

Fall Adult Program Guide

September – December 2017

yourlibrary.ca



SPECIAL EVENTS

CULTURE DAYS

Squeeze Your Camera and Storytelling

Learn and practice basic principles of photography to create original storytelling with images. Get more acquainted with a camera.

Sep 29 Fri 10:00a-12:00pm BHB Living Rm

Writer-in-Residence Launch

Meet Richmond's 6th Writer-in-Residence, acclaimed writer Nilofar Shidmehr. Enjoy a short reading by the author, learn about her writing career, and the range of free, public programs that she will present during her two-month residency in the Minoru precinct.

Sep 30 Sat 2:00-4:00pm BHB Living Rm

RICHMOND YOUTH VOLUNTEERISM FAIR

Are you looking for a volunteer opportunity? Join the 3rd annual Richmond Youth Volunteerism Fair! Visit multiple local organizations who are seeking volunteers for a variety of positions. Gain experience, meet new people and give back to the community.

Sep 28 Thu 3:00-5:00pm BHB Lobby

SHAKE OUT!

On October 19 at 10:19 am, millions of people worldwide will practice how to "Drop, Cover and Hold On" during Great ShakeOut Earthquake Drills. All Richmond Public Library branches will participate in the ShakeOut and encourage all library visitors to do it with us!

Oct 19 Thu 10:19am All RPL Branches

PRESERVING FOOD 1 WITH DR. LINDA GILKESON

Are you interested in reducing the amount of food waste in your home? Join this sustainability workshop and learn from Master Gardener Dr. Linda Gilkeson as she provides information to help you reduce food waste by storing and freezing produce such as onions, garlic, pears and kiwi.

Oct 21 Sat 10:15-12:00pm BHB Comm Place

PRESERVING FOOD 2 WITH DR. LINDA GILKESON

This is the second part to Master Gardener Dr. Linda Gilkeson's workshop that will provide participants with information to save money by learning how to dehydrate fruit, vegetables and herbs and find out about the best equipment to use for cold and hot pack canning.

Oct 21 Sat 12:15-1:30pm BHB Comm Place

SMALL BUSINESS WEEK JOB FAIR

Looking for a job? Bring your resume and meet employers.

Oct 23 Mon 2:00-4:00pm BHB Lobby

BUSINESS & FINANCE

FIRST TIME BUYERS SERIES

Are you thinking about purchasing your first home? Have you done your research and understand how the market works and what the process is to get started? These workshops will take you through everything you need to know. In partnership with Vancity.

Renting Vs. Buying

Sep 11 Mon 6:30-8:00pm BHB Comm Place

Cost of Ownership

Sep 25 Mon 6:30-8:00pm BHB Comm Place

Find the Right Home for You

Oct 16 Mon 6:30-8:00pm BHB Comm Place

Building Your Home Buyers Team

Oct 30 Mon 6:30-8:00pm BHB Comm Place

Getting a Mortgage Pre-approved

Nov 20 Mon 6:30-8:00pm BHB Comm Place

PLANNING MY FINAL WISHES

Making a Family Members Passing Easier on Those You Love

Learn to reduce the pressure and cost of arranging a funeral, cremation or burial of your loved one by being well informed before it needs to happen. Join Funeral and Cemetery Advisor Fredrick Margel as he shares information you can use to reduce your family's burden.

Oct 10 Mon 6:30-8:00pm BHB Comm Place

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SMALL BUSINESS WEEK SERIES

Are you an entrepreneur or small business owner? In celebration of Small Business Week the library offers a week of business programs! Join any of these sessions to help get your business off the ground.

Finding Government Grants for Businesses

Oct 16 Mon 7:00-8:30pm BHB 2nd Floor Rm

Business Passion & Culture

Oct 17 Tue 6:30-8:00pm BHB Comm Place

Not-for-Profit Business Startups

Oct 18 Wed 6:30-8:00pm BHB Comm Place

Small Business Law for Owners & Entrepreneurs

Oct 19 Thu 6:30-8:00pm BHB 2nd Floor Rm

Canada 150 – Canadian Business Owners Stories

Oct 23 Mon 1:00-2:00pm BHB Comm Place

Business TED Talks

Oct 16 Mon 6:00-7:30pm BHB Living Rm

Oct 17 Tue 6:00-7:30pm BHB Living Rm

Oct 20 Fri 6:00-7:30pm BHB Living Rm

EMPLOYMENT

CAREER PATHS FOR SKILLED IMMIGRANTS

Presented by Back In Motion.

