

MARCH
2017

Keshen Goodman

PROGRAM LISTINGS

Adult

Managing Your Money in Canada: Starting a Business

with Kevin Maynard of the Canadian Foundation for Economic Education
Are you a recent newcomer to Canada? Are you interested in getting information about operating a small business, building a business plan, securing financing and other related topics? Join us, to register call Susan at the YMCA at 902-457-9622 (ext. 228). In partnership with YMCA of Greater Halifax/Dartmouth, Canadian Foundation for Economic Education and RBC Foundation.

Wed, Mar 1/ 5:30 PM-8:30 PM

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.

Thu, Mar 2/1:30 PM-2:30 PM

Movie

Sully

Rate PG-13

On January 15, 2009, the world witnessed the Miracle on the Hudson when Captain Sully Sullenberger (Hanks) glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career. (96 min)

Fri, Mar 3/2 PM

MS Word Advanced

Moved beyond the skills of MS Word Basics? Learn how to use headers and footers, create lists, insert images, and more! To register, please call 902-490-6410. Prerequisite: MS Word Basics.

Fri, Mar 3/2:30 PM

Registration required

Opera Chat

***La Traviata*, by Giuseppe Verdi**

Experience and appreciate opera on a whole new level. Dr. Walter H. Kemp, Artistic Director of Opera Nova Scotia, will present this series of introductory talks to the Metropolitan Opera HD broadcast series at Cineplex Theatres for 2016-2017. Selections follow the theme of "To Love, or Not to Love:" Passionate Choices in Opera, 1781-2000. In partnership with Opera Nova Scotia.

Tue, Mar 7/1:30 PM

Spanish Conversation Group (Intermediate)

Come join our friendly group facilitated by Menashe Cieplinski, a native Spanish speaker. Some knowledge of Spanish will be helpful.

Tue, Mar 7/6:30 PM-7:30 PM

Book Club

***Fifteen Dogs*, by Andre Alexis**

A contemporary take on the apologue offers an utterly compelling and affecting look at the beauty and perils of human consciousness. By turns meditative and devastating, charming and strange, *Fifteen Dogs* shows you can teach an old genre new tricks. Join us for our monthly book club discussion. New members are welcome.

Wed, Mar 8/1 PM

Herb Gardening with Atlantic Master Gardeners Association

Prepare to get your hands dirty and learn about planting and preparing herbs for the upcoming season. In partnership with Atlantic Master Gardeners.

Wed, Mar 8/7 PM

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Thu, Mar 9/1:30 PM-2:30 PM

Movie Snowden

Ages 14+ (Rated R)

The NSA's illegal surveillance techniques are leaked to the public by one of the agency's employees, Edward Snowden, in the form of thousands of classified documents distributed to the press. Starring Joseph Gordon-Levitt and Shailene Woodley.

Fri, Mar 10/2 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.

Sun, Mar 12/2 PM

Opera Chat

***Idomeneo*, by Mozart**

Experience and appreciate opera on a whole new level. Dr. Walter H. Kemp, Artistic Director of Opera Nova Scotia, will present this series of introductory talks to the Metropolitan Opera HD broadcast series at Cineplex Theatres for 2016-2017. Selections follow the theme of "To Love, or Not to Love:" Passionate Choices in Opera, 1781-2000. In partnership with Opera Nova Scotia.

Tue, Mar 21/1:30 PM

Hello iPad!

Learn the basics of how to use an iPad, as well as some essential functions and features. You can bring your own iPad or use one of ours. To register, call 902-490-6410.

Tue, Mar 21/7 PM

Registration required

Movie

Deepwater Horizon

Ages 13+ (Rated PG-13)

A dramatization of the April 2010 disaster when the offshore drilling rig, Deepwater Horizon, exploded and created the worst oil spill in U.S. history. Starring Mark Wahlberg and Kurt Russell. 107 mins.

