

**MAY**  
**2017**

# Keshen Goodman

## PROGRAM LISTINGS

### Adult

#### **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, May 1/10 AM– 12 PM**

Registration required, Call 902-460-4560

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.

**Tue, May 2/7 PM**

TASTES LIKE HOME

#### **Food from Around the World, In Our Own Backyard**

Join us as we sample the foods of cultural groups of Nova Scotia. Learn more about how these foods are prepared and enjoyed as well as the combination of ingredients that make them unique. The programs will include Persian, Indian, and Chinese cuisine.

**Wed, May 3/7 PM-8:30 PM**

Registration required

#### **Nordic Pole Walking**

Keshen Goodman Public Library has a collection of Nordic Poles available for borrowing on May 17 thanks to the Halifax North West Trails Association and a grant from the Chebucto West Community Health Board. Walking in our community is a popular leisure and healthy activity. Learn about the local trails while learning a new skill. Join an Introductory Nordic Pole session with certified instructors. Poles will be available. In partnership with Halifax North West Trails Association.

**Wed, May 3/7 PM-8:30 PM**

Registration required

Movie

#### ***La La Land***

PG-13

Mia, an aspiring actress, serves lattes to movie stars in between auditions and Sebastian, a jazz musician, scrapes by playing cocktail party gigs in dingy bars, but as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

**Fri, May 5/2 PM**

BE YOUR OWN TRAVEL AGENT

#### **Accommodations**

Join us and learn how to research and book safe, affordable, and comfortable accommodations online. To register, please call 902-490-6410. Prerequisite: Internet Basics or familiarity with web browsers. Be Your Own Travel Agent is a three week series designed to prepare you for your vacation. You will learn about the variety of travel information available online..

**Fri, May 5/2:30 PM**

Registration required

#### **Nordic Pole Walking for the Family**

Join a family Nordic Pole training session and discover a new way to enjoy our community as a family. Children who are 8-12 years of age will require an adult partner. In partnership with Halifax North West Trails Association.

**Sun, May 7/2:30 PM-4 PM**

Registration required

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**Mon, May 8/1 PM-3 PM**

Registration required, Call 902-460-4560

**OPERA CHAT**

**R. Strauss' *Der Roenkavalier***

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. Opera Chat follows a theme of "To Love, or Not to Love": Passionate Choices in Opera, 1781-2000. In partnership with Opera Nova Scotia.

**Tue, May 9/1:30 PM-3 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, May 9/7 PM- 8 PM**

**Book Club**

***The Painted Girls*, by Cathy Buchanan**

*The Painted Girls* is a tale of two remarkable sisters rendered uniquely vulnerable to the darker impulses of civilized society. In the end, each will come to realize that her salvation, if not survival, lies with the other. Join us for our monthly book club discussion. New members are welcome.

**Wed, May 10/1 PM**

**TASTES LIKE HOME**

**Food from Around the World,  
In Our Own Backyard**

Join us as we sample the foods of cultural groups of Nova Scotia. Learn more about how these foods are prepared and enjoyed as well as the combination of ingredients that make them unique. The programs will include Persian, Indian, and Chinese cuisine.

**Wed, May 10/7 PM-8:30 PM**

Registration required

**Movie**

***Manchester by the Sea***

Ages 14A

Join us for this critically acclaimed drama about a man who must face his painful past when he returns to his Massachusetts hometown after the sudden death of his brother.

**Fri, May 12/2 PM**

**BE YOUR OWN TRAVEL AGENT**

**Tourism Information**

Learn how to research and plan your vacation using Google Maps and top tourism sites in order to ensure the best bang for your buck. To register, please call 902-490-6410. Prerequisite: Internet Basics or familiarity with web browsers. Be Your Own Travel Agent is a three week series designed to prepare you for your vacation. You will learn about the variety of travel information available online..

**Fri, May 12/2:30 PM**

Registration required

**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, May 13/2 PM**

**Bedford Leisure Orchestra**

Join us for a live performance by the Bedford Leisure Orchestra, under the direction of Bob Bauer. Their repertoire includes a mix of classical, variety, pop, as well as tunes from favourite Broadway musicals.

**Sun, May 14/2:30 PM**

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**Wed, May 17/1 PM-2:30 PM**

Registration required

### TASTES LIKE HOME

#### **Food from Around the World, In Our Own Backyard**

Join us as we sample the foods of cultural groups of Nova Scotia. Learn more about how these foods are prepared and enjoyed as well as the combination of ingredients that make them unique. The programs will include Persian, Indian, and Chinese cuisine.

**Wed, May 17/7 PM-8:30 PM**

Registration required

#### **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, May 23/7 PM-8 PM**

### **Learn to Code**

#### **with MindSea Development Inc.**

Join developers from local app design team MindSea Development Inc. for an introduction to coding. Learn what coding is and how it is used, and try your hand at writing and creating your own code. Call 902-490-6410 to register for one or both of the Learn to Code program dates. Computer skills are required. In partnership with MindSea Development Inc..

**Tue, May 23/7 PM**

Registration required

### TASTES LIKE HOME

#### **Food from Around the World, In Our Own Backyard**

Join us as we sample the foods of cultural groups of Nova Scotia. Learn more about how these foods are prepared and enjoyed as well as the combination of ingredients that make them unique. The programs will include Persian, Indian, and Chinese cuisine.

