

JANUARY
2018

Capt. William Spry

PROGRAM LISTINGS

Adult

#HowNotToActOld

Keeping It Cool

Ok, so you go to the gym, but do you Xanga? You own a cell phone, but do you make calls with your index finger and leave voice mails? If so, you may be acting older – a lot older – than you think you are. Something you believed would never happen to you. You thought you'd be cool forever. And then, seemingly overnight all the rules have been changed. But don't you worry! Join us as we explore fun ways to pass for Phat, Sick, Hot, Dope, Awesome, or at least not totally lame!

Fri, Jan 12/2:30 PM-3:30 PM

Registration required

Sewing 101 for Adults:

DIY Fleece Socks, Mittens, and Scarves with Elena Kasich

Join seamstress Elena Kasich and learn how to make fleece socks and mittens by sewing with thread and fleece. The simple fleece socks are incredibly comfortable to wear around the house. The patterns are specifically designed for the fleece fabric and make an ultimate warm accessory on chilly days and nights. Three pieces, two easy seams, and socks you'll never want to take off.

Wed, Jan 17/6:30 PM-8 PM

Registration required

Book Club

***My Name is Lucy Barton*, by Elizabeth Strout**

Discover new authors, meet new people, and share insights.

Wed, Jan 17/7:15 PM

Cooking with Tea

When it comes to tea, we're often thinking outside the teacup. Our great-tasting teas are not just for sipping—you can infuse your favourite tea into all kinds of things from boozy cocktails to barbecue rubs to baked goods. The possibilities are endless! Join Grace Pierce and learn of how to incorporate tea into beverages, entrees, and desserts.

Fri, Jan 19/2:30 PM-3:30 PM

Registration required

Arthritis Information Session

Osteoarthritis is the most common chronic condition of the joints. Sometimes called "wear and tear" arthritis or degenerative joint disease, osteoarthritis shows many symptoms including pain, joint swelling, and stiffness. Learn more about this condition and how to reduce its symptoms from a team of medical professionals, including physicians, physiotherapists, dieticians, and more.

Wed, Jan 24/6:30 PM

Registration required

Soup with Chef Scott

What can be better than a warm bowl of homemade soup on a chilly winter day? Only a bowl soup made for you by chef Scott! Join us at the Sobeys Community Room, as we explore our favourite bowls of comfort—guaranteed to warm you to the bone and get you through winter. Please note the special location at Sobeys on Herring Cove Rd

Fri, Jan 26/2:30 PM

Registration required

Geology and Society with Dr. Marcus Zentilli

Geology has governed the evolution of life and still impacts most human affairs. The course will discuss geologic time, fossils, plate tectonics, earthquakes, tsunamis, volcanoes, the importance of minerals in the economy, our health and the environment, the geology of cities, and the geology of water.

Mondays/10 AM-12 PM

Runs January 29-March 19

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. In partnership with YWCA.

Fridays/1 PM-3 PM

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Bridge Club

Play bridge and meet new people in your neighborhood.

Thursdays/1 PM-4 PM

Job Junction

You are not alone. Job Junction gives you personalized help with one-on-one meetings. Drop in, bring your questions and needs, and we will review options with you. In partnership with Job Junction.

Thursdays/1 PM-4 PM

Kids

Puppet Show

All ages

Come see what funny antics our silly puppets get up to.

Sat, Jan 20/11 AM-11:30 AM

Pre-Teen Drop-in

Ages 8-12

Snacks, crafts, special guests, games - there's something for everyone.

Wednesdays/5 PM-6 PM

Preschoolers

Family Drop In

Ages 0-5

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

Tuesdays/10:30 AM-11:30 AM

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.

Fridays/10:30 AM

Teens

Sewing 101 for Teens: DIY Fleece Socks, Mittens, and Scarves

Get creative and learn to make your own scarves, mittens, and socks.

Thu, Jan 18/6 PM-8 PM

Registration required

Connect the Dots

Led by The Youth Project

Ages 18 and under

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

Tue, Jan 30/6 PM-8 PM

Teen Zone

A fun and safe place for teens of all backgrounds to hang out, relax, meet friends and learn new things. Everyone is always welcome. P.S There's food!

Thursdays/6 PM-8 PM