Fri, Mar 24/2 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, Mar 25/2 PM-4 PM

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, and they are seated meditation classes. You can drop-in when you can. No need to bring anything but yourself!

Mon, Mar 27/6:30 PM-7:30 PM

Spanish Conversation Group (Intermediate)

Come join our friendly group facilitated by Menashe Cieplinski, a native Spanish speaker. Some knowledge of Spanish will be helpful.

Tue, Mar 28/6:30 PM-7:30 PM

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PROGRAM LISTINGS

SPEND AN HOUR IN THE COMPANY OF AN ADVENTURER

St. Paul Island

The Graveyard of the Gulf

St. Paul Island has witnessed more than 350 shipwrecks over the last 400 years. Hear chronicles of our adventurer's 16 years of shipwreck exploration on St. Paul Island, an island off the Gulf of St. Lawrence that is virtually unexplored yet infamous for its dangers. St. Paul Island offers unprecedented opportunities for new shipwreck discoveries and underwater visibility in excess of 100 feet in all directions. wreckhunter.ca

Wed, Mar 29/7 PM

Movie

Hacksaw Ridge

Ages 14+ (Rated 14A)

WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refuses to kill people, and becomes the first man in American history to receive the Medal of Honor without firing a shot. Starring Andrew Garfield and Sam Worthington. (139 min)

Fri, Mar 31/2 PM

Excel Basics

Make Excel do the math for you. In this introduction to spreadsheets, you will learn how to insert text, use simple functions, create tables, and more. To register, please call 902-490-6410.

Fri, Mar 31/2:30 PM

Registration required

Bridge

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

Mondays/10 AM-12:45 PM

No program March 13

Go Seniors, Go

Join us for adult colouring and tabletop board games.

Tuesdays/1 PM-4 PM

No program March 14

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

No program March 15, 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

No program March 16, Registration required

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

No program March 17

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

No program March 17

Newcomer One-on-One Computer Help in English and Nepali

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

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

Registration required

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PROGRAM LISTINGS

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

Registration required

Kids

Tribute to *Trolls*

All ages (Rated PG)

Watch the movie, then make a hair-raising craft or coloring sheet.

Sat, Mar 11/2:30 PM

Morning of Minecraft

Ages 8-18

We're opening up the Library early, just for you. Register for your chance to play three hours of Minecraft.

Snacks, buttons, and crafts are included. Call 902-490-6410 to register after February 13.

Sun, Mar 12/10 AM-1 PM

Registration required

SuperNOVA Science Camp

Grades 4-6

Looking for something exciting to do over March Break? Join us for an action-packed week of science and engineering activities hosted by Dalhousie's SuperNOVA! This program is for children who are new to Canada and in Grades 4-6. Please bring a snack to eat on break. Call 902-490-6410 to register after February 13. In partnership with SuperNOVA at Dalhousie and Actua.

Mon, Mar 13/10 AM-1 PM

Registration required

Unicorns vs. Zombies

Ages 5+

Who is mightier - Unicorns or zombies?

Test your knowledge and skills of unicorns and zombies and see who comes out on top.

Mon, Mar 13/10:30 AM-11:30 AM

Afternoon Art Camp

Ages 5+

Discover your creative side. For this week-long camp, you'll make a different piece of art each day. Participants will need to bring an 8x8 inch blank canvas and a shoe box with lid. Call 902-490-6410 to register after February 13.

Mon, Mar 13/2:30 PM-3:30 PM

Runs March 13-17, Registration required

Mario Party

Ages 8+

Attention Mario Fans! Celebrate all that is Mario! Challenge yourself with our life-size Mario World obstacle course and Mario Kart race. Test your Nintendo knowledge and take home a Mario craft.

Mon, Mar 13/2:30 PM-3:30 PM

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Tue, Mar 14/10 AM-1 PM

Registration required

Moana Mania

Age 5+

Sail the sea with Moana as she explores and has adventures. Activities, games, and crafts - all in Polynesian-style.

