

# GUIDE

MAR 2025  
ADULTS



BURLINGTON  
Public  
Library

## Arts & Literature

### **R** Inner Peace with Flute Music & Meditation

Relax and unwind with the soothing sounds of the Bansuri.  
Sat Mar 1 | 2-3pm | ALTON

### Afternoon at the Movies

Tuesdays | 1:30-3:30pm | CENTRAL  
Mar 4 - The Big Short | Mar 11 - Barbie  
Mar 18 - The Apprentice | Mar 25 - BlackBerry

### **R** Omar El Akkad in Conversation

From award-winning novelist and journalist Omar El Akkad comes *One Day, Everyone Will Have Always Been Against This*, a powerful reckoning about what it means to live in a West that betrays its values.  
Tue Mar 4 | 7-8pm | CENTRAL



### **R** BPL Book Club

Discover new books and make friends! [bpl.on.ca/bookclub](http://bpl.on.ca/bookclub)  
Wed Mar 19 | 11am-12pm | CENTRAL  
Thu Mar 20 | 7-8pm | TANSLEY WOODS  
Thu Mar 20 | 7-8pm | ALTON  
Tue Mar 25 | 2-3pm | BRANT HILLS  
Tue Mar 25 | 2-3pm | NEW APPLEBY

### **R** Breaking Limits & Transforming Life

In *Unconditional*, author Samra Zafar shares everything she has learned about unlearning the harmful beliefs we store within ourselves.  
Sun Mar 23 | 2-3pm | CENTRAL



### BPL Reading Challenge Meet-up

Explore the read less travelled! Connect with other readers and chat about books.  
Wed Mar 26 | 7-8pm | TANSLEY WOODS



Sign-up to participate in the 2025 Reading Challenge at [bpl.on.ca/ReadingChallenge](http://bpl.on.ca/ReadingChallenge)

## Lifestyle & Education

### Knit 'n' Natter

Bring your own supplies. All ages and skill levels welcome!  
Mondays | 6:30-8:30pm | NEW APPLEBY & TANSLEY WOODS  
Tuesdays | 6:30-8:30pm | ALTON  
Wednesdays | 2-4pm | BRANT HILLS  
Wednesdays | 6:30-8:30pm | CENTRAL

### **R** Computer Classes | All at CENTRAL

Google Search Basics - Mon Mar 3 | 10:30-11:30am  
MS Excel I - Thu Mar 13 | 10:30am-12pm  
MS Excel II - Thu Mar 20 | 10:30am-12pm  
MS Excel III - Thu Mar 27 | 10:30am-12pm

### **R** Sit to be Fit


Increase your strength, balance, flexibility and endurance.  
Mondays, Mar 3-31 | 11:15am-12pm | TANSLEY WOODS  
Thursdays, Mar 6-27 | 1-1:45pm | TANSLEY WOODS

### Newcomer Conversation Circle

Build speaking confidence and social connections in a relaxed and friendly atmosphere.  
Mon Mar 3 | 6:30-7:30pm | ALTON

### **R** Burlington Climate Action Plan Open House

Share what you think the City should prioritize to help reduce greenhouse gas emissions in our community.  
Mon Mar 3 | 6:30-7:30pm | CENTRAL

 Thu Mar 6 | 7-8pm | VIRTUAL

### **R** Cancer Prevention 101

Learn the importance of early cancer detection, and how you can get screened for colorectal, breast, and cervical cancer. In partnership with Burlington Family Health Team.  
Wed Mar 5 | 7-8pm | CENTRAL  
Thu Mar 20 | 2-3pm | CENTRAL

### Just Breathe Drop-in

Slow down, practice self-acceptance, and let go of stress.  
Thursdays, Mar 6-27 | 10:30am-12pm | CENTRAL

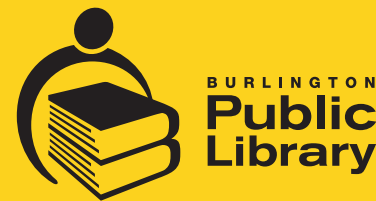
**R** = Registration required

Accurate as of Feb 17 | Registration opens Wed Feb 19 at 12pm

Contact us: 905.639.3611  
Program registration & updates: [www.bpl.on.ca/events](http://www.bpl.on.ca/events)

# GUIDE

## MAR 2025 ADULTS



>Lifestyle & Education continued

### **R** iPad Boot Camp

Learn how to get the most from your Apple device.

Thu Mar 6 & 13 | 2-3:30pm | BRANT HILLS

Mon Mar 10 & 17 | 10:30am-12pm | CENTRAL

### **R** Canadian Citizenship Test: Get Ready

Practice taking the test and learn about citizenship.

Thu Mar 6 | 5:30-7:30pm | TANSLEY WOODS

### **R** The Self-Worth in Net Worth

Understand your relationship with money and create a budget that will meet your needs.

