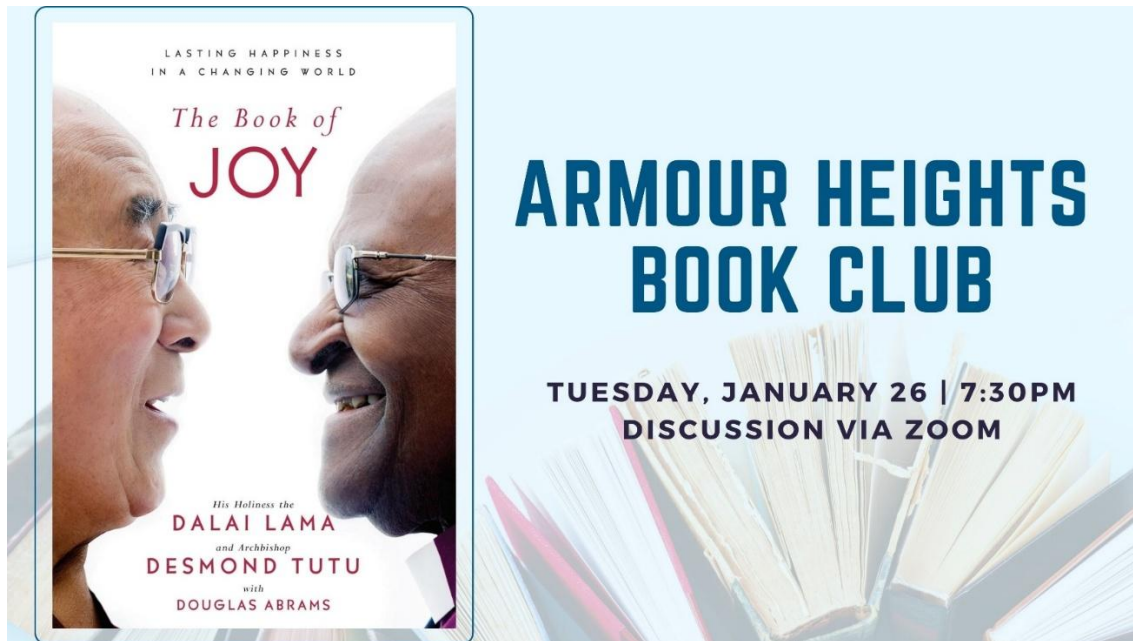




ARMOUR HEIGHTS BOOK CLUB

"The Book of Joy: Lasting Happiness in a Changing World"

by Dalai Lama

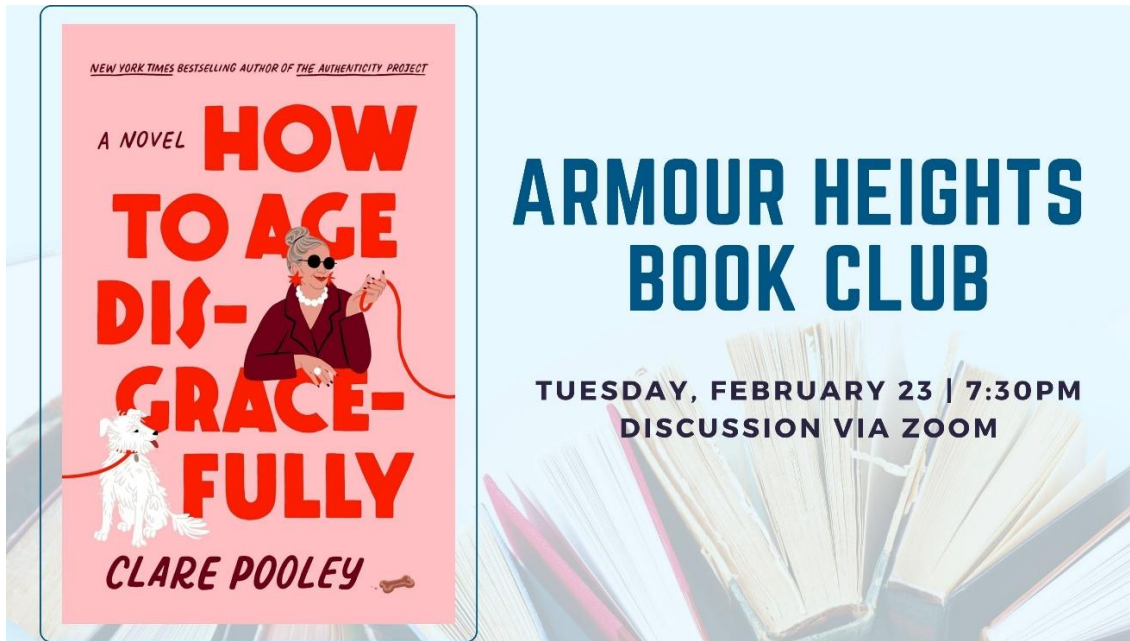
Tuesday, January 26 | 7:30pm Online via Zoom

