

MAY
2017

Capt. William Spry

PROGRAM LISTINGS

Adult

GAELIC NOVA SCOTIA MONTH /
MÌOS NAN GÀIDHEAL

Ceilidh with Celtic Harp / A' Chlàrsach Cheilteach

Experience a traditional ceilidh! Your host will bring to you songs, stories, tea, and oatcakes, and a special performance by Alys Howe on the Celtic harp. In partnership with the Gaelic Language Society of Halifax and the Gaelic Affairs Division of the Department of Communities, Culture, and Heritage.

Thu, May 11/7 PM

NATUROPATHIC MEDICINE WEEK

West Meets East: Functional Medicine, Practical Solutions for Connected Living with Dr. Tara Lantz

Dr. Tara Lantz shares practical solutions for living a happier, healthier, and more connected lifestyle. Her approach is taken from experience in naturopathic medicine and a blending of western functional medicine with eastern mind-body practices. In partnership with Nova Scotia Association of Naturopathic Doctors (NSAND).

Fri, May 12/2:30 PM

TASTES LIKE HOME

Gaelic Culinary Experience with Chef Scott

Looking to discover more about the traditional Gaelic cooking style? Join Chef Scott as he shows you how to cook authentic Gaelic, mouth-watering meals that are bursting with flavours. Get inspired and learn how to prepare delicious recipes from one of the Nova Scotia's four founding cultures. A series of delicious programs that will take you around our beautiful province in discovery for a new tastes and flavors. In partnership with Sobey's.

Special location: Special location: Sobey's Community Room

Fri, May 19/2:30 PM

Registration required

TASTES LIKE HOME

Reading with Red (or White...?)

Wondering what you should sip with Danielle Steele or decant with Dickens? Join us for an irreverent and entertaining discussion of pairing wines with books. Find out what wine our CAPS Certified Sommelier, Shelley Joyce, recommends with some of our favorite reads. And challenge her to pair a wine with one of your own favorite reads.

Fri, May 26/2:30 PM

Registration required

ASIAN HERITAGE MONTH

Chinese Calligraphy Workshop

This workshop aims to approach Chinese Calligraphy from a "having fun" perspective. A local calligraphy master will demonstrate writing Chinese calligraphy in different styles. After the demonstration, there be a hands-on part that allows all interested attendees to try out Calligraphy themselves. In partnership with Confucius Institute.

Wed, May 31/7:30 PM

Registration required

Capitalism: from Early Promise to Contemporary Gloom

Over the centuries, many critical thinkers, including theologians, political scientists, sociologists, economists, and philosophers, have expressed forceful views about this widely practiced system. With its dominance, the voice of its dissenters has also grown louder. This course will examine through history the basic assumptions and arguments about capitalism. Seniors' College Association of Nova Scotia (SCANS).

Mondays/1:30 PM-3:30 PM

Registration required

Bridge at the library

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

Thursdays/1 PM

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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

Sonshine and Broccoli: Touring Musical Duo

All ages

Best friends and musical partners Sonshine and Broccoli have been entertaining families for over a decade, engaging children and parents alike with their infectious enthusiasm and energetic pop-rock songs. Based in Ontario, the pair will be touring the Maritimes this spring and can't wait to rock out with us. Sonshineandbroccoli.com

Wed, May 3/5 PM-6 PM

Registration required

TASTES LIKE HOME

DIY Granola Bar with Chef Scott

for parents and kids

If you're like most parents, you probably keep a stash of granola, energy, or protein bars on hand for quick, healthy snacks for kids. Rather than purchase those snacks to take in the car and pack in the kids' lunch box, join Chef Scott and learn to make your very own from-scratch granola bars. In partnership with Sobeys.

Sat, May 6/11 AM

Registration required

TASTES LIKE HOME

DIY Granola Bar OR Hands-on Healthy Snacks

What child doesn't like gummy treats and granola bars? Join Chef Scott and learn how to make your own healthy snack, ready for anywhere and anytime. In partnership with Sobeys.

Wed, May 17/5 PM-6 PM

Registration required

ASIAN HERITAGE MONTH

Shuttlecock Kicking

Ages 8-12

Shuttlecock kicking is also known by its Chinese name - Jian Zi. It is a traditional Chinese national sport in which players aim to keep a heavily weighted shuttlecock in the air by using any part of their bodies, except for their hands. Join us for a fun night of learning basic techniques of shuttlecock kicking. Shuttlecocks will be provided for the program. In partnership with Confucius institute.

Wed, May 24/5 PM-6 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

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PROGRAM LISTINGS

Preschoolers

Family Drop-in (Arabic/English)

Ages 2-5

Designed for Arabic-speaking families, children ages 2-5 and their parents/caregivers, this weekly drop-in program invites families to enjoy stories, songs, games and other activities. The program is presented in Arabic and English.

Sat, May 6 and 20/10:30 AM-11:30 AM

Family Drop-in (Arabic/English)

Ages 2-5

Designed for Arabic-speaking families, children ages 2-5 and their parents/caregivers, this weekly drop-in program invites families to enjoy stories, songs, games and other activities. The program is presented in Arabic and English.

Thu, May 11 and 25/10:30 AM-11:30 AM

ASIAN HERITAGE MONTH

Beijing Opera Facial Mask Painting

All ages

Beijing Opera of China is a national treasure with a history of 200 years. One of the outstanding features of Beijing Opera is its startling, colourful masks. Masks are painted on actors' faces to help the viewers determine, at a glance, the attributes of a theatrical character. Learn how to paint an operatic mask in a pattern of your choosing, and learn the meaning of the different masks. In partnership with Confucius Institute.

Sun, May 14/3 PM

Registration required

Family Drop-in

Ages 0-5

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

Tuesdays/10:30 AM-11:30 AM

Sessions ends May 23

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. NB: next round rename it Storytime, like the rest of the regional programs

Fridays/10:30 AM-11 AM

Teens

ASIAN HERITAGE MONTH

Chinese Kite Making

Ages 12+

The kite is believed to have originated in China. Since its invention, there have been many adaptations to the kite by various cultures around the world. During this workshop, you will be provided with the materials needed to making a kite. Whose kite will fly the highest once completed? In partnership with Confucius Institute.

Thu, May 18/6 PM

Registration required

TASTES LIKE HOME

Teen Zone

Smart Smoothies

Chef Scott of Sobey's Herring Cove is going to teach us how to make healthy and delicious smoothies with basic ingredients. They might be healthy but they are guaranteed to taste like they're not. Deee-lish. In partnership with Sobey's Herring Cove.

Thu, May 25/6:30 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