

Winter Virtual Programs



Cover-to-Cover Book Club

Be a part of our virtual book club! A new title each month. Great reads, great discussions and great fun! Find out more details on Facebook.

[Join our Facebook Group](#)

Adults | Facebook/Zoom



Ride 'n' Roll with Science!

Wednesday, January 18 at 6:00pm

Welcome to the amusement park - where we'll be bumping, spinning, zipping, and rolling! Discover the actions and reactions of bumper cars. Explore the forces at work when you spin. Create a zipline while investigating gravity. Design a roller coaster to meet a challenge. It's all about the physics of riding 'n' rolling! Space is limited please register at programs@sdglibrary.ca Also available to watch online at MakerLab/Finch, let staff know when registering.

Ages 4-12 | Microsoft Teams



Ancestry Club

Fridays January 20, February 17 & March 17 at 1:00pm

Whether you're new to genealogy or a seasoned pro, join us to learn tips, exchange information, share successes, and leave with new ideas and recommendations to break down those brick walls. Beginners to experts are welcome. Registration is required, please email programs@sdglibrary.ca.

Adults | Zoom



Fitness for your Aging Brain

Tuesdays, January 17- March 21 at 6:00pm

This unique online program is designed to keep your brain functioning at its best. It combines cardiovascular exercise, mental challenge, rhythm-based movement, and attention to detail. This program is presented by Rethinking Aging Now. Registration is required, please visit: betterwithfitness.com/registration.

Adults 50+ | YouTube



Watercolour Wreath Virtual Paint Day

Saturday, January 21 at 1:30pm

Paint along with Maker Expert Josée as she guides you through creating a wreath using watercolours. Supplies will be provided, but space is limited. No experience necessary! To register, please email: programs@sdglibrary.ca.

Adults | Zoom

Rethinking Aging

Tuesdays, January 31-March 7 at 6:00pm



Join seniors from across Ontario for a dialogue on what it means to age well. This 6- week workshop series examines the validity of beliefs and fears around growing older and dispels the misconceptions and negative stereotypes. This program is presented by Rethinking Aging Now. Registration is required, please email rethinkingagingnow@gmail.com. Please include the series number: Series #2209.

Adults 50+ | Zoom

Counting Sleep: Healthy Sleep, Happy Families

Thursday, February 16 at 1:00pm



Is your little one keeping you up at night? Are they on nap strike? Join Erin Junker from The Happy Sleep Company and get tips and tricks to help your little one get the rest they need- and by extension you'll get yours too. Registration is required, please email programs@sdglibrary.ca.

Adults | Zoom

SCAN ME



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to read week



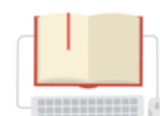
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