

APRIL
2017

Cole Harbour

PROGRAM LISTINGS

Adult

Book Club

***Nora Webster*, by Colm Toibin**

Discover new authors, meet new people, and share insights monthly.

Wed, Apr 5/7 PM-8 PM

Registration required

How to Speak Assertively

A 4-Week Program

You will learn how to say your opinions, needs, and feelings in an open, honest and direct way by participating in group activities, discussions, role plays, and practicing at home. Please register by calling 902-460-4560. In partnership with Dartmouth Community Health Team..

Thu, Apr 6/1:30 PM-3:30 PM

SPEND AN HOUR IN THE COMPANY OF AN ADVENTURER

The Last Treasure Hunter

Months before Nova Scotia repealed the controversial NS Treasure Trove Act, Terry Dwyer was issued the last official 'treasure trove license'. Learn how his team located the remains of the privately owned British transport ship *Sovereign* in one of the most remote and hostile areas of Nova Scotia - St. Paul Island - the infamous "Graveyard of the Gulf" - just as the weather window closed in on them. The *Sovereign* was reputed to be carrying over 200,000 silver coins at the time it was wrecked near the end of the War of 1812. wreckhunter.ca

Wed, Apr 12/7 PM

How to Speak Assertively

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Thu, Apr 13/1:30 PM-3:30 PM

Laughter Yoga

with Bruce Miller

This "laughing for no reason" form of yoga is good for stress relief and a better immune system. Join us!

Sat, Apr 15/11 AM

Registration required

Food and Mood

Have you ever thought about the relationship between what you eat and how you feel? Join us to explore how healthy eating can support mental well-being. Please register by calling 902-460-4560. In partnership with Dartmouth Community Health Team.

Wed, Apr 19/6:30 PM-8:30 PM

Knitting for Charity

What difference can a few people and some leftover yarn make? Lots! We help people using simple patterns, donated yarn, and....you! Why not join us? (Donations of yarn welcome.)

Wed, Apr 26/6:30 PM-8:30 PM

Preschoolers

Read-A-Jig-Jig for Groups

Ages 0-5

Read a Jig Jig and away we'll go with music, stories, and more! To register please call 902-490-3820.

Wed, Apr 5/9:30 AM-10 AM

Group registration required

Puppet Show

Honey Bear's Hat Shop

Ages 0-8

Honey Bear has just opened his first hat shop. Will he find the perfect hat for his first customer?

Thu, Apr 6/10:30 AM-11 AM

Free tickets given out 30 min before event

Puppet Show

Easter Rabbit's Basket

Ages 0-8

Will the Easter Bunny be able to deliver all his baskets this year? What if one goes missing?

Thu, Apr 13/10:30 AM-11 AM

Free tickets given out 30 min before event

Read-A-Jig-Jig for Groups

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Puppet Show

Knight Who Was Afraid of the Dark

Ages 0-8

Sir Fred is afraid of the dark. What will he do so that the beautiful Wendylyn does not think he's a coward?

Thu, Apr 20/10:30 AM-11 AM

Free tickets given out 30 min before event

Puppet Show

True Story of the Three Little Pigs

Ages 0-8

Who can we trust - the three little pigs or the Big Bad Wolf - to tell the whole truth?

Thu, Apr 27/10:30 AM-11 AM

Free tickets given out 30 min before event

Read-A-Jig-Jig

Ages 0-5

Read a Jig Jig and away we'll go with music, stories, and lots more fun.

Wednesdays/10:30 AM-11:15 AM

Free tickets given out 30 min before event

Baby and Tot Time

Ages 0-36 months

Join us for stories, songs, rhymes and more!

Wednesdays/1:30 PM-2:15 PM

Free tickets given out 30 min before event

3-5 Storytime

Ages 3-5

Join us for stories, crafts, activities, and more fun! Parents or Caregivers are to attend with 3-5 year olds, and siblings of other ages are welcome.

Fridays/10:30 AM-11:15 AM

Begins April 7, No program April 14, Free tickets given out 30 min before event

Teens

YOUTH SPLASH

String Art

Grades 7-9

Join us at Youth Splash and make some string art.

Thu, Apr 6/6:30 PM-8 PM

TEEN SUPREME

Easter Egg Deco

Grades 10-12

Join us at Teen Supreme to decorate Easter eggs.

Thu, Apr 13/6:30 PM-8:30 PM

YOUTH SPLASH

Earth Day Designs

Grades 7-9

Join us at Youth Splash for an evening of designing using pre used and recycled materials. What can you create to celebrate Earth Day?

Thu, Apr 20/6:30 PM-8 PM

TEEN SUPREME

String Art

Grades 10-12

Join us at Teen Supreme and make some string art.

Thu, Apr 27/6:30 PM-8:30 PM