

NOVEMBER
2017

Keshen Goodman

PROGRAM LISTINGS

Adult

THE ART AND LIFE OF MAUD LEWIS

Appreciating Maud Lewis with Alan Deacon

Join us for a discussion of the life and works of Maud Lewis with art collector and expert Alan Deacon. Alan will bring along small parts of his collection. Participants may bring their pieces of Maud Lewis art for evaluation and discussion.

Wed, Nov 1/7 PM

THE ART AND LIFE OF MAUD LEWIS

Depicting Maud Lewis on Film *Maudie*

Rated 14A

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 3/2 PM

Free tickets given out 30 min before event

Laughter Yoga with Helen Fong

This "laughing for no reason" form of yoga empties the lungs of stale air and balances the different energies in your body. Good for stress relief and better immune system.

Sat, Nov 4/2 PM

SCANS LECTURES

How to Talk Back to an Economist, Part 4 of 6 with Alex Roberts

The focus will be on big ideas such as globalization and trade, money, the GDP, inequality, recessions and depressions, and understanding economic indicators. Economics affects each and every one of us on a daily basis - be it the rising cost of family groceries, investing in the stock market, or making informed choices as a voter. However, a little training in some basic concepts can go a long way in helping to comprehend the economic forces shaping our lives, avoid economic fallacies, and not be deceived by economists. In partnership with Seniors' College of Nova Scotia (SCANS).

Mon, Nov 6/1 PM

Free tickets given out 30 min before event

What is a Doula?

with Trena Gallant Doula Support and Birth Education

Many people have heard about Doulas, but are often unclear about what a doula actually does. Join Trena Gallant, DONA Approved Birth and Postpartum Doula Trainer, to learn about the role of a doula, and how having doula support can enhance your birth and postpartum experience. Interested in becoming a doula? Stop by to ask any questions about training, certification, and working as a doula. In partnership with Trena Gallant Doula Support and Birth Education.

Mon, Nov 6/7 PM-8 PM

Book Club

***Left Neglected*, by Lisa Genova**

Sarah Nickerson is like any other career-driven supermom. Sarah miraculously manages every minute of her life like an air traffic controller. Until one fateful day, while driving to work and trying to make a phone call, she looks away from the road for one second too long. In the blink of an eye, all the rapidly moving parts of her jam-packed life come to a screeching halt.

Wed, Nov 8/1 PM

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PROGRAM LISTINGS

THE ART AND LIFE OF MAUD LEWIS

Writing About Maud Lewis

Author Lance Woolaver on *Maud Lewis: The Heart on the Door*

Maud Lewis: The Heart on the Door is the first full-length biography of Maud Lewis (1901-1970), the famous Nova Scotia folk artist. It is the story of a child's wish to be accepted as a human being. It is a story of murder, poverty, and treasure. It is the story of the worth of art in the struggle against pain. This is a story of broken families, of lonely lives, of a lost love and abandonment. It is a story of murder and a lockbox treasure. It is the story of a man who made a woman pay for his own frailties.

Wed, Nov 8/7 PM

Introduction to Facebook

Interested in learning about friending, liking, and posting? Join us for an introduction to Facebook and learn how to protect your privacy on social media.

Fri, Nov 10/2:30 PM-4 PM

Registration required

Opera Chat

Ades, *The Exterminating Angel*

Experience and appreciate opera on a whole new level. Dr. Walter H. Kemp, Artistic Director of Opera Nova Scotia, will present this series of introductory talks to the Metropolitan Opera HD broadcast series at Cineplex Theatres for 2017-2018.

Tue, Nov 14/1:30 PM

Spanish Conversation Group (Intermediate)

Come join our friendly group facilitated by Menashe Cieplinski, a native Spanish speaker. Some knowledge of Spanish will be helpful.

Tue, Nov 14/7 PM-8 PM

British History on Film

Churchill

Rated PG

It's June 1944. Allied Forces stand on the brink: a massive army is secretly assembled on the south coast of Britain, poised to re-take Nazi-occupied Europe. One man stands in their way: Winston Churchill. Behind the iconic figure and rousing speeches: a man who has faced political ridicule, military failure and a speech impediment. Only the support of Churchill's brilliant, yet exasperated wife Clementine can halt the Prime Minister's physical and mental collapse. 110 min

Fri, Nov 17/2 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 18/2 PM-4 PM

SCANS LECTURES

How to Talk Back to an Economist, Part 5 of 6 with Alex Roberts

The focus will be on big ideas such as globalization and trade, money, the GDP, inequality, recessions and depressions, and understanding economic indicators. Economics affects each and every one of us on a daily basis - be it the rising cost of family groceries, investing in the stock market, or making informed choices as a voter. However, a little training in some basic concepts can go a long way in helping to comprehend the economic forces shaping our lives, avoid economic fallacies, and not be deceived by economists. In partnership with Seniors' College of Nova Scotia (SCANS).