Tue, Mar 14/10:30 AM-11:30 AM

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Tue, Mar 14/2:30 PM-3:30 PM

Runs March 13-17, Registration required

Are You Smarter than a Librarian?

Ages 8+

Come on over and have some fun testing your book series and pop culture brains. You could win a prize to take home. We'll even make a craft.

Tue, Mar 14/2:30 PM-3:30 PM

Agar.io Party

Ages 8+

Are you an Agar.io fan? Join us this evening for some uninterrupted Agar.io play.

Tue, Mar 14/6:30 PM-8:30 PM

Registration required, Registration begins March 1

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Wed, Mar 15/10 AM-1 PM

Registration required

Lego Batman Chain Reactions

Age 5+

What happens when Batman puts a marble, some paper, and Lego bricks together? You get the best booby trap to catch bad guys. Also, have fun posing with some of the Lego Batman characters with our Green Screen.

Wed, Mar 15/10:30 AM-11:30 AM

Afternoon Art Camp

Ages 5+

Discover your creative side. For this week-long camp, you'll make a different piece of art each day. Participants will need to bring an 8x8 inch blank canvas and a shoe box with lid. Call 902-490-6410 to register after February 13.

Wed, Mar 15/2:30 PM-3:30 PM

Runs March 13-17, Registration required

Beyond the Empire: Star Wars Screen Print and More

Ages 5+

Join us for an afternoon of screen printing some famous Star Wars characters and sayings. And, have fun putting yourself into a Star Wars scene with our green screen. Please bring a light coloured t-shirt or pillow case for printing

Wed, Mar 15/2:30 PM-4 PM

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Grades 4-6

Looking for something exciting to do over March Break? Join us for an action-packed week of science and engineering activities hosted by Dalhousie's SuperNOVA! This program is for children who are new to Canada and in Grades 4-6. Please bring a snack to eat on break. Call 902-490-6410 to register after February 13. In partnership with SuperNOVA at Dalhousie and Actua.

Thu, Mar 16/10 AM-1 PM

Registration required

Magician Tim Gavel

Ages 7+

There's a new magician in town – and you won't believe your eyes when you see the cool tricks that Tim has up his sleeve. Prepare to be amazed!

Thu, Mar 16/10:30 AM

Group registration required

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Thu, Mar 16/2:30 PM-3:30 PM

Runs March 13-17, Registration required

Disney Sing-a-long Karaoke!

All ages

Join us to sing your favorite Disney tunes Karaoke style. Dress up in your favorite Disney themed outfit, if you like. It's fun for the whole family!

Thu, Mar 16/2:30 PM-3:30 PM

SuperNOVA Science Camp

Grades 4-6

Looking for something exciting to do over March Break? Join us for an action-packed week of science and engineering activities hosted by Dalhousie's SuperNOVA! This program is for children who are new to Canada and in Grades 4-6. Please bring a snack to eat on break. Call 902-490-6410 to register after February 13. In partnership with SuperNOVA at Dalhousie and Actua.

Fri, Mar 17/10 AM-1 PM

Registration required

Irish Dance Performance

All ages

The Diaga Irish Dancers will be joining us for a special performance, dancing hard-shoe and soft-shoe numbers to get everyone in the St. Patrick's Day spirit.

Fri, Mar 17/11 AM-11:30 AM

It's Not Easy Being Green

Ages 3-7

Frogs. Shamrocks. Beans. Lanterns. What do all these have in common? They're GREEN! Just in time for St. Patrick's Day we have activities and crafts in shades of green.

Fri, Mar 17/11:20 AM-12 PM

Mad Science

Fire and Ice

Ages 5+

Mad Science of the Maritimes will show us foggy dry ice that doesn't melt, bubbling volcanoes, and even a special "burp potion."

Fri, Mar 17/2 PM

Group registration required

Afternoon Art Camp

Ages 5+

Discover your creative side. For this week-long camp, you'll make a different piece of art each day. Participants will need to bring an 8x8 inch blank canvas and a shoe box with lid. Call 902-490-6410 to register after February 13.

