

Winter English Adult Program Guide

January – March 2018

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Richmond
Public Library

SPECIAL EVENTS

PINK SHIRT DAY

55+ Bullying for Seniors in Communal Spaces

This workshop addresses the issue of bullying between older adults in communal settings (e.g. seniors' centres, assisted living housing), types of bullying behaviours and people involved, and strategies to deal with bullying.

Feb 28 Wed 1:00-3:00pm BHB 2nd Floor Rm

BUSINESS & FINANCE

55+ FINANCIAL PLANNING SERIES

Join any of these financial planning sessions that are conducted in English and Mandarin. Mandarin programs are found in the Chinese Program Guide.

Living in Retirement – Making Your Money Last

Jan 11 Thu 1:00–3:00pm BHB Comm Place

Get to Know More About Registered Accounts

Jan 18 Thu 1:00–3:00pm BHB Comm Place

Protecting What Matters Most

Jan 25 Thu 1:00–3:00pm BHB Comm Place

Protecting Senior's from Fraud

Jan 29 Mon 6:30–7:30pm BHB Comm Place

Estate Planning from View of Financial Planning

Feb 1 Thu 1:00–3:00pm BHB Comm Place

Living in Retirement – Making Your Money Last

Mar 12 Thu 6:30–8:00pm BHB Comm Place

Get to Know More About Registered Accounts

Mar 19 Thu 6:30–8:00pm BHB Comm Place

Protecting What Matters Most

Mar 26 Thu 6:30–8:00pm BHB Comm Place

NEWCOMER'S TAX CREDIT

An introduction to the Canadian tax system. Learn about residency status for income tax purposes and how to apply for common types of credits and benefits for newcomers in Canada. In partnership with Canada Revenue Agency.

Mar 13 Tue 6:30–8:00pm BHB 2nd Floor Rm

55+ SENIORS & DISABILITY TAX CREDIT

An overview of the common types of income and credits for seniors. Learn about the Disability Tax Credit – who is eligible and how to apply. In partnership with Canada Revenue Agency.

Feb 5 Mon 6:30–8:00pm BHB 2nd Floor Rm

SMALL BUSINESS SERIES

The Ask: What's a Small Business Worth?

How much is a small business worth? If you're buying, selling, pitching to investors, or still growing a business you will understand how businesses are valued.

Feb 26 Mon 6:30–8:00pm BHB Living Rm

Business Entrepreneurship Support & Training

Are you thinking of starting your own business? Learn about the pros and cons of entrepreneurship and how to improve your chance of success. Presented by Progressive Intercultural Community Services Society.

Mar 13 Tue 6:30–7:30pm BHB 2nd Floor Rm

55+ YOUR LIFE, YOUR LEGACY

Sheryl Grégoire and Angel Shan provide an informative presentation that takes the mystery and confusion out of making final funeral and cemetery arrangements.

Mar 22 Thu 1:00 - 3:00pm BHB Comm Place

EMPLOYMENT

CAREER PATHS FOR SKILLED IMMIGRANTS SERIES

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

Target Resume Writing for Internationally Trained Professionals

Learn how to refine your resume. A customized resume allows you to showcase your qualifications, accomplishments, and specific work experiences to match job requirements.

Jan 16 Tue 7:00 - 8:30pm BHB Comm Place

Please note: information in this guide is subject to change, please check events calendar for the most up to date information.

rpl.yourlibrary.ca/events_calendar

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Social Media: LinkedIn as an Effective Job Searching Tool for Newcomers

Lacking a professional network is a barrier for new immigrant job seekers. Join this workshop to gain insight and learn how to get the best out of LinkedIn.

Feb 20 Tue 7:00 - 8:30pm BHB Comm Place

Canadian Workplace Culture & Communication

Understand the Canadian business environment and how cultural norms and values affect business.

Mar 20 Tue 7:00 - 8:30pm BHB Comm Place

HELP WANTED SERIES

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

Resume Writing

Learn how to choose the right format for your unique experience & skillset, what information to select, and how to present it.

Feb 7 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.

Mar 7 Wed 7:00 - 8:30pm BHB Comm Place

INCREASE YOUR EMPLOYABILITY SKILLS & IMPRESS THE HIRING MANAGER WITH YOUR KNOWLEDGE ON HEALTH, SAFETY & PREVENTION

The public will learn about Occupational Health and Safety legislation in Canada, the role WorkSafe BC plays in enforcing these rules as well as the help it provides injured. Participants will learn about 911, the various languages available and how to ask for a certain language, when to access this service and what to expect.

Jan 25 Thu 1:00 - 4:00pm BHB 2nd Floor Rm

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.

