

**JANUARY**  
2017

# Keshen Goodman

## PROGRAM LISTINGS

### Adult

#### **Hello iPad**

Learn the basics of how to use an iPad. We will help you to learn some basic functions and features, as well as how to download library books. You can bring your own iPad or use one of ours. To register, call 902-490-6410.

**Fri, Jan 6/2:30 PM-4 PM**

Registration required

#### **Rug Hooking Display and Demonstration**

Join us to learn more about the traditional art of rug hooking. See some work in progress being created by our experienced rug hookers and admire the finished projects on display.

**Fri, Jan 6/10 AM-5 PM**

#### **Meditation: A Four Part Series with Sarita Earp, Master Sri Chinmoy teachings**

Go beyond your thoughts and worries and into the present where the joy of life exists. All classes are welcoming and practice based, and participation in all four sessions is encouraged. To register please call 902-490-6410.

**Mon, Jan 9/6:30 PM-7:30 PM**

Registration required

#### OPERA CHAT

##### ***Nabucco***

##### **by Verdi**

Experience and appreciate opera on a whole new level. Dr. Walter H. Kemp, Artistic Director of Opera Nova Scotia, will present a series of introductory talks to the Metropolitan Opera HD broadcast series at Cineplex Theatres for 2016-2017.

**Tue, Jan 10/1:30 PM**

#### Book Club

##### ***Rogue Lawyer*, by John Grisham**

On the right side of the law. Sort of. Sebastian Rudd is not your typical street lawyer. Sebastian defends people other lawyers won't go near. Why these clients? Because he believes everyone is entitled to a fair trial, even if he, Sebastian, has to cheat to secure one. Join us for our monthly book club discussion. New members are welcome!

**Wed, Jan 11/1 PM**

#### Movie

##### ***Café Society***

Rated PG

Set in the 1930s, Woody Allen's bitter-sweet romance *Café Society* follows Bronx-born Bobby Dorfman (Jesse Eisenberg) to Hollywood, where he falls in love, and back to New York, where he is swept up in the vibrant world of high society nightclub life. With *Café Society*, Woody Allen conjures up the past world of the 1930s in order to tell a deeply romantic tale of dreams that never die.

**Fri, Jan 13/2 PM**

#### Laughter Yoga

##### **with Helen Fong**

This "laughing for no reason" form of yoga empties the lungs of stale air and balances the different energies in your body. Good for stress relief and better immune system.

**Sat, Jan 14/2 PM**

Free tickets given out 30 min before event

#### **Meditation: A Four Part Series with Sarita Earp, Master Sri Chinmoy teachings**

Go beyond your thoughts and worries and into the present where the joy of life exists. All classes are welcoming and practice based, and participation in all four sessions is encouraged.

**Mon, Jan 16/6:30 PM-7:30 PM**

#### OPERA CHAT

##### ***Romeo et Juliet***

##### **by Gounod**

Experience and appreciate opera on a whole new level. Dr. Walter H. Kemp, Artistic Director of Opera Nova Scotia, will present a series of introductory talks to the Metropolitan Opera HD broadcast series at Cineplex Theatres for 2016-2017.

**Tue, Jan 17/1:30 PM**

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## PROGRAM LISTINGS

### **On the Author's Stage: Allison Lawlor featuring *The Saddest Ship Afloat***

Allison Lawlor presents her new book *The Saddest Ship Afloat: The Tragedy of the MS St. Louis*. Be transported back in time to a tragic event in Canadian immigration history where more than six hundred Jews aboard the MS St. Louis attempted to escape Nazi rule. In partnership with Nimbus Publishing.  
**Tue, Jan 17/7 PM**

LOVE IT OR LEAVE IT???

### **Decluttering Your Home and Your Life with Sharon Gibson**

Get tips on creating more organization at home and in your everyday life. Learn where to start, how to set a decluttering goal, cut emotional ties to things, know what to do with the things you are not keeping and set up a system to maintain order. simplydeclutterednow.com  
**Wed, Jan 18/7 PM**

### **Introduction to Living with Stress**

Stress is a part of everyday life. Having a toolkit to handle stress can help us feel capable of handling new stressful situations as they come up. Join us for this session and learn skills to deal with stress and practical techniques, such as exploring your values, staying present, and relaxation. To register call 902-460-4560. In partnership with the Chebucto Community Health Team.  
**Thu, Jan 19/1 PM-3 PM**  
Registration required

### **Google Drive**

An introduction to cloud computing using Google Drive. PREREQUISITE: Basic computer skills. To register, please call 902-490-6410.  
**Fri, Jan 20/2:30 PM-4 PM**  
Registration required

