

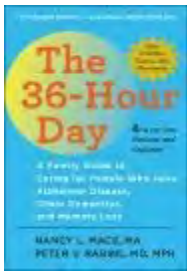


RICHMOND PUBLIC LIBRARY

*WINTER 2020
55+ PROGRAM GUIDE*

January - March 2020

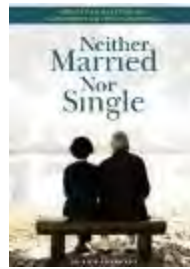
RECOMMENDED READS FOR ALZHEIMER'S MONTH



The 36-Hour Day
Nancy L. Mace



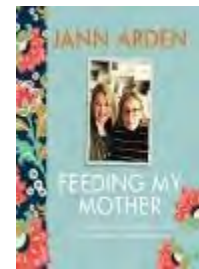
Creating Moments of Joy
Jolene Brackey



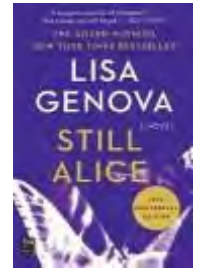
Neither Married Nor Single
David Kirkpatrick



Will I Still Be Me?
Christine Bryden



Feeding My Mother
Jann Arden



Still Alice
Lisa Genova

REGISTER FOR PROGRAMS

In person:

Visit your local Richmond Public Library Branch

Online:

Visit rpl.yourlibrary.ca/events_calendar

By phone:

Call the Brighthouse Adult Ask Me Desk at 604-231-6413

VISIT US

Brighthouse (Main) Branch

100-7700 Minoru Gate | 604-231-6413

Ironwood Branch

8200-11688 Steveston Highway | 604-231-6468

Hamilton Book Dispenser

5140 Smith Drive (Community Centre Lobby)
Call Cambie Branch at 604-273-2223

Steveston Branch

4111 Moncton Street | 604-274-2012

Cambie Branch

150-11590 Cambie Road | 604-273-2223

Hamilton Saturday Service

5140 Smith Drive (Hamilton Community Centre)
Call Cambie Branch at 604-273-2223

HEALTH & WELLNESS

WEDNESDAY **Healthy Eating for Seniors:** Learn how to use Canada's Food Guide and read labels to make healthy choices. In partnership with Seniors Health and Wellness Institute. Location: Brighthouse, Community Place Room.
Jan 15
 1:00pm-3:00pm

TUESDAY **Dementia Friends:** We all have a role to play in making our community dementia-friendly. Learn about dementia and how you can help people living with dementia feel included and supported. In partnership with Alzheimer's Society of BC. Location: Brighthouse, Community Place Room.
Jan 21
 1:00pm-3:00pm

WEDNESDAY **Mental Health:** Are you concerned about your mental health? This session will give you an overview of mental wellness and tips to promote mental health. In partnership with Seniors Health and Wellness Institute. Location: Brighthouse, Community Place Room.
Jan 22
 1:00pm-3:00pm

THURSDAY **Hypertension & Self-Management:** What causes high blood pressure and what are your risks? Learn how to monitor your blood pressure at home, what the numbers mean, and when to see your doctor. You will take home an action plan for your health. In partnership with Vancouver Coastal Health. Location: Brighthouse, Community Place Room.
Jan 30
 1:00pm-3:00pm

TUESDAY **Navigating the Emergency Department:** This workshop will go over some of the reasons for going to the Emergency Department and some reasons not to go. Find out how to prepare for a visit and what to expect when you arrive. In partnership with Seniors Health and Wellness Institute. Location: Brighthouse, Community Place Room.
Feb 4
 10:00am-12:00pm

THURSDAY **Hypertension & Nutrition:** Nutrition plays an important role for your health and well-being. Are you getting the benefits of healthy eating? Learn how you can make healthy changes in your diet to lower your blood pressure. In partnership with Vancouver Coastal Health. Location: Brighthouse, Community Place Room.
Feb 13
 1:00pm-3:00pm

THURSDAY **Hypertension & Activity:** Understand the impact of active living on your health and get tips on how to get started and stay motivated. In partnership with Vancouver Coastal Health. Location: Brighthouse, Community Place Room.
Feb 27
 1:00pm-3:00pm

WEDNESDAY **Getting to Know Dementia:** Enhance your basic knowledge about dementia and learn about the different types of resources available at any stage of the disease. In partnership with Alzheimer's Society of BC. Location: Brighthouse, Community Place Room.
Mar 4
 1:00pm-3:00pm

To register call the Alzheimer Society of B.C. at 604-675-5150 or email info.vancouver@alzheimerbc.org

HEALTH & WELLNESS

THURSDAY
Mar 12
1:00pm-3:00pm

Hypertension & Medication: Medications can improve and lengthen your life if used correctly. A pharmacist will explain the role medications have in lowering blood pressure and to discuss different types of medications. In partnership with Vancouver Coastal Health. Location: Brighthouse, Community Place Room.

