

**NOVEMBER**  
**2017**

# Halifax Central

## PROGRAM LISTINGS

### Adult

FANDOM WEDNESDAYS

#### **Hench-Kin's Guild of Halifax RPG Club**

Ages 14-Adult

The Hench-Kin's Guild of Halifax is a club dedicated to tabletop roleplaying games (RPGs), including Dungeons & Dragons, Call of Cthulhu, and many more! These games are fun, social events, and no prior experience is necessary. Everyone 14+ welcome. In partnership with Hench-Kin's Guild of Halifax.

**Wed, Nov 1/5 PM-8:30 PM**

#### **The Power of Memoir and Storytelling: What Can We Learn from the Trauma of the Past?**

Stories offer us a glimpse into another's life and mind. This is only one of a story's powers. Tonight we explore tremendous works with a series of readings from notable and local storytellers. Firstly, we have Olga Milosevich, a retired CBC Radio Broadcaster. She will read from *Chief Lightning Bolt*, the first novel by Mi'kmaq Elder, Dr. Daniel N. Paul, who is also known for *We Were Not the Savages*. In this tale of peace and war, friendship, and love, Paul brings back to life the customs, traditions, and rich spirituality of pre-contact Mi'kma'ki. Secondly, we present two memoirists: Nate Leipziger, who, as a young teenager, survived several Nazi concentration camps and a death march, and Theodore Fontaine, former chief of the Sagkeeng Ojibway First Nation and survivor of the Fort Alexander and Assiniboia Indian Residential Schools. Nate and Theodore will talk about how they came to write their memoirs. Their two distinct narratives intersect and speak to each other in examining loss, trauma, and the use of memoir in the journey toward healing.

**Wed, Nov 1/7 PM**

#### **Author Ken Dryden In Conversation with John Demont**

Ken Dryden and host John Demont will discuss Ken's latest book, *Game Change: The Life and Death of Steve Montador, and the Future of Hockey*. In partnership with Canada Council for the Arts. Presented by Scotiabank.

**Thu, Nov 2/6:30 PM**

#### **Movie**

##### **Churchill**

Rated PG

Tensions mount for beleaguered British Prime Minister Winston Churchill as D-Day nears in June 1944. Fearful of repeating past mistakes, Churchill is reluctant to embark on the large-scale campaign that the entire war effort hinges upon. Clashing with his political opponents, the troubled leader receives unwavering support from his devoted wife, Clementine. With strength and shrewdness, she tries to prevent his physical, mental, and spiritual collapse while inspiring him to achieve greatness.

**Fri, Nov 3/10 AM-12 PM**

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## PROGRAM LISTINGS

### **Halifax Harmonizers**

#### **Malt Shop Sock Hop**

The Halifax Harmonizers are charter members of the Barbershop Harmony Society (BHS), which dates back to 1938. They formed recently from the amalgamation of the Atlantic Swells and Millstream Chorus, two choruses from the municipality. The group is committed to providing high quality entertainment with an emphasis on having fun and making those chords ring. Halifax Harmonizers is under the direction of Paul Creaser and Russ Sketchley.

**Sat, Nov 4/2 PM-3 PM**

### **Hope and Survival: A Story of the Halifax Explosion**

Laurie will read from her book and answers questions on the process of creating quilt art. Some of the original illustrations created for the book will be on display. Laurie Swim is a Portia White Prize winning fibre artist based in Lunenburg and the author of several books on quilting.

**Sat, Nov 4/3:30 PM**

### **Welcome to Watercolours**

In this introduction to the wide world of watercolours, we'll explore the many forms of this fluid art medium, why it works the way it does, and how to test those capabilities in creative ways. No prior art experience is necessary. All materials are provided, but feel free to bring a notebook and writing utensil to take notes with. To register, call us at 902-490-5706.

**Sun, Nov 5/1 PM-4 PM**

Registration required

### **Yoga Flow**

Connect to your breath, play with balance, build strength, and increase flexibility. This session is suitable for all levels and great for beginners. Please bring a mat.

**Sun, Nov 5/2 PM-3 PM**

### **'Till We Meet Again Musical Concert with the Stadacona Band of the Royal Canadian Navy**

A afternoon of music for those of you who want to stroll down memory lane with war-time favourites and want to hear some of today's best songs. The Stadacona Band are known for their versatility and skills. It's a concert you don't want to miss.

**Sun, Nov 5/2 PM**

### **Book Club**

#### ***The Illegal*, by Lawrence Hill**

A literary thriller that addresses the fate of undocumented refugees who struggle to survive in nations that do not want them. Keita Ali is desperate to flee Zantoroland, a mountainous black island that produces the fastest marathoners in the world. Keita signs on with notorious marathon agent, Anton Hamm, who provides Keita with a chance to run the Boston marathon. But when Keita fails to place among the top finishers, rather than being sent back to his own country, he goes into hiding.

