-8pm – Do you enjoy strategy games like Risk, Axis&Allies, chess, or role-playing games like Dungeons&Dragons? Do you like painting/crafting? An exciting new hobby.

## Culture Crash Course- Nigeria

Thursday, September 27 – ages 12+ – 6-7:30 – Get a quick taste of culture, from music and food, to language and landscape! Registration required.

## David's Book Discussion

Friday, September 28 – 3-4:30 – adults – All welcome to discuss *The Round House* by Louise Erdrich. Ask at front desk for available copies.

## National Stitch in Public Day

Friday, September 28 – 10am-3pm – Join members of Marigold Needlework Guild, 'stitching in public', part of a nationwide event. Ask questions or observe as they stitch.

## Medicine Bag Workshop

Saturday, September 29 – Families with children 0-6 (older siblings welcome) – 11-12noon – Create a traditional Mi'kmaq medicine bag with Gilbert Paul of the Child Help Initiative Program (CHIP)

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