

MAY
2017

Sackville

PROGRAM LISTINGS

Adult

Approaching Dementia Positively with Marcy MacPherson

Join us for an informed discussion on dementia. Marcy MacPherson (Still Alive Inside: Dementia Supports and Opportunities) will provide an overview of dementia, approaching someone with dementia, and developing relationship-building skills. To register, please call 902-865-3744.

Tue, May 2/1:30 PM-3 PM

Registration required

GAELIC NOVA SCOTIA MONTH /
MÌOS NAN GàIDHEAL

Cultural similarities Among the Gaels, Mi'kmaq, and Acadians / Rudan Ionnannachd Chultarach a-measg nan Gàidheal, nam Mìogmac agus nan Acadianach

Experience a traditional ceilidh. Your host will bring you songs, stories, tea and oatcakes as well as a special session featuring Lewis MacKinnon. Lewis will explore the cultural similarities among the Gaels, Mik'maq and Acadian peoples. In partnership with the Gaelic Language Society of Halifax and the Gaelic Affairs Division of the Department of Communities, Culture, and Heritage.

Wed, May 3/7 PM

Stitch Niche

Whatever your interest--knitting, crocheting, needlework--join us for an evening of stitchery and conversation. Share ideas and peruse the newest craft books. All levels are welcome.

Wed, May 3/7 PM-8:40 PM

Movie

Passengers

Rated PG

In this exciting science fiction action-thriller, two passengers in a hibernation pod on a 120-year journey to another planet are woken up 90 years too early. Jim and Aurora must unravel the mystery behind this malfunction as the ship teeters on the brink of collapse, with the lives of thousands of passengers in jeopardy. Starring Jennifer Lawrence and Chris Pratt.

Sat, May 6/1:30 PM

Collaborative Family Law

Don't Litigate. Collaborate!

Are you looking for constructive resolutions to a family dispute? Join for an information session on Collaborative Family Law, a process which brings together legal, financial, and mental health professionals to assist couples in conflict with negotiating agreements rather than going to court. This approach promotes mental well-being, positive communication, good decision making, and financial clarity in the midst of conflict. To register, please visit collaborativefamilylawyers.ca. In partnership with The Association of Collaborative Family Law Professionals of Nova Scotia.

Wed, May 10/6:30 PM

Registration required

Book Club

***The Boston Girl*, by Anita Diamant**

An unforgettable story about family values, friendship, and feminism told through the eyes of a young Jewish woman in the early 20th century

Wed, May 10/7 PM

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NATUROPATHIC MEDICINE WEEK

Keep Up with Your Grandkids with Dr. Cheryl Karthaus

Improving your health is the single best way to be sure you will enjoy many more years of mobility, independence, and quality time with the people you love. Join Dr. Cheryl Karthaus, Naturopathic Doctor, to explore the top 5 health concerns related to aging, including the things that decrease your quality of life and stop you from living out your retirement dreams. We will have a chance to share experiences and discuss specific strategies to improve your daily life immediately. In partnership with Nova Scotia Association of Naturopathic Doctors (NSAND).

Fri, May 12/2:30 PM

Stitch Niche

Whatever your interest--knitting, crocheting, needlework--join us for an evening of stitchery and conversation. Share ideas and peruse the newest craft books. All levels are welcome.

Wed, May 17/7 PM-8:40 PM

Movie

Hidden Figures

Rated PG

Based on the amazing true life stories of Dorothy Vaughn, Mary Jackson, and Katherine Johnson, this film follows three African-American female mathematicians who served as the brains behind one of the greatest NASA operations in U.S. history. Starring Octavia Spencer, Taraji P. Henson, and Janelle Monáe.

Fri, May 26/1:30 PM

Your Way to Wellness

Chronic Disease Self-management Workshop Series

Do you have an ongoing chronic condition such as arthritis, asthma, diabetes, fibromyalgia, depression, Crohn's, IBS, anxiety, or other? Join us for a free 6-week workshop led by trained volunteers where you'll meet other people who understand what you're going through--because they are going through it, too. For more information visit www.yourwaytowellness.ca. To register, call 902-473-7709 or email yw2w@nshealth.ca. In partnership with the Nova Scotia Health Authority.

Tuesdays/6 PM-8:30 PM

Session begins May 9, Registration required

Career Decision Making for Women

In this five-session workshop by Women's Employment Services, participants will explore the influence of values, interests, and work styles on career choices, engage in a process of self exploration, identify occupations of interest, review Nova Scotia labour market trends and occupational information, and obtain information on local upgrading and retraining options. Please call 902.422.8023 or 902.422.8900 to register. Bus tickets and funding for child care is available. In partnership with Women's Employment Services.

Fridays/10 AM-12 PM

Session begins May 19, Registration required

Kids

The Drop

Ages 8-12

A safe, supportive, supervised space for kids to hang out, eat healthy snacks, and participate in fun STEAM (science, technology, engineering, art, and math) activities.

Wednesdays/3 PM-4:30 PM

Sessions ends May 24

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Preschoolers

Puppet Show

Mud Puddle

All ages

Watch Robert Munsch's classic spring tale come to life.

Fri, May 12/10:30 AM-11 AM

Puppet Show

Mud Puddle

All ages

Watch Robert Munsch's classic spring tale come to life.

Wed, May 24/10:30 AM-11 AM

Baby's First Books

Ages 0-18 months

Listen to stories, learn new songs, and share in interactive play.

Tuesdays/10:30 AM-11 AM

Sessions ends May 23

Tales for Tots

Ages 18-35 months

Engage your toddler's imagination, and develop early literacy skills. Caregiver must be present.

Wednesdays/10:30 AM-11 AM

Sessions ends May 24

Storytime and Play

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. Caregivers are to attend with 3-5 year olds, and siblings of other ages are welcome.

Thursdays/10 AM-11 AM

Teens

Connect the Dots

Ages 18 and under

LGBTQ youth and friends - drop in, make connections, and have fun! Led by the Youth Project. For more information, call (902) 429-5429. Program is held the first Tuesday of every month. In partnership with The Youth Project.

Tue, May 2/6 PM-8 PM

Teen Zone

Ages 13-18

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. Drop-in 6 PM/ Program 7 PM In partnership with HRM Recreation.

Thursdays/6 PM-8:30 PM