**Sun, Nov 5/3 PM**

### **BOOK LAUNCH**

#### **Author Sheila Johnson Kindred**

#### **Jane Austen's Transatlantic Sister:**

#### **The Life and Letters of Fanny Palmer Austen**

Hear how Fanny Palmer, wife of Charles Austen, was an eye witness to British naval life during the Napoleonic Wars. Her story, informed by letters from Halifax and England, recounts her adventures at sea and on land and explores her influence on Jane Austen's fiction. Halifax author Sheila Johnson Kindred often writes and lectures about Jane Austen's family and fiction. Presented by Scotiabank.

**Mon, Nov 6/7 PM**

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## PROGRAM LISTINGS

### **Effective Tax Strategies**

Confused by the ever-changing tax laws? With this session you can learn how to be proactive in your tax planning and record-keeping. Find out about the three main categories for tax planning: reducing income subject to tax, maximizing deductions, and using all allowable tax credits. In partnership with Chartered Professional Accountants.

**Tue, Nov 7/12 PM-1 PM**

### **Symphony Nova Scotia Seniors'**

#### **Concert: When Words Become Music**

Featuring conductor Gary Ewer  
In this relaxed, entertaining concert tailored just for seniors, Symphony Nova Scotia and conductor Gary Ewer explore how stories can come alive through music. Hear excerpts from Tchaikovsky's *The Nutcracker*, Grieg's *Peer Gynt*, Strauss' *Thunder and Lightning Polka*, and much more. In partnership with Symphony Nova Scotia.

**Tue, Nov 7/1:30 pm**

### **Symphony Nova Scotia Free Seniors'**

#### **Concert: When Words Become Music**

Featuring conductor Gary Ewer  
In this relaxed, entertaining concert tailored just for seniors, Symphony Nova Scotia and conductor Gary Ewer explore how stories can come alive through music. Hear excerpts from Tchaikovsky's *The Nutcracker*, Grieg's *Peer Gynt*, Strauss' *Thunder and Lightning Polka*, and much more. In partnership with Symphony Nova Scotia.

**Tue, Nov 7/3 pm**

### **Online Shopping For The Holidays**

Join us as we explore some popular online shopping sites like Amazon, Ebay, and Etsy and give you some tips on how to buy with confidence, save money on shipping, and protect your personal information.

**Tue, Nov 7/6:30 PM-8 PM**

### **BOW'T TRAIL**

#### **A Documentary Movie Conference**

After traveling in three countries—Martinique-Brazil-Haiti—Rhodnie Désir (choreographer, producer and lecturer) stops in Canada to ingeniously retrace the slave trade history of the afrodescendant people. Follow her pioneer project (BOW'T TRAIL) that led to the Rio 2016 Olympic Games, exchange with her and her Canadian collaborators, and discover the documentary made in Brazil. .

**Tue, Nov 7/6:30 PM**

### STRENGTHEN YOUR HEALTH

#### **Making Every Day Easier: Strength and Mobility for Daily Living with Tyler Dillman and Evan Snow**

This workshop will provide a series of tips and techniques for integrating strength and mobility practice into your day-to-day life. We'll discuss lifting, bending, twisting, reaching, squatting, and more, and how to perform these activities more mindfully and with less risk of injury. We'll also review how regular exercise makes everything easier and provide some guidance for home. Tyler Dillman is a Physiotherapist and Evan Snow is a Personal Trainer. In partnership with One to One Wellness Center.

**Tue, Nov 7/7 PM-8 PM**

#### **The Dalhousie Review's Author Readings**

This event features readings of poetry and non-fiction published by local authors in *The Dalhousie Review*: Sean Howard (poetry) and Chris Donahoe (non-fiction).

**Tue, Nov 7/7 PM**

### FANDOM WEDNESDAYS

#### **Star Trek Trivia: Take 2**

Ages 12-Adult

Have you traveled where no one has gone before and want to prove your knowledge? Join us for trivia of the many Star Trek incarnations.

**Wed, Nov 8/6 PM-8 PM**

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## PROGRAM LISTINGS

**Author Alexander McCall Smith  
New Works**

Alexander McCall Smith, international best selling author of the The No. 1 Ladies' Detective Agency, will discuss his latest works and share insights about his career as a writer. Presented by Scotiabank.

**Wed, Nov 8/6:30 PM**

**Can We Co-memorate?  
Form and Conflict in the Architecture  
of War Memorials**

Memorial designs like Mother Canada have created more community conflicts than shared remembrance. But history shows that thoughtful design and understanding of memorials can heal such divisions. Emanuel Jannasch teaches at the Dalhousie School of Architecture. He has written and spoken on questions of architectural heritage and memory both locally and internationally. Public discussion will be an important component of the evening alongside Emanuel's presentation.

**Wed, Nov 8/6:30 PM**

***Lullaby: Inside the Halifax Explosion*  
by Eastern Front Theatre**

*Lullaby: Inside the Halifax Explosion* is a dramatic, educational, and emotive experience that explores little-told stories of the events of December 6, 2017. It is exactly one hundred years since the two ships collided, causing a gigantic and devastating explosion. The story has been told many, many times from a variety of angles. *Lullaby* focuses on three diverse characters as they face a world of change. Join us at the library to experience a snippet of this new commemorative play, followed by a panel discussion, with the cast and creative team. In partnership with Eastern Front Theatre.

