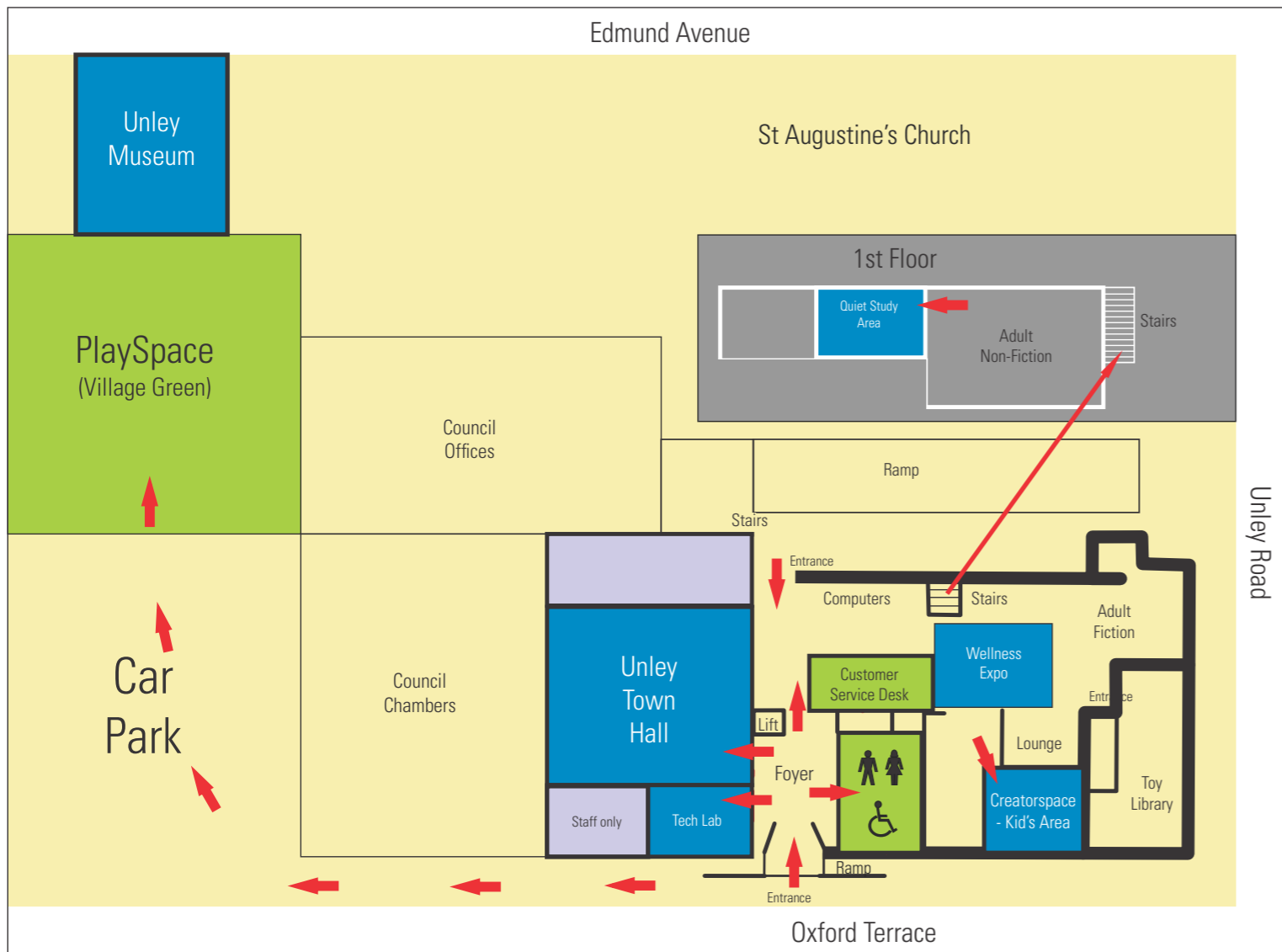


# UNLEY CIVIC LIBRARY

181 Unley Road, Unley  
Ph 8372 5100

Complimentary  
hot beverages  
Saturday  
& Sunday



**UNLEY LIBRARIES FESTIVAL** is proudly supported by:



All information is correct as of September 2015, but is subject to change without notice.

