

GUIDE

MAR 2024
ADULTS



BURLINGTON
Public
Library


Arts & Literature

R An Afternoon with Kate Quinn & Janie Chang

An in-depth conversation with two bestselling authors about their latest collaboration, *The Phoenix Crown*.
Fri Mar 1 | 1-2pm | CENTRAL

Afternoon at the Movies Tuesdays | 1-3pm | CENTRAL
Mar 5 - *Percy* | Mar 12 - *The Personal History of David Copperfield* | Mar 19 - *Jojo Rabbit* | Mar 26 - *Late Night*

R BPL Book Club

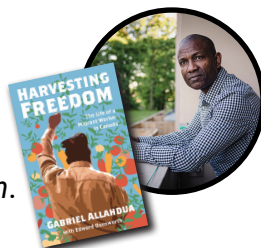
All you need to bring is your love of reading.
Mon Mar 11 | 1:30-2:30pm | NEW APPLEBY
Tue Mar 19 | 1-2pm | ALDERSHOT
Tue Mar 19 | 7-8pm | BRANT HILLS
Tue Mar 20 | 11am-12pm | CENTRAL
Thu Mar 21 | 7-8pm | TANSLEY WOODS
Mon Mar 25 | 7-8pm | ALTON
 Mon Mar 25 | 7-8pm | VIRTUAL
Wed Mar 27 | 7-8pm | ALDERSHOT

R Inner Balance with Flute Music & Meditation

A unique evening of peace and tranquility.
Thu Mar 7 | 7-8pm | CENTRAL

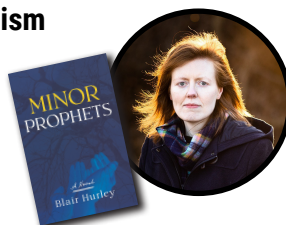
R The Truth About Migrant Work

Migrant justice advocate Gabriel Allahdua discusses his deeply personal memoir, *Harvesting Freedom*.
Mon Mar 11 | 7-8pm | CENTRAL



R Beyond Faith and Fundamentalism

Author Blair Hurley explores the elusive power of cults and religious fundamentalism in her latest novel, *Minor Prophets*.
Mon Mar 18 | 7-8pm | CENTRAL



R 20th Century Composers with HPO

Get to know the lives and work of several North American composers with Hamilton Philharmonic Orchestra.
Wed Mar 20 | 2:30-4pm | CENTRAL

Lifestyle & Education

R iPad Boot Camp

Learn how to use your device with confidence.
Fri Mar 1 & 8 | 12-1:30pm | TANSLEY WOODS
Mon Mar 25 & Apr 1 | 2-3:30pm | ALDERSHOT

R Chair Yoga

Exercise your body and mind and build strength and flexibility through a gentle session of chair yoga.
Sat Mar 2 | 1:30-2:30pm | NEW APPLEBY
Tue Mar 5 | 1:30-2:30pm | ALDERSHOT
Sat Mar 16 | 1:30-2:30pm | NEW APPLEBY

R Sit to be Fit

Increase your strength, balance, flexibility and endurance.
Mon Mar 4-25 | 11:15am-12:00pm
TANSLEY WOODS
Tuesdays, Mar 5-26 | 9:30-10:15am
CENTRAL



R Computer Classes | All at CENTRAL

All About Zoom - Mon Mar 4 | 2-3:30pm
Basic Computer Skills - Wed Mar 13 | 2-3:30pm
MS PowerPoint - Wed Mar 20 | 2-3:30pm

R Newcomer Conversation Circle

Improve your English and build social connections.
Mondays to Mar 4 | 6:30-7:30pm | ALTON

R Better Living For Your Brain

How to keep your brain healthy at any age.
Tuesdays & Thursdays, Mar 5-28 | 1:30-2:30pm | VIRTUAL


R Strong Women Investors

Understand investing and planning for retirement.
Tue Mar 5 | 7-8pm | CENTRAL

R Intro to eBooks

Borrow eBooks and more from our digital collection.
Wed Mar 6 | 2-3pm | CENTRAL
Mon Mar 18 | 11am-12pm | NEW APPLEBY

R = Registration required

 = Live on Zoom

Accurate as of Tue Feb 20 | Registration opens Wed Feb 21 at 12pm

Contact us: 905.639.3611
Program registration & updates: www.bpl.on.ca/events

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>Lifestyle & Education continued

Just Breathe Drop-in

Let go of stress for a calming hour.