**Thu, Nov 9/7 PM-8 PM**

**Introduction to Making the Most of  
Your Food Dollar**

Learn how to get more value and nutrition from your food dollar with meal planning, preparation, and smart shopping tips.

**Fri, Nov 10/10 AM-11:30 AM**

**Annual Camino Gathering**

If you have walked the Camino, are planning to walk it, or are just interested in knowing about it, you will enjoy this very entertaining and informative afternoon. In partnership with Canadian Company of Pilgrims - Halifax Chapter.

**Sun, Nov 12/1 PM-4 PM**

**Sushi 101**

Come enjoy a free sushi lesson. In this workshop, an instructor will first carefully explain the basics on how to make authentic maki sushi from scratch. Next, you will try your hand at making it yourself. Take your time! If you run into trouble, a helpful instructor will be on hand. Now you can enjoy your very own—entirely unique—homemade sushi. Sushi made from the heart with good technique is bound to taste amazing.

**Sun, Nov 12/2 PM-3:30 PM**

Registration required

**FINANCIAL LITERACY MONTH**

**Ten Healthy Habits of  
Financial Management**

This session is for those who want to become better money managers. Learn how to self-assess your level of financial fitness and how to obtain resources to help you get your financial house in order. In partnership with Chartered Professional Accountants Canada.

**Tue, Nov 14/12 PM-1 PM**

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## PROGRAM LISTINGS

### STRENGTHEN YOUR HEALTH

#### **Prehab: Preventing Pain and Preparing for Faster Recovery**

**with Tyler Dillman and Evan Snow**

Many clients have told us how much faster and easier they've recovered from surgery or injury because of the strength they developed before these challenges. Strong tissue is more resilient and heals faster. Building strength before surgery is hugely important for more successful outcomes from total hip and total knee replacements and even to prevent muscle loss from more general surgeries. One to One offers a unique program for safe and effective prehabilitation. Tyler Dillman is a Physiotherapist and Evan Snow is a Personal Trainer. In partnership with One to One Wellness Centre.

**Tue, Nov 14/7 PM-8 PM**

#### **Build Your Business**

How does your business talk about money? Are you worried everyone's response to most competitors' selling advantages is to offer a lower price? Are you leaving meetings frustrated because they end with an undermined next step? Do prospects seem to be hiding and never respond to your calls and emails? Join Tracey Kieley, Director of Business Development at Sandler Training, for an interactive session to find the answers to these questions. In partnership with Sandler Training.

**Wed, Nov 15/12 PM-1 PM**

### FINANCIAL LITERACY MONTH

#### **Spending Plans**

This session introduces learners to the basics of making a budget. Along the way, the workshop looks at needs versus wants, ideas for smart spending, and how money affects our life goals. Learners will explore these themes through casual discussion with the workshop leaders. In partnership with ABC Life Literacy Canada.

**Wed, Nov 15/12 PM-2 PM**

### BOOK LAUNCH

#### **Author Angela Mombourquette**

#### ***25 Years of 22 Minutes***

Join author Angela Mombourquette for the official launch of *25 Years of 22 Minutes: An Unauthorized Oral History of This Hour Has 22 Minutes*, as she takes you backstage to hear first-hand accounts of the show's key moments—in the words of the writers, producers, and cast members who were there. You'll get a front-row seat to the birth of the show and an insider's take on the highs, the lows and the daily grind behind the scenes at *22 Minutes*. Presented by Scotiabank.

**Wed, Nov 15/6:30 PM**

### Inside The Music

#### **Releasing Your Music Online**

Ages 14-Adult

Ever wonder how to get your music heard in the sea of endless songs online? Learn to optimize your mix for earbud headphones and other simple steps to get you out in front of the pack.

**Wed, Nov 15/3 PM**

### Seven Deadly Sins

#### **If 'Greed is Good,'**

#### **How Much is Too Much?**

A seven-part series exploring the personal and collective consequences of our thoughts and actions as we continue to grapple with age old temptations. Monthly presentations, from September-May (excluding October and December), will explore themes based on the Seven Deadly Sins. This month's lecture focuses on Greed. Beginning with the principle that greed can be good, Dr. Chris Macdonald, director of the Ted Rogers Leadership Centre at Ryerson, explores the ethical contexts and limits of greed in the world of business. In partnership with the Canadian Centre for Ethics in Public Affairs. TBD In partnership with the Canadian Centre for Ethics in Public Affairs.

**Thu, Nov 16/7 PM-8:30 PM**

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## PROGRAM LISTINGS

### Movie

#### ***Maudie***

Rated PG-13

Based on the true story of Nova Scotian artist Maud Lewis, *Maudie* is an unlikely romance in which the reclusive Everett Lewis hires a fragile yet determined woman named Maudie to be his housekeeper. Maudie, who suffers from severe arthritis, yearns to be independent and to create art. Unexpectedly, Everett finds himself falling in love. *Maudie* charts Everett's efforts to protect himself from being hurt, Maudie's deep and abiding love for him, and her surprising rise to fame as a folk artist.

