

ADULT PROGRAMS

Guitar Pickers

Tuesdays 6:30pm Play and share songs with fellow musicians.

Oct 6, 13, 20, & 27

Guts to Brains

Learn how food can help your mental health.

Thu Oct 8 2:30pm

Paperback Pumpkin

Make paper pumpkins from paperback books.

Thu Oct 29 2pm

Ask a Midwife

Learn about midwifery care and talk to a registered midwife.

Tue Oct 20 4:30pm

Digital Main Street

A transformation grant program geared toward small businesses and entrepreneurs.

Mon Oct 5 12pm

Writer in eResidence

Meet Janet Rogers the 2020-21 Writer-in-eResidence whose role is to help aspiring writers through one-on-one consultations.

Wed Oct 7 4pm



OLDER ADULT PROGRAMS

Warning Signs of Dementia

Thursdays 11am Connect online (or phone) with others age 55 and older through fun and games. **Oct 8**

Aging and Innovative Housing

Thursdays 2pm

A four-part series about resilient aging including cohousing.

Oct 22 & 29

English Conversion Circle

Mondays 9:30am & Thursdays 3pm. Meet online and talk about community, culture and customs.

Story Break

Fridays 10am

Listen to stories one week, chat with fellow book lovers the next.

Oct 2, 9, 16, 23 & 30



More Programs at: hpl.ca/events

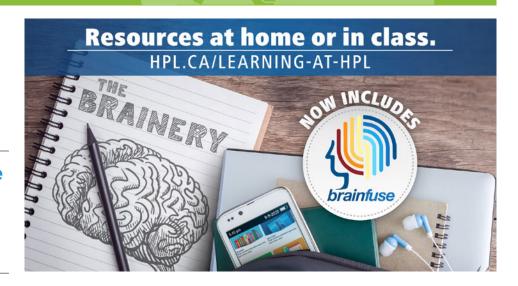
TEEN PROGRAMS

Writing Wednesdays

Weekly writing prompts for creative teens. Check out the ideas on <u>Oct 7</u>, <u>14</u> and the list on <u>Learning at HPL</u> and <u>Discover @ Home.</u>

Homework Help Online

Students in Grade 9-12 get virtual help from volunteer university students. Visit **Frontier College** to register.



CHILDREN'S PROGRAMS





Ages 4-8

<u>Discover at Home</u> – Make cool stuff with activity sheets that include step-by-step instructions.

Code Clubs

Code Clubs – For those curious about coding.

BEGINNER - **Fridays** 4pm **Oct 2**, **9**, **16**, **23** & **30**

PYTHON - Wednesdays 5:30pm **Oct 7**, **14**, **21** & **28**

INTERMEDIATE - **Mondays** 4pm **Oct 5**, **19** & **26**



Reading Buddies

Grade 2-4

Encourage a love of reading with interactive literacy programs. **Learn more.**

Number Ninjas

Grade 4-5

Explore mathematical concepts in a series of fun activities. **Learn more.**

For both programs above, visit **Frontier College** for more info and to register. Also check out **Learning at HPL** and **Brainfuse** — daily tutoring for all ages including English language learning, test prep and resume/cover letter coaching.

Visit us online for more programs: hpl.ca/events