

Spring English Adult Program Guide

April – June 2018

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SPECIAL EVENTS

AUTHOR VISIT – AUTHOR TALK WITH NASREEN PEJVACK

From Iran to Canada, from war to peace, Nasreen Pejvack, a finalist for BC'S 2016 Ethel Wilson Book Prize, will present her books and share her experiences in the two cultures. Her novel, **Amity**, provides a window to the wreckage caused Yugoslavia's dissolution and Iran's revolution. She will also be reading from her collections of short stories, **Paradise of the Downcasts**, which was inspired by her experience of life in Canada.

Apr 13 Fri 7:00-8:30pm BHB Lobby

AUTHOR VISIT – MUSE ON FIRE

Join Carol M. Cram, an historical novelist and author of "The Towers of Tuscany" as she discusses her latest novel *The Muse of Fire*. This is Carol's third novel depicting Women in the Arts. In *The Muse of Fire*, an actress navigates a tortuous path to stardom in the grand theaters of early 19th Century London.

Jun 7 Thu 7:00-8:30pm BHB Lobby

VOLUNTEER APPRECIATION WEEK EVENT

Library would like to take this Volunteer Appreciation Event as an opportunity to recognize and thank volunteers for their hard work, dedication and support.

There will be awards for

- Volunteer who has been with RPL the longest
- Volunteer with greatest Leadership/Mentorship
- Above and Beyond

Come to join us and celebrate with the volunteers!

Apr 17 Tue 6:00-7:30pm BHB Launch Pad

YOUTH WEEK – YOUTH JOB FAIR

Are you looking for work experience? The library, Charity Brighthouse and Avia Employment Services has teamed up with multiple employers in the community who are looking for youth to join their team! Bring your resume and come prepared for an informal interview.

May 2 Wed 3:00-5:00pm BHB Lobby

YOUNG ENTREPRENEURS PROGRAM (YEP)

Are you interested in becoming an entrepreneur? This 4 week program will encourage participants to get creative, innovate and become future entrepreneurs by identifying the steps a small business owner must take to bring their idea to fruition. We have invited business professionals to share their knowledge and expertise. Whether you are an aspiring entrepreneur or a business aficionado, this program series will be sure to enlighten and engage you.

*Registration opens May 1 at 9:00am & closes June 1 at 5:00pm.

*Registrants must attend all sessions and arrange an interview prior to program starting.

Jul 10-Jul 31 T, W, Th 10:00am-12:00pm BHB

FINANCE & LAW

FINANCIAL PLANNING

Estate Planning from View of Financial Planning

Leaving a legacy? Discusses the value of having an estate plan, manage the succession plan from financial planning point of view and the strategies to maximize the legacy and minimize tax.

Apr 9 Mon 6:30 - 8:00pm BHB Comm Place

LAW SERIES

Strata Law

Apr 9 Mon 7:00 - 8:30pm BHB 2nd Floor Rm

Employment Standards

Apr 16 Mon 6:30 - 8:00pm BHB 2nd Floor Rm

Residential Tenancy Act

Apr 18 Wed 6:30 - 8:00pm BHB 2nd Floor Rm

Accidents & Injuries

Apr 23 Mon 7:00 - 8:30pm BHB Comm Place

Family Law – Unbundled Law

Apr 24 Tue 6:30 - 8:00pm BHB Comm Place

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IWB

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EMPLOYMENT

CAREER PATHS FOR SKILLED IMMIGRANTS SERIES

For immigrants & internationally trained professionals, presented by Back in Motion. Registration required.

Tips for Electronic Résumés: Make Sure Your Résumé is Selected by Automated Recruiting Software

Many companies now use automated recruiting software. Learn the rules for putting together a résumé suited for ATS.

Apr 17 Tue 7:00 - 8:30pm BHB Comm Place

Cover Letters

Cover letters can be difficult to write & time consuming. Learn tips and strategies to create a compelling cover letter that will maximize your chances for an interview.

May 15 Tue 7:00 - 8:30pm BHB Comm Place

Job Interview Essentials

Learn basic and essential facts any job seeker should take into consideration before their next interview.

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

HELP WANTED SERIES

All job seekers welcome. Presented by Avia Employment Services, registration required.

Employment Self Discovery

Thinking about your next career move? This workshop will go over evaluating your strengths, abilities and passions, and how to turn them into career goals.

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

Social Media & Your Job Search

Learn how to successfully use social media, such as Facebook and LinkedIn, to aid you in your job search.

May 2 Wed 7:00 - 8:30pm BHB Comm Place

Resume Writing in Today's Market

Learn the right format for your unique experience and skillset, what information to select, and how to present it. Learn marketing techniques to ensure your resume gets you that interview!

