

**MARCH**  
2017

# Capt. William Spry

## PROGRAM LISTINGS

### **Adult**

#### 5 SENSES SERIES

#### **Touch: Myofascial Facial Release with Suzanne Bechard**

Our faces are full of tense muscles that hold excessive tension throughout the day and during sleep. The tension throughout our brow, eyes, nose, and jaw causes us to feel anxious. If you want your face to look healthy, younger, and feel amazing join Suzanne Bechard for this unique health, wellness, and beauty workshop.

**Special location:** Captain William Spry  
Community Centre  
**Wed, Mar 8/7 PM**

Registration required

#### MAD FOR ART SERIES: WATERCOLOUR MAGIC

#### **Monotype with Kefir with artist Katya LeBlanc**

Of all the different types of printmaking, monotype is the most spontaneous, which makes it perfect for beginners. Through processes such as painting or rolling on inks, you can create surprising imagery and color combinations. Come to this workshop with an attitude of playfulness and experimentation and see what you can make.

**Fri, Mar 10/3 PM**

Registration required

#### **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

**Fri, Mar 17/2:30 PM**

#### MAD FOR ART SERIES: WATERCOLOUR MAGIC **Landscapes**

#### **with artist Katya LeBlanc**

Join local artist Katya LeBlanc for a fun afternoon learning watercolour basics. She will guide you confidently through this workshop, even if you have zero experience with a paint brush. Katya LeBlanc is graduate of a prestigious Cherepovets Regional School of Arts and Crafts in Russia.

**Sun, Mar 19/2:30 PM**

Registration required

#### **TAG Café Presents: *Pride and Prejudices***

Join us for 1.5 hours of presentation and conversation about the Theatre Art Guild's production of the Jane Austen timeless classic tale of men, women, money, and manners adapted by Janet Munsil. Learn the inside story of producing this play at the Pond Playhouse in Jollimore, which runs March 16- April 8, 2017. Meet some of the actors, watch a scene or two, and talk with the Director Gisela O'Brien and some of the crew. In partnership with Theatre Arts Guild.

**Fri, Mar 24/2:30 PM**

#### **Cake Boss with Anastasija Cado, pastry chef**

Come and join Anastasija Cado professional cake decorator, and learn the basics to cake and cupcake decorating, the fun and easy way. In this Easter/Spring theme workshop participants will learn how to create a wonderful Easter Cake – the only limit is your imagination.

**Sun, Mar 26/3 PM**

Registration required

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MAD FOR ART SERIES:  
WATERCOLOUR MAGIC

**Wet-in-Wet Technique**  
with artist **Katya LeBlanc**

Wet in wet, one of the most distinctive techniques of watercolour painting, is basically an application of pigment to wet paper. There is something magical about the way colours flow and blend with each other, creating a dreamlike, striking, and unpredictable effect. Join Katya LeBlanc, a graduate of a prestigious Cherepovets Regional School of Arts and Crafts in Russia, and learn how to paint a delicate Poppy Flower using this spontaneous watercolor technique.

**Fri, Mar 31/3 PM**  
Registration required

**Our Oceans and the Changing World**  
with **Dr. Rebecca Langlois**

Our planet is called the Blue Planet; nearly 71% of Earth's surface is covered by the world's ocean. In addition to providing a habitat for marine animals, the world ocean also regulates global climate. This course steps back and looks at the global ocean as it is now, as it was in the past, and how it may look in the future. In partnership with Seniors' College Association of Nova Scotia.

**Special location:** Captain William Spry Community Centre

**Mondays/10 AM-12 PM**

No program March 13, Registration required

**Bridge at the library**

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

**Thursdays/1 PM**

**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**

### Kids

**Brilliant Labs**

Join us for exciting technology demos and experiential, hands-on learning with coding, robotics, rapid prototyping, wearable technology, micro-controllers, 3D printing, crafting, and more. Brilliant Labs is a not-for-profit organization that encourages creativity, technology-integration and entrepreneurship in Nova Scotia's youth and communities.

**Wed, Mar 15/3 PM**

**Mad Science**

**Spin, Pop, Boom!**

Ages 5+

Explore a series of chemical reactions with Mad Science of the Maritimes and witness some amazing colour changes. Watch out for the giant foam snake! In partnership with Mad Science.

**Thu, Mar 16/2 PM**

Registration required

**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/5 PM-6 PM**

Registration required

### Preschoolers

**Puppet Show**

Watch your favourite stories come to life.

**Sat, Mar 4/11 AM-11:45 AM**

**Puppet Show**

Watch your favourite stories come to life.

**Sat, Mar 11/11 AM-11:45 AM**

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### **Do Re ME and Maria**

Enjoy songs, dances, and games from around the world with musician Maria Alley. Make a rubber spider crawl up your body as the music goes higher and higher, play percussion instruments, imitate the four dinosaurs in *The Dinosaur Song*, learn to spell a few three-letter words as well as a much longer one (HIPPOPOTAMUS), stomp slowly and quickly with the elephants in the jungle as the music directs, and finally, learn part of a Spanish chant for our special PIÑATA finale.

**Tue, Mar 14/10:30 AM**

### **Family Drop-in**

Ages 0-5

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

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

No program March 14 and 21

### **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**

No program March 17 and 24

## **Teens**

### **Connect the Dots**

#### **Led by the Youth Project**

Ages 18 and under

LGTBQ youth and friends - drop in, make connections, and have fun! Led by the Youth Project. For more information, call (902) 429-5429, or email Adam. Program is held the last Tuesday of every month. In partnership with The Youth Project Youth Project In partnership with The Youth Project.

**Tue, Mar 28/6 PM-8 PM**

### **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**