

JUNE
2017

Sackville

PROGRAM LISTINGS

Adult

TASTES LIKE HOME

Window Sill Gardening with Gayle Shatz

In this workshop you will plant some microgreens and shoots to take home and grow on your windowsill. Microgreens and shoots are seedlings of edible vegetables and herbs. Even though they are small in size, they are loaded with nutrients, vitamins, and beta carotene. Popular not only in restaurants but for growing at home, they can be used for salads and smoothies and are relatively quick and easy to grow. Flavours range from mild to tangy to spicy. To register, please call 902-865-3744.

Sat, Jun 3/2:30 PM

Registration required

Want Better Health? Build Better Goals!

Explore what motivates you and what stops you from making health changes. Develop a plan to help you achieve your goal. To register, please call 902-460-4560. In partnership with Bedford/Sackville Community Health Team.

Wed, Jun 7/6:30 PM-7:30 PM

Registration required

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, Jun 7/7 PM-8:40 PM

Seniors' Spring Social

Join us for a morning of entertainment and conversation. Drop by for a few minutes or stay for the whole morning. Refreshments will be served. No registration is required. In partnership with the Bedford/Sackville Community Health Team.

Tue, Jun 13/10 AM-12 PM

Book Club

***Common Ground*, by Justin Trudeau**

The candid memoir of Canada's Prime Minister reveals to readers the experiences that fostered Trudeau's passion for Canadian people and politics

Wed, Jun 14/7 PM

The Art of Chinese Paper Cutting

Discover the art of Chinese paper cutting in this hands-on workshop. The session will also include a presentation about the history and culture of paper cutting in China (a traditional Chinese New Year decoration for good luck) and samples of work by paper cutting masters. To register, please call 902-865-3744. In partnership with Confucius Institute.

Fri, Jun 16/2:30 PM-3:30 PM

Registration required

Movie

La La Land

Rated PG

In this dazzling musical set in modern-day Los Angeles, an aspiring actress and a jazz musician fall for each other but struggle to realize their dreams in the harsh world of show business. Starring Emma Stone and Ryan Gosling.

Sat, Jun 17/1:30 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

www.collaborativefamilylawyers.ca. In partnership with The Association of Collaborative Family Law Professionals of Nova Scotia.

Wed, Jun 21/6:30 PM

Registration required

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, Jun 21/7 PM-8:40 PM

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Movie

Lion

Rated PG

A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia. Twenty-five years later, he sets out to find his lost family. Starring Dev Patel, Nicole Kidman, and Rooney Mara.

Fri, Jun 23/1:30 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 ends June 13, 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 ends June 16, Registration required

Kids

Sackville Summer Reading Club Kick Off

All ages

Enjoy games, cake, facepainting, and lots of fun in Acadia Park beside the Library. In case of rain, Kick-Off will be held inside the Library. 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 29/10:30 AM-12 PM

Preschoolers

Sackville Summer Reading Club Kick Off for Preschoolers

Ages 3-5

Celebrate the first day of summer with a special Summer Reading Club Kick-Off party for preschoolers. Stop by for stories and songs, and register your little one for the Summer Reading Club, too. 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 prizes.

Wed, Jun 21/10:30 AM-11 AM

Teens

Connect the Dots

Ages 18 and under

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

Tue, Jun 6/6 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