The occasion was a big birthday. And it inspired two close friends to get together for a talk about something very important to them. The friends were His Holiness the Dalai Lama and Archbishop Desmond Tutu. The subject was joy. Both winners of the Nobel Prize, both great spiritual masters and moral leaders of our time, they are also known for being among the most infectiously happy people on the planet, despite having experienced great personal and national suffering.

From the beginning the book was envisioned as a three-layer birthday cake, the first being their personal stories and teachings about joy. Both the Dalai Lama and Tutu have been tested by extraordinary adversity, oppression, and conflict. The second layer consists of the exciting research into joy as well as the other qualities essential for any enduring happiness, like gratitude, humility, humour, compassion, generosity, and forgiveness. And the third encompasses practical exercises and guidance based on the Dalai Lama's and Tutu's own daily practices, which anchor their emotional and spiritual lives.

Most of all, during that landmark week in Dharamsala, they demonstrated by their own exuberance, compassion, and even wise-cracking humour, how joy can be transformed from a fleeting emotion into an enduring way of being.

Whether you will have read the book or not, join us for the discussion Tuesday, January 26 at 7:30pm online via zoom. If you need assistance getting a copy of the book, speak to [Erin Stone](#).



ARMOUR HEIGHTS BOOK CLUB

"How to Age Disgracefully"

by Clare Pooley

Tuesday, February 23 | 7:30pm Online via Zoom

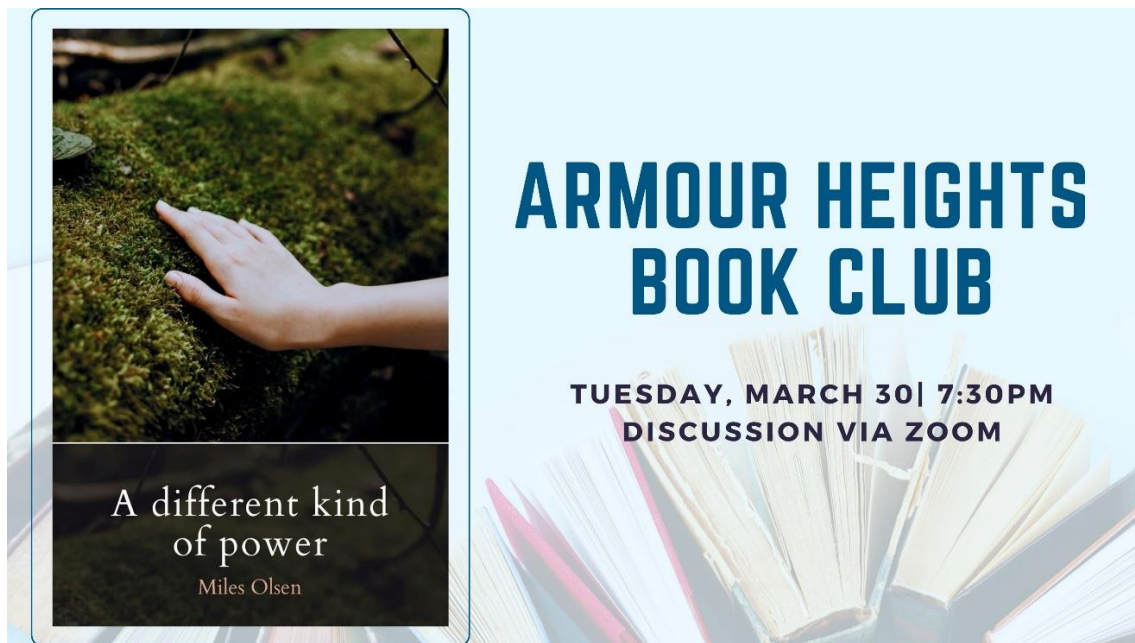
A senior citizens' center and a daycare collide with hilarious results in the new ensemble comedy from New York Times- bestselling author Clare Pooley

