

# Remembrance Day



# 2022



Veterans' Week  
November 5-11

Semaine des vétérans  
5 au 11 novembre

Canada



Cramahe Public Library  
www.cramahelibrary.ca

Contact Us:

info@cramahelibrary.ca

Colborne Branch 905-355-3722

Castleton Branch 905-344-7320

## November Newsletter



We will be opening at 12:00pm on Nov 11th  
for Remembrance Day



### Acknowledging Treaties Recognition Week 2022

[ontario.ca/page/treaties-recognition-week](http://ontario.ca/page/treaties-recognition-week)

Helping to build an understanding of the role treaties play in all our lives and how they form the basis of the relationship between Indigenous and non-Indigenous people is an important step towards reconciliation.

## Seniors Connect: Programming for Seniors Coming Soon

**Gentle Chair & Mat Yoga Mondays @ Colborne Library- starting Nov 14th** - 11am Chair Yoga, switching to Mat Yoga at 11:30 (with option to continue using chair)



**Physio Exercises for Strength and Stability**  
Thursday, December 1st -- 9am -- Colborne Library

**Fall Prevention and Activator Pole Use**  
Thursday, December 8th -- 9am -- Colborne Library

**Activator Poles & Exercise Bands**  
Available soon

**Nutrition Workshops**  
Dates to be announced



**Internet Safety & Digital Literacy Workshops**  
Dates to be announced

**Workshops by the  
Northumberland Community Legal Centre**

**Elder Fraud: Scams & Consumer Protection -**  
Wednesday Dec 7th @10am

**Elder Abuse, Recognizing the signs of What To Do**  
Coming in 2023



**Income & Housing**  
Coming in 2023



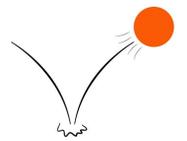
Register Now

Ontario

## Programs

**Creating Balance Workshop Series**  
Monday, November 7th @ 11am

**Take N' Make Monthly Crafts**  
"Bustling Bouncy Balls" Available  
November 15th. Contact us to register!



**Classic Movie Matinee** "Guess who's coming for dinner" Sat., Nov. 19th at Colborne Library @1pm

**Family Movie Matinee** "Minions 2 The rise of Gru"  
Sat., Nov. 26th at Colborne Library @1pm



**Kids Coding 1-on-1 on Zoom** - Coding with our expert. Ages 8-14. Contact us to register. There is a small fee for this program.

**Preschool Storytime Thursdays @ 11am**  
at Colborne Library. Contact sarah@cramahe.ca to register.

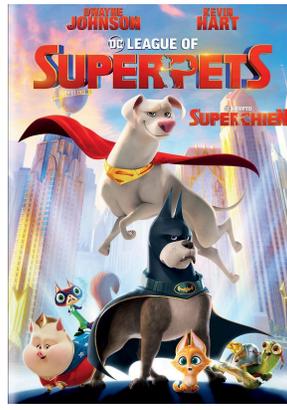
## Library Picture Book Advent Calendars

**All you need is a Library Card!**  
Contact us to register for a stack by Saturday,  
December 3rd as there are  
a limited number available.

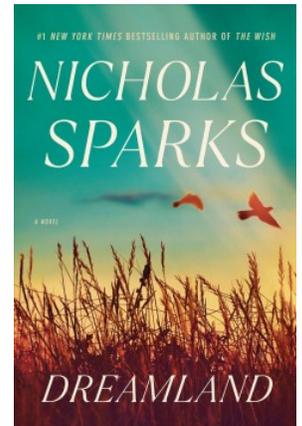
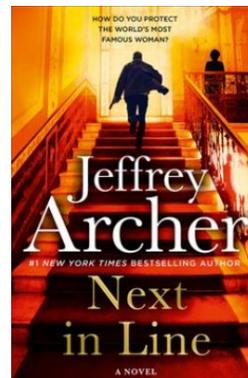
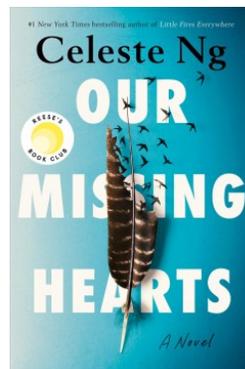
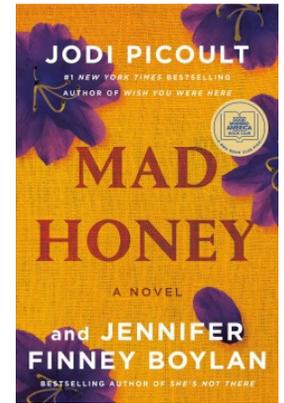
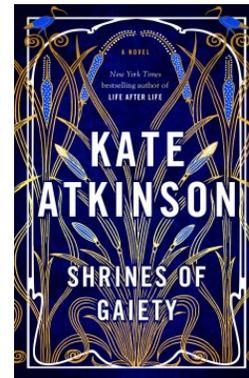
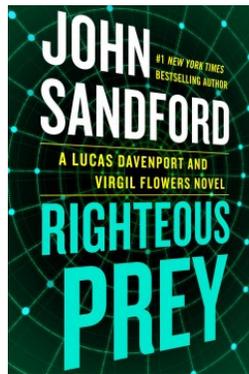
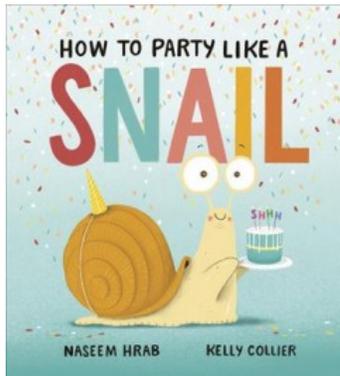
Take 12 wrapped library books home,  
and starting on Dec 13th unwrap one  
mystery picture book a day!



# New DVD's At The Library!



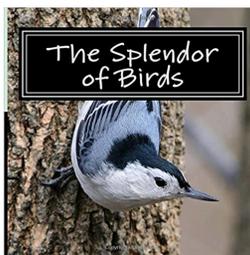
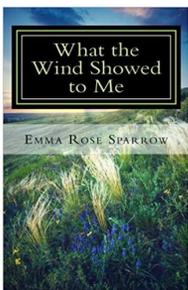
# New Books At The Library!



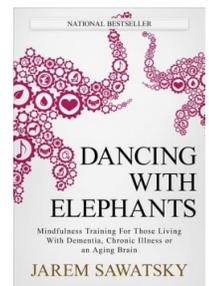
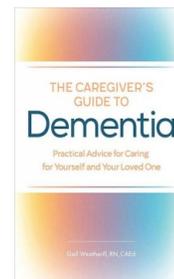
# Revive Kits



For caregivers and their loved ones living with dementia. They include fun recreation activities and appropriate adult memory focused reading materials.



Playing games like Dominoes provides mental stimulation that is highly therapeutic.



Recent studies have shown that structural activities can make a significant, positive difference by stimulating mental engagement while improving interactions between caregivers and memory challenged adults.

Books for Dementia Patients