

JUNE
2017

Alderney Gate

PROGRAM LISTINGS

Adult

Guitar Strumming Decoded with Stephen Dempster

Does all of your strumming tend to sound the same with every song? Are you finally ready to learn how the pros really do it? Then join Stephen Dempster of Dempster Guitar Studio in a two-hour hands-on workshop that will help you to strum more creatively. Your new strumming style will be based on what you hear in a song and not on canned strumming patterns someone else showed you. Requirements: A working knowledge of basic open chords and chord changing. dempsterguitarstudio.com

Thu, Jun 1/6:30 PM-8:30 PM

Registration required

Gardening Bloopers: What Not To Do In Your Garden

Have you learned the hard way from your gardening mistakes? Don't feel bad - even the experts have made them. Enjoy anecdotes from local gardening experts. There will be opportunity for Q&A. In partnership with Dartmouth Horticultural Society.

Sat, Jun 3/2:30 PM-3:30 PM

Food Fads: Fact or Fiction?

Explore popular diets and nutrition trends and see if they live up to their claims. In partnership with Dartmouth Community Health Team.

Tue, Jun 6/10 AM-11:30 AM

Ask An Expert: Gardening Drop-In

Ask an expert your gardening questions, big and small. In partnership with Dartmouth Horticultural Society.

Tue, Jun 6/7 PM-8 PM

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

Registration required

BIKE WEEK

MEC's Mobile Bicycle Maintenance Station

Drop in. Staff from MEC (Mountain Equipment Co-op) will be on hand with their mobile bicycle safety check and repair station. Learn basic bike maintenance, get some quick adjustments, and prepare to explore your community on two wheels. In partnership with Halifax Regional Municipality.

Fri, Jun 9/2:30 PM-4:30 PM

Recovery Dialogue: Surrounded by Possibilities

Recovery Dialogues are designed to help you achieve awareness and increase self-confidence. They are designed to cut across the belief that "there is nothing I can do that is going to make my life better." Please join us as we begin a dialogue about our journey to wellness.

Wed, Jun 14/10 AM-12 PM

In partnership with Healthy Minds Cooperative

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Thu, Jun 15/6:30 PM-8:30 PM

Registration required

NFB Film Club *Theater of Life*

Theater of Life captures the remarkable story of how renowned chef Massimo Bottura transformed food destined for the dumpster into delicious and nutritious meals for homeless shelter residents including refugees, recovering addicts, former sex workers, and other disadvantaged people. A visual feast in itself, this film puts a human face on its powerful message of social justice. Local Syrian-Canadian entrepreneurs from Piece of the East, a food upcycling initiative yielding glistening fruit jams and jellies, will make a special appearance.

Sat, Jun 17/12 PM

Scam Savvy: Fraud Fighter Presented by The Better Business Bureau

From pyramid schemes to the CRA scam calls, this presentation runs through the Top 10 Scams that most frequently target Atlantic Canadians, and demonstrates how BBB's online Scam Tracker can help you research, report, and prevent scams. (<https://www.bbb.org/scamtracker/atlantic-provinces/>). In partnership with Better Business Bureau.

Tue, Jun 20/10:30 AM-12 PM

Evergreen Writers Group

Always welcoming new participants, the group gets together for discussions, feedback, guest speakers, and workshops for aspiring writers. Call 902-463-5612 for information.

Wed, Jun 21/10:15 AM-12:15 PM

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Thu, Jun 22/6:30 PM-8:30 PM

Registration required

Games for Grown-Ups

Join us and get your gaming brain ready! Enjoy crib, playing cards, Yahtzee, checkers, and tic-tac-toe (including Braille versions.) This program is open to all game lovers. In partnership with Alliance for the Equality of Blind Canadians.

Fri, Jun 23/10 AM-11:30 AM

Registration required

Community Tea

Join us for a steaming cup of tea with friends and community. Bring your crafty creations and spend the morning enjoying the beautiful harbour view.

Fri, Jun 30/10 AM-12 PM

Conversation Corner

Newly arrived to Halifax? Enjoy coffee, meet people and practice your English.

Saturdays/9:15 AM-11:15 AM

Session ends June 17, Registration required

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PROGRAM LISTINGS

Kids

First Aid Instruction for Families with Nova First Aid

Families

Nova First Aid provides basic first aid instruction for families with young children who do not have access to first aid training. Topics covered in each two-hour workshop include basic first aid skills for families, calling 9-1-1 for children, and how to help when someone is choking. Novafirstaid.com In partnership with Nova First Aid.

Sat, Jun 3/2 PM-4 PM

Registration required

Happy Pig Day! An Elephant and Piggie StoryWalk®

All ages

Unless there's a hurricane, join us outside in Ferry Terminal Park for a StoryWalk® of the book *Happy Pig Day*, by Mo Willems. Walks will take place every 15 minutes starting at 10:30 a.m., with the last walk at 11:15 a.m. A StoryWalk® is an opportunity for children to experience reading a book while walking through a chosen area, such as a park, trail, or neighborhood. They promote literacy, outdoor physical activity, and encourage parent and community involvement. The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and was developed in collaboration with the Vermont Bicycle and Pedestrian Coalition (VBPC) and the Kellogg Hubbard Library.

Sat, Jun 17/10:30 AM-11:30 AM

Teens

Teen Gamer Night

Ages 13+

Come play games on the big screen!
Did we mention snacks are provided?

Wednesdays/6 PM-8 PM