**Wed, May 24/7 PM-8:30 PM**

Registration required

### **Movie**

#### ***Fantastic Beasts and Where to Find Them***

PG-13

Holding a mysterious leather suitcase in his hand, Newt Scamander, a young activist wizard from England, visits New York while he is on his way to Arizona. Inside his expanding suitcase hides a wide array of diverse, magical creatures that exist among us, ranging from tiny, twig-like ones, to majestic and humongous ones. Stars Academy Award winner Eddie Redmayne.

**Fri, May 26/2 PM**

### **Microsoft Word Basics**

Create, edit, format, save, and print a document using Microsoft Word. **PRE-REQUISITE:** Beyond the basics or basic mouse, keyboard, and windows skills. To register, please call 902-490-6410.

**Fri, May 26/2:30 PM**

Registration required

### **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, May 27/2 PM-4 PM**

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#### **with MindSea Development Inc.**

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**Tue, May 30/7 PM**

Registration required

GAELIC NOVA SCOTIA MONTH /  
MÌOS NAN GÀIDHEAL

### **Genealogy / Sloinntearachd** **with Vince MacNeil**

Discover where to look and gain insight into the Gaelic language and culture as you research your Scottish ancestry. In partnership with the Gaelic Language Society of Halifax and the Gaelic Affairs Division of the Department of Communities, Culture, and Heritage.

**Wed, May 31/7 PM**

### **Bridge**

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

**Mondays/10 AM-12:45 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. or drop-in when you can. This is a seated meditation class. No need to bring anything but yourself.

**Mondays/6:30 PM-7:30 PM**

Runs May 1-June 26

### **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

### **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**

### **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**

### **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

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## PROGRAM LISTINGS

### 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](http://Sonshineandbroccoli.com)

**Wed, May 3/10:30 AM-11:30 AM**

#### **Free Comic Book Day**

All ages

Come celebrate Free Comic Book Day with us. We'll be handing out free comic books all day, while supplies last. Don't forget to check out our comic book photo booth. In partnership with Strange Adventures Comics and Curiosities.

**Sat, May 6/10 AM**

#### **Free Comic Book Day Costume Contest with Hal-Con Grand Prize**

All ages

Want a chance to win a grand prize pair of Sunday Hal-Con 2017 tickets? Smaller individual prizes will also be given out for each age group (that includes you, too, Dad!). 12:30 p.m. Registration and 1:00 p.m. presentation and judging. In partnership with Hal-Con 2017.

**Sat, May 6/12:30 PM**

#### **Free Comic Book Day Superhero Lego Pit**

Ages 5+

Come celebrate Free Comic Book Day in our giant Lego pit. Wear your favourite costume, and see if you can make your favourite superhero or comic book scene out of Lego.

**Sat, May 6/2:30 PM-3:30 PM**

#### **GAELIC NOVA SCOTIA MONTH / MÌOS NAN GàIDHEAL Kid's Embroidery Group A Mother's Day Project**

Ages 5+

Join the Town Clock Stitchers as they help you embroider a celtic card for Mother's Day, or for any special person in your life. In partnership with The Town Clock Stitchers.

**Sat, May 13/2 PM-3:30 PM**

Registration required

### Preschoolers

#### **Free Comic Book Day Superhero Costume Factory**

All ages

Celebrate Free Comic Book Day by making your own cape, mask and wrist bands before jumping into our comic book photo booth. Don't forget to bring a light colored t-shirt for superhero screen printing, too! All ages are welcome. In partnership with Strange Adventures Comics and Curiosities.

**Sat, May 6/10 AM-12 PM**

#### **We Love Mom!**

Ages 0-5

Celebrate Mother's Day with stories, songs, and a card craft you can give to Mom.

**Sat, May 13/10:30 AM-11:15 AM**

#### **GAELIC NOVA SCOTIA MONTH / MÌOS NAN GàIDHEAL**

#### **Puppet Show**

#### ***The Sheep, the Bagpipes, and the Wee Trow***

Ages 3+

When a Scottish family's farmland is over-run with sheep, the family must make plans to emigrate to Nova Scotia. A local "wee Trow" (a troll) helps them, by working his magic. This puppet show is for kids and families and will be performed in English, but it includes a few basic Gaelic phrases and songs that children may recognize.

**Sat, May 20/10:30 AM**

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## PROGRAM LISTINGS

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### ASIAN HERITAGE MONTH

#### **Asian Tales**

#### **Asian Heritage Month**

Ages 0-5

To celebrate Asian Heritage Month, join us for stories, songs, rhymes, and a craft - all with an Asian flair.

**Sat, May 27/10:30 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**

Session ends May 15

#### **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 May 20

#### **Puppet Show**

#### ***Chopsticks the Mouse and the Chinese***

Dragon

All ages

In celebration of Asian Heritage month.

**Wed, May 17/10:30 AM-11 AM**

### Teens

#### **Anime Club**

#### **Button Making**

Ages 12+

Join us for our regular anime episode screening and popcorn, and we'll also make buttons from our favourite shows.

**Thu, May 4/6:30 PM-8 PM**

#### **Destiny's Children Bey-by Shower**

Ages 12+

Join us in celebrating the two newest additions to the Knowles-Carter family with a baby shower. Play Beyonce-themed games, make a flawless craft in tribute to Queen Bey, and submit your guesses for names of the newest members of the royal family. Lemonade and treats will be served.

**Thu, May 18/6:30 PM-7:30 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**