**Fri, Nov 17/10 AM-12 PM**

### Hench-Kin's Guild of Halifax RPG Club

Ages 14-Adult

The Hench-Kin's Guild of Halifax is a club dedicated to tabletop roleplaying games (RPGs), including Dungeons and Dragons, Call of Cthulhu, and many more. These games are fun, social events, and no prior experience is necessary. Everyone 14+ welcome. In partnership with Hench-Kin's Guild of Halifax.

**Sat, Nov 18/11 AM-5 PM**

### Inside The Music

#### **The Six Stages of Music Production**

Ages 14-Adult

Have you ever wanted to produce your own music but didn't know where to start? Come out and explore how to make it a reality.

**Sat, Nov 18/2 PM**

### Acoustic Duo

#### **featuring Ryan Willigar and Sam Reid**

Ryan and Sam have been making music together since they met in the NSCC Music Arts Program in 2013. Combining a soft spot for feel-good pop melodies with a sense of soul well beyond their years, Ryan and Sam display a keen melodic sensibility mixed with a knack for strong musical arrangements, and a dynamic, thrilling vocal style that is uniquely their own.

**Sat, Nov 18/2 PM-3 PM**

### One of a Kind and Looking Fine!

#### **Making a Monoprint**

Let's get creative and explore a printing technique called Collagraphy! Using found objects, bits of paper and other textural items we'll create a collage on our printing plate and then use that to print a fantastic one of a kind print. Please bring any textural bits (string, bubble wrap, seeds, rice, metal washers, bits of lace etc) you'd like to use in your own collage and some to share with the class. To register, call us at 902-490-5706.

**Sun, Nov 19/1 PM-5 PM**

Registration required

### Chess at the Library

Join us for this monthly instructional and recreational program. While the program's goal is to teach novice players the basic strategies of the game, the emphasis is on fun, enjoyment, and learning something new. Chess is a pastime that has been embraced by young and old alike. It has been played in many cultures throughout the world for centuries. Known as the royal game, it can help develop logic, spatial thinking, and improve planning, memory, judgment, creativity and concentration.

**Sun, Nov 19/1 PM-4 PM**

### Symphony 101: The Viola

#### **with Adrian Hoffman and Susan Sayle**

The viola can be one of the most romantic and sometimes haunting of all the orchestral stringed instruments, and is sometimes overlooked as a solo instrument being caught between the violins and the cellos. A fifth larger than the violin, the viola has a deep and sonorous sound that a composer uses sparingly for solos but at many key moments in their works. Susan Sayle, principal violist, will bring some of those moments to life as we explore the mid section of the symphony orchestral palette of orchestral colour. In partnership with Symphony Nova Scotia.

**Sun, Nov 19/2 PM**

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## PROGRAM LISTINGS

### **Nova Scotia Foods 101**

Nova Scotia is certainly known for its bounty of seafood, but it's time to think outside the lobster trap. This session will discuss the unique and iconic foods of Nova Scotia, from the Cape Breton Highlands to the Acadian Shore, from the legendary donair to the humble oatcake.

**Mon, Nov 20/6:30 PM-8 PM**

### **The Radical Imagination Project**

#### ***Trouble #5: You Are Being Watched***

In this episode of *Trouble*, subMedia interviews a number of individuals about their experiences of dealing with infiltrators and informants and looks at some of the ways that we can build movements that are more resilient to state and corporate surveillance. In partnership with The Radical Imagination Project and subMedia.

**Mon, Nov 20/6:30 PM-8:30 PM**

### **Trans Day of Remembrance—**

#### **A Public Talk**

Trans-identified people from our local community share stories of losses and triumphs.

**Mon, Nov 20/6:30 PM**

### **Intellectual Property (IP):**

#### **What's In It For You?**

Learn about information and tools to help protect your intellectual property (IP) and make strategic decisions throughout the life cycle of your business. In partnership with Canadian Intellectual Property Office.

**Tue, Nov 21/12 PM-1 PM**

### **Author A.D. Boutilier**

#### ***From 14th Colony to Confederation***

A social history must seek to study every cultural and sub-cultural signpost, and should take the reader on a natural path to explain the past and foreshadow the future. *From 14th Century to Confederation* describes the military men, aristocrats, and the rich and powerful who ruled the 14th colony. It traces the experiences of those who fought to be heard, as well as the struggles of people who strained to survive. And finally, it describes the critical factors that changed a colony into a nation. Presented by Scotiabank.

**Tue, Nov 21/6 PM-7:30 PM**

### **Hello iPad**

Learn how to use an iPad. We will help you to learn some basic functions and features. You can bring your own iPad or use one of ours. No experience is required.