Career Exploration

Jan 29 Thu 3:30-4:30pm BHB Comm Place

Goal Setting

Feb 26 Thu 3:30-4:30pm BHB Comm Place

Resume Building

Mar 26 Thu 3:30-4:30pm BHB Comm Place

JOB SEARCH CAFÉ

Job Talk Circle Program (JTC) is a free workshop that provides new immigrants with ongoing training and is designed to help them learn about how to attain a job but also how to retain it in Canada.

Jan 8-Mar 12 Mon 1:30-3:30pm BHB 2nd Floor Rm

SELF MANAGEMENT FOR EMPLOYMENT SUCCESS

Learn the tools you need to reach your employment and lifestyle goals. Presented by Richmond Centre for Disability.

Mar 5-Jun 7 Mon 6:30-8:00pm BHB Comm Place

GENERAL INTERESTS

BOARD AT THE LIBRARY

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

Jan 10 Wed 7:00 - 9:00pm BHB Living Rm

Jan 24 Wed 7:00 - 9:00pm BHB Living Rm

Feb 14 Wed 7:00 - 9:00pm BHB Living Rm

Feb 28 Wed 7:00 - 9:00pm BHB Living Rm

Mar 14 Wed 7:00 - 9:00pm BHB Living Rm

Mar 28 Wed 7:00 - 9:00pm BHB Living Rm

EMERGENCY PREPAREDNESS

When disaster strikes people need to be ready. We explore the preparation of emergency kits, safety procedures in dangerous situations and give information about when and how to seek help.

Feb 6 Tue 1:00 - 3:00pm BHB Comm Place

ENVIRONMENT & SUSTAINABILITY SERIES

What's in Your Water?

Jan 14 Sun 2:00 - 3:30pm BHB Comm Place

Spring Gardening

Jan 30 Tue 6:30 - 8:00pm BHB Comm Place

Fruit Trees in Your Garden

Feb 27 Tue 6:30 - 8:00pm BHB Comm Place

Spring Pots

Mar 27 Tue 6:30 - 8:00pm BHB Comm Place

KNITTING SERIES

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

Finger Knitting 101

Jan 20 Sat 2:00 - 4:00pm BHB Living Rm

Finger Knitting 101

Feb 17 Sat 2:00 - 4:00pm BHB Living Rm

Loom Knitting 101

Mar 17 Sat 2:00 - 4:00pm BHB Living Rm

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55+ LIFE WITHOUT DRIVING

The difficult decision to no longer drive has a profound impact on many seniors. We explore warning signs of the need to consider other ways of getting around, encourage early planning, and outline alternatives to driving.

Jan 23 Tue 1:00 - 3:00pm BHB Comm Place

55+ MATURE DRIVER LICENSING

For various reasons, people may be ordered to have their driving skills assessed. One of those reasons is reaching the age of 80. The workshop describes how aging may affect driving skills, and suggests how people may compensate.

Jan 9 Tue 1:00 - 3:00pm BHB Comm Place

STUCK

Are you experiencing stress at work? Have limited time to spend with family and friends due to outside obligations? Are you feeling down due to limited results toward improving your health or weight loss? This workshop is about learning to remove certain barriers preventing you from success towards a goal you may have. Learn some tips to stay motivated while working towards success! In partnership with Richmond Centre of Disability.

Jan 15 Mon 6:30 - 7:30pm BHB 2nd Floor Rm

100 WAYS TO FEEL BETTER RIGHT NOW

Do you have an illness or disability that can make simple tasks challenging? Do you want to find ways to make life more enjoyable, realistic and suitable for any pain or disability you are dealing with regularly? Join this workshop where you can develop ways to make every day more enjoyable! In partnership with Richmond Centre for Disability.

Feb 21 Wed 6:30 - 7:30pm BHB 2nd Floor Rm

HEALTH

ADDICTION: COMMUNITY EDUCATION SERIES

Presented by Richmond Addiction Services Society. Drop-ins welcome, certificate awarded upon completion of all 5 seminars.

The Nature of Addiction

Are addictions an integral part of our human experience?

Jan 8 Mon 7:00 - 8:30pm BHB Comm Place

Chemicals in the Body

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

Jan 15 Mon 7:00 - 8:30pm BHB Comm Place

The Recovery Process

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

Jan 22 Mon 7:00 - 8:30pm BHB Comm Place

Helping Others

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

Jan 29 Mon 7:00 - 8:30pm BHB Comm Place

Why Are Drugs Illegal?

Explore a public health approach to drug regulation.

