

## Yoga as Meditation

**Presenter: Stephanie Forrest**

Friday, 22 November, 1.00pm to 2.30pm

Find some inner peace in your day in this session that Stephanie calls a yoga 'work-in'. Gentle poses are punctuated by pauses and stillness that remind students to focus in the present moment. Perfect for busy people and parents who want to reconnect with their body and being. This session reflects a shift away from fitness to wellness and mindfulness in yoga. Participants are rewarded with a 30 minute guided meditation at the end.

\*Although not a highly physical session, participants must have a basic level of fitness and flexibility (e.g. be able to kneel.)

AH Bracks Library + Creative Space | Free | Bookings essential

## Heard Island Odyssey

**Presenter: Dominique Ward**

Tuesday, 26 November, 2.00pm to 3.30pm

In January 1983, 25 adventurers set off from Hobart in a 40-year-old whale chaser from Albany, *Cheyne II*, on what was to be a 5-week trip to Heard Island - Australia's most westerly possession, just over 4,000 km southwest of Perth. The journey - an ill-fated venture from the beginning - became the adventure of a lifetime as the ship and its passengers endured more than 10 weeks of mountainous seas, force eight gales, shortages of fuel, food and water, and entered the record books as the longest distance ever sailed by a steam ship.

AH Bracks Library + Creative Space | Free | Bookings essential

## December

## Music @ the Library

Sunday, 8 December, 1.00pm to 2.00pm

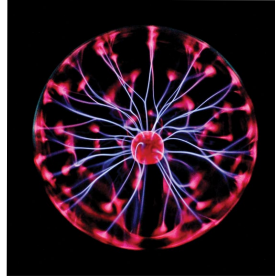


Come along and get in the Christmas spirit at the library with 'Carols in Woodwind', performed by the Leeming Flute Ensemble, an affiliate of the Leeming Area Community Bands.

AH Bracks Library + Creative Space | Free | No bookings required

## Science @ the Library – Doco and Chat

Last Thursday of the Month, 2.00pm to 4.00pm



Want to learn more about science? Join Ronald Emond for a one hour viewing of one of the library's science documentaries. This new social group will meet on the last Thursday of each month to watch a doco, enjoy a cuppa and discuss the topic. Ron has credentials in science (physics) and will guide the discussion without leading it.

AH Bracks Library + Creative Space | Free | Bookings essential

## Board in the Library?



Come and explore board games that won't leave you bored! We have a growing group of adults who are learning and playing board games on Thursdays mornings, 10.30am to 12.30pm.

AH Bracks Library + Creative Space | Free | No bookings required

## Crafternoons



## Crafternoon Workshops

Get crafty at one of our workshops. Here's what's coming up!

**October** - Macrame wall hanging

**November** - Christmas card-making

**December** - Christmas table runner- See our website for all the details and to book your spot.

## Crafternoon Get-Togethers

Every second Thursday, 1.00pm to 3.00pm from Thursday, 3 October

Bring your own craft along and enjoy a cuppa with like-minded folk at these fortnightly sessions.

AH Bracks Library + Creative Space | Free | No bookings required

## Wireless Hill

## Show and Tell Vintage Technology Information Day

Sunday, 27 October, 10.00am to 4.00pm



Want to know more about that old audio visual gadget you found in the cupboard? This is an opportunity to identify your vintage mystery items and how to care for them. Bring along your old radio, telephone, movie projector, gramophone, or camera and ask the

specialists. A range of experts will be available, including representatives from the Australian Historic Telephone Society, Light and Sound Discovery Centre, and Pictures in Motion.

Wireless Hill Museum, 1 Telefunken Drive, Ardross | Free | No bookings required

## Outdoor Cinema Night - The Thief of Bagdad

Saturday, 9 November, 5.00pm to 8.00pm



Bring your picnic dinner and beanbags to Wireless Hill Park and settle in at sunset to enjoy this vintage, classic silent film.

Wireless Hill Museum, 1 Telefunken Drive, Ardross | Free | No bookings required

For more information, visit [www.melvillecity.com.au/wirelesshill](http://www.melvillecity.com.au/wirelesshill) or call **1300 635 845** or **9364 0666**



## Let's get Arty

Amber Moffat is a Perth-based author and illustrator who has created the incredible artwork for our Creative Lab walls, on display from September to November. Here's a chance for young artists to meet Amber and create their own artwork in her fun workshops.

## Workshop 1

Thursday, 3 October, 10.00am to 11.00am

**What would YOU do with the moon?**



**An art experience for children aged 4 to 12.**

Create your own colourful night sky, where anything can happen! Amber will read her picture book, *I Would Dangle the Moon*, and work with participants to formulate their own ideas and artworks about the moon.