**Tue, Nov 21/2 PM-3:30 PM**

Registration required

### **STRENGTHEN YOUR HEALTH**

#### **Balance and Fall Prevention**

**with Keltie Cheney and Tyler Dillman, Physiotherapists**

This seminar will help you understand many of the things that contribute to poor balance and falls and what you can do to minimize your risks. In frail individuals, falls can be life threatening and debilitating. Even in healthy individuals, pain and injury can result from a surprise fall. We'll discuss how strength and mobility help prevent falls and protects you if they do happen. In partnership with One to One Wellness Centre.

**Tue, Nov 21/7 PM-8 PM**

### **FINANCIAL LITERACY MONTH**

#### **Banking Basics**

Banking, even if it's just the basics, can be confusing for anyone. This session is designed to increase learners' confidence in dealing with their banks and other financial institutions. Our goal is to help learners feel more self-assured when going into a bank, asking questions, and making smart financial decisions. The workbook introduces learners to banking concepts such as compound interest, what their money rights are, and safe versus risky loans. In partnership with ABC Life Literacy Canada.

**Wed, Nov 22/12 PM-2 PM**

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## PROGRAM LISTINGS

### BOOK LAUNCH

**Author Emma FitzGerald**

#### **SKETCH BY SKETCH Along Nova Scotia's South Shore**

Join Author Emma FitzGerald for the launch of *SKETCH BY SKETCH: Along Nova Scotia's South Shore* (Formac Publishing, 2017), the follow-up to her first book *Hand Drawn Halifax*. In Emma's latest book, readers will be taken on a journey from Peggy's Cove to Yarmouth, through the seasons. At the Library, Emma will speak about the process of making her book, share some light refreshments for your enjoyment, and have books available for signing.

**Wed, Nov 22/6:30 PM-8:30 PM**

### FANDOM WEDNESDAYS

#### **Simpsons Trivia**

Ages 14-Adult

Hold your horses Neighborino! It's time to embiggen your knowledge of all things Springfield with another round of Simpsons trivia. Plus enjoy some donuts while you compete. You might just win a cromulent prize. Glavin!

**Wed, Nov 22/6 PM-8 PM**

### HEAR

HEAR is a concert with new music diva Janice Isabel Jackson singing three world premieres that explore the stunning versatility of the human voice. HEAR features Jackson's fiery solo Voice Dance; a mini opera called Pirate Song by James Rolfe that tells the tale of two lesbian pirates; and HEAR by Fiona Ryan reflecting on how we listen and interact with others' stories and experiences featuring an electronic sound score and Wearable Art Hats by Halifax's Arianne Pollet-Brannen. In partnership with Vocalypse Productions.

**Thu, Nov 23/7 PM-8:30 PM**

### 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, Nov 25/2 PM-4 PM**

### *Gone Wild*

#### **Atlantic Cirque's 15 Year Celebration**

Step into the beautiful jungle at night, where you will be amazed by the "humanimals" that come out to play! *Gone Wild* features acts on the trapeze, aerial silks, contortion, acrobatics, hula hoop, and other feats made to delight you. In partnership with Atlantique Cirque.

**Sat, Nov 25/2 PM**

### **Drop-In for Makers and Coders**

#### **Amp Up Your Holiday Lighting**

Ages 13+

Days are getting shorter and nights are longer. The holiday season is just around the corner, Let the Halifax Makerspace show you how to use new lighting to brighten your days. We will use an Arduino and individually addressable LEDs to put on an unforgettable light show. In partnership with Halifax Makerspace.

**Sun, Nov 26/2 PM-4 PM**

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## PROGRAM LISTINGS

**A Moment In Time:  
A Musical Commemoration of the  
100th Anniversary of the  
Halifax Explosion**

Through music, song, and spoken word the nationally acclaimed Stadacona Band of the Royal Canadian Navy will commemorate the 100th Anniversary of the Halifax Explosion in a Sunday afternoon concert. It wouldn't be a concert without a sing-a-long, and a medley of wartime hits will be included in the repertoire. In partnership with Maritime Forces Atlantic.

**Sun, Nov 26/2 PM-4 PM**

**Halifax Immigrant Women  
Entrepreneur Showcase and Pitch  
Competition**

See some of Halifax's up and coming immigrant women entrepreneurs pitch their business. Following six weeks of coaching and preparation, participants will pitch their idea to a panel of judges. Please note: A reception with light refreshments will begin at 6 p.m. Everyone is welcome. The pitches will begin at 6:30 p.m.

**Mon, Nov 27/6:30 PM**

**Design Your Surveys with Google  
Forms**

Designing surveys is easier than you think. In this session we will show you how you can design a basic form, RSVP, or survey using Google Forms, and also how to analyse your results.

**Tue, Nov 28/6:30 PM-8 PM**

**Four Circles of Life: Earth, Air, Water,  
and Fire Learning Mi'kmaq  
Perspectives to Protect our  
Environment for Future Generations**

**Water Element with Dorene Bernard**  
Water is Sacred! Water is Life! You are the water and you cannot live without water. We will speak about our connection to the water, speak to the water, and heal the water and see the water as our Nokoma (relation). In partnership with Nova Scotia Environmental Network.