1867-2017: COMMEMORATING CANADIAN CONFEDERATION

### **What Was Confederation? with M. Brook Taylor, MSVU**

The union of four colonies into one expanding nation had (and continues to have) an impact on the lives of Canadians. While the development of the new nation was marked occasionally by conflict - between provincial and federal governments; east and west; English, French, and Aboriginal peoples - it also featured conciliation, resolution, and the gradual emergence of a "Canadian identity." This session focuses a contemporary issue and its roots in confederation. In partnership with Mount St. Vincent University (MSVU).  
**Fri, Jan 20/1:30 PM**

### **Meet the Artist**

#### **Mahnaz Sobhani, Painter**

Drop-in to see Mahnaz's art display and observe her technique as she demonstrates her painting skills.  
**Sat, Jan 21/2:30 PM**

### **Meditation: A Four Part Series with Sarita Earp, Master Sri Chinmoy teachings**

Go beyond your thoughts and worries and into the present where the joy of life exists. All classes are welcoming and practice based, and participation in all four sessions is encouraged.  
**Mon, Jan 23/6:30 PM-7:30 PM**

### **Hello Android**

Bring your Android device and learn about basic features and functions, including downloading eBooks. To register, please call 902-490-6410.  
**Tue, Jan 24/7 PM-8:30 PM**  
Registration required

LOVE IT OR LEAVE IT???

### **Selecting Paints and Colours**

Want to freshen up your living space? Or are you wondering about painting before selling? Join the staff from Benjamin Moore Halifax to better understand colour theory and trends so that you select the perfect palette for your home.  
**Wed, Jan 25/7 PM**

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1867-2017: COMMEMORATING CANADIAN CONFEDERATION

### **Health Care and Confederation Leslie Baker (MSVU)**

The union of four colonies into one expanding nation had (and continues to have) an impact on the lives of Canadians. While the development of the new nation was marked occasionally by conflict - between provincial and federal governments; east and west; English, French, and Aboriginal peoples - it also featured conciliation, resolution, and the gradual emergence of a "Canadian identity." This session focuses a contemporary issue and its roots in confederation.

**Fri, Jan 27/1:30 PM**

### **Acoustic Song Circle**

Budding and experienced musicians, you are invited to join our monthly musical gathering. We welcome all types of acoustic instruments and invite people with all skill levels to share their music with others. Bring copies of songs, including guitar chords, if possible, so that other participants can join in the song. Please bring your own instrument, your singing voice, or just your admiration for good music.

**Sat, Jan 28/2 PM-4 PM**

### **Meditation: A Four Part Series with Sarita Earp, Master Sri Chinmoy teachings**

Go beyond your thoughts and worries and into the present where the joy of life exists. All classes are welcoming and practice based, and participation in all four sessions is encouraged. To register please call 902-490-6410.

**Mon, Jan 30/6:30 PM-7:30 PM**

Registration required

### **Bridge**

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

**Mondays/10 AM-12:45 PM**

Begins January 9, Note: On Nov 2, end time is 12 PM

### **Go Seniors, Go**

Join us for adult colouring and tabletop board games.

**Tuesdays/1 PM-4 PM**

Begins January 3

### **Spanish Conversation Group (Intermediate)**

Come join our friendly group facilitated by Menashe Cieplinski, a native Spanish speaker. Some knowledge of Spanish will be helpful. Please note: This group will also meet Tuesday, December 6 and bi-monthly beginning in January 2017.

**Tuesdays/6:30 PM-7:30 PM**

Begins January 10

### **Women's Conversation Group**

Are you a woman who has newly immigrated to Canada? Join us to meet, share, and discuss your experiences. Enjoy meeting people from other countries and make friends in Halifax. Sessions includes literacy skills help and self-development. Call 902-490-6410 to register.

**Wednesdays/10 AM-12 PM**

Begins January 4, Registration required

### **Thursday Evening Conversation Group**

Meet with long-time residents to improve your language skills by discussing current events, culture, and other topics. Some English language skills are required. Call 902-490-6410 to register.

**Thursdays/7 PM-8:30 PM**

Begins January 5, Registration required

### **Discover Peace Within with Sahaja Meditation**

Sahaja Meditation classes begin with self-realization and the spontaneous awakening of your internal energy. This practice gently takes us beyond our thoughts and worries and into the present, where the joy of life exists. Classes are welcoming, relaxing, and practice-oriented. This is a seated meditation class. No need to bring anything but yourself.

**Thursdays/1:30 PM-2:30 PM**

Begins January 26

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### **Knitters' Circle**

Fellow knitters from all different parts of the world are invited to share stories, knitting tips, and make new friends! Donations of yarn are always welcome.

**Fridays/10 AM-12 PM**

Begins January 6

### **Traditional Rug Hooking**

Join our 'hookers' and learn traditional rug hooking techniques or work on your own project. Beginners welcome.

**Fridays/10 AM-1 PM**

Begins January 13

### **IT Classes for the Nepali Learner**

Adult

Learning basic computer skills, internet searching, email and word processing. This class is in Nepali language only. Call 902-490-6410 to register. Sponsored by Nova Scotia Office of Immigration.