When Lydia takes a job running the Senior Citizens' Social Club three afternoons a week, she assumes she'll be spending her time drinking tea and playing gentle games of cards.

The members of the Social Club, however, are not at all what Lydia was expecting. From Art, a failed actor turned kleptomaniac to Daphne, who has been hiding from her dark past for decades to Ruby, a Banksy-style knitter who gets revenge in yarn, these seniors look deceptively benign—but when age makes you invisible, secrets are so much easier to hide.

When the city council threatens to sell the doomed community center building, the members of the Social Club join forces with their tiny friends in the daycare next door—as well as the teenaged father of one of the toddlers and a geriatric dog—to save the building. Together, this group's unorthodox methods may actually work, as long as the police don't catch up with them first.

Whether you will have read the book or not, join us for the discussion Tuesday, February 23 at 7:30pm online via zoom. If you need assistance getting a copy of the book, speak to [Erin Stone](#).



ARMOUR HEIGHTS BOOK CLUB

" A Different Kind Of Power "

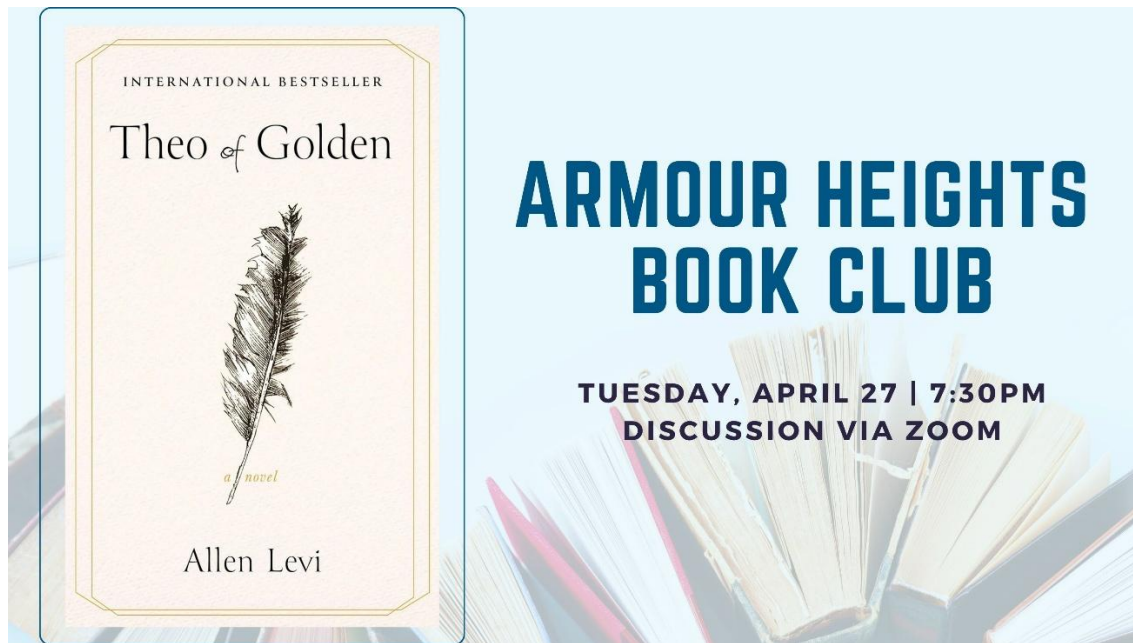
by Miles Olsen

Tuesday, March 30 | 7:30pm Online via Zoom

A stunning collection of stories that illuminate the power and beauty of everyday life, in *A different kind of power*, Miles Olsen shares tales of connection with humanity and the natural world that open the mind and expand our understanding of what it means to find love, to give love, and to embrace the precious lives we live.

