

APRIL
2017

Keshen Goodman

PROGRAM LISTINGS

Adult

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, Apr 3/6:30 PM-7:30 PM

Best Weight Basics with Chebucto Community Health Team

Get started on discovering your best weight with basic strategies to tweak your day to live your healthiest life. In partnership with Chebucto Community Health Team.

Tue, Apr 4/6:30 PM-8:30 PM

Registration required, Call 902-460-4560

Celebrate Canadian Cinema

Be part of the world's largest film festival...ever! April 19 is National Canadian Film Day 150. We're celebrating all month. Join us for a screening of *Midnight's Children*. This cinematic presentation is a collaboration between one of Canada's most fearless directors and Salman Rushdie, one of the world's most imaginative and controversial novelists, and is bursting with colour, wit and magic. In partnership with Reel Canada.

Fri, Apr 7/2 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, Apr 8/2 PM

Ask a Master Gardener with Atlantic Master Gardeners

Bring your gardening questions and ask the experts. In partnership with Atlantic Master Gardeners.

Sat, Apr 8/2:30 PM

Assertiveness Training:

A Four Week Series with Chebucto Community Health Team

Learn to speak up for yourself in a respectful way. Being more assertive can improve relationships and improve self-confidence. Participation in all four programs is strongly encouraged. Registration is required. Please call 902-460-4560 to register. In partnership with Chebucto Community Health Team.

Mon, Apr 10/1 PM-3 PM

Registration required, Call 902-460-4560

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Mon, Apr 10/6:30 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, Apr 11/6:30 PM-7:30 PM

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Book Club

***The Heart Goes Last*, by Margaret Atwood**

Imagining a world where citizens take turns as prisoners and jailers, the prophetic Margaret Atwood delivers a hilarious yet harrowing tale about liberty, power, and the irrepressibility of the human appetite. Join us for our monthly book club discussion. New members are welcome.

Wed, Apr 12/1 PM

Get Ready for Gardening with Erin Clements, Physiotherapist

Help prevent gardening injuries by learning exercises that would provide some strengthening to prepare for the season.

Wed, Apr 12/7 PM

Opera Chat

***Eugene Onegin*, by Tchaikovsky**

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, Apr 18/1:30 PM

On the Author's Stage: Karolyn Smardz Frost

featuring ***Steal Away Home: One Woman's Epic Flight to Freedom and Her Long Road Back to the South***

For readers of *The Book of Negroes*, *Bound for Canaan*, *House Girl*, and *The Illegal* comes the story of a 15 year old escaped slave named Cecelia Reynolds, who slips away to freedom in Canada while her Kentucky owners holiday at Niagara Falls. Karolyn Smardz Frost wrote the first book on African-Canadian history to win a Governor General's award for Nonfiction, *I've Got a Home in Glory Land: A Lost Tale of the Underground Railroad*. Presented in partnership with Scotiabank.

Tue, Apr 18/7 PM

Planning, Planting and Propagating with Atlantic Master Gardeners Association

The upcoming gardening season is almost upon us. Get a head start with tips and tricks from the experts. In partnership with Atlantic Master Gardeners.

Wed, Apr 19/7 PM

Celebrate Canadian Cinema

Be part of the world's largest film festival...ever! April 19 is National Canadian Film Day 150. We're celebrating a few days later with a screening of *The Grand Seduction*, a comedy that tells the tale of a small fishing village in Newfoundland that must secure a new doctor in order to keep the community alive. In partnership with Reel Canada.

Fri, Apr 21/2 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, Apr 22/2 PM-4 PM

Assertiveness Training: A Four Week Series with Chebucto Community Health Team

Learn to speak up for yourself in a respectful way. Being more assertive can improve relationships and improve self-confidence. Participation in all 4 programs is strongly encouraged. Registration is required. Please call 902-460-4560 to register. In partnership with Chebucto Community Health Team.

Mon, Apr 24/1 PM-3 PM

Registration required, Call 902-460-4560

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Mon, Apr 24/6:30 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, Apr 25/6:30 PM-7:30 PM

Get Ready for Golf with Erin Clements, Physiotherapist

Bring your favourite golf club and learn exercises to improve your performance on the course.

Wed, Apr 26/7 PM

BE YOUR OWN TRAVEL AGENT

Flight Deals

Curious about where to find the best flight deals for your next vacation? Interested in learning more about train travel? Learn about some of the best online sites for booking domestic and international flights and train trips. To register, please call 902-490-6410. Prerequisite: Internet Basics or familiarity with web browsers.

Fri, Apr 28/2:30 PM

Registration required

Citizenship Information Session Guided by Citizenship and Immigration Canada

Adult

The sessions provide information on citizenship application process, documents to prepare, and it answers questions on the citizenship application and procedures.

Sat, Apr 29/2 PM-4 PM

Registration required

Bridge

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

Mondays/10 AM-12:45 PM

Go Seniors, Go

Join us for adult colouring and tabletop board games.

Tuesdays/1 PM-4 PM

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

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

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

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

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PROGRAM LISTINGS

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

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

Kids Embroidery Group Spring Project

Ages 5+

Join the Town Clock Stitchers on your In-Service day as they help you embroider a lovely spring-themed project. Call 490-6410 to register after March 1st. In partnership with The Town Clock Stitchers.

Thu, Apr 6/2 PM-3:30 PM

Registration required

Lego at the Library

Ages 5+

Let your imagination run wild with the Library's Lego collection. Create some fun for the whole family.

Sat, Apr 8/2:15 PM-3:30 PM

Preschoolers

Puppet Show

The Monster Who Loved Easter Eggs

Ages 3+

Monster is eating too many Easter Eggs! What will the Easter Bunny do to help this Easter Egg loving Monster?

Wed, Apr 12/10:30 AM-11 AM

Preschool Egg Hunt

Ages 0-5

Join the hunt for Easter eggs. Then trade them in for prizes at our Information Desk.

Sat, Apr 15/10 AM-11 AM

Puppet Show

Little Red Riding Hood and Friends: An Earth Day Special

Ages 3+

Reduce, reuse, recycle! Join Little Red and her friends to celebrate Earth Day.

Sat, Apr 22/10:30 AM-11 AM

Spring Has Sprung

Ages 0-5

Get ready for a breath of fresh air. Welcome spring with stories, songs, rhymes, and a fun craft.

Sat, Apr 29/10:30 AM-11:15 AM

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 April 17

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

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

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

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

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

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

No program April 22

Teens

Anime Club

Pancake Machine!

Ages 12-18

Submit your suggestions for anime related images to Chantale by March 27 and see it created as a pancake. We'll also screen an episode while we eat our creations.

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

Teen Easter Egg Hunt

Ages 12+

Search the library for Easter eggs and pass them in for prizes and candy.

Thu, Apr 13/3:30 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