

**JANUARY**  
2017

# Cpt. William Spry

## PROGRAM LISTINGS

### Adult

#### **Pathways to Immigration and Citizenship: What You Can Expect from Recent Legal Changes**

Join Pantea Jafari, immigration lawyer and founder of Jafari Law, for an informative seminar on the recent changes to Citizenship and Immigration laws promised and forthcoming by the Liberal government. Learn how they may affect you and your loved ones trying to come to Canada.

**Wed, Jan 11/7:30 PM**

#### MINDFULNESS SERIES

#### **The Gifts of Emotions with Floria Aghdamimehr**

Floria is a dynamic speaker that injects humour, good will, and encouragement into her presentations. Her sessions are unlike any other mindfulness programs. Floria's energy, enthusiasm, and sheer joy are contagious. Give yourself a gift - come and get inspired. [recognizeyourpotential.com](http://recognizeyourpotential.com)

**Wed, Jan 18/7 PM-8:30 PM**

#### **Winter Skincare Workshop**

**with Darlene LeBlanc, Makeup Artist**  
With the cooler weather upon us, it's time to talk about adjusting your daily skincare regime to keep your skin hydrated throughout the winter months. Join a make-up artist Darlene LeBlanc for an informative, creative, and indulgent session that teaches you how to keep your skin hydrated and moisturized during winter weather. Learn how to create a glowing youthful daytime makeup look for mature skin and make your own lip balm to take home.

**Fri, Jan 20/2:30 PM**

Registration required

#### 5 SENSES SERIES

#### **Hearing - Tune-In with Alicia**

Join pianist Alicia Jacob on a magical journey into the world of music.

**Wed, Jan 25/7:30 PM**

Registration required

#### 5 SENSES SERIES

#### **Taste - Myth Busting Supplements**

Discover healthful and tasty recipes that will warm you from the inside-out this season. While dinner is cooking, we will do some supplement myth busting as we learn about products that are friends and foes in supporting our health during the cold and flu season. In partnership with Sobeys.

**Fri, Jan 27/2:30 PM**

Registration required

#### **Bridge at the library**

Meet and play with other bridge lovers. Some Bridge playing experience is necessary.

**Thursdays/1 PM**

Begins January 5

#### **Women's Conversation Club**

Are you a woman who has newly immigrated to Canada? Join us on every Friday to meet, share, and discuss your experiences. Enjoy meeting people from other countries and making friends in Halifax. In partnership with YMCA.

**Fridays/1 PM-3 PM**

Begins January 13

### Kids

#### TUNE-IN WITH ALICIA

#### **Magic of Notes and Rhythm**

Come get your groove on with an introduction to the basis of music. This program includes learning note names and rhythms. Participants will be able to play fun games to help them understand the basics and fundamentals of music.

**Wed, Jan 25/6 PM-7 PM**

Registration required

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## PROGRAM LISTINGS

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### **Pre-Teen Drop-in**

Ages 8-12

Hang out, meet new people, play games, do homework, and explore your artistic side. Fun workshops and interesting programs offered weekly based on ideas from kids like you.

Snacks provided.

**Wednesdays/6 PM-7 PM**

Begins January 11, Registration required

### **Preschoolers**

#### **Family Drop-in**

Ages 0-5

Families! Enjoy a variety of activities together, including stories and songs.

**Tuesdays/10:30 AM-11:30 AM**

Begins January 10

#### **Preschool Story Time**

Ages 3-5

Stories, songs, finger plays, and rhymes help children experience independent group activity, gain pre-reading skills, and develop a love of reading.

**Fridays/10:30 AM-11 AM**

Begins January 13

#### **Puppet Show**

Watch your favourite stories come to life.

**Saturdays/11 AM-11:45 AM**

Begins January 21

### **Teens**

#### **Teen Zone**

Ages 12+

Hang out, meet new people, play games, do homework, and explore your artistic side. Fun workshops and interesting programs offered weekly based on ideas from teens like you!

Snacks provided. In partnership with HRM REC.

**Thursdays/6 PM-8 PM**

Begins January 12