From waiting on tables in a busy restaurant to wandering rainforests of centuries-old trees, Olsen's storytelling seamlessly carries readers between worlds with a brilliant tenderness that is humorous, captivating, and profound. Honest, raw, and inspiring, *A different kind of power* shares a vision of life that readers will find contagiously warm, sincere, and beautiful.

Whether you will have read the book or not, join us for the discussion Tuesday, March 30 at 7:30pm online via zoom. If you need assistance getting a copy of the book, speak to [Erin Stone](#).



ARMOUR HEIGHTS BOOK CLUB

" Theo of Golden"

by Allen Levi

Tuesday, April 27 | 7:30pm Online via Zoom

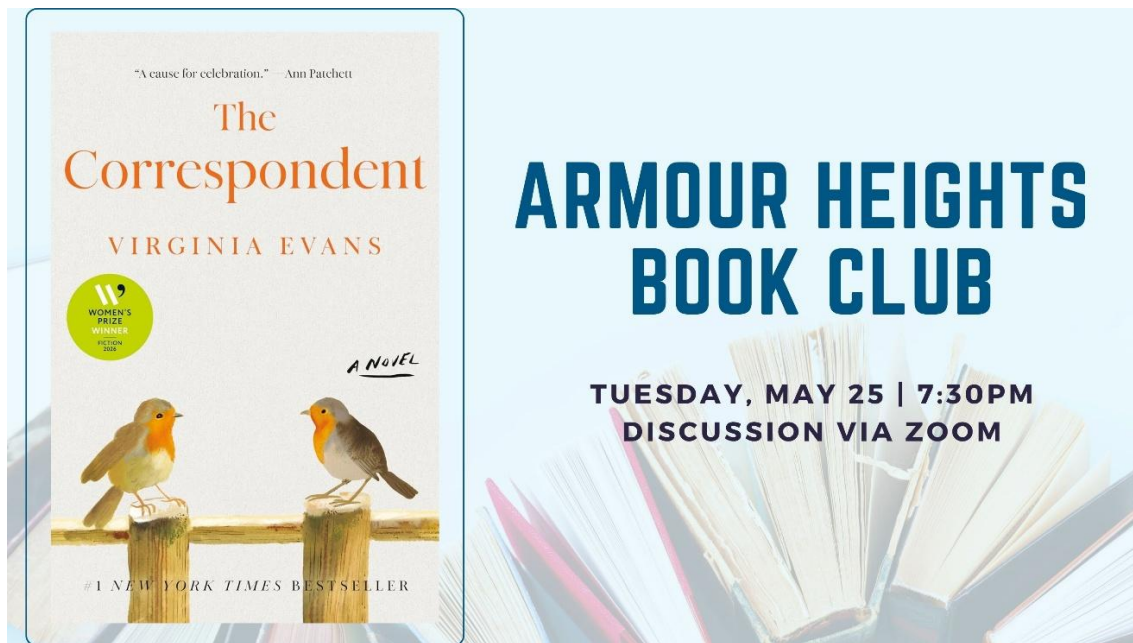
One spring morning, a stranger arrives in the small southern city of Golden. No one knows where he has come from...or why...

His name is Theo. And he asks a lot more questions than he answers.

Theo visits the local coffeehouse, where ninety-two pencil portraits hang on the walls, portraits of the people of Golden done by a local artist. He begins purchasing them, one at a time, and putting them back in the hands of their "rightful owners." With each exchange, a story is told, a friendship born, and a life altered.

A story of giving and receiving, of seeing and being seen, *Theo of Golden* is a beautifully crafted novel about the power of creative generosity, the importance of wonder to a purposeful life, and the invisible threads of kindness that bind us to one another.

Whether you will have read the book or not, join us for the discussion Tuesday, April 27 at 7:30pm online via zoom. If you need assistance getting a copy of the book, speak to [Erin Stone](#).