Thu Mar 6 | 7-8pm | CENTRAL

### **R** Chair Yoga

Build strength and flexibility. No mat required. 18+

Sat Mar 8 | 2-3pm | NEW APPLEBY

Tue Mar 11 | 1:30-2:30pm | BRANT HILLS

Sat Mar 22 | 2-3pm | CENTRAL

### **R** Eat Well, Age Better

Optimize and promote health and overall wellness.

Wed Mar 12 | 2-3pm | CENTRAL

### **R** MakerSpace Programs | All at CENTRAL

Intro to Laser Cutting - Sat Mar 15 | 2:30-4pm

3D Design with Tinkercad - Wed Mar 19 | 7-8:30pm

Embroidery Design - Sat Mar 29 | 2-3:30pm

### **R** Brain Fit

Get brain-healthy tips to reduce your risk of dementia and other cognitive and chronic diseases.

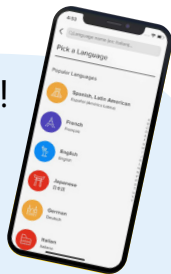
Mon Mar 17 | 2-3pm | TANSLEY WOODS

**FREE**...with your library card!



Mango Languages includes online language learning courses in over 70 languages, and English lessons in 20 languages.

Learn more at [bpl.on.ca/resources/learn](https://bpl.on.ca/resources/learn)



### **R** Intro to eBooks

Download free digital books and audiobooks.

Tue Mar 18 | 2-3pm | ALTON

Wed Mar 19 | 2-3pm | NEW APPLEBY

### **H.O.B. Maker Meetup**

Mingle with fellow makers and be inspired.

Tue Mar 18 | 7-8:30pm | CENTRAL

### **R** Just Walk

Get out, get active, and enjoy the benefits of a healthy walk!

Wed Mar 19 | 10:30-11:30am | CENTRAL

### **R** Stress Resiliency Workshop

An immersive workshop on holistic wellness and resilience.

Wed Mar 26 | 2-3:15pm | NEW APPLEBY

### **R** In My Backyard

A walk and talk with Community Development Halton.

Wed Mar 26 | 2-3:15pm | NEW APPLEBY

### **R** Cloud Storage Fundamentals

Simplify your digital organization and take control of your files with cloud storage. A Tech Talk with Chris Bint.

Mon Mar 31 | 2-3pm | VIRTUAL

### **R** Intro to eResources

An introductory course in how to get started with OverDrive/Libby, Press Reader, Hoopla, and more.

Mon Mar 31 | 7-8pm | TANSLEY WOODS

## OPEN HOURS

ALDRESHOT, ALTON, BRANT HILLS & NEW APPLEBY

Mon - Thu | 9am - 9pm

Fri & Sat | 9am - 5pm

Sun | 12pm - 5pm

CENTRAL & TANSLEY WOODS

Mon - Thu | 9am - 9pm

Fri - Sun | 9am - 5pm

KILBRIDE


Tue & Thu | 5pm - 8pm

Sat | 9am - 2pm

Program calendar  
and registration



**R** = Registration required

 = Live on Zoom

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# GUIDE

MAR 2025  
KIDS & TEENS



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## Family STEAM Time

Explore opportunities to design, invent, create, and re-imagine together as a family. All ages welcome.

Sat Mar 1-29 | 2-4pm | BRANT HILLS

Sun Mar 2-30 | 10:30-11:30am | TANSLEY WOODS

Sun Mar 2-30 | 2-4pm | ALTON

Thu Mar 6-27 | 6:30-7:30pm | NEW APPLEBY

## **R** Story Scientists

We share a great story together and then bring the book to life through a hands-on activity. Ages 6 to 9.

Mon Mar 3-31 | 6:30-7:15pm | BRANT HILLS

Tue Mar 4-25 | 6:30-7:15pm | CENTRAL

Tue Mar 4-25 | 6:30-7:30pm | NEW APPLEBY

## **R** STEAM Starts with Science

Hands-on fun exploring science, technology, engineering, art, and math. Ages 6-9.

Tue Mar 4-18 | 6:30-7:30pm | TANSLEY WOODS

## **R** Nintendo Switch Hangout

Show off your skills, cheer on your friends, and become the next champion. Ages 8+

Wed Mar 5-26 | 6:30-7:30pm | ALTON

## **R** Teen Toastmasters

Learn the crafts of public speaking and leadership during this 8-session weekly course. Ages 13-19.

Mon Mar 17-May 12 | 7-8pm | NEW APPLEBY

## **R** Service Canada Youth Info Session

Hear about Service Canada's programs and services for youth (age 15-30) including Social Insurance Numbers, Canada Summer Jobs, and student loans and grants.

Wed Mar 26 | 6:30-7:30pm | VIRTUAL

## MARCH BREAK

### **R** Animal & Nature Yoga Poses

From warm up stretches to a relaxing cool down, kids move through animal and tree poses to learn balance, stillness, and focus. Ages 3-9.

