

Remembrance Day



2022



Cramahe Public Library

www.cramahelibrary.ca

Contact Us:

info@cramahelibrary.ca

Colborne Branch 905-355-3722

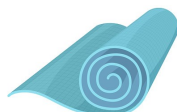
Castleton Branch 905-344-7320

November Newsletter



Seniors Connect: Programming for Seniors Coming Soon

Gentle Chair & Mat Yoga Mondays @ Colborne Library- starting Nov 14th - 11am Chair Yoga, switching to Mat Yoga at 11:30 (with option to continue using chair)



Physio Exercises for Strength and Stability
Thursday, December 1st -- 9am -- Colborne Library

Fall Prevention and Activator Pole Use
Thursday, December 8th -- 9am -- Colborne Library

Activator Poles & Exercise Bands
Available soon

Nutrition Workshops
Dates to be announced



Internet Safety & Digital Literacy Workshops
Dates to be announced

Workshops by the
Northumberland Community Legal Centre

Elder Fraud: Scams & Consumer Protection -
Wednesday Dec 7th @10am

Elder Abuse, Recognizing the signs of What To Do
Coming in 2023



Income & Housing
Coming in 2023

Register Now



We will be opening at 12:00pm on Nov 11th
for Remembrance Day



Acknowledging Treaties Recognition Week 2022

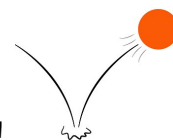
ontario.ca/page/treaties-recognition-week

Helping to build an understanding of the role treaties play in all our lives and how they form the basis of the relationship between Indigenous and non-Indigenous people is an important step towards reconciliation.

Programs

Creating Balance Workshop Series
Monday, November 7th @ 11am

Take N' Make Monthly Crafts
"Bustling Bouncy Balls" Available
November 15th. Contact us to register!



Classic Movie Matinee "Guess who's coming for dinner" Sat., Nov. 19th at Colborne Library @1pm

Family Movie Matinee "Minions 2 The rise of Gru" Sat., Nov. 26th at Colborne Library @1pm



Kids Coding 1-on-1 on Zoom - Coding with our expert. Ages 8-14. Contact us to register. There is a small fee for this program.

Preschool Storytime Thursdays @ 11am
at Colborne Library. Contact sarah@cramahe.ca to register.

Library Picture Book Advent Calendars

All you need is a Library Card!
Contact us to register for a stack by Saturday, December 3rd as there are a limited number available.

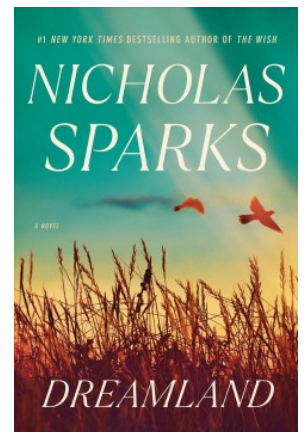
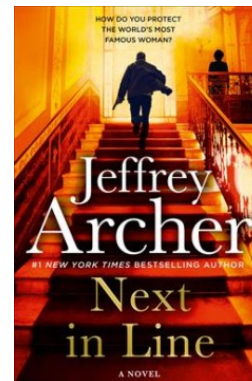
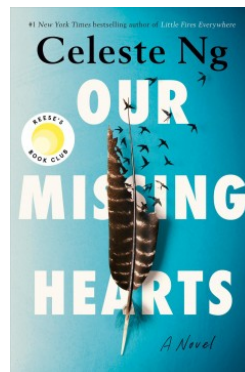
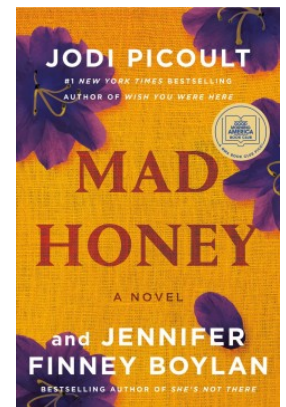
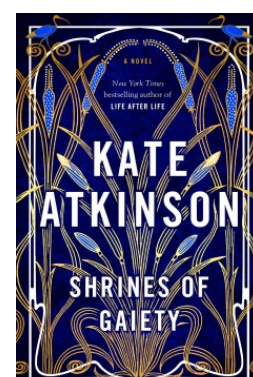
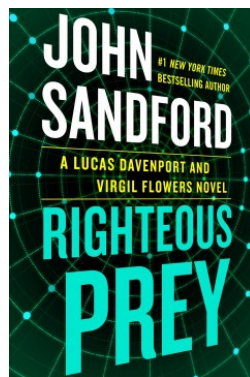
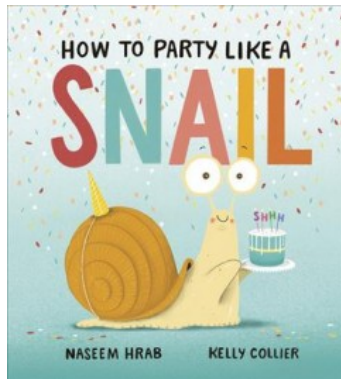
Take 12 wrapped library books home,
and starting on Dec 13th unwrap one
mystery picture book a day!



New DVD's At The Library!



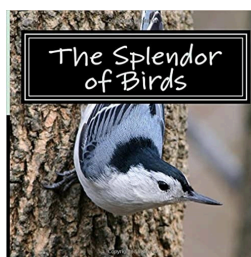
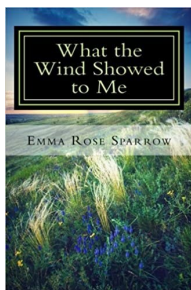
New Books At The Library!



Revive Kits



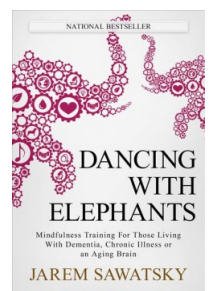
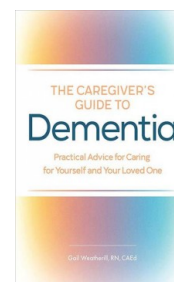
For caregivers and their loved ones living with dementia. They include fun recreation activities and appropriate adult memory focused reading materials.



Playing games like Dominoes provides mental stimulation that is highly therapeutic.



Books for Dementia Patients



Recent studies have shown that structural activities can make a significant, positive difference by stimulating mental engagement while improving interactions between caregivers and memory challenged adults.