## Workshop 2

Thursday, 10 October, 10.00am to 11.00am

**If I was an ice cream maker...**

**An artistic ice-cream experience for children aged 2 to 12.**



Join Amber, to make your own magnificent ice cream creation!

Amber will read her picture book, *I Would Dangle the Moon*, and then everyone will get scooping and decorating their own unique ice cream cones.

Please note that the ice cream will be dairy-based and carer support will be needed for children under 4 years old.

AH Bracks Library + Creative Space | Free | Bookings essential

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[melvillelibrariesandmuseums](https://www.facebook.com/melvillelibrariesandmuseums)  
AH Bracks Library + Creative Space, Corner Stock Road and Canning Highway, Melville  
**Phone: 9364 0115**

**TO RESERVE YOUR SPOT IN ANY OF OUR WORKSHOPS OR SESSIONS, VISIT [WWW.MELVILLECITY.COM.AU/LIBRARYEVENTS](http://WWW.MELVILLECITY.COM.AU/LIBRARYEVENTS)**



**City of Melville Libraries & Museums**

## EVENTS AND PROGRAMS

**October to December 2019**

Artwork: 'If I was an ice cream maker' by Amber Moffat





## Love, Laughter and Longevity

Tuesday, 15 October, 1.30pm to 2.30pm



Join wellbeing educator and author Janni Goss as she shares strategies from her book on how to outsmart stress and improve your wellbeing. Positive relationships and emotions such as love, gratitude, optimism, kindness, compassion and joy contribute to longevity. Laughter is also the easiest way to reduce stress, boost the immune system and contribute to health and wellbeing. We will explore the Laughter Prescription, so be prepared to participate fully and experience the benefits of laughter! Is laughter the best medicine? Try a dose and find out!

AH Bracks Library + Creative Space | Free | Bookings essential

## Introduction to Digital Photography

**Presenter: Mick Dixon (Melville Photography Club)**  
**(3 week course)**

Wednesday, 16, 23, 30 October, 1.00pm to 2.45pm



Want to know exactly how your camera works and how to get the best shots? Join Mick for an easy paced introduction to digital photography. Three additional field sessions are arranged during class.

AH Bracks Library + Creative | \$50 | Bookings essential

## Get Online Week 2019 VR for Seniors

Wednesday, 16 October, 2.00pm to 3.30pm



Explore virtual reality at the library. If you could go anywhere in the world (or beyond!) - where would you go? During Get Online Week 2019 we'll be holding a fun virtual reality workshop for seniors. See what's possible with technology and get inspired to make the most out of the internet.

AH Bracks Library + Creative Space | Free | Bookings essential

## Cretaceous Dinosaurs from Western Australia

**Presenter: Dr Mikael Siversson, WA Museum**  
Thursday, 17 October, 6.00pm to 7.30pm



During the early to middle part of the Cretaceous period, 140 - 100 million years ago, Western Australia was home to an extraordinary variety of dinosaurs. Mikael Siversson from the WA Museum will take us on a journey deep through time when giants walked the earth. The talk will cover the dinosaur trackways in the Broome Sandstone in the Kimberley, the Gingin theropod and current exploration initiatives to find more dinosaur remains. Talk suitable for adults and teens.

AH Bracks Library + Creative Space | Free | Bookings essential

## Habits of Happiness

**Presenter: Lisa Hounshell**

Saturday, 19 October, 10.00am to 12noon

Repeat Session Monday, 21 October, 1.00pm to 3.00pm



Is it possible to be happier? Recent research has shown that happiness skills are learnable, and the more we practice the skills of happiness, the easier it becomes for us to lead productive and fulfilling lives.

The Habits of Happiness workshop will be full of hands-on activities that teach scientifically-proven happiness skills in a fun and engaging way. Participants will then be able to make happiness a habit by practicing the skills at home on a regular basis. The workshop will be led by a professional counsellor who will ensure a safe, supportive, (and happy!) environment.

AH Bracks Library + Creative Space | Free | Bookings essential

## Book Launch – Sara Foster *You Don't Know Me*

Tuesday, 22 October, 6.30pm to 8.00pm



Join us for the launch of *You Don't Know Me*, a stunning new thriller about the burden of shame from blockbuster author Sara Foster. Sara has written five critically acclaimed novels: *Come Back to Me*, *Beneath the Shadows*, *Shallow Breath*, *All That is Lost Between Us* and *The Hidden Hours*. Sara will be in-conversation with award-winning author Natasha Lester.

AH Bracks Library + Creative Space | \$5 | Bookings essential | Drinks and nibbles

## Contemporary Job Searching – Youth Workshop

Thursday, 24 October, 4.00pm to 5.30pm



Learn what employers expect from young applicants in today's job market in this fun, informative career workshop. Find out what to include on your resume (and what to leave out), understand how to communicate effectively at interviews, gain the skills to create an effective digital profile, learn easy tips and tricks to automate and enhance job searching performance.