Mon Mar 10 | 2-3pm | TANSLEY WOODS

Wed Mar 12 | 2-3pm | NEW APPLEBY

### **R** Nintendo Switch Tournament

Show off your skills, cheer on your friends, and become the Mario Kart champion! Ages 13-18.

Mon Mar 10 | 6-7:30pm | TANSLEY WOODS

Thu Mar 13 | 2-3:30pm | ALTON

### Fact or Fiction? Let's Test It!

Put it to the test with experiments and activities! Ages 8+

Tue Mar 11 | 2-3pm | TANSLEY WOODS

Wed Mar 12 | 2-3pm | ALTON

Thu Mar 13 | 2-3pm | BRANT HILLS

Thu Mar 13 | 6:30-7:30pm | CENTRAL

Sat Mar 15 | 2-3pm | NEW APPLEBY

### Puppets in Space

Stories and laughs for the whole family.

Tue Mar 11 | 2-2:30pm & 3:30-4pm | CENTRAL

### Stuffedies Night at the Library

Bring your favorite stuffed friend for a cozy storytime, then tuck them in for a night of fun! All ages welcome.

Tue Mar 11 | 6:30-7pm | ALTON

Wed Mar 12 | 6:30-7pm | BRANT HILLS, CENTRAL & TANSLEY WOODS

### **R** STEM: Do It Like Da Vinci

Discover the joy of combining science and art. Ages 4 to 12.

Thu Mar 13 | 2-3pm | VIRTUAL

### **R** March Movie Matinee Featuring IF

Join us for a movie on the big screen!

Fri Mar 14 | 2-4pm | CENTRAL


### **R** Rhino Tales & Creative Crafts

Storytime and crafts with author Anitha Rao-Robinson.

Fri Mar 14 | 2-3pm | TANSLEY WOODS



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### Drop-in Programs for Babies & Preschoolers

#### Mondays

Baby Rhyme Time 10:30-11am CENTRAL  
Family Storytime 10:30-11am ALTON  
Family Storytime 10:30-11am TANSLEY WOODS  
Tales for Toddlers 10:30-11am BRANT HILLS  
Baby Rhyme Time Stay & Play 2-3:30pm NEW APPLEBY  
Mother Goose & Baby Play and Chat 2-4pm ALTON

#### Tuesdays

Family Storytime 10:30-11am NEW APPLEBY  
Tales for Toddlers 10:30-11am ALTON  
Mini Movement 10:30-11:30am TANSLEY WOODS  
Mother Goose 11:30am-12:30pm BRANT HILLS  
*\*Cancelled Mar 4*  
PJ Storytime 6:30-7pm ALTON *\*Cancelled Mar 11*

#### Wednesdays

Mini Math 9-11:30am NEW APPLEBY  
Baby Rhyme Time 10:30-11am ALTON  
Family Storytime 10:30-11am BRANT HILLS  
Family Storytime 10:30-11am TANSLEY WOODS  
Tales for Toddlers 10:30-11am CENTRAL  
Tales for Toddlers 10:30-11am NEW APPLEBY  
Mini Movement 11am-12pm BRANT HILLS  
PJ Storytime 6:30-7pm TANSLEY WOODS *\*Cancelled Mar 12*  
PJ Storytime 6:30-7pm BRANT HILLS *\*Cancelled Mar 12*  
PJ Storytime 6:30-7pm CENTRAL *\*Cancelled Mar 12*

#### Thursdays

Baby Rhyme Time Stay & Play 10:30am-12pm BRANT HILLS  
Baby Rhyme Time Stay & Play 10:30am-12pm  
TANSLEY WOODS  
Family Storytime 10:30-11am CENTRAL  
Music & Rhythm Storytime 10:30-11am NEW APPLEBY  
Mother Goose & Baby Play and Chat 2-4pm NEW APPLEBY

#### Fridays

Mini Tinker Time 9-11:30am NEW APPLEBY  
Music & Rhythm Storytime 10:30-11am BRANT HILLS  
Music & Rhythm Storytime 10:30-11am CENTRAL  
Tales for Toddlers 10:30-11am ALTON  
Tales for Toddlers 10:30-11am NEW APPLEBY  
Tales for Toddlers 10:30-11am TANSLEY WOODS

#### Saturdays

Mini Tinker Time 9-11:30am NEW APPLEBY  
Family Storytime 10:30-11am ALTON  
Family Storytime 10:30-11am BRANT HILLS  
Family Storytime 10:30-11am CENTRAL  
Family Storytime 10:30-11am NEW APPLEBY  
Family Storytime 10:30-11am TANSLEY WOODS

Find program descriptions and resources for parents  
& caregivers at [www.bpl.on.ca/parents](http://www.bpl.on.ca/parents)

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CENTRAL & TANSLEY WOODS

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Program calendar  
and registration

