

APRIL
2018

Capt. William Spry

PROGRAM LISTINGS

Adult

Sahaja Yoga Meditation

It's all about you Wellness Series Sahaja Yoga is a unique method of meditation based on an experience called Self Realization (Kundalini awakening) that can occur within each human being. Through this process an inner transformation takes place by which one becomes moral, united, integrated, and balanced. Wear loose comfortable clothing.

Wed, Apr 4/7 PM-8:30 PM

Registration required

ATLANTIC MASTER GARDENERS

Container Gardening

Would you like to grow flowers, vegetables, and herbs, but have limited space? You can get a significant amount of produce from gardens in containers. This lecture will share what type of containers you can use, what soil and plants can be put in them, and how to look after them. Come out and learn the basics and beyond of container gardening. In partnership with the Atlantic Master Gardeners Association.

Fri, Apr 6/2:30 PM

YOUR WELLNESS SERIES

Intuitive Workshop

Intuition prompts you to listen to that little inner voice or that feeling in the belly, the pay attention sensation. In this workshop, we touch on how to know when your intuition is trying to reach you, as well as ways to sharpen your intuitive skills. We all are born with intuition, but just like any other skill in life it takes practice to be an expert at using this wonderful survival skill. We will also be working with Angel and Fairy cards readings. So, grab a friend and come practice your intuitive skills. In partnership with the Enigma Physical, Emotional, and Mental Health Studio.

Sun, Apr 8/3 PM

Registration required

DIY Wind Chimes

Get in touch with your crafty side at this fun and unique workshop, and add some beautiful and romantic ornaments to your patio, balcony, or garden. These whimsical and colourful decorations will bring a lot of lively feel to your open space. The pleasing sounds they played together with the wind can also bring you a pleasant mood and make your day awesome.

Fri, Apr 13/2:30 PM-4 PM

Registration required

MAD FOR ART SERIES

Paint Your Cat Nite

with artist Katya LeBlanc

We will provide you with everything you need to paint a meowsterpiece of your cat. Don't worry! You don't need to know how to paint or anything. Our ameowzing instructor Katya will walk you through each step. After all, your cat deserves a portrait. And your friends deserve to smile. Just try not to smile at this.

Wed, Apr 18/6:30 PM-8:30 PM

Registration required

Handing Over the Key to Your Happiness - Inside Job

Join Reiki Master and author of *Magic of Mind and Miracle of Body*, Rohit Khana, as he leads you on the journey of mindfulness to feel the power of the real you.

Fri, Apr 20/2:30 PM

Registration required

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MAD FOR ART SERIES

Watercolour Flower Painting Workshop with artist Katya LeBlanc

Painting flowers is rewarding, especially when you paint along with artist Katya LeBlanc. Watercolour is the perfect medium for flower paintings; it's delicate washes and ability to achieve transparent or translucent layering mimic the nature of the flowers themselves. From bold shapes, tiny details, depth, and range of values, flowers are a great subject with which to explore your watercolor techniques. All levels are welcome.

Sun, Apr 22/3 PM

Registration required

ATLANTIC MASTER GARDENERS

Using Native Plants and Grasses

Many native plants, like bayberry, beach pea, or beach grass, make wonderful landscapes, especially on coastal properties. Find out which local plants can help you with your location. In partnership with the Atlantic Master Gardeners Association.

Fri, Apr 27/2:30 PM

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

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

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

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, Apr 24/6 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