Thursdays, Mar 7-28 | 10-11am | CENTRAL

R Stress Resiliency Workshop

An immersive and enlightening workshop focused on holistic wellness and the cultivation of resilience.

Thu Mar 7 | 1:30-2:45pm | CENTRAL

Canadian Citizenship Test: Get Ready

Practice taking the citizenship test.

Thu Mar 7 | 5:30-7:30pm | TANSLEY WOODS

R Intermediate French Conversation Circle

Geared towards newcomers to Canada.

Wednesdays, Mar 6-27 | 6:30-7:30pm | CENTRAL

R Android Boot Camp

How to use your Android device.

Mon Mar 11 & 18 | 2-3:30pm | CENTRAL

R Intro to eResources

Stream movies, listen to music, and research online.

Mon Mar 11 | 2-3pm | ALDERSHOT

R MakerSpace Programs | All at CENTRAL

Intro to Laser Cutting - Wed Mar 13 | 7-8pm

3D Design with Tinkercad - Thu Mar 21 | 7-8:30pm

Intro to Embroidery - Tue Mar 26 | 7-8:30pm

Customize Your Wedding - Wed Mar 27 | 7-8:30pm

R Just Walk

Get practical tips on how to create a heart-healthy exercise plan, then enjoy a walk together.

Mon Mar 18 | 10-11am | CENTRAL

R Protect Your Money

All about fraud and scam prevention, money tips, and making more informed financial decisions.

Tue Mar 19 | 6-7pm | NEW APPLEBY

R Preventive Health Care

Stay healthier and identify problems earlier.

Tue Mar 19 | 7-8pm | CENTRAL

R Spirituality and Caregiving

A workshop open to all faiths, creeds, and beliefs.

Thu Mar 21 | 5:30-7:30pm | CENTRAL

R Intro to Burlington Digital Archive

Historical images, maps, clippings, scrapbooks and more.

Mon Mar 25 | 2-3:30pm | CENTRAL

R Identifying Caregiver Fatigue

Gain the tools you need to support your own wellbeing.

Thu Mar 28 | 5:30-7:30pm | CENTRAL

R Japanese Sword Appreciation Event

In partnership with the City of Burlington's Mundialization Committee-Itabashi.

Sat Mar 30 | 2-4pm | CENTRAL

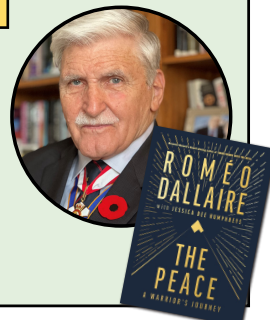
SPECIAL EVENT

R An Evening with Roméo Dallaire

Join the international humanitarian icon and bestselling author on an inspiring and crucial journey.

Fri Apr 12 | 7-8pm

ART GALLERY OF BURLINGTON



OPEN HOURS

ALDERSHOT, ALTON, BRANT HILLS & NEW APPLEBY

Mon - Thu | 9am - 9pm

Fri & Sat | 9am - 5pm

Sun | 12pm - 5pm

CENTRAL & TANSLEY WOODS

Mon - Thu | 9am - 9pm

Fri - Sun | 9am - 5pm

KILBRIDE

Tue & Thu | 5pm - 8pm

Sat | 9am - 2pm

Program calendar
and registration:



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