Understanding Canadian Workplace Structure

Sep 19 Tue 7:00-8:30pm BHB Comm Place

Canadian Business Culture & Etiquette

Oct 24 Tue 7:00-8:30pm BHB Comm Place

Communication Skills for Canadian the Workplace

Nov 21 Tue 7:00-8:30pm BHB Comm Place

CUSTOMER SERVICE SKILLS WORKSHOP

Learn basic skills in customer greetings, handling difficult situations, conflict resolution, communication and gain the confidence to quickly and effectively assess the situation and support the client's needs. Presented by Library Technicians & Assistants Section (LTAS).

Sep 25 Mon 7:00-8:30pm BHB 2nd Floor Rm

HELP WANTED SERIES

Presented by Avia Employment Services.

Resume Writing

Sep 6 Wed 7:00-8:30pm BHB Comm Place

Interview Skills

Oct 4 Wed 7:00-8:30pm BHB Comm Place

Social Media: LinkedIn 101

Nov 1 Wed 7:00-8:30pm BHB Comm Place

LITERACY FOR LIFE: SKILLS FOR INTERMEDIATE ENGLISH LEARNERS

Sessions focus on reading, writing, communication, basic computer skills, resume & interview skills. Presented by Filipinos in Richmond Support Team (FIRST).

Sep 22 – Nov 10 Fri 6:30-8:30pm BHB Comm Place

GENERAL INTEREST

BOARD AT THE LIBRARY

Bring your own games or play our featured game. Players of all levels are welcome. Drop-in.

Sep 13 Wed 7:00-9:00pm BHB Living Rm

Sep 27 Wed 7:00-9:00pm BHB Living Rm

Oct 11 Wed 7:00-9:00pm BHB Living Rm

Oct 25 Wed 7:00-9:00pm BHB Living Rm

FABRIC ARTS SERIES

Presented by the Knit N Crochet 4 Better World.

Crocheting 101

Please bring 4mm or 5mm crochet needle.

Sep 16 Sat 2:30-4:00pm BHB Living Rm

Nov 18 Sat 2:30-4:00pm IWB Living Rm

Knitting 101

Oct 21 Sat 2:30-4:00pm CAB Dream Rm

Dec 16 Sat 2:30-4:00pm BHB Living Rm

55+ GRAND PARENTING TIPS SERIES

As a grandparent, it may have been some time since you last cared for a baby, toddler or child. These sessions will provide a refresher and important tips to keep in mind when babysitting. Join any of these sessions!

Child Passenger Safety

Sep 18 Mon 6:30-8:00pm BHB Comm Place

The Joy of Grand Parenting

Oct 11 Wed 7:00-8:30pm BHB Comm Place

Childhood Nutrition for Grandparents

Oct 22 Sun 2:00-3:30pm BHB Comm Place

Literacy and Learning for Infants & Toddlers

Nov 20 Mon 7:00-8:30pm BHB Comm Place

55+ LIFE AFTER RETIREMENT SERIES

Are you about to retire or have you been retired for some time now? Join any of these sessions.

Travel and Vacation Planning

Sep 12 Tue 6:30-8:00pm BHB Comm Place

Second Careers & Paid Internships

Oct 3 Tue 6:30-8:00pm BHB Comm Place

Volunteerism for Retirees

Oct 4 Wed 1:30-3:30pm BHB Comm Place

Job Readiness Workshops for Retirees

Oct 5 Thu 6:30-8:00pm BHB Comm Place

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Government Benefits for Seniors

Oct 24 Tue 1:00-3:00pm BHB Comm Place

Downsizing & Selling Your Home

Oct 29 Sun 2:00-4:00pm BHB Comm Place

Financial Frauds and Scam to Know About

Nov 15 Wed 10:00a-12:00pm BHB Comm Place

Coping with Stress

Nov 9 Thu 1:00-3:00pm IWB Living Rm

Aging and Memory in MandarinNov 15 Wed 1:00-3:00pm BHB 2nd Floor Rm**Coping with Stress in Mandarin**Nov 22 Wed 1:00-3:00pm BHB 2nd Floor Rm**WHAT'S HAPPENING WITH FOOD SECURITY IN RICHMOND**

Learn about Richmond's community gardens, seed library, fruit recovery program, youth community kitchen, and food charter. This session is presented by Anita Georgy, Executive Director of Richmond Food Security Society.

Sep 13 Wed 7:00-8:30pm BHB Comm Place

HEALTH**55+ HEALTH SERIES**

As we age there are some health concerns that may arise. You may experience loss of hearing, sight, not sleeping properly and many other things associated with aging. Join any of these sessions!