ARMOUR HEIGHTS BOOK CLUB

" The Correspondent"

by Virginia Evans

Tuesday, May 25 | 7:30pm Online via Zoom

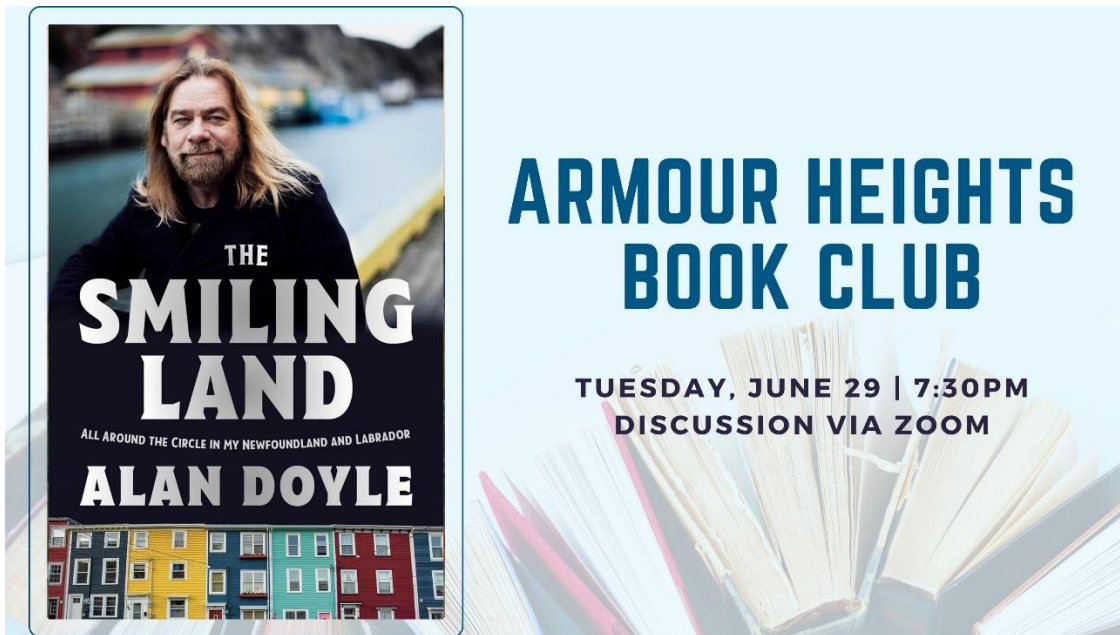
Filled with knowledge that only comes from a life fully lived, *The Correspondent* is a gem of a novel about the power of finding solace in literature and connection with people we might never meet in person. It is about the hubris of youth and the wisdom of old age, and the mistakes and acts of kindness that occur during a lifetime.

Sybil Van Antwerp has throughout her life used letters to make sense of the world and her place in it. Most mornings, around half past ten, Sybil sits down to write letters—to her brother, to her best friend, to the president of the university who will not allow her to audit a class she desperately wants to take, to Joan Didion and Larry McMurtry to tell them what she thinks of their latest books, and to one person to whom she writes often yet never sends the letter.

Sybil expects her world to go on as it always has—a mother, grandmother, wife, divorcee, distinguished lawyer, she has lived a very full life. But when letters from someone in her past force her to examine one of the most painful periods of her life, she realizes that the letter she has been writing over the years needs to be read and that she cannot move forward until she finds it in her heart to offer forgiveness.

Sybil Van Antwerp's life of letters might be "a very small thing," but she also might be one of the most memorable characters you will ever read.

Whether you will have read the book or not, join us for the discussion Tuesday, May 25 at 7:30pm online via zoom. If you need assistance getting a copy of the book, speak to [Erin Stone](#).



ARMOUR HEIGHTS BOOK CLUB

" The Smiling Land: All Around the Circle in My Newfoundland and Labrador "