**Tue, Nov 28/6:30 PM**

**STRENGTHEN YOUR HEALTH  
Rebuilding After Cancer and  
Chronic Disease**

**with Tyler Dillman and Nick Matheson**  
Cancers, chronic diseases, and their related treatment regimens can rapidly accelerate aging and degeneration of your body. Muscle loss is often worsened by dietary changes, post-operative recovery, side effects from medications, and inactivity. As an immune system reservoir, restoring lost muscle is essential to regaining health. Of course, strength and mobility are also essential for improving activity tolerance and regaining confidence to do the things you love. Tyler Dillman is a Physiotherapist, and Nick Matheson is a Performance Coach. In partnership with One to One Wellness Centre.

**Tue, Nov 28/7 PM-8 PM**

**The Medical Response to the  
Halifax Explosion  
with Dr. Jock Murray**

Join us as we review the events of December 6th 1917 and recognize the role of the local physicians, faculty and medical students in caring for the injured. Dr. Jock Murray is a Professor Emeritus at Dalhousie University. In partnership with Dalhousie University.

**Wed, Nov 29/7 PM**

FANDOM WEDNESDAYS

**Deep Cuts Vinyl Music Club  
Johnny Cash's At Folsom Prison**

Ages 14-Adult

This is when outlaw country was invented. In 1968, The Man in Black played his prison songs to a hall of hardy convicts—and the genre was born. Backed by the The Tennessee Three, Cash's booming performance has real fire, and he brings the house down. In partnership with Taz Records.

**Wed, Nov 29/7 PM**

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## PROGRAM LISTINGS

### BLUENOSE-ABILITY FILM FESTIVAL

#### Opening Night

This year's opening night consists of a feature-length film screening of *The Best and Most Beautiful Things*, a touching story about a young low-vision woman on the spectrum struggling to find her place in the world. The star of the film will attend to speak about her role and experiences. Our sponsor Accessible Media Inc. will be attending along with members of CNIB. The film is CC (close captioned) and DV (described video), making the kick-off to our festival an accessible, open, inviting environment, with free popcorn. In partnership with Bluenose-Ability Film Festival.

**Thu, Nov 30/6:30 PM-8:30 PM**

### SCANS LECTURES

#### A Social-Cultural View of African Nova Scotian History

with Senator Wanda Thomas Bernard  
This series will explore the rich history and cultural traditions of the African Nova Scotian (ANS) experience and examine the history and contemporary issues facing ANS. You will discover the ways that race, gender, class, disability, sexual identity, and age affect ANS. We will reflect on the lived reality of oppression and traditions of survival, resistance, activism, and critical hope, and explore creative ways to bridge differences and build alliances to effectively work with this community. In partnership with Seniors' College of Nova Scotia (SCANS).

**Mondays/10 AM-12 PM**

No program November 6 and 13, Sessions ends November 20

### One-on-One Job Search Services

You don't have to do it alone. YMCA has services that can help you, such as Job Search Assistance and Resume/Cover Letter (Creation or Critique). Let us show you the details of what we offer in this orientation session. To register, call or email Isaac at 902-425-3464, isaac\_skeete@ymca.ca. In partnership with YMCA, Nova Scotia Works Centre.

**Wednesdays/9:30 AM-12:30 PM**

Registration required

### SMU PRESENTS

#### Politics and Globalization with Marc Doucet

This course will introduce the political, economic, social, and cultural processes that commonly fall under the term globalization and set forth some of the central global forces shaping our contemporary political world. In partnership with Saint Mary's University (SMU).

**Wednesdays/1 PM**

Sessions ends November 29

#### Meditation Techniques for Stress and Relaxation

Learn the basics of Meditation as a tool to help you relax and better manage your stress. This is a no pressure meditation class that will include some education, a guided meditation and some time to chat and ask questions or share your experience (optional). No previous experience required, come as you are.

**Wednesdays/7 PM-8 PM**

Runs November 22-December 13

### English Conversation Group

Practice English and meet new friends while learning about local community and culture. You will discuss current events and topics of personal interests in a fun and relaxing atmosphere. This is a free program. To register, please call 902-490-5706.

**Thursdays/10 AM-12 PM**

Registration required

### SMU PRESENTS

#### The History of Advertising in Canada with Nicole Neatby

Advertising will be understood broadly: changing strategies companies have used to market their products, political propaganda, and government's promotional material. Throughout, you will learn to appreciate how advertising over the 19th and 20th centuries has both reflected and indirectly shaped Canadian's attitudes towards race, class, and gender and transformed citizens of all stripes into consumers. Note: This is not a course on "how to do" advertising. In partnership with Saint Mary's University (SMU).