Kidney Health

Sep 20 Wed 1:30-3:30pm BHB Comm Place

Healthy Hearing

Sep 21 Thu 2:00-4:00pm BHB Comm Place

Dental Health 101 with Ackroyd Dental

Oct 3 Tue 1:30-3:00pm BHB Comm Place

Pre-diabetes in Mandarin

Oct 19 Thu 1:00-3:00pm BHB Comm Place

Eye Health

Oct 20 Fri 2:30-3:30pm BHB Comm Place

Foods for Disease Prevention and Wellness

Oct 23 Mon 10:00-11:30am BHB Comm Place

Sleep Health

Nov 5 Sun 2:00-3:00pm BHB Comm Place

Managing Medications

Nov 30 Thu 1:00-3:00pm BHB Comm Place

55+ MENTAL WELLNESS SERIES

Staying healthy, active and stress-free are important to your mental wellbeing. Understanding age related changes to your mood and memory can also help keep your mind well. Join any of these sessions to learn more.

Aging and Mood Changes

Oct 12 Thu 1:00-3:00pm IWB Living Rm

Aging and Memory

Oct 26 Thu 1:00-3:00pm IWB Living Rm

Aging and Mood Changes in MandarinNov 1 Wed 1:00-3:00pm BHB 2nd Floor Rm**Healthy Brain**

Nov 7 Thu 1:30-2:30pm BHB Comm Place

55+ SENIORS HOME CARE SERIES

Are you considering home care? Join any of these sessions and learn some tips on what is right for your family.

What is Home Care?

Oct 6 Fri 2:00-3:30pm IWB Living Rm

Home Care and Caregiver Burnout

Nov 6 Mon 6:30-8:00pm BHB Comm Place

Nurses as Companions

Nov 8 Wed 4:00-6:00pm IWB Living Rm

Parenting your Parents

Nov 15 Wed 4:00-6:00pm IWB Living Rm

How to Spend Less on Homecare

Nov 22 Wed 4:00-6:00pm IWB Living Rm

Health & Happiness

Nov 26 Sun 2:15-3:45pm BHB Comm Place

LAW**55+ PERSONAL PLANNING LAW SERIES**

Planning is a process of choosing among many options. If we do not choose to plan, then we choose to have others plan for us. Why wait?

Wills & Estates

Sep 17 Sun 2:00-3:30pm BHB Comm Place

Navigating Health Care Choices

Oct 2 Mon 6:30-8:00pm BHB Comm Place

Representation Agreement

Oct 15 Sun 2:00-3:30pm BHB Comm Place

Power of Attorney

Nov 19 Sun 2:00-3:30pm BHB Comm Place

Navigating Health Care Choices

Nov 26 Sun 12:30-2:00pm BHB Comm Place

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LITERARY

AUTHOR EVENT WITH KATE BIRD

Meet local author of *Vancouver in the Seventies: Photos From a Decade That Changed the City* and *City on Edge: A Rebellious Century of Vancouver Protests, Riots, and Strikes*.
 Nov 14 Tue 7:00-8:00pm BHB Living Rm

FOOD FOR THOUGHT BOOK CLUB

Discuss a book related to sustainable agriculture, family farming, local food or food security. *The first session will be a talk on the Richmond Food Security Society.

Sep 13* Wed 7:00-8:30pm BHB Comm Place
 Oct 11 Wed 7:00-8:30pm BHB Dayson Rm
 Nov 8 Wed 7:00-8:30pm BHB Comm Place
 Dec 13 Wed 7:00-8:30pm BHB Comm Place

NANOWRIMO WRITE-IN

Challenge yourself to a whole month of writing! Come to our Write-In sessions to share your love of writing with other participants of the challenge.

Nov 4 Sat 1:00-4:00pm BHB Comm Place
 Nov 18 Sat 1:00-4:00pm BHB Comm Place
 Nov 25 Sat 1:00-4:00pm BHB Comm Place

PAGE TURNERS BOOK CLUB

Enjoy a lively book discussion with new friends. Registration required, pick up your book at the Account desk at BHB.

Sep 20 Wed 7:00-8:30pm BHB Living Rm
 Oct 18 Wed 7:00-8:30pm BHB Living Rm
 Nov 15 Wed 7:00-8:30pm BHB Living Rm

55+ SENIOR MOMENTS BOOK CLUB

Enjoy a lively book discussion with new friends. Registration required, pick up your book at the Account desk at BHB.