by Alan Doyle

Tuesday, June 29 | 7:30pm Online via Zoom

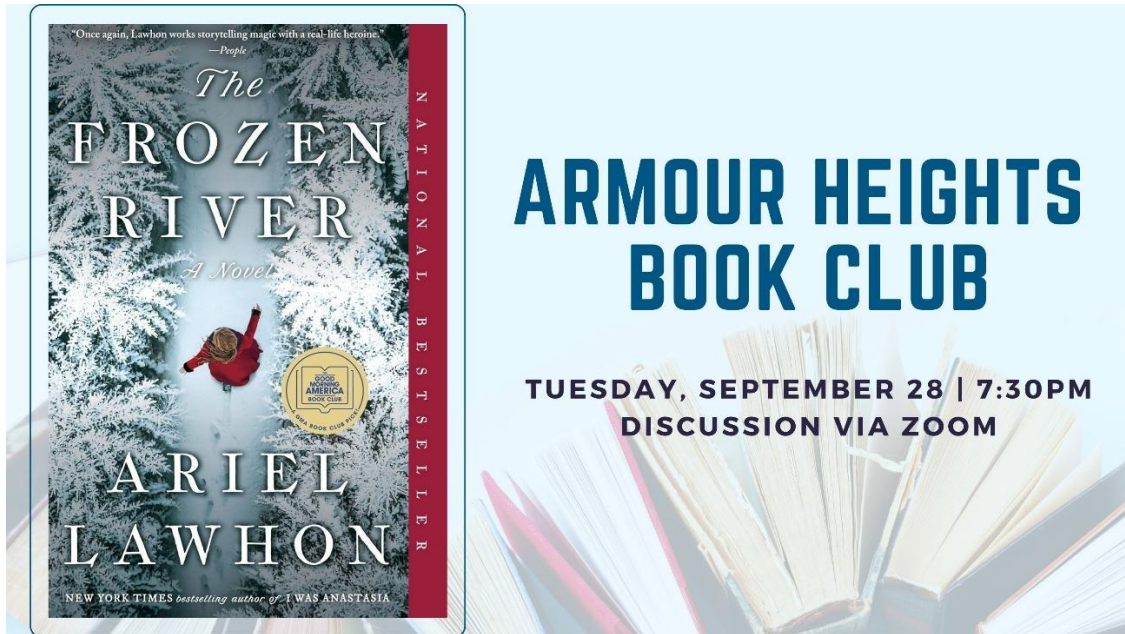
From one of Canada's most beloved and celebrated Newfoundlanders comes a rollicking insider's guide to the province, told as only Alan Doyle can tell it.

Few Canadian musicians or authors are as synonymous with their home province as Alan Doyle is with Newfoundland. And now Alan wants to introduce the rest of the world to his home, taking readers on a freewheeling, eclectic trip through the province. From Fogo Island to the Southwest Coast, Labrador to Ferryland and everywhere in-between, Alan's Newfoundland awaits.

There are plenty of stops along the way to admire the sites and take in the history and culture. Among the stops, a discussion of Newfoundland's eccentric place names, which include Horse Chops Island, Bread and Cheese Cove, and, the (in)famous, Dildo. There are visits to wind-swept coastlines and towering crags, former Beothuk, Viking and Basque settlements, as well as more recent settlements, such as Foley's Shed, a jaunty live-music pub that—as its name suggests—happens to be located in some guy named Foley's shed. There are savvy insider tips, such as how to score fish and chips and a free ride by hopping into the delivery person's car as they deliver your food to your desired destination. And what tour of Alan's Newfoundland could be complete without a short history of what can best be described as "icebergs that look like things," an illustrious history that includes an exact replica of the Virgin Mary that once washed into St. John's harbour, and the more recent—and far less holy—"Dickie Berg," which made international headlines for looking like . . . well, not the Virgin Mary.

Wildly entertaining, informative and brimming with Alan's classic brand of storytelling and romping good fun, *The Smiling Land* is sure to delight even the most travel-adverse reader among us.

Whether you will have read the book or not, join us for the discussion Tuesday, June 29 at 7:30pm online via zoom. If you need assistance getting a copy of the book, speak to [Erin Stone](#).