Fri, Mar 17/2:30 PM-3:30 PM

Runs March 13-17, Registration required

Paw Patrol Pandemonium

Age 3+

Join Ryder and the pups as they work together to protect the community. Activities, games, crafts and fun, too.

Sat, Mar 18/10:30 AM-11:30 AM

Kids Embroidery Group Nintendo Project

Ages 5+

Join the Town Clock Stitchers on your In-Service day as they help you embroider a pirahna plant from the Nintendo World. Registration begins March 1. In partnership with The Town Clock Stitchers.

Wed, Mar 22/2 PM-3:30 PM

Registration required

Preschoolers

Freedom to Read

Ages 0-5

Enjoy picture books with your little one and celebrate the freedom to read and the lifelong learning reading leads to. A craft will round out the fun.

Sat, Mar 4/10:30 AM-11:15 AM

PJ Masks

Family Drop-In Storytime

Ages 3+

Here come the PJ Masks! Are you a superhero, too? Join us for some superhero stories and games, and even make your very own PJ Masks mask.

Sat, Mar 11/10:30 AM-11:15 AM

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Puppet Show

The Leprechaun's Gold

Ages 3+

Leprechauns love their gold! So why is this one having trouble hiding it?

Fri, Mar 17/10:30 AM-11 AM

Puppet Show

The Knight Who's Afraid of The Dark

Ages 3+

Sir Fred has a problem! He's afraid of the dark! Will he overcome his fear of the dark to see his lovely Lady Wendylyn?

Wed, Mar 22/10:30 AM-11 AM

Puppet Show

The Knight Who's Afraid of the Dark

Ages 3+

Sir Fred has a problem! He's afraid of the dark! Will he overcome his fear of the dark to see his lovely Lady Wendylyn?

Sat, Mar 25/10:30 AM-11 AM

Infant Massage

Babies 1 month to crawling

Join Trena Gallant, Birth and Postpartum Doula, Lamaze Childbirth Educator, and Infant Massage Instructor 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. Call 490-6410 to register after March 1st.

Wed, Mar 29/10:30 AM-11:30 AM

Registration required

Family Drop-In

Ages 0-5

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

Mondays/10:30 AM-11 AM

No program March 13 and 20,

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

Winter session ends March 7, Spring session begins March 28, Registration required

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

Winter session ends March 9, Spring session begins March 30, 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

Winter session ends March 9, Spring session begins March 30, Registration required

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

Winter session ends March 10, Spring session begins March 31, Registration required

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

Winter session ends March 10, Spring session begins March 31, Registration required

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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

No program March 25

Teens

Anime Club:

Oreo Art

Ages 12-18

Watch as Chantale teaches you how to make a Pokeball or Miyazaki character out of Oreo icing! Don't forget to snap a pic before eating your creations. Episode screening to follow.

Thu, Mar 2/6:30 PM-8 PM

Insta-SLIME

Ages 12+

Have you fallen deep into the hole that is Instagram slime videos? Want to try making your own? Join us to make your own slime, your way - choose your own colors, textures, and glitters at our DIY Slime Bar. You can then make a squishy sounds video for our Instagram account (or your own!) with our iPads.

Mon, Mar 13/6:30 PM-7:30 PM

Hamilton: A Library Program

Ages 12+

Are you ready for a Hamilton throw-down? Do not throw away your shot to prove who is the top Hamiltonian. Collect trivia points for a chance to win prizes after singing along to your favorite songs from this hit musical!

Thu, Mar 16/6:30 PM-7:30 PM

You Can Do It!

Ages 12+

Join us for relaxing hot drinks and snacks while we colour sheets from Sarah Mangle's *Affirmations* colouring book. Bring your friends and hang out while you colour, or bring your headphones, put on some music, and colour solo.

Thu, Mar 30/3:30 PM-4:30 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

No program March 14