AH Bracks Library + Creative Space | Free | Bookings essential

## November

### Batavia Burial Sites

**Presenter: Daniel Franklin**

Wednesday, 6 November, 6.00pm to 7.30pm



Daniel Franklin is an Associate Professor in the School of Social Sciences and Director of the Centre for Forensic Anthropology at the University of Western Australia. His current research largely involves the development of alternative techniques to facilitate the rapid and accurate identification of unknown skeletal remains. Daniel has been involved in the excavation and analysis of human skeletal remains associated with the Batavia mutiny since 1999, most recently as a co-investigator on an ongoing Australian Research Council project: *Shipwrecks of the Roaring Forties: A Maritime Archaeological Reassessment of some of Australia's Earliest Shipwrecks*.

AH Bracks Library + Creative Space | Free | Bookings essential

### International Games Week

Thursday, 7 November, 3.00pm to 7.00pm



In celebration of International Games Week we are hosting a games get-together. Suitable for all ages - come along and have some fun! See website for details.

AH Bracks Library + Creative Space | Free | No bookings required

## Dementia Australia Information Session

Friday, 8 November, 10.00am to 11.30am



Lost the keys again? Should you be worried? Join Dementia Australia for this helpful info session answering such questions as: what is dementia? What are the signs and symptoms? What is the difference between everyday forgetfulness and dementia? What do you do if you're worried about your memory? How can you support someone with dementia? How can you keep your brain healthy?

AH Bracks Library + Creative Space | Free | Bookings essential

## Watercolour Workshop - Art for Adults

Sunday, 10 November, 12.30pm to 2.30pm



This is an art class especially for the first time or beginner watercolour painter. You will enjoy creating this piece of artwork featuring a humpback whale and making it uniquely your own.

AH Bracks Library + Creative Space | \$25 | Bookings essential

## Remembrance Day talk Charge at the Nek

Monday, 11 November, 9.45am to 11.00am



On the 7th August 1915, two light horse regiments, the 8th Light Horse Regiment from Victoria and the 10th Light Horse Regiment from Western Australia, charged across a narrow piece of land the size of a tennis court and were annihilated. It's considered to be one of the most futile charges of the war. Join Rhonda Grande, life member and fellow of the Military Historical Society of Australia, for this session of remembrance.

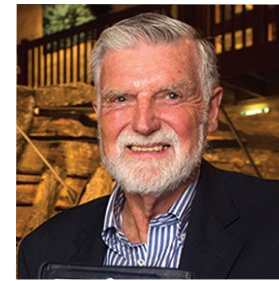
AH Bracks Library + Creative Space | Free | Bookings essential



## Swan River Heritage

**Presenter: Ian Warne, Past-President MAAWA**

Tuesday, 12 November, 2.00pm to 3.30pm



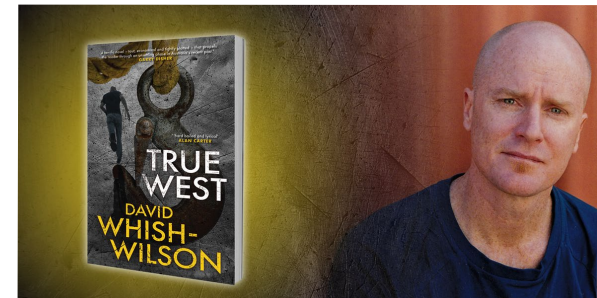
The Maritime Archaeological Association of Western Australia has mapped the river beds of the Perth area for the past 40 years identifying shipwrecks. Early dependence on the river led to the development of boat sheds and jetties

with a huge traffic in barges and steam ferries for transport and recreation. Listen to Ian tell us what archaeological studies of the river reveal about these and other sites in the Swan. The association has also developed a free phone app 'shipwreckswa' to make their research available to the public.

AH Bracks Library + Creative Space | Free | Bookings essential

## Author Talk – David Whish-Wilson

Friday, 15 November, 5.45pm to 7.30pm



Join David Whish-Wilson as he talks about his latest historical crime novel *True West*. This gripping thriller follows 17-year-old Lee Southern as he becomes wrapped up in the dangerous far-right movement of the tow truck industry in 1980s Perth.

AH Bracks Library + Creative Space | Drinks and nibbles | \$5 | Bookings essential

## All aboard the Sea Shepherd

Wednesday, 20 November, 6.00pm to 7.30pm



Sea Shepherd is a non-profit conservation organisation whose mission is to end the destruction of habitat and slaughter of wildlife in the world's oceans in order to conserve and protect ecosystems and species.

This presentation will provide an overview of the issues and how they impact upon the oceans and marine life, why they are important, threats to species, Sea Shepherd campaigns, along with ideas on what you can do to help protect the oceans

AH Bracks Library + Creative Space | Free | Bookings essential