THURSDAY
Mar 26
1:00pm-3:00pm

Hypertension & Stress: Stress can affect your health and be a risk factor for hypertension. How high is your stress level? You will have an opportunity to complete a stress index and learn three steps to manage stress. In partnership with Vancouver Coastal Health. Location: Brighthouse, Community Place Room.

FINANCIAL LITERACY

MONDAY
Mar 2
10:00am-12:00pm

Pension & Tax Options: This workshop describes the potential pension impacts that may be available if a couple enters involuntary separation. The procedures and forms to use to apply for these allowances are reviewed. In partnership with Seniors Health and Wellness Institute. Location: Brighthouse, 2nd Floor Program Room.

SATURDAY
Mar 14
2:00pm-3:00pm

Fraud and Cyber Fraud Awareness: It's Fraud Awareness Month and RBC is sharing information on how to avoid fraud and cyber fraud and keep your money and information protected. In partnership with RBC. Location: Brighthouse, Launchpad Classroom.

FILM SCREENINGS

Join us for a series of screenings curated by the National Film Board. All screenings are held at Brighthouse Branch in the Community Place Room on the **first Thursday of each month.**

Jan 2
3:30pm-4:30pm

China 2000 BC - The Rise and Fall of Dynasties in Ancient China (45 min): Between 200 B.C. and 221 B.C., many civilizations developed in the area now known as China and each had its own distinct language, culture and gods. This screening unveils remarkable new archaeological discoveries that provide clues about how exactly these civilizations merged into one Chinese culture over the course of several centuries.

Feb 6
3:30pm-4:30pm

Speaker for the Dead (49 min): In the 1930's, Ontario farmer Bill Reid buried tombstones from a Black cemetery under a pile of rocks to make way for a potato patch. In the 1980's descendants of the original settlers restored the cemetery and unveiled hidden truths that no one wanted to discuss. This film reveals turmoil stirred up by desecrated graves and underlines the hidden history of Black people in Canada.

Mar 5
3:30pm-4:30pm

The Sloane Affair (53 min): This fictional film based on actual case files depicts an investigation into a suspected tax fraud. Watch how the investigation unfolds and the suspense that builds during the conduct of the inquiry.

All programs are located at the Brighthouse Branch (100-7700 Minoru Gate) unless otherwise stated.

DIGITAL LITERACY

Computer Basics for Seniors: Are you looking to gain or brush up on some basic computer skills? Come for hands-on computer training classes that cover various topics. Let us help you make sense of it all. Please register for each session individually. **Location: Ironwood Branch, Living Room.**



TUESDAY Jan 7
2:30pm-3:30pm
Intro to Computer Parts & Mouse



TUESDAY Jan 14
2:30pm-3:30pm
Microsoft Office & Keyboard



TUESDAY Jan 21
2:30pm-3:30pm
Navigating the Internet



TUESDAY Jan 28
2:30pm-3:30pm
Online Safety



TUESDAYS
Jan 7-Mar 10
10:30am-
12:00pm

Device Clinic (Drop-in): Bring in your laptops, smartphones, e-readers and tablets and get 1-on-1 assistance from a library staff member. Ask us any questions you may have. Location: Brighthouse, Launchpad.

*Please note there is no session on Tuesday, February 18.

Immigrant Seniors Go Digital: Learn the basics of using a computer, tablet and phone. Sessions are taught in English and class materials will be translated into Traditional and Simplified Chinese, Korean, and Farsi. In partnership with S.U.C.C.E.S.S. Location: Brighthouse, Launchpad Classroom

Phone number to register: 604-408-7274 Ext. 1083



FRIDAYS
Jan 10, 17, 24, 31,
10:00am-1:00pm



FRIDAYS
Feb 7, 14, 21, 28
10:00am-1:00pm



FRIDAYS
Mar 6, 13, 20, 27
10:00am-1:00pm



TUESDAYS
Jan 14-Mar 31
11:00am-
12:00pm

Tech Buddies (Drop-in): Get tech-smart with Richmond Public Library staff and volunteers for 1-on-1 learning on your tablet, computer, or smart phone. Learn the basics of operating your device, using email, apps, and more!

Location: South Arm Community Centre (8880 Williams Road)

*Please note there is no session on Tuesday, February 18.

Tech Talks: Technology is an ever-changing landscape that can leave certain people feeling lost. Tech Talks bridge the gap between consumer knowledge and products and services that could help you in your daily life. Join us as we discuss current technology trends and answer some of your questions that you may have about technology. Location: Brighthouse, Launchpad Classroom. Please register for each session individually.



TUESDAY Jan 14
10:30am-11:30am
What is Streaming?



TUESDAY Feb 11
10:30am-11:30am
Seniors and Video Games



TUESDAY Mar 10
10:30am-11:30am
Differences Between Web Browsers