

MARCH
2018

Capt. William Spry

PROGRAM LISTINGS

Adult

What's Your Cocktail? Blending of Essential Oils

with aromatherapist Theresa Kersey

Come and spend a "scent" sational evening exploring the healing benefits of essential oils. Entertain your sense of smell while treating your body, mind, and spirit. Whether you are a novice to complimentary therapies or an expert in traditional remedies, join us for an evening of fun and facts about how essential oils can benefit you and your family. Leave with your own personal blend that works with your unique personality. In partnership with the Enigma Physical, Emotional, and Mental Health Studio.

Fri, Mar 2/2:30 PM

Registration required

Add a Little "Spring" to Your Home with Maddex Interiors' Nicole Mensour

Ready to shake the winter blahs and embrace the warmer days ahead? Join interior designer Nicole Mensour to get tips and helpful hints on how to organize your home and lighten up your decor so you can sit back, relax, and fully enjoy the sunnier Spring days. In partnership with Maddex Interiors.

Wed, Mar 7/7 PM

Registration required

Literary Cafe: Short Stories

Stories take time. Whether bingeing the newest season of your favourite TV show, listening to an audiobook, or engrossed in the pages of a novel, stories are experienced in hours, days, months, and occasionally years. But short stories are different. Short stories, to paraphrase Neil Gaiman, take us around the universe or break our hearts with only a few thousand words. Join actor Lorne Abramson for this one of a kind Friday afternoon.

Fri, Mar 9/2:30 PM

Registration required

Easter Egg Painting A Family Workshop

Easter is coming! Discover the traditional art of painting pysanky, a Ukrainian Easter egg, and learn the basic techniques of making decorated Easter eggs, with a local artisan Katya LeBlanc. Participate in the tradition that has been going on for centuries, learn a beautiful craft, and take home a splendid souvenir made with your own hands.

Sun, Mar 11/3 PM-4 PM

Registration required

YOUR WELLNESS SERIES

Put a Lid on Your Stress

with psychologist Carol M. Shirley

Do you suffer from stress and want to learn how to cope with it? Do you find yourself being pushed around by stressful situations, but think it is time to take charge in your life? Join psychologist Carol M. Shirley and learn practical strategies for stress reduction. You'll find out how to restore your sense of well being by getting control of your feelings, your thoughts, your behavior and your life. In partnership with the Enigma Physical, Emotional, and Mental Health Studio.

Wed, Mar 14/7 PM

Registration required

Book Club

***The Zookeeper's Wife*,
by Diana Akerman**

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

Wed, Mar 21/7:15 PM

ATLANTIC MASTER GARDENERS

Planning a Colourful Flower Garden

This hands-on workshop shows you how to plant annuals, perennials, and tropicals for continuous colour from early spring to late fall. You can even dry flowers for colour in the winter. In partnership with the Atlantic Master Gardeners Association.

Wed, Mar 28/7 PM

Registration required

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Job Junction

You are not alone. Job Junction gives you personalized help with one-on-one meetings covering topics like job searching, resume writing, and interview preparation. Drop in, bring your questions and needs, and we will review options with you. In partnership with Job Junction.

Thursdays/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. In partnership with YWCA.

Fridays/1 PM-3 PM

Kids

Paranormal Art Explorations with artist Drew McSherry

Ages 8+

Students will explore the paranormal history of Halifax and the Maritime provinces. They will then use charcoal, paper, eraser, and tissue paper to create their own paranormal creations.

Registration required. Ages 8+

Wed, Mar 14/5 PM

Registration required

Green Extravaganza

A St. Patrick's Day Special

All ages

Get your green screen on! Have your picture taken with a leprechaun, a pot of gold, or St. Patrick himself. We'll have dress up stuff available or wear your own St. Patrick's day attire. Fun for all ages.

Fri, Mar 16/11 AM

Registration required

Preschoolers

Prepare to Be Amazed!

Magic with Tim Gavel

You won't believe your eyes when you see the cool tricks that Tim has up his sleeve. Prepare to be amazed!

Tue, Mar 13/11 AM

Registration required

3D Colouring fun

Ages 3+

Come join us as we bring our artwork to life. We will use our physical colouring pages and add them to the Quiver App to animate our drawings. Colouring pages have never been so much fun! Loads of fun for ages 3+.

Thu, Mar 15/11 AM

Registration required

Spring Fest

Celebrate spring with us with Easter-themed games. Featuring fun activities like Egg Hunt, colouring, dress up, treats, face painting, and more.

Sat, Mar 31/11 AM

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

No program March 13

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

No program March 16

Puppet Shows

All ages

See a new show each week in our puppet theater! Entertaining and fun for the whole family. All ages welcome!

Saturdays/11 AM-11:30 AM

Teens

Connect the Dots

Led by The Youth Project

Ages 18 and under

LGTBQ 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, Mar 27/6 PM-8 PM

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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