**Saturdays/10 AM-12 PM**

Begins January 7, Registration required

### **Newcomer One-on-One Computer Help**

**in English and Nepali**

Adult

Newcomers can meet one-on-one for an hour to learn computer skills in English and Nepali. Call 902-490-6410 to register. Sponsored by Nova Scotia Office of Immigration.

**Saturdays/1 PM-4 PM**

Begins January 7, Registration required

### **Saturday Conversation Group 1**

**Beginner Level**

Adult

Newcomers, come out and meet your community, make connections, practice your conversation skills, and get some literacy support. Call 902-490-6410 to register. Call 902-490-6410 to register.

**Saturdays/1 PM-2:30 PM**

Begins January 7, Registration required

### **Saturday Conversation Group 2**

**Intermediate and Advanced Level**

Meet with long-time residents to improve your language skills by discussing current events, culture, and other topics. Call 902-490-6410 to register.

**Saturdays/2:30 PM-4 PM**

Begins January 7, Registration required

## **Preschoolers**

### **Puppet Show**

***The Case of the Disappearing Books***

Ages 3+

Books are disappearing from the library! Will Detective Pig solve the case?

**Wed, Jan 11/10:30 AM-11 AM**

### **We Love to Read**

Ages 0-5

Celebrate Family Literacy Week with stories, songs, rhymes, and games. Then make your own little book craft to take home.

**Sat, Jan 21/10:30 AM-11:15 AM**

### **Infant Massage**

**with Trena Gallant**

Join Trena Gallant to learn the art of Infant Massage. Massage promotes better sleep, aides with digestion, strengthens the immune system, and is relaxing for both the baby and the adult massaging them. This program is best suited for babies from 1 month to crawling. Please bring a blanket. Trena Gallant is Birth and Postpartum Doula, a Lamaze Childbirth Educator, and an Infant Massage Instructor.

**Wed, Jan 25/10:30 AM**

Registration required

### **Puppet Show**

***The Case of the Disappearing Books***

Ages 3+

Books are disappearing from the library! Will Detective Pig solve the case?

**Sat, Jan 28/10:30 AM-11 AM**

### **Family Drop-In**

Ages 0-5

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

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

Begins January 9

### **Storytime**

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.

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

Begins January 10, Registration required

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## PROGRAM LISTINGS

### **Tales for Tots**

Ages 18-35 months

Engage your toddler's imagination and develop early literacy skills. Caregiver must be present.

**Thursdays/10:15 AM-10:45 AM**

Begins January 12, Registration required

### **Tales for Tots**

Ages 18-35 months

Engage your toddler's imagination and develop early literacy skills. Caregiver must be present.

**Thursdays/11:15 AM-11:45 AM**

Begins January 12, Free tickets given out 30 min before event

### **Baby's First Books**

Ages 0-18 months

Treat your little one to the experience of books, the rhythm of music, and the fun of group play. Caregiver must be present.

**Fridays/11:15 AM-11:45 AM**

Begins January 13, Free tickets given out 30 min before event

### **Baby's First Books**

Ages 0-18 months

Treat your little one to the experience of books, the rhythm of music, and the fun of group play. Caregiver must be present.

**Fridays/10:15 AM-10:45 AM**

Begins January 13, Registration required

### **Family Drop-In**

Ages 0-5

Join us for stories, songs, and a craft.

Each week, we will explore a different theme.

**Saturdays/10:30 AM-11:15 AM**

Begins January 14, No program January 28

## **Teens**

### **Anime Club**

#### **The Price Is Right!**

Ages 12-18

Join us for anime themed games in the style of the classic game-show, The Price is Right. How much is that box of Pocky? Is that Attack on Titan figure more or less expensive than this Full Metal Alchemist pocket-watch?

**Thu, Jan 5/6:30 PM-8 PM**

### **Teen Study Hall**

Grades 10-12

Need a quiet place to study for upcoming exams? Check out one of our Teen Study Halls.

**Mon, Jan 16/3 PM-6 PM**

**Tue, Jan 17/6 PM-8:45 PM**

**Wed, Jan 18/3:30 PM-6 PM**

**Thu, Jan 19/3 PM-8:45 PM**

**Sat, Jan 21/1 PM-4:45 PM**

**Mon, Jan 23/3 PM-8:45 PM**

**Tue, Jan 24/3:30 PM-6 PM**

**Wed, Jan 25/3:30 PM-6 PM**

### **YMCA Homework Club for Newcomer Youth**

Ages 12+

Are you a teen who is new to Canada? Join us for a safe and friendly environment where you can get help with your homework, practice your conversational English, and make new friends. In partnership with YMCA. In partnership with YMCA.

**Tuesdays/3 PM-6 PM**

Begins January 17