

FEBRUARY
2018

Keshen Goodman

PROGRAM LISTINGS

Adult

Introduction to Dating Websites

Join us for an introduction to dating websites, just in time for Valentine's Day! Learn about the pros and cons of different sites, how to create an attractive profile, and get some tips and tricks on how to keep yourself safe.

Fri, Feb 2/2:30 PM

Opera Chat

***L'elisir d'amore*, by Donizetti**

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, Feb 6/1:30 PM

Google Drive

An introduction to cloud computing using Google Drive. **PREREQUISITE:** Basic computer skills. To register, please call 902-490-6410.

Tue, Feb 6/7 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, or drop in when you can. This is a seated meditation class. No need to bring anything but yourself!

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

YA for Adults Book Club

***Dear Martin*, by Nic Stone**

Justyce McAllister is top of his class and set for the Ivy League—but none of that matters to the police officer who just put him in handcuffs. Words fly. Shots are fired. In the media fallout, it's Justyce who is under attack.

Mon, Feb 12/7 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, Feb 13/7 PM

Book Club

***Down the Coaltown Road*, by Sheldon Currie**

Sheldon Currie explores the effect of international affairs on a small, ethnically mixed Cape Breton coal mining community during the summer of 1940. Mussolini has just thrown his support behind Hitler, bringing Italy into the war, and Prime Minister Mackenzie King has rendered a list of Italian-Canadians, who can be classified as possible dissidents. Tomassio, one of the town's most hardworking miners, is among those rounded up for an internment camp in either New Brunswick or Ontario.

Wed, Feb 14/1 PM

How Do I Love Thee...:

Love Poems Through the Ages

Bring your sweetheart, enjoy a sweet treat, and listen to the sweet sounds of renowned love ballads from days past. Happy Valentine's Day.

Wed, Feb 14/7 PM

Meet Lynda.com

Learn to navigate the world of Lynda.com, a resource of over 4,000 video tutorial courses. To register, please call 902-490-6410. Prerequisite: How to Navigate the Internet or familiarity with web browsers.

Fri, Feb 16/2:30 PM

Registration required

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PROGRAM LISTINGS

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, Feb 17/2 PM

Chinese Folk Dance

Help kick off the celebrations for the Chinese New Year with a performance of traditional Chinese Folk Dance. In partnership with the Confucius Institute at Saint Mary's University.

Sat, Feb 17/2:30 PM

Opera Chat

***La Boheme*, by Puccini**

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, Feb 20/1:30 PM

LEARN SOMETHING NEW

Delicious on a Budget:

Lentil Soup

Hardy, tasty, nutritious, and cheap. Taste and learn how to make homemade lentil soup for about .25 cents per bowl. To register, please call (902) 490-6410.

Tue, Feb 20/7 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, or drop in when you can. This is a seated meditation class. No need to bring anything but yourself!

Wed, Feb 21/6:30 PM-7:30 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, Feb 24/2 PM-4 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, Feb 27/7 PM

Author Reading: Andria Hill-Lehr *Mona Parsons: From Privilege to Prison, From Nova Scotia to Nazi Europe*

Andria will share excerpts and details from her too-amazing-to-make-up non-fiction book, "Mona Parsons: From Privilege to Prison, From Nova Scotia to Nazi Europe" and you'll discover why Mona now has a statue honouring her. On February 19, 2018 Mona Parsons will be the honouree for the Nova Scotia Heritage Day.

Wed, Feb 28/7 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

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Craving Change

Discover why you eat the way you do and find out some tricks to change your thinking and your eating. Please call 902-460-4560 to register. In partnership with the Chebucto Community Health Team.

Thursdays/1 PM-3 PM

Runs February 1-22
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

Love and Hugs

Ages 0-5

Celebrate Valentine's Day with lots of hugs and kisses! We'll read stories, sing songs, and make a special craft you can give as a gift to your own Valentine.

Sat, Feb 10/10 AM-10:45 AM

Puppet Show

Hugs and Kisses

Celebrate Valentine's Day with the best gifts ever—Hugs and Kisses! They are free and you don't have to wrap them.

Wed, Feb 14/10:30 AM-11 AM

You're Awesome, Africa

Ages 0-5

We mark African Heritage Month with stories, songs, and a craft.

Sat, Feb 17/10 AM-10:45 AM

Puppet Show

Hugs and Kisses

Celebrate Valentine's Day with the best gifts ever—Hugs and Kisses! They are free and you don't have to wrap them.

Sat, Feb 24/10 AM-10:30 AM

Puppet Show

Melba's Trombone

Based on Katheryn Russell-Brown's children's book *Little Melba and Her Big Trombone* about a talented, young, black musician. This show will make you want to play a musical instrument. Which one will you pick? In celebration of African Heritage Month.

Wed, Feb 28/10:30 AM-11 AM

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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 until February 26, No program February 19

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 until February 27, 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

Runs until 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 until March 1, Free tickets given out 30 min before event

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 until March 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 until March 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 until March 3, No program February 24

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, Feb 1/6:30 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, Feb 26/6 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