**Thursdays/1 PM**

Sessions ends November 23

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## PROGRAM LISTINGS

### Kids

#### **The Hangout**

##### **DIY Temporary Tattoos**

Ages 8-12

Show off your cool new look by designing and printing your very own temporary tattoos. Or colour and print a pre-drawn design to personalize it. As always, there will be videogames, iPads, snacks, and lots of fun with the whole crew.

**Thu, Nov 2/3:30 PM-4:30 PM**

#### **Art Day**

##### **with Ross Creek Centre for the Arts**

All ages

Drop in to make awesome art with the Ross Creek Centre for the Arts. Fun for all ages, we encourage whole families to come be inspired, make a masterpiece, and then take it home with you. Please note that children under 7 must be accompanied by an adult. Both teens and adults are welcome.

[www.artscentre.ca](http://www.artscentre.ca)

**Sat, Nov 4/1 PM-4 PM**

#### **Web Design For Girls, Part 2/3**

##### **with Sarah Hart**

Ages 10-12

Learn how to design your own Wordpress website with web designer Sarah Hart in this three week series.

**Sat, Nov 4/1:30 PM-3:30 PM**

Registration required

#### **Painting to Music**

Ages 5-18

Painting to music is lots of fun. This program will suit everyone, including children and teens with ASD (Autism Spectrum Disorder). Parents and caregivers are welcome to stay.

**Sun, Nov 5/2:30 PM-3:30 PM**

Registration required

#### **The Hangout**

##### **BINGO!**

Ages 8-12

Join us after school for a few rounds of BINGO and a chance to win some delicious prizes. Plus, there will be video games, craft supplies, snacks, and lots of fun.

**Thu, Nov 9/3:30 PM-4:30 PM**

#### **Family Coding Hour**

Come join us with your family for an hour to learn about computer programming and coding while playing with Minecraft or characters from Star Wars or Moana.

**Sun, Nov 12/2 PM-4 PM**

#### **Family Crafternoon**

All ages

Drop in for some simple crafts and activities. Often silly, and always fun.

**Sun, Nov 12/2 PM-3:30 PM**

#### **The Hangout**

##### **Hamburger Cupcakes**

Ages 8-12

Have a blast making food that looks like other food. Build your own custom hamburger out of cupcakes and toppings, then dig in! As usual, we'll also have videogames, iPads, snacks, and lots of fun with your Library pals.

**Thu, Nov 16/3:30 PM-4:30 PM**

#### **Web Design For Girls, Part 3/3**

##### **with Sarah Hart**

Ages 10-12

Learn how to design your own Wordpress website with web designer Sarah Hart in this three week series.

**Sat, Nov 18/1:30 PM-3:30 PM**

Registration required

#### **Family Crafternoon**

All ages

Drop in for some simple crafts and activities. Often silly, and always fun.

**Sat, Nov 18/2:30 PM-3:30 PM**

#### **Bricks and Blocks**

Ages 3+

Come play with the Library's colossal collection of wooden blocks. Kids can build, explore, and create together.

**Sun, Nov 19/2 PM-3:30 PM**

**NOVEMBER**  
**2017**

# Halifax Central

## PROGRAM LISTINGS

### **The Hangout** **Pancakes Galore**

Ages 8-12  
Mix, design, and taste your very own pancake creations. Supplies are provided. Plus, there will be video games, craft supplies, and lots of fun.

**Thu, Nov 23/3:30 PM-4:30 PM**

### **Family Crafternoon**

All ages  
Drop in for some simple crafts and activities. Often silly, and always fun.

**Sat, Nov 25/2 PM-3 PM**

### **Makedo Cardboard Creations**

Ages 5+  
Let your imagination soar with the Library's Makedo toolkit. You can design and build your own cardboard creation. Supplies are provided.

**Sun, Nov 26/2:30 PM-3:30 PM**

### **The Hangout** **Holiday Cricut Crafts**

Ages 8-12  
It's time to get creative! Come and check out our Cricut cutter and see how you can bring your holiday designs and crafts to life. Plus, there will be video games, snacks, and lots of good fun.

**Thu, Nov 30/3:30 PM-4:30 PM**

### **Preschoolers**

#### **Puppet Show** ***Clever Beatrice***

All ages  
Watch your favourite story come to life!

**Sat, Nov 4/11 AM-11:30 AM**  
Free tickets given out 30 min before event

#### **Puppet Show** ***The Little Red Hen Makes a Pizza***

All ages  
Watch your favourite story come to life!

**Sat, Nov 18/11 AM-11:30 AM**  
Free tickets given out 30 min before event

#### **Puppet Show** ***Happy Pig Day!***

All ages  
Watch your favourite story come to life!

**Sat, Nov 25/11 AM-11:30 AM**  
Free tickets given out 30 min before event

#### **Pandemonius Penguin Party**

Ages 0-5  
Waddle in for a celebration of all things perfectly penguin: Penguin stories, penguin songs, penguin rhymes, and penguin crafts. Ages 0-5 are welcome to chill with us!

**Wed, Nov 29/2 PM-2:45 PM**  
Free tickets given out 30 min before event

### **Baby and Tot Drop-In**

Ages 0-2  
Enjoy stories, songs, rhymes, and play-time for little ones and their caregivers!