Feb 5 Mon 7:00 - 8:30pm BHB Comm Place

55+ FAMILY CAREGIVERS SERIES

A four-session series for family members who are caring for a person with dementia. Learn about dementia, practical coping strategies, and early planning. Register at Alzheimer Society of BC E-mail: info.vancouver@alzheimercbc.org or Phone: 604-675-5150.

Feb 20 Mon 6:00 - 8:00pm BHB 2nd Floor Rm

Feb 27 Mon 6:00 - 8:00pm BHB 2nd Floor Rm

Mar 6 Mon 6:00 - 8:00pm BHB 2nd Floor Rm

Mar 13 Mon 6:00 - 8:00pm BHB 2nd Floor Rm

55+ HEALTH & WELLNESS SERIES

Healthy Aging 101

Jan 11 Thu 1:00 - 3:00pm BHB 2nd Floor Rm

Functional Foods for Disease Prevention & Wellness

Jan 22 Mon 10:00 - 11:30am BHB Comm Place

Staying Active

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

The 40/70 Plan - Improving Communication with Parents

Feb 19 Mon 6:30 - 8:00pm BHB Comm Place

Sleep Health

Feb 20 Tue 1:00 - 3:00pm BHB Comm Place

Medication Management

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

Social Connectedness

Mar 6 Tue 1:00 - 3:00pm BHB Comm Place

Advanced Care Planning

Mar 13 Tue 1:30 - 3:00pm BHB Comm Place

Pole Walking

Mar 15 Tue 10:00a - 12:00pm BHB 2nd Floor Rm

Staying Fit at Home

Mar 20 Tue 1:00 - 3:00pm BHB Comm Place

Stress Management

Mar 22 Thu 1:00 - 3:00pm BHB 2nd Floor Rm

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55+ OSTEOARTHRITIS & YOU SERIES

Osteoarthritis Basics

Jan 9 Tue 10:00a - 12:00pm BHB 2nd Floor Rm

Hand Arthritis

Jan 16 Tue 10:00a - 12:00pm BHB 2nd Floor Rm

Osteoarthritis & Exercise

Jan 23 Tue 10:00a - 12:00pm BHB 2nd Floor Rm

Pain Management

Jan 30 Tue 10:00a - 12:30pm BHB 2nd Floor Rm

Nutrition, Supplements & Osteoarthritis/Eating Control

for Your Weight

Feb 6 Tue 10:00a - 12:30pm BHB 2nd Floor Rm

Mindful Eating Part 1

Feb 20 Tue 10:00a - 12:00pm BHB 2nd Floor Rm

Sleep & Stress Management

Feb 27 Tue 10:00a - 12:30p BHB 2nd Floor Rm

Mindful Eating Part 2

Mar 6 Tue 10:00a - 12:00pm BHB 2nd Floor Rm

LITERARY

FOOD FOR THOUGHT BOOK CLUB

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

Jan 10 Wed 7:00-8:30pm BHB Living Rm

Feb 14 Wed 7:00-8:30pm BHB Living Rm

Mar 14 Wed 7:00-8:30pm BHB Living Rm

PAGE TURNERS BOOK CLUB

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

Jan 17 Wed 7:00-8:30pm BHB Living Rm

Feb 21 Wed 7:00-8:30pm BHB Living Rm

Mar 21 Wed 7:00-8:30pm BHB Living Rm

55+ SENIOR MOMENTS BOOK CLUB

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

Jan 11 Thu 10:30-12:00pm BHB Living Rm

Feb 8 Thu 10:30-12:00pm BHB Living Rm

Mar 8 Thu 10:30-12:00pm BHB Living Rm

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.

Jan 14 Sun 2:00 - 4:00pm BHB Living Rm

Feb 11 Sun 2:00 - 4:00pm BHB Living Rm

Mar 11 Sun 2:00 - 4:00pm BHB Living Rm

PHILOSOPHER'S CAFÉ IN RUSSIAN

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

Global warming: the struggle between scientists and politicians

Jan 18 Thu 7:00 - 9:00pm BHB Comm Place

What does science say about the possibility of consciousness after brain death?

Feb 15 Thu 7:00 - 9:00pm BHB Comm Place

Some approaches to the generalized theory of "everything."

Guest speaker: Dr. Irina Beletsky

Mar 15 Thu 7:00 - 9:00pm BHB Comm Place

SPANISH CAFE

Joins us for these discussion sessions in Spanish! Registered.

Money Sense

Learn how your RRSP really works & how it can help you get debt relief by reducing your taxes and increasing your tax return.

Jan 23 Tue 6:00 - 7:30pm BHB Comm Place

Wills, Life & Disability Insurance: What happens when "Life Happens"?

Feb 6 Tue 6:00 - 7:30pm BHB Special Coll

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