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

JOB READINESS WORKSHOPS FOR YOUTH SERIES

Looking for a job? Do you have a resume and cover letter prepared? Do you need help with interviewing? Join us and learn how to tailor your resume, cover letter and be a hit at your next interview! Ages 14-29 years old.

April 30 Thu 3:30 - 4:30pm BHB Comm Place

May 28 Thu 3:30 - 4:30pm BHB Comm Place

June 25 Thu 3:30 - 4:30pm BHB Comm Place

GENERAL INTERESTS

BOARD AT THE LIBRARY

Bring your own games; players of all levels are welcome.

Apr 11 Wed 6:30 - 9:00pm BHB Living Rm

Apr 25 Wed 6:30 - 9:00pm BHB Living Rm

May 9 Wed 6:30 - 9:00pm BHB Living Rm

May 23 Wed 6:30 - 9:00pm BHB Living Rm

Jun 13 Wed 6:30 - 9:00pm BHB Living Rm

Jun 27 Wed 6:30 - 9:00pm BHB Living Rm

ENVIRONMENT & SUSTAINABILITY SERIES

Planting Gardens to Attract Butterflies

Apr 10 Tue 7:00 - 8:30pm BHB Comm Place

Preserving Fruits & Vegetables. What's Your Choice?

Apr 21 Sat 1:00 - 3:00pm BHB 2nd Floor Rm

Incorporating Edibles into your Perennial Garden

May 8 Tue 7:00 - 8:30pm BHB Comm Place

Managing Garden Pests

Jun 12 Tue 7:00 - 8:30pm BHB Comm Place

KNITTING SERIES

All ages welcomed. Sessions held in English, Cantonese & Mandarin.

Finger Knitting 101

Apr 21 Sat 2:00 - 4:00pm BHB Living Rm

Crocheting 101

May 19 Sat 2:00 - 4:00pm BHB Living Rm

Finger Knitting 101

Jun 16 Sat 2:00 - 4:00pm BHB Living Rm

LITERACY FOR LIFE

An 8 week intermediate English language program focusing on reading, writing, resume, interview, computer & financial skills.

Apr 13 Fri 6:30-8:30pm BHB Comm Place

Apr 20 Fri 6:30-8:30pm BHB Comm Place

Apr 27 Fri 6:30-8:30pm BHB Comm Place

May 4 Fri 6:30-8:30pm BHB Comm Place

May 11 Fri 6:30-8:30pm BHB Comm Place

May 18 Fri 6:30-8:30pm BHB Comm Place

May 25 Fri 6:30-8:30pm BHB Comm Place

Jun 1 Fri 6:30-8:30pm BHB Comm Place

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HEALTH

ACCESSING SERVICES

For family caregivers who are supporting a person with dementia living at home. Learn strategies for accessing support from resources in your community – from getting help from family & friends, to navigating the health care system.

Discussion will include challenges when making the decision to access services and support, and strategies for working with service providers and acting as an advocate.

June 19 Tue 3:00 - 5:00pm BHB Comm Place

ADDICTION: COMMUNITY EDUCATION SERIES

Presented by Richmond Addiction Services Society. Certificate awarded upon completion of all 5 seminars.

The Nature of Addiction

Are addictions an integral part of our human experience?

May 3 Thu 3:00 - 4:30pm BHB Comm Place

Chemicals in the Body

Learn about how addiction can lead to changes in how the brain works.

May 10 Thu 3:00 - 4:30pm BHB Comm Place

The Recovery Process

What does treatment look like and how might relapse be prevented?

May 17 Thu 3:00 - 4:30pm BHB Comm Place

Helping Others

Learn what you can do to support a loved one struggling with addiction.

May 24 Thu 3:00 - 4:30pm BHB Comm Place

Why Are Drugs Illegal?

Explore a public health approach to drug regulation.

May 31 Thu 3:00 - 4:30pm BHB Comm Place

HEALTH & WELLNESS SERIES

Healthy Aging – Activity

Being physically active can protect and/or delay Alzheimer's and other dementias, falls and osteoarthritis. Learn how to make physical activity a part of your daily life.

Apr 5 Thu 1:00 - 3:00pm BHB 2nd Floor Rm

Knowing Your Bladder

How the bladder functions and the causes of bladder incontinence, infection and irritation are explained. We discuss possible remedies and life style changes that can help to reduce or eliminate this problem.

Apr 10 Tue 1:00 - 3:00pm BHB Comm Place

Healthy Aging – Stress

Stress can contribute to the development of many diseases. You will have an opportunity to complete a stress index and learn strategies to manage stress

Apr 12 Thu 1:00 - 3:00pm BHB 2nd Floor Rm

Dealing with Stress

None of us can lead totally stress-free lives, however, excessive stress

harms the quality of life of many seniors. We help to identify and handle sources of stress.