# UNLEY LIBRARIES FESTIVAL

LEARN it • LIVE it • LOVE it

## 6 - 8 NOV 2015

EXPERIENCE MORE

THE CITY of *Unley*

The graphic features a collage of photos showing children playing, a man smiling, and various library activities, all framed by colorful, abstract shapes.

## The Unley Libraries Festival 2015 focuses on health and wellbeing, encouraging you to **learn, live and love** to your full extent!

Get involved in hands-on workshops, meet experts and get a brain boost with fun learning experiences for all ages. Roving performers will be visiting throughout the weekend to bring cheer to your day.

► Events with this symbol require bookings, please call the Unley Libraries ph 8372 5100 or book online at [unley.sa.gov.au](http://unley.sa.gov.au)

## FRIDAY 6 NOVEMBER

### Sing, Move, Play Babytime

Good nutrition and exercise are critical for early learning. Join us for songs, books and actions to get everyone up and moving! Share some healthy fruit platters and snacks after the event. Please bring a plate of food to share. For ages 0-2 years.

**10.30 - 11.30am**  
Unley Town Hall

### Zoofit Ponycycle Ride-on Fun

It's just like riding a real horse! Choose your favourite animal, hop in the saddle, pop your feet in the stirrups, bob up and down and ride around inside the Town Hall. For children aged 3+ years. Entry by gold coin donation, no bookings required.

**2.30 - 6pm**  
Unley Town Hall

### ► Family Movie - DreamWorks' Home

Bring along a picnic dinner to eat while enjoying some cartoons and settling in to watch this adorable movie based on the book, *The True Meaning of Smekday* by Adam Rex. Free *Curler Moe's* popcorn and fairy floss, with *Bracegirdles* selling hot beverages and sweets. For all ages. Entry by gold coin donation, bookings essential.

**Picnic from 6.45pm, cartoons at 7.50pm, movie at 8.20pm**  
Unley Village Green, Rugby Street, Unley

## SATURDAY 7 NOVEMBER



**Playspace 10AM-4PM SATURDAY ONLY!**

### Relax, explore and imagine in our temporary playground on the Village Green.

Stories and dress-ups in *Nylon Zoo's* inflatable dugong • Bungy • Rock climbing • Building a playground with *Imagination Playground* • Face-painting • Table Tennis • Child-led play from *Honk! Pop-up Play* • Books go outdoors at our pop-up library • Tunes by *DJ Antoine* • Incredible roaming performers • + much more

**Scouts and Guides Sausage Sizzle, 12noon - 2pm**  
**Juice Excuse (fresh fruit juice), 10am - 4pm**

### Wellness Expo

Health and wellness experts share their knowledge and answer your questions. *Guide Dogs SA*, *Scouts and Guides*, *Australian Red Cross*, *Nature Play SA*, pedal your own drink on the *Smoothie Bike*, brain training apps in the Tech Hub, and adoption dogs from *SA Dog Rescue*.

**10am - 4pm**  
Unley Civic Library - Wellness Expo

### ► Moving Right Along

DPTI and COTA SA present interactive sessions about the issues facing older drivers. Bookings essential.

**Session 1: 11 - 11.45am** (Older drivers, safer vehicles, fitness to drive and assessments)

**Session 2: 1 - 1.45pm** (Travel options and retiring from driving)

**Session 3: 2.15 - 3pm** (Motorised Mobility Scooters – information for a safe scooter experience)

Unley Civic Library - Quiet Study Area (upstairs)

### Heritage Gardening

Discover how gardens have changed in Unley over the last 150 years. Plant heritage vegetables in the *Unley Museum's* Heritage Community Garden, then create a paper plant to add to our indoor World War I memorial heritage garden.

**10am - 3pm**  
Playspace - Unley Museum

### ► Post-it® Note Mandala

Join Thea in creating a giant Post-it® Note wish mandala to be exhibited in the Unley Civic Library window. Write your wishes for wellbeing and post it onto the mandala across the weekend. Bookings essential.

