

JUNE
2017

Capt. William Spry

PROGRAM LISTINGS

Adult

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.

Sun, Jun 4/2:30 PM-4:30 PM

Pain Relief and Increased Flexibility Through Yamuna Body Rolling

Using small inflatable balls, learn simple techniques to reduce pain by creating space in your body. Yamuna Body Rolling is a very powerful, self-fixing tool that everyone can do regardless of age or physical limitations. Free your body of restrictions, eliminate stress and tension while creating a calm and balanced you. Class size is limited to 20 participants.

Wed, Jun 7/7:30 PM

TASTES LIKE HOME

Acadian Culinary Experience with Aline Thibodeau

This class is specialized study in Acadian cuisine. Get inspired and learn how to prepare delicious recipes from one of the Nova Scotia's four founding cultures. Join Elaine Munro for a hands-on workshop and learn how to make legendary Beignets.

Fri, Jun 9/2:30 PM

Registration required

Stepping Stones

Beautify Your Garden with Colourful Mosaic Art

In this beginner friendly workshop, participants will design and create a unique mosaic garden paver using tiles, marbles, gems, and coloured glass. You will come away from this fun and engaging class with a glittering mosaic stepping stone to take home for your garden.

Fri, Jun 16/2:30 PM

Registration required

Long Cove Art Exhibit

Join us for an opening ceremony of a Long Cove Art Exhibit by a local amateur artist James Marryatt, who lives in Spryfield and is currently in J. L. Ilsley High School. James Marryatt was born in the Halifax but spent his childhood in West Pennant near Sambro until age 7. James has since moved to Spryfield. Most of his paintings are landscapes inspired by the Sambro picturesque scenery and most of its surroundings. The artist hopes you enjoy his work.

Fri, Jun 23/2:30 PM

Exploring Food Waste in Canada and Cooking Presentation Presented by FOUND

This two-part program will investigate the issue of food waste in Canada. As of 2014, 47% of food waste occurs in households. FOUND Forgotten Food will present a short theatrical performance on food waste and best before dates in Canada, followed by a hands-on cooking workshop using some items past their best before date!

Fri, Jun 30/2:30 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

Session ends June 12, Registration required

Bridge at the library

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

Thursdays/1 PM-3 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

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

Session ends June 21, Registration required

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, Jun 3 and 17/10:30 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, Jun 8 and 22/10:30 AM-11:30 AM

Captain William Spry Summer Reading Club Kick Off

Join pianist Alicia Jacob on a magical journey into the world of music. Registration for the TD Summer Reading Club begins June 17. Read during the summer, visit the library to collect cool rewards, and enter to win exciting prizes.

Thu, Jun 29/2 PM

Teens

BIKE WEEK

Making Tracks

Making Tracks helps children and youth develop the safety skills and confidence to choose cycling as a means to travel within their communities. Making Tracks offers skill-based, multiple session, experiential learning workshops so children and youth have hands-on time to practice and learn, all while having fun. In partnership with Halifax Regional Municipality.

Thu, Jun 8/6 PM-8 PM

Registration required

TASTES LIKE HOME

Teen Zone

DIY Snacks

This week in Teen Zone we're going to have a blast learning the basics of simple, nutritious, and YUMMY snacks with Chef Scott from Sobeys Herring Cove. So much fun you won't believe it's educational. AND we get to eat the final product. In partnership with Sobeys Herring Cove.

Thu, Jun 22/6:30 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

Session ends June 22