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

Healthy Aging – Diabetes

Recognize signs and symptoms of diabetes. Identify and treat low and high blood glucose. Manage nutrition, activity and medications to prevent complications.

Apr 26 Thu 1:00 - 3:00pm BHB 2nd Floor Rm

MENTAL HEALTH PUBLIC EDUCATION SESSION

Join the mental health professionals at a panel discussion on mental illness issues. Learn diagnosis and treatment options, prevention and detection for the individual and the family affected.

May 16 Wed 7:00- 9:00pm BHB Comm Place

TALK WITH A VETERINARIAN SERIES

The Health Benefits of Human Animal Interactions

Apr 8 Sun 2:00 - 3:30pm BHB Comm Place

Follow Your Veterinarians Treatment Plan – Meds for Bugs

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

Animal Facilitated Wellness and Rehabilitation Treatment Programs

May 6 Sun 2:00 - 3:30pm BHB Comm Place

Medicating Your Pets – Tips & Tricks

Jun 3 Sun 2:00 - 3:30pm BHB Comm Place

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LITERARY

FOOD FOR THOUGHT BOOK CLUB

Registration required, pick up your book at the Accounts desk of the Brighthouse branch.

Apr 11	Wed	7:00-8:30pm	BHB	Comm Place
May 9	Wed	7:00-8:30pm	BHB	Comm Place
Jun 13	Wed	7:00-8:30pm	BHB	Comm Place

PAGE TURNERS BOOK CLUB

Registration required, pick up your book at the Accounts desk of the Brighthouse branch.

Apr 18	Wed	7:00-8:30pm	BHB	Living Rm
May 16	Wed	7:00-8:30pm	BHB	Living Rm
Jun 20	Wed	7:00-8:30pm	BHB	Living Rm

55+ SENIOR MOMENTS BOOK CLUB

Enjoy a lively monthly book discussion with new friends. Registration required, pick up your book at the Accounts desk of the Brighthouse branch.

Apr 12	Thu	10:30-12:00pm	BHB	Living Rm
May 10	Thu	10:30-12:00pm	BHB	Living Rm
Jun 14	Thu	10:30-12:00pm	BHB	Living Rm

WALKING BOOK CLUB

Enjoy a lively discussion with new friends while getting some exercise. The Walking Book Club takes place in different parks within the City of Richmond; participants must have access to public transit or a vehicle as the meeting spots are located at various parks. Participants must pick up and read their book at Brighthouse Branch 3-4 weeks prior to the program date.

Jun 16	Sat	3:00 - 4:30pm	UBC Boat House
Jul 21	Sat	3:00 - 4:30pm	Nature Park – Nature House
Aug 18	Sat	3:00 - 4:30pm	Britannia – Gift Shop
Sep 15	Sat	3:00 - 4:30pm	Minoru Park – Brighthouse

MULTILINGUAL

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

Presented by The Haipai Painting & Calligraphy Society of Canada. In English & Mandarin. Drop in.

Apr 8	Sun	2:00 - 4:00pm	BHB	Living Rm
May 13	Sun	2:00 - 4:00pm	BHB	Living Rm
Jun 10	Sun	2:00 - 4:00pm	BHB	Living Rm

PHILOSOPHER'S CAFÉ IN RUSSIAN

Presented by SFU Philosopher's Café, In Russian. Drop in.

Why people need faith in something supernatural

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

Title to be announced

May 17 Thu 7:00 - 9:00pm BHB Comm Place

Title to be announced

Jun 14 Thu 7:00 - 9:00pm BHB Comm Place

SPANISH CAFE

Joins us for these discussion sessions in Spanish! Must attend all sessions, registration required.

Mindfulness

An 8 week mindfulness based stress reduction (MBSR) workshop including a full day retreat on May 20th.

Apr 12	Thu	10:30a - 1:30pm	BHB	Special Coll
Apr 19	Thu	10:30a - 1:30pm	BHB	Special Coll
Apr 26	Thu	10:30a - 1:30pm	BHB	Special Coll
May 3	Thu	10:30a - 1:30pm	BHB	Special Coll
May 10	Thu	10:30a - 1:30pm	BHB	Special Coll
May 17	Thu	10:30a - 1:30pm	BHB	Special Coll
May 24	Thu	10:30a - 1:30pm	BHB	Special Coll
May 31	Thu	10:30a - 1:30pm	BHB	Special Coll
May 20	Sun	10:30a - 4:30pm	BHB	Special Coll

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