**10 - 11.30am**  
Creatorspace - Kids' Area

### Create a Nature Craft Critter

Kate Hubmayer, author of *Nature Crafts for Aussie Kids* will be demonstrating how to make creatures out of natural materials. All ages are invited to join in and make something themselves.

**10 - 11.30am**  
Creatorspace - Kids' Area

### ► From Mess to Less: De-clutter Workshop

Providing inspiration, confidence and solutions to help you take control of your clutter. Learn simple and effective, ready-to-use tips and techniques for instant results. Presented by Rebecca Mezzino. Gold coin donation on entry. Bookings essential.

**10am - 12noon**  
Unley Town Hall

### ► Juggling Workshops

Test your hand and eye coordination and learn the circus art form of juggling. Includes a *Cirkiz* demonstration. Ages 5+ years. Bookings essential.

**20min sessions - 12.15pm, 12.40pm, or 1.05pm**  
Unley Town Hall

### ► Yogalates for Kids

Join our fun fusion of yoga and pilates with an Australian theme. Learn the Rock pose, the Eagle, and Rolling like an Echidna with instructor Fiona MacCallum-Cox. For ages 5-10 years. Bookings essential.

**1.30 - 2.30pm**  
Creatorspace - Kids' Area

### ► Laughter Yoga

It's no joke! Unlock your laughter and better understand how it can diminish stress. Learn effective strategies to deal with anxiety and improve your physical, mental and social wellbeing. For all ages. Bookings essential.

**1.45 - 2.45pm**  
Unley Town Hall

### ► Come and Try - Zentangling®

Learn about Zentangling® and Doodle Art - a fun and relaxing art form and method of active meditation and art therapy. No previous drawing experience needed. For adults. Bookings essential.

**2.30 - 4pm**  
Creatorspace - Kids' Area

### ► Prime Time: Retirement Discussion Panel

Ex-ALP MP Hon John Hill, Councillor Michael Rabbitt, Probus President Pauline Rattley and Probus member John Schwerdt will share their experience and knowledge of the transition to retirement and the challenges of post-career life. Join the conversation and pick up some tips as you enter the prime of your life. Gold coin donation on entry. Bookings essential.

**3 - 4pm**  
Unley Town Hall

## SUNDAY 8 NOVEMBER

### Wellness Expo

Health and wellness experts share their knowledge and answer your questions. Free 10min neck and shoulder massages from *Rub Massage*, hearing tests from *Hearing Life*, aged-care advice from *AgedCare Alternatives*, brain training apps in the Tech Hub, waste and recycling information, and pedal your own drink on the *Smoothie Bike*.

**2 - 5pm**  
Unley Civic Library - Wellness Expo

### ► Natural Skin Care Workshop

Make your own skin products with all natural ingredients that you can find in your pantry. Create body scrubs, skin moisturisers and foot soaks for personal pampering or great gift ideas. For ages 12+ years. Bookings essential.

**2 - 3.30pm**  
Creatorspace - Kids' Area

### ► Paul Giles: *The Gentleman's Guide to Cool*

Dress for success with author Paul Giles. He provides simple advice on how to improve self-esteem and presentation to be more successful in love and business. Learn to bring excellence and good etiquette to everything you do. For young people and adults. Bookings essential. Books available for sale at the event.

**2 - 3pm**  
Unley Town Hall

### ► Simon Bryant: *Vegetables, Grains and Other Good Stuff*

Jerusalem artichoke, mushroom and cavolo. Is your mouth watering yet? Simon will be demonstrating and giving us a taste of this recipe from his new cookbook as he talks to us about his healthy eating philosophy. Books available for sale at the event. Gold coin donation on entry. All ages welcome. Bookings essential.

**3.30 - 5pm**  
Unley Town Hall

### ► Happy Little Neurons: Craft Activity for All

Come and create your own little brain buddy with wool, fabric and other crafty things. Add colour, sparkle and shine to bring your neurons to life. All happy brains welcome. Bookings essential.

**4 - 5pm**  
Creatorspace - Kids' Area