ARMOUR HEIGHTS BOOK CLUB

" The Frozen River "

by Ariel Lawhon

Tuesday, September 28 | 7:30pm Online via Zoom

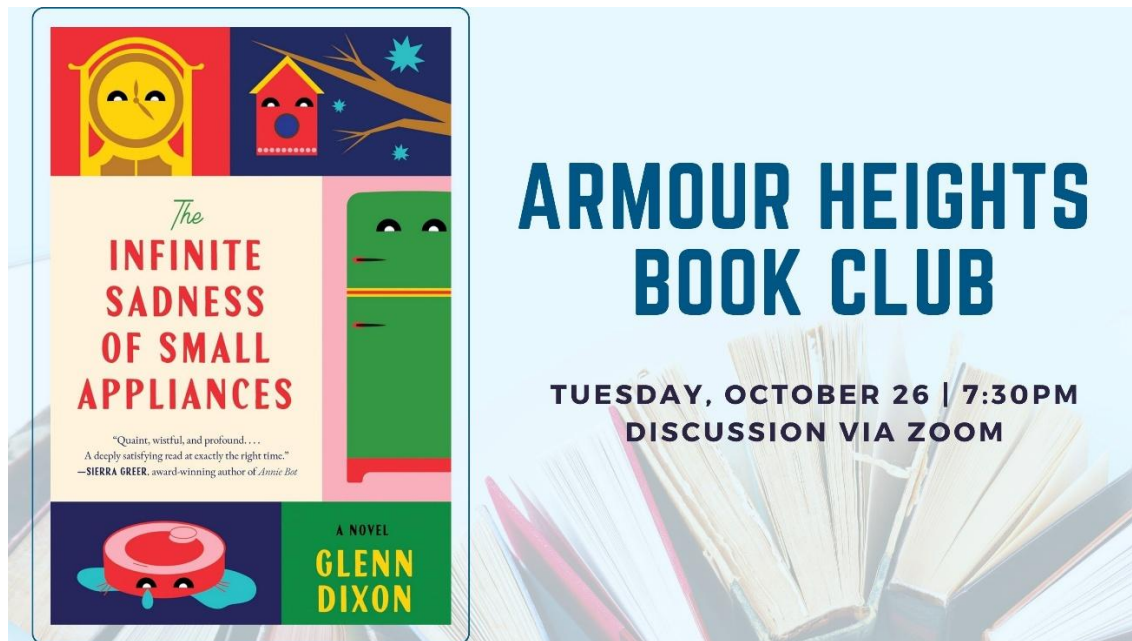
Maine, 1789: When the Kennebec River freezes, entombing a man in the ice, Martha Ballard is summoned to examine the body and determine cause of death. As a midwife and healer, she is privy to much of what goes on behind closed doors in Hallowell. Her diary is a record of every birth and death, crime and debacle that unfolds in the close-knit community. Months earlier, Martha documented the details of an alleged rape committed by two of the town's most respected gentlemen—one of whom has now been found dead in the ice. But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own.

Over the course of one winter, as the trial nears, and whispers and prejudices mount, Martha doggedly pursues the truth. Her diary soon lands at the center of the scandal, implicating those she loves, and compelling Martha to decide where her own loyalties lie.

Clever, layered, and subversive, Ariel Lawhon's newest offering introduces an unsung heroine who refused to accept anything less than justice at a time when women were considered best seen and not heard. *The Frozen River* is a thrilling, tense, and tender story about a remarkable woman who left an unparalleled legacy yet remains nearly forgotten to this day.

Inspired by the life of Martha Ballard, a renowned 18th-century midwife who defied the legal system and wrote herself into history.

Whether you will have read the book or not, join us for the discussion Tuesday, September 28 at 7:30pm online via zoom. If you need assistance getting a copy of the book, speak to [Erin Stone](#).



ARMOUR HEIGHTS BOOK CLUB

" The Infinite Sadness of Small Appliances: A Novel"

by Glenn Dixon

Tuesday, October 26 | 7:30pm Online via Zoom

In a near future where even the smallest of appliances are sentient, a robotic vacuum sets out to save the humans of her house from a rising technological power

