

# GUIDE

JUNE 2023  
ADULTS & TEENS



BURLINGTON  
Public  
Library

## Arts & Literature

### **R** BPL Book Club

Discover new books and make new friends!

Wed Jun 7 | 11am-12pm | CENTRAL

Mon Jun 12 | 1.30-2.30pm | NEW APPLEBY

Mon Jun 19 | 7-8pm | VIRTUAL

Thu Jun 22 | 7-8pm | TANSLEY WOODS

Mon Jun 26 | 7-8pm | ALTON

### **R** The Fun Habit

Put more pep in your step! Psychologist Dr. Mike Rucker shares how to find just the right kind of fun for you.

Wed Jun 7 | 4-5pm | VIRTUAL

### Reading Garden Open House

Come see the new outdoor reading space at Central!

Fri Jun 9 | 2.30-4pm | CENTRAL

### **R** Fireside Chat with Fiction Heavyweights

Ian Brown interviews bestselling author Tom Rachman about his career and the genesis of his newest book, *The Imposters*, a novel about love and the power of art.

Sun Jun 25 | 2-3pm | CENTRAL

## Lifestyle & Education

### Just Breathe Drop-in

Practice present moment awareness and self-acceptance.

Thursdays to Jun 29 | 10-11am | CENTRAL

### Community Support Drop-in Programs

Help with Housing - Tuesdays | 9am-1pm | CENTRAL

Service Canada - Tue Jun 13 | 12.30-4pm | ALTON

Legal Help - Wed Jun 14 | 10am-12pm | CENTRAL

Help for Newcomers - Wed Jun 14 | 10am-1pm | ALTON

Service Canada - Tue Jun 6 & 20 | 9.30am-1pm | CENTRAL

Service Canada - Mon Jun 26 | 12.30-4pm | TANSLEY WOODS

### **R** Sit to be Fit

A gentle movement program to improve strength & balance.

Tuesdays, Jun 6-27 | 10-11am | CENTRAL

### **R** Computer Classes | All at CENTRAL

MS Excel I - Tue Jun 6 | 2-3.30pm

Google Search Basics - Thu Jun 8 | 10-11am

## June is....

### INDIGENOUS HISTORY MONTH

#### **R** The Berry Pickers

Stephen Brunt interviews the award-winning Indigenous writer Amanda Peters about her stunning debut novel.

Thu Jun 1 | 2-3pm | CENTRAL

#### **R** History of the Haudenosaunee

Hohahes Leroy Hill discusses languages, ceremonies, and culture, and the duty to future generations.

Mon Jun 19 | 2-3pm | CENTRAL

### PRIDE MONTH

#### **R** YA Fiction with Jen Ferguson

In her complex and emotionally resonant debut novel, *The Summer of Bitter and Sweet*, author Jen Ferguson serves up an emotional journey of self-discovery.

Tue Jun 20 | 7-8pm | VIRTUAL

#### MakerSpace Showcase

Show your pride and try out our most popular equipment during this hands-on open house.

Tue Jun 6 | 6-8.30pm | CENTRAL

### SENIORS MONTH

#### Afternoon at the Movies | All at CENTRAL

Talent is timeless! Join us for a series of films featuring actors in their golden years.

Tue Jun 6 | 1-3pm | On Golden Pond

Tue Jun 13 | 1-3pm | Hunt for the Wilderpeople

Tue Jun 20 | 1-3pm | The Bookshop

Tue Jun 27 | 1-3pm | June Again

#### **R** Resource Fair for Older Adults

Learn about the local organizations that provide services and programs for older adults, including health and safety, pensions, recreation, and transportation.

Fri Jun 9 | 1-4pm | CENTRAL

**R** = Registration required

= Live on Zoom

Accurate as of May 19, 2023

Contact us: 905.639.3611  
Program registration & updates: [www.bpl.on.ca/events](http://www.bpl.on.ca/events)

# GUIDE

## JUNE 2023 ADULTS & TEENS



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> Lifestyle & Education continued

All About Zoom - Mon Jun 12 | 10-11.30am  
MS Excel II - Tue Jun 13 | 2-3.30pm  
Google Maps & YouTube - Thu Jun 15 | 10-11.30am  
MS Excel III - Tue Jun 20 | 2-3.30pm

### **Newcomer Conversation Circle**

Improve your English with Centre for Skills Development.  
Tuesdays to Jun 13 | 6.30-7.30pm | TANSLEY WOODS

### **R Intro to eBooks**

Borrow free eBooks from the library using the Libby app.  
Wed Jun 7 | 1.30-2.30pm | NEW APPLEBY  
Thu Jun 15 | 2-3pm | ALDERSHOT  
Mon Jun 19 | 10-11am | CENTRAL

### **R iPad Boot Camp**

Learn more about your iPad during this 2-part class.  
Thu Jun 8 & 15 | 6-7.30pm | TANSLEY WOODS

### **R MakerSpace Programs | All at CENTRAL**

3D Design with Tinkercad - Sat Jun 10 | 2.30-4pm  
Intro to Laser Cutting - Sat Jun 17 | 2.30-3.30pm  
Embroidery Machine 101 - Tue Jun 27 | 7-8.30pm

### **R Chair Yoga**

Exercise your body and mind. No mat required. 18+  
Mon Jun 12 | 10-11am | ALDERSHOT

### **R Cannabis and Mental Health**

All about the potential risks and benefits of using cannabis to manage mental health conditions.  
Mon Jun 12 | 7-8pm | VIRTUAL

### **R An Evening of Flute Music & Meditation**

A unique evening of peace and tranquility.  
Tue Jun 13 | 6.30-7.30pm | CENTRAL

### **R Smart Strategies for Difficult Times**

An evidence-based approach to dealing with challenges.  
Wed Jun 14 | 11am-12pm | CENTRAL

## **EXAM CRAM June 19-27, 2023**

Calling all Burlington students! Drop by during library open hours for a quiet place to study for your exams.

### **R Wills & Powers of Attorney**

Make plans for the future—for peace of mind today.  
Thu Jun 15 | 2-3.30pm | CENTRAL

### **R Infant First Aid Workshop**

A hands-on workshop with SOS First Aid.  
Sat Jun 17 | 2-3pm | CENTRAL

### **R Self-Care Workshop**

Explore mental and physical wellness.  
Tue Jun 20 | 6-8pm | CENTRAL

### **R Phone Scams, Internet Tricks, & Digital Hoaxes**

Learn how to protect yourself from fraudsters.  
Mon Jun 26 | 1-2pm | VIRTUAL

### **R Using Cognitive Care Kits**

How to use BPL's collection of Cognitive Care Kits.  
Mon Jun 26 | 1.30-2.30pm | CENTRAL

### **R Canadian Citizenship Test: Get Ready**

Practice taking the test during this one-day class.  
Fri Jun 30 | 10am-1pm | CENTRAL

## SUMMER READING CLUB



It's not just for kids!  
Summer Reading Club is open to everyone. Register starting June 24 and create curiosity all summer long.

[bpl.on.ca](http://bpl.on.ca)



## 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

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Accurate as of May 19, 2023

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