



# January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CLOSED	2 3:00-4:00pm Drop-In LEGO
3	4	5	6 10:15am Storytime 1:30pm Baby and me	7 7:00pm Novel Book Club	8 10:15am Storytime	9 3:00-4:00pm Drop-In LEGO
10	11	12 10:15-10:45am Stories To Go! at Waiting Room Café	13 10:15am Storytime 1:30pm Baby and Me 6:30-8:00pm Fertility Optimization Talk	14 12-1:30pm Lunch & Learn 7:00pm Library Board Meeting	15 10:15am Storytime 3:30-4:30pm Awesome Book Club	16 3:00-4:00pm Drop-In LEGO
17	18 10:00-10:45am Rise and "Sign" 11:00-11:45am Toddler Talk	19	20 10:15am Storytime 1:30pm Baby and Me	21	22 10:15am Storytime 10:45am Mini Yoginis	23 3:00-4:00pm Drop-In LEGO
24 1:00-2:00pm Listening Tails	25 10:00-10:45am Rise and "Sign" 11:00-11:45am Toddler Talk	26 10:15-10:45am Stories To Go! at Waiting Room Café	27 10:15am Storytime 1:30pm Baby and Me	28	29 10:15am Storytime 10:45am Mini Yoginis	30 3:00-4:00pm Drop-In LEGO
31 1:00-2:00pm Listening Tails						



105B Marina Road  
Chestermere, AB  
T1X 1V7  
Phone: 403-272-9025  
acheslibrary@marigold.ab.ca

#### LIBRARY HOURS:

Monday 10:00am—9:00pm  
Tuesday 10:00am—9:00pm  
Wednesday 10:00am—9:00pm  
Thursday 10:00am—9:00pm  
Friday 10:00am—5:00pm  
Saturday 10:00am—5:00pm  
Sunday 12:00pm—4:00pm

\*Closed on statutory holidays

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# Program Guide

## **Stories to Go!** Tuesday January 12, 10:15am and Tuesday January 26, 10:15am

Join us for special storytimes at Waiting Room Café, 101, 288 Kinniburgh Blvd.

## **Storytime** Wednesdays & Fridays 10:15am

Storytime at the Library

## **Chestermere Baby and Me** Wednesdays 1:30pm

Baby and Me is a collaborative effort brought to you by the Library and Parent Link Centre. This is a free, drop-in program designed to be a place for new parents and babies to socialize, ask questions and learn about different aspects of raising children.

Jan. 6	Breastfeeding
Jan. 13	Lullabies & Rhymes
Jan. 20	PLC-music with Mel
Jan. 27	Amanda Iverson-RESP

## **Lunch & Learn** Thursday January 14, 12:00-1:00pm

### **Journaling to Create Change in Your Life!** *Presented by: Sharon Christie, Alberta Health Services*

Start the New Year with fresh perspective! Be intentional in your life, and join us for a wonderful, strategic workshop, and great conversation.

## **Library Board Meeting** Thursday January 14, 7:00pm

Members of the public are welcome.

## **Drop-In LEGO** Saturdays 3:00-4:00pm

Open to children ages 8+ (adult supervision required for younger children)

## **Listening Tails** Sundays 1:00-2:00pm

Listening Tails is a free program designed to help young children improve their confidence by reading out loud to therapy dogs. Next session starts January 24. Please contact the Library to register.

## **Book Clubs** Recurring monthly

The library hosts book clubs for different age groups. All are free and there is no registration required. Simply ask for the monthly book at the desk and attend the meeting!

Novel Book Club	Adults	What books would you like to read in 2016?	Jan 7 @ 7:00pm
Awesome Book Club	Kids grades 7+	"We are all made of molecules" by Susin Nielsen	Jan 15 @ 3:30pm

## **Fertility Optimization: A Holistic Approach** Wednesday, January 13 6:30-8:00pm

Dr. Emma Stokes, Naturopathic Doctor from Chestermere Lifepath Wellness will be discussing ways to optimize your chances of conceiving a healthy child, and maintaining a healthy pregnancy. Topics will include dietary recommendations, nutritional supplementation, acupuncture and the importance of detoxification.