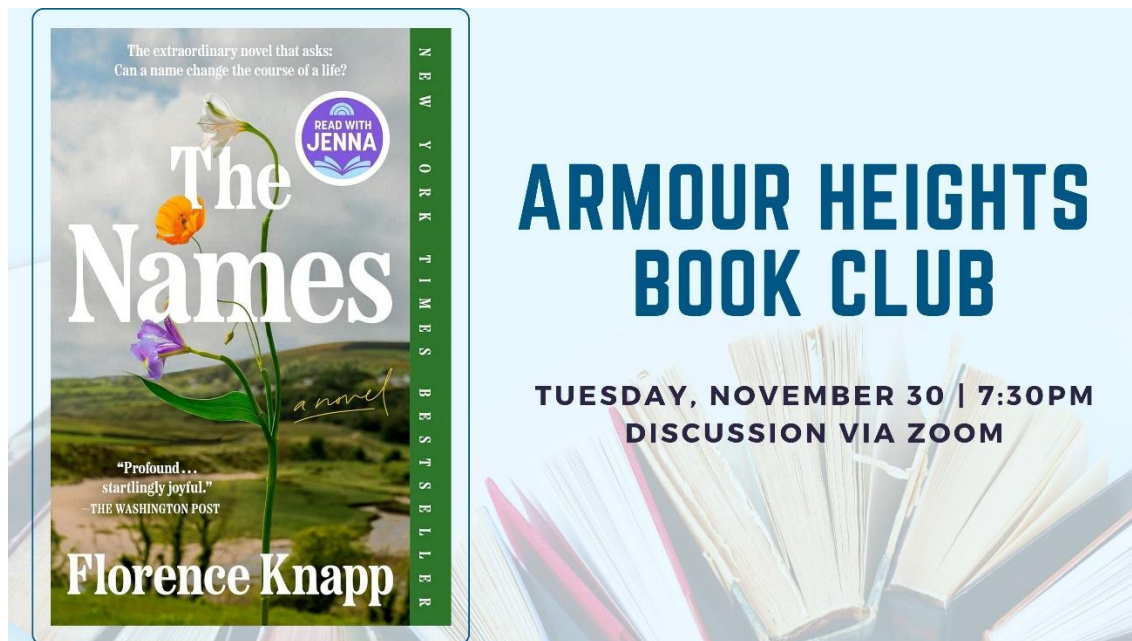
In a self-running, smart house, a young and sentient robotic vacuum listens as her owner, Harold, reads aloud to his dying wife, Edie. Mesmerized by *To Kill a Mockingbird* and craving the human connection she hears in Harold's stories, the little vacuum renames herself Scout and embarks on a journey of self-discovery.

But when Edie passes away, Scout and her fellow sentient appliances discover that there are sinister forces in their midst. The omnipresent Grid monitors every household in the City, and it seeks to remove Harold from his home, where he's lived for fifty years.

With the help of Adrian, a neighbourhood boy, as well as Kate, Harold's formerly estranged daughter, the humans and the appliances must come together to outwit the all-controlling Grid lest they risk losing everything they hold dear.

For fans of *Remarkably Bright Creatures*, *The Infinite Sadness of Small Appliances* is a compelling, touching, and highly original novel that will make you care deeply about a vacuum.

Whether you will have read the book or not, join us for the discussion Tuesday, October 26 at 7:30pm online via zoom. If you need assistance getting a copy of the book, speak to [Erin Stone](#).



ARMOUR HEIGHTS BOOK CLUB

" The Names "

by Florence Knapp

Tuesday, November 30 | 7:30pm Online via Zoom

In the wake of a catastrophic storm, Cora sets off with her nine-year-old daughter, Maia, to register her son's birth. Her husband, Gordon, respected in the community but a controlling presence at home, intends for her to follow a long-standing family tradition and name the baby after him. But when faced with the decision, Cora hesitates...

Spanning thirty-five years, what follows are three alternate and alternating versions of their lives, shaped by Cora's last-minute choice of name. In richly layered prose, *The Names* explores the painful ripple effects of domestic abuse, the messy ties of family, and the possibilities of autonomy and healing.

Through a prism of what-ifs, Florence Knapp invites us to consider the "one . . . precious life" we are given. Full of hope, this is the story of three names, three versions of a life, and the infinite possibilities that a single decision can spark. It is the story of one family and love's endless capacity to endure, no matter what fate has in store.

The book's brilliantly imaginative structure, propulsive storytelling, and emotional power are certain to make *The Names* a modern classic.

Whether you will have read the book or not, join us for the discussion Tuesday, November 30 at 7:30pm online via zoom. If you need assistance getting a copy of the book, speak to [Erin Stone](#).