Mon, Nov 20/1 PM

Free tickets given out 30 min before event

Author Heidi Patullo

Imperfekt...and Never Happier!: A Memoir

When young author Heidi Patullo bought into the labels donned on her—smart, pretty, talented and "Miss Perfect"—she developed a fierce dedication to this identity. Superficially, it worked. And yet, even as a young adult, Heidi knew it was for show. This middle-aged mother and teacher would need several years to get it right. Nevertheless, she was determined to become the genuine—and genuinely happy—woman she longed to be. Come out and share her experiences as she shares experiences in writing her memoir.

Tue, Nov 21/7 PM

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PROGRAM LISTINGS

Introduction to Living with Stress with the Chebucto Community Health Team

Stress is a normal part of life. Sometimes we need help learning how to cope with stress. Join us for a discussion about stress management and a demonstration of relaxation exercises. To register, call the health team at 902-460-4560. In partnership with Chebucto Community Health Team.

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

Registration required

British History on Film *Viceroy's House*

Rated PG

In New Dehli March 1947, the huge and stately Viceroy's Palace is like a beehive. Its five hundred employees are busy preparing the coming of Lord Louis Mountbatten, who has just been appointed new (and last) viceroy of India by prime minister Clement Attlee. Mountbatten, whose difficult task consists in overseeing the transition of British India to independence, arrives at the Palace, accompanied by his Edwina, his liberal-minded wife and by his eighteen-year-old daughter Pamela. 106 min

Fri, Nov 24/2 PM

Introduction to Twitter

Learn about tweeting, following, and that oh-so-pesky 140 character limit in this introduction to Twitter.

Fri, Nov 24/2:30 PM-4 PM

Registration required

SCANS LECTURES

How to Talk Back to an Economist, Part 6 of 6 with Alex Roberts

The focus will be on big ideas such as globalization and trade, money, the GDP, inequality, recessions and depressions, and understanding economic indicators. Economics affects each and every one of us on a daily basis - be it the rising cost of family groceries, investing in the stock market, or making informed choices as a voter. However, a little training in some basic concepts can go a long way in helping to comprehend the economic forces shaping our lives, avoid economic fallacies, and not be deceived by economists. In partnership with Seniors' College of Nova Scotia (SCANS).

Mon, Nov 27/1 PM

Free tickets given out 30 min before event

Spanish Conversation Group (Intermediate)

Come join our friendly group facilitated by Menashe Cieplinski, a native Spanish speaker. Some knowledge of Spanish will be helpful.

Tue, Nov 28/7 PM-8 PM

Holiday Crafting with the Town Clock Stitchers

Join us for an evening of handmade crafting with the talented members of the Town Clock Stitchers. Everyone will have the opportunity to create a unique embroidery project and get a head start on holiday preparations. Warm apple cider and cookies will be served. To register, please call 902-490-6410 or visit the Information Desk. In partnership with the Town Clock Stitchers.

Wed, Nov 29/7 PM

Registration required

Bridge

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

Mondays/1 PM-3:30 PM

Seniors Drop In

Join us for adult colouring and tabletop board games.

Tuesdays/1 PM-4 PM

English Conversation Group for Women

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. Basic English is required. To register, please call 902-490-6410.

Wednesdays/10 AM-12 PM

Registration required

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PROGRAM LISTINGS

English Conversation Group for Women

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. Basic English is required. To register, please call 902-490-6410.

Thursdays/10 AM-12 PM

Registration required

Discover Peace Within with Sahaja Meditation

Sahaja Meditation classes begin with self-realization and the spontaneous awakening of your internal energy. This practice gently takes us beyond our thoughts and worries and into the present, where the joy of life exists. Classes are welcoming, relaxing, and practice-oriented. Drop in when you can. This is a seated meditation class. No need to bring anything but yourself!

Thursdays/1:30 PM-2:30 PM

Runs November 2-December 14

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 902-490-6410.

Thursdays/7 PM-8:30 PM

Registration required

Knitters' Circle

Fellow knitters from all different parts of the world are invited to share stories, knitting tips, and make new friends! Donations of yarn are always welcome.

Fridays/10 AM-12 PM

Traditional Rug Hooking

Join our 'hookers' and learn traditional rug hooking techniques or work on your own project. Beginners welcome.

Fridays/10 AM-1 PM

English Conversation Group 1 Beginner Level

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. Basic English is required. To register, please call 902-490-6410.

Saturdays/1 PM-2:30 PM

No program November 11

Registration required

English Conversation Group 2 Intermediate and Advanced Level

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. Some English language skills are required. To register, please call 902-490-6410.

Saturdays/2:30 PM-4 PM

No program November 11

Registration required

Kids

Puppet Show

Armadillo at the Restaurant

Ages 3+

Find out what Armadillo and friends are having for lunch. It's not peanut butter and jelly sandwiches.

Wed, Nov 8/10:30 AM

Be Your Own EDM Musician

Ages 5-12

Using iPads and cutting edge music software, you'll learn how to create electronic dance music and have loads of fun doing it. Space is limited and registration opens on November 6. Supported by the Province of Nova Scotia in partnership with the Department of Communities, Culture, and Heritage.