Sep 14 Thu 10:30a-12:00pm BHB Living Rm
 Oct 12 Thu 10:30a-12:00pm BHB Living Rm
 Nov 9 Thu 10:30a-12:00pm BHB Living Rm

WRITER-IN-RESIDENCE: NILOFAR SHIDMEHR

As the City's 6th Writer-in-Residence, Nilofar will provide free public readings of her work, innovative workshops and one-on-one manuscript consultations with readers and writers across generations and cultures. *Register any City of Richmond Centre or Call Centre 604-276-4300.

Residency Launch: Meet Nilofar Shidmehr

Meet Richmond's 6th Writer-in-Residence, acclaimed writer Nilofar Shidmehr in a panel discussion.

Sep 30* Sat 2:00-4:00pm BHB Living Rm

Multicultural Postcard Stories for Youth

Learn how to write an intriguing short story – short enough to fit on the back of a postcard!

Oct 14* Sat 1:30-3:30pm BHB Comm Place

Multicultural Life Stories

Let's write about our life in Canada. One thing that makes Canada multicultural is our diverse life stories.

Oct 14* Sat 10:30a-12:30pm BHB Comm Place

Write Yourself into a Character in Your Story

In this three-part workshop, have the chance to dramatize their lives and give them a narrative shape.

Oct 23* Mon 1:30-3:30pm Minoru Place Activity

Oct 30* Mon 1:30-3:30pm Minoru Place Activity

Nov 6* Mon 1:30-3:30pm Cultural Centre Boardrm

Manuscript Consultations

8 lucky local writers will be randomly selected for one-on-one manuscript consultations with Nilofar Shidmehr.

Interested writers are invited to submit a sample of their writing (max 1000 words), email

writerinresidence@yourlibrary.ca by September 25.

Oct 7* Sat 12:00-4:00pm Cultural Centre Atrium

Oct 14* Sat 12:00-4:00pm Cultural Centre Atrium

Oct 21* Sat 12:00-4:00pm Cultural Centre Atrium

Final Celebration

Program participants and guests are invited to a celebratory event featuring readings by local participants during Nilofar's residency.

Nov 25* Sat 2:00-4:00pm Cultural Centre Hall

MULTILINGUAL

CHINESE ART TUTORIAL 中國書畫點評 - THE ART OF CHINESE CALLIGRAPHY

See demonstrations and get advice from artists. Presented by Haipai Painting & Calligraphy Society. Presented in English & Mandarin. Drop in.

Sep 10 Sun 2:00-4:00pm BHB Living Rm

Oct 8 Sun 2:00-4:00pm BHB Living Rm

Nov 12 Sun 2:00-4:00pm BHB Living Rm

Dec 10 Sun 2:00-4:00pm BHB Living Rm

MANDARIN, CANTONESE, ENGLISH LANGUAGE EXCHANGE

In this community club participants are both teachers and students. You teach others your native language and learn from them for your second language.

Sep 6-Dec 27 Wed 6:30-8:00pm BHB Special Collection

PHILOSOPHER'S CAFÉ IN RUSSIAN

A series presented by SFU Continuing Studies. Drop in.

Perspectives of Our Civilization: Hypotheses of Scientists' & Artists' Imaginations

Sep 21 Thu 7:00-9:00pm BHB Comm Place

Charles Chaplin: The Great Stranger

Oct 19 Thu 7:00-9:00pm BHB Comm Place

Christianity & Atheism: Discussion in Letter from the Exile of a Physicist & Priest

Nov 16 Thu 7:00-9:00pm BHB Comm Place

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Modern Notions about Human Genesis

Dec 21 Thu 7:00-9:00pm BHB Comm Place

SPANISH CAFÉ—MINDFULNESS BASED STRESS REDUCTION

A series to help you develop a different relationship with stress. Presented by Isabel Castillon in Spanish. Participants must attend all sessions.

Introduction

Aug 16 Wed 10:30a-12:00pm BHB Special Collection

Workshop

Sep 7 Thu 10:30a-12:00pm BHB Comm Place

Sep 14 Thu 10:30a-12:00pm BHB Comm Place

Sep 21 Thu 10:30a-12:00pm BHB Comm Place

Sep 28 Thu 10:30a-12:00pm BHB Comm Place

Oct 5 Thu 10:30a-12:00pm BHB Comm Place

Oct 12 Thu 10:30a-12:00pm BHB Comm Place

Oct 19 Thu 10:30a-12:00pm BHB Comm Place

Oct 26 Thu 10:30a-1:00pm BHB Comm Place

Retreat

Oct 15 Sun 10:30a-4:30pm BHB Special Collection

***Please note: For programs in Cantonese & Mandarin check the Chinese Program Guide.**

***Check the Newcomers Program Guide for English language learning programs.**

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