**Mondays/10:30 AM-11:15 AM**  
No program November 13,  
Free tickets given out 30 min before event

### **Storytime**

Ages 3-5  
Storytime features great picture books, felt stories and rhymes, songs and more. This program fosters independence as children attend without caregivers or work towards that goal.

**Tuesdays/10:30 AM-11 AM**  
Sessions ends November 21  
Registration required

### **Daycare Groups—** **Welcome to Shake, Rattle, and Read**

Ages 2-5  
Pre-registered daycare groups can Shake, Rattle, and Read with the Library. This active musical storytime incorporates singing, movement, and instruments to help children develop pre-literacy skills through song, rhyme, and stories. Content is geared towards ages 2-5 with adult participation. Everyone is invited to put their listening ears, singing voices, and dancing feet to good use! (The program repeats at 10:45 for families).

**Wednesdays/10 AM-10:30 AM**  
Group registration required

**NOVEMBER**  
**2017**

# Halifax Central

## PROGRAM LISTINGS

### Families—

#### **Welcome to Shake, Rattle, and Read**

Ages 0-5

Families can Shake, Rattle, and Read with the Library. Children explore music through learning and singing songs, playing rhythm instruments and books and other fun stuff. Parents and caregivers participate with children, so that everyone learns new songs and music ideas to do at home.

**Wednesdays/10:45 AM-11:15 AM**

Free tickets given out 30 min before event

#### **Baby's First Books**

Ages 0-18 months

In this program babies hear stories, songs and rhymes and interact with other babies. Parents and caregivers learn new songs and fun things to do with baby, plus have some social time with other grown-ups.

**Wednesdays/2 PM-2:45 PM**

Sessions ends November 22

Registration required

#### **Tales for Tots**

Ages 19-35 months

Stories, songs, rhymes, toys and more, specially chosen to engage and delight toddlers. Parents and caregivers learn fun new things to do with their tots, but also have time to socialize with the other grown-ups.

**Thursdays/10:30 AM-11:15 AM**

Sessions ends November 23

Registration required

### **Family Drop-in**

Ages 0-5

The whole family can enjoy a variety of activities including stories, songs, crafts, and playtime.

**Fridays/10:30 AM-11:15 AM**

Free tickets given out 30 min before event

### **Teens**

#### **Teen Night**

##### **Teen Advisory Takeover**

Ages 12-18

Come check out an awesome surprise program hosted by our own Teen Advisory volunteers. And, as usual, we also have video games, craft supplies, board games, music, iPads, laptops, and more fun.

**Thu, Nov 2/6 PM-8 PM**

#### **Anime Club: Game On!**

Ages 12-18

Join us for all kinds of anime games.

Get your feet moving with Dance Dance Revolution and get your hands moving with a janken tournament.

Wind down afterwards with an episode screening. Prizes and snacks are on us.

**Wed, Nov 8/3:45 PM-5 PM**

#### **Teen Night**

##### **Blanket Forts**

Ages 12-18

Relive childhood by building cozy forts out of blankets, pillows, and furniture.

Then curl up with some snacks and classic cartoons inside your comfy creations. And, as usual, we have video games, craft supplies, board games, music, iPads, laptops, and more fun.

**Thu, Nov 9/6 PM-8 PM**

#### **Teen Night**

##### **Teen Trivia**

Ages 12-18

Are you smarter than a librarian? Come with or join a team to compete, show your smarts, and win prizes in our general knowledge trivia night.

**Thu, Nov 16/6 PM-8 PM**

#### **Anime Club: Shodo**

Ages 12-18

Join us in practicing the art of Japanese calligraphy known as "shodo". Learn how to write your favourite word, your name, or just make something creative with your ink and brush. Episode screening is to follow with snacks on us.

**Wed, Nov 22/3:45 PM-5 PM**

**NOVEMBER**  
**2017**

# Halifax Central

## PROGRAM LISTINGS

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### **Teen Night**

#### **Nachos**

Ages 12-18

Come cook and create your own awesome nacho plate. We will provide all the fixin's. And, as usual, we have video games, craft supplies, board games, music, iPads, laptops, and more fun.

**Thu, Nov 23/6 PM-8 PM**

### **Teen Night**

#### **Teens' Choice Holiday Movie Night**

Ages 12-18

Come vote for which holiday classic you want to curl up and watch on the big screen. We provide the hot chocolate, popcorn, and holiday treats.

**Thu, Nov 30/6 PM-8 PM**

### **BreakSpace**

Ages 8-Adult

Join the Library in helping grow Dance Nova Scotia's BreakSpace. This Breaking ("Breakdance") workshop is open and free to all. Participants are welcome to drop in or stay the whole time. For more information, go to <https://www.dancens.ca/> Supported by the Cultural and Youth Activities program of Department of Communities, Culture, and Heritage, and in partnership with Dance Nova Scotia.

**Tuesdays/6:30 PM-8:30 PM**