Wed, Nov 22/10:30 AM-11:30 AM

Registration required

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PROGRAM LISTINGS

Maple Leaf Escape Room

Ages 8+

Use your knowledge of Canada to put together puzzles to solve the ultimate riddle in our Escape Room: Maple Leaf Edition.

Wed, Nov 22/2 PM-3 PM

Registration required

Good Vibes Girls Fall Retreat

Ages 8-12

Mindfulness. Empowerment. Confidence. We want it all. Join us for a full day of yoga, poetry, arts and crafts, and inspiring group discussions. Yoga and meditation will help us reduce our stress and anxiety, build self-esteem, and help us girls learn about ourselves and the world around us. The Retreat is made for girls who are looking for a safe place to be themselves and discover their potential. All female-identifying youth ages 8-12 are welcome. Participants should bring their own lunch, and the Library will provide snacks.

Sat, Nov 25/10 AM-4 PM

Registration required

Preschoolers

Capturing Joy: Folk Art Fun

Ages 0-5

Introduce your little one to the joy of Nova Scotian folk art. There will be stories, songs, rhymes and a craft – all inspired by Nova Scotia's own famous artist Maud Lewis.

Sat, Nov 4/10 AM-10:45 AM

Capturing Joy: Folk Art Fun

Ages 0-5

Introduce your little one to the joy of Nova Scotian folk art. There will be stories, songs, rhymes and a craft – all inspired by Nova Scotia's own famous artist Maud Lewis.

Mon, Nov 6/10:30 AM-11:15 AM

Infant Massage with Trena Gallant

0-1 month/crawling

Does your baby's crying have YOU in tears? Infant Massage is a great way to help your baby relax, reduce gas, and improve sleep. Join Trena Gallant Doula Support and Birth Education for an hour long class, where we will discuss the benefits of massage, and learn some simple strokes that you can use with your baby at home. This program is best suited for babies from 1 month to crawling. Please bring a blanket. In partnership with Trena Gallant Doula Support and Birth Education.

Wed, Nov 15/10:30 AM-11:30 AM

Registration required

Flashlight Storytime

Ages 0-5 years

Do you like to read by flashlight? Join us as we cozy up with flashlight stories from this new series of books, and crafts based on the themes.

Sat, Nov 18/10 AM-10:45 AM

Family Drop-in

Ages 0-5

Join us for stories, songs, and a craft. Each week, we will explore a different theme. .

Mondays/10:30 AM-11:15 AM

Sessions ends November 20

Storytime

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.

Tuesdays/10:30 AM-11:15 AM

Sessions ends November 21

Registration required

Tales for Tots

Ages 19-35 months

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

Thursdays/10:15 AM-10:45 AM

Sessions ends November 23

Registration required

Tales for Tots

Ages 19-35 months

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

Thursdays/11:15 AM-11:45 AM

Sessions ends November 23

Free tickets given out 30 min before event

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PROGRAM LISTINGS

Baby's First Books

Ages 0-18 months

Treat your little one to the experience of books, the rhythm of music, and the fun of group play. Caregiver must be present.

Fridays/10:15 AM-10:45 AM

Sessions ends November 24

Registration required

Baby's First Books

Ages 0-18 months

Treat your little one to the experience of books, the rhythm of music, and the fun of group play. Caregiver must be present.

Fridays/11:15 AM-11:45 AM

Sessions ends November 24

Free tickets given out 30 min before event

Family Drop-In

Ages 0-5

Families! Enjoy a variety of activities together, including stories and songs.

Saturdays/10 AM-10:45 AM

No program November 4, Sessions ends November 18

Arabic Family Literacy Program (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.

Saturdays/11 AM-12 PM

Teens

Anime Club:

Button Making and Karaoke

Ages 12-18

Drop by to make a button of your favourite Anime Character. We'll also sing some karaoke to our favourite anime theme songs, and have a few snacks, too.

Thu, Nov 2/6:30 PM-8 PM

Connect the Dots

Led by The Youth Project

Ages 18 and under

LGBTQ youth and friends, drop in on the fourth Monday evening of every month, make connections and have fun! Led by the Youth Project. For more information, call 902-429-5429.

In partnership with The Youth Project.

Mon, Nov 27/6 PM-8 PM

No program in December

YMCA Homework Club for Newcomer Youth

Ages 12+

Are you a teen who is new to Canada? Join us for a safe and friendly environment where you can get help with your homework, practice your conversational English, and make new friends. In partnership from YMCA.

Tuesdays/3:30 PM-5:30 PM

Community Tutoring with Frontier College

Ages 16-28

Drop in to see Frontier College tutors, who can provide you with support in all high school subjects, English language support, and individual learning needs. In partnership with Frontier College.

Wednesdays/6:30 PM-8:30 PM

Until December 6

The Thursday Hangout

Ages 12+

Join us on Thursdays afterschool for a chill hangout spot for teens. Every week we'll do something different – snacks, movies, video games, or even a study session if you want...the possibilities are endless. Meet new people and have fun!

Thursdays/3:30 PM-4:30 PM

No program November 2