

**JANUARY**  
**2018**

# Keshen Goodman

## PROGRAM LISTINGS

### **Adult**

#### **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, or drop in when you can. This is a seated meditation class. No need to bring anything but yourself!

**Wed, Jan 3/6:30 PM-7:30 PM**

#### **Movie**

##### ***Victoria and Abdul***

Rated PG

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favour with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempts to destroy. 112 min

**Fri, Jan 5/2 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, Jan 9/7 PM**

#### **Book Club**

##### ***The Deception of Livvy Higgs,* by Donna Morrissey**

For two traumatic days, Livvy Higgs is besieged by a series of small heart attacks while the ghost of her younger self leads her back through a past devastated by lies and secrets. The story opens in Halifax in 2009, travels back to the French Shore of Newfoundland during the mid-thirties and the heyday of the Maritime shipping industry, makes its way to war torn Halifax during the battle of the Atlantic in World War II, then leaps ahead to the bedside of the elder Livvy.

**Wed, Jan 10/1 PM**

#### **Bluenose Ability Film Festival:**

##### **The 2017 Winners**

And the winners are...! Watch screenings of the winning selections of the 3rd Annual Bluenose Ability Film Festival. In partnership with Bluenose Ability Film Fest.

**Fri, Jan 12/2 PM**

#### **Memory Boot Camp with Dr. Gail Eskes from the Brain**

**Repair Centre at Dalhousie University**  
Memory is like a muscle—it can work better with training and practice. If you would like to improve your memory, join the memory boot camp for 3 one-hour sessions of education, workouts, and challenges. To register, please call 902-490-6410.

**Mon, Jan 15/12:30 PM-1:30 PM**

Registration required

#### **YA for Adults Book Club**

##### ***Salt to the Sea* by Ruta Sepetys**

It's the Winter of 1945. WWII. Four refugees. Four stories. Each one born of a different homeland; each one hunted, and haunted, by tragedy, lies, war.

**Mon, Jan 15/7 PM**

#### **Discover Peace Within with Sahaja Meditation**

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**Wed, Jan 17/6:30 PM-7:30 PM**

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### **The Mountain Between Us**

Rated PG-13

Stranded after a tragic plane crash, two strangers must forge a connection to survive the extreme elements of a remote snow-covered mountain. When they realize help is not coming, they embark on a perilous journey across the wilderness. Starring Kate Winslet and Idris Elba. 1h52 min

**Fri, Jan 19/2 PM**

### **Hello iPad**

Learn the basics of using an iPad, as well as some essential functions and features. You can bring your own iPad or use one of ours. To register call 902-490-6410.

**Fri, Jan 19/2:30 PM**

Registration required

### **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, Jan 20/2 PM**

### **Memory Boot Camp**

**with Dr. Gail Eskes from the Brain Repair Centre at Dalhousie University.**

Memory is like a muscle—it can work better with training and practice. If you would like to improve your memory, join the memory boot camp for 3 one-hour sessions of education, workouts, and challenges. To register, please call 902-490-6410.

**Mon, Jan 22/12:30 PM-1:30 PM**

Registration required

### **Opera Chat**

**Puccini, by Tosca**

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, Jan 23/1:30 PM**

LEARN SOMETHING NEW

### **Architectural Papercraft:**

**Discover the World of 3-D Origami**

**with Zalmon Pober**

Learn how a few simple cuts, the right paper, some glue, and a pattern can turn the ordinary piece of paper into a three-dimensional work of architectural beauty. To register, please call 902-490-6410.

**Tue, Jan 23/7 PM**

Registration required

### **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, Jan 27/2 PM-4 PM**

### **Memory Boot Camp**

**with Dr. Gail Eskes from the Brain Repair Centre at Dalhousie University.**

Memory is like a muscle—it can work better with training and practice. If you would like to improve your memory, join the memory boot camp for 3 one-hour sessions of education, workouts, and challenges. To register, please call 902-490-6410.

**Mon, Jan 29/12:30 PM-1:30 PM**

Registration required

### **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, Jan 30/7 PM**

**JANUARY**  
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### **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, or drop in when you can. This is a seated meditation class. No need to bring anything but yourself!

**Wed, Jan 31/6:30 PM-7:30 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

### **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

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

**Thursdays/7 PM-8:30 PM**

Registration required

### **Traditional Rug Hooking**

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

**Fridays/10 AM-1 PM**

### **Knitters' Circle**

Fellow knitters from all different parts of the world are invited to share stories, knitting techniques or work on your own project. Beginners welcome.

**Fridays/10 AM-12 PM**

### **English Conversation Group Saturday Group 1**

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**

Registration required

### **English Conversation Group Saturday Group 2**

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/2:30 PM-4 PM**

Registration required

## **Preschoolers**

### **Puppet Show**

#### ***The Dragon Hunt***

Who's afraid of a ferocious dragon?  
Help the Prince find one!

**Wed, Jan 17/10:30 AM-11 AM**

### **Hooray for Reading!**

Ages 0-5

Three cheers for reading! Celebrate Family Literacy with favourite stories, songs, and a craft.

**Sat, Jan 20/10 AM-10:45 AM**

### **Puppet Show**

#### ***The Dragon Hunt***

Who's afraid of a ferocious dragon?  
Help the Prince find one!

**Sat, Jan 27/10 AM-10:30 AM**

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# Keshen Goodman PROGRAM LISTINGS

## 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**

Runs January 8-February 26

## 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**

Runs January 9-February 27, 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/10:15 AM-10:45 AM**

Runs January 12-March 2, Registration begins January 2, 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**

Runs January 12-March 2, Free tickets given out 30 min before event

## 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**

Runs January 11-March 1, 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**

Runs January 11-March 1, Registration begins January 2, Free tickets given out 30 min before event

## Family Drop-In

Ages 0-5

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

**Saturdays/10 AM-10:30 AM**

Runs January 13-March 3, No program January 27

## Teens

### Anime Club

Ages 12-18

Join us to talk about your favorite anime, manga and fandoms, on the first Thursday night of each month! We start each meeting off with an anime themed game, activity or project before watching a Funimation episode while eating snacks.

**Thu, Jan 4/6:30 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, Jan 22/6 PM-8 PM**

## YMCA Homework Club for Newcomer Youth

Age 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 with YMCA.

**Tuesdays/3:30 PM-5:30 PM**

## 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**