

APRIL
2018

Keshen Goodman

PROGRAM LISTINGS

Adult

Learn to Use Allrecipes.com

Learn how to add, save, and search for recipes using Allrecipes.com.

Tue, Apr 3/7 PM

Registration required

Movie

Wonder

Rated PG

Based on the New York Times bestseller, *WONDER* tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time. 113 min

Fri, Apr 6/2 PM

Take Charge of Your Stress, Week 1 of 4

Over the 4 weeks of the program, you will learn and practice skills, while working on a plan to take charge of your stress today and in the future. Call 460-4560 to register. In partnership with the Chebucto Community Health Team.

Mon, Apr 9/1 PM-3 PM

Registration required

YA for Adults Book Club

***They Both Die at the End,* by Adam Silvera**

In a near-future New York City where a service alerts people on the day they will die, teenagers Mateo Torrez and Rufus Emeterio meet using the Last Friend app and are faced with the challenge of living a lifetime on their End Day.

Mon, Apr 9/7 PM

OPERA CHAT

Singing the Nature of Love:

Ten Operas from Mozart's Time until Today—Verdi's *Luisa Miller*

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. In partnership with Opera Nova Scotia.

Tue, Apr 10/1:30 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, Apr 10/7 PM-8 PM

Book Club

***Witches of New York,* by Ami McKay**

The year is 1880. Two hundred years after the trials in Salem, Adelaide Thom has left her life in a sideshow to open a tea shop with another young woman, who feels it's finally safe enough to describe herself as a witch. This young woman is a former medical student and gardien de sorts (keeper of spells), Eleanor St. Clair. Together they cater to Manhattan's high society ladies, specializing in cures, palmistry and potions --and in guarding the secrets of their clients. All are welcome.

Wed, Apr 11/1 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, Apr 11/7 PM

Registration required

Movie

Murder on the Orient Express

Rated PG-13

When a murder occurs on the train he's travelling on, celebrated detective Hercule Poirot is recruited to solve the case. Based on the classic Agatha Christie mystery. 1h54min

Fri, Apr 13/2 PM

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PROGRAM LISTINGS

Be Your Own Travel Agent: Planes and Trains

Curious about where to find the best flight deals for your next vacation? Interested in learning more about train travel? Learn about some of the best online sites for booking domestic and international flights and train trips. PREREQUISITE: Internet Basics or familiarity with web browsers.

Fri, Apr 13/2:30 PM

Registration required

Citizenship Information Session Guided by Citizenship and Immigration Canada

The sessions provide information on citizenship application process, documents to prepare, and it answers questions on the citizenship application and procedures.

Sat, Apr 14/2 PM-4 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, Apr 14/2 PM

Take Charge of Your Stress, Week 2 of 4

Over the 4 weeks of the program, you will learn and practice skills, while working on a plan to take charge of your stress today and in the future. Call 460-4560 to register. In partnership with the Chebucto Community Health Team.

Mon, Apr 16/1 PM-3 PM

Registration required

LEARN SOMETHING NEW Grown Your Own Microgreens

Learn how to save some money on produce and eat healthier by growing a variety of greens. You'll learn which vegetables grow well as microgreens and how to keep them going over the summer months. Call 902-490-6410 to register.

Tue, Apr 17/7 PM

Registration required

ATLANTIC MASTER GARDENERS

Easy Landscape Design

Before you get overwhelmed by all the choices at your local garden centre, join us to learn some basic design concepts for low maintenance and sustainable landscapes. In partnership with the Atlantic Master Gardeners Association.

Wed, Apr 18/7 PM

Movie

Breathe

Rated PG

The inspiring true love story of Robin and Diana Cavendish, an adventurous couple who refuse to give up in the face of a devastating disease. Their heartwarming celebration of human possibility marks the directorial debut of Andy Serkis. 118 min

Fri, Apr 20/2 PM

Take Charge of Your Stress, Week 3 of 4

Over the 4 weeks of the program, you will learn and practice skills, while working on a plan to take charge of your stress today and in the future. Call 460-4560 to register. In partnership with the Chebucto Community Health Team.

Mon, Apr 23/1 PM-3 PM

Registration required

OPERA CHAT

Singing the Nature of Love:

Ten Operas from Mozart's Time until Today—Massenet's *Cendrillon*

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. In partnership with Opera nova Scotia.

Tue, Apr 24/1:30 PM

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PROGRAM LISTINGS

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, Apr 24/7 PM-8 PM

Movie

Battle of the Sexes

Rated PG

The electrifying true story of the 1973 tennis match between women's champion Billie Jean King and former men's champ Bobby Riggs. As fierce rivals on opposite sides of the court and the gender equality issue, Billie Jean and Bobby served up a cultural spectacle that resonated far beyond the sporting world. Filled with heart, humor and biting wit, *Battle of the Sexes* is a triumphant celebration of the historic contest that changed the game! 100 min

Fri, Apr 27/2 PM

Be Your Own Travel Agent:

Accommodations

Preparing for vacation? Join us and learn how to research and book safe, affordable, and comfortable accommodations online.

Fri, Apr 27/2:30 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, Apr 28/2 PM-4 PM

Take Charge of Your Stress, Week 4 of 4

Over the 4 weeks of the program, you will learn and practice skills, while working on a plan to take charge of your stress today and in the future. Call 460-4560 to register. In partnership with the Chebucto Community Health Team.

Mon, Apr 30/1 PM-3 PM

Registration required

Bridge

Meet and play with other bridge lovers. Some experience is necessary.

Mondays/12:30 PM-3 PM

No program April 2

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

No program during March break week, 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

Chair Exercises with Erin Clements, Bridgeview Physiotherapy

Are you deconditioned or feeling out of shape due to aging or after a prolonged illness? Are you having some minor balance issues, or did you have a fall in the last year? If yes, please join Erin Clements of Bridgeview Physiotherapy for a low-impact, seated-to-standing exercise program that will help you regain some strength and function through exercise. Please call 902-490-6410 to register.

Thursdays/1:30 PM

Runs until April 12, Registration required

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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

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

Traditional Rug Hooking

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

Fridays/10 AM-1 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

Poor Doreen: A Fishy Tale

All ages

Poor Doreen is a fish on an incredible journey to visit her second cousin, twice removed who just had 157 babies. You will not believe all the wild things that happen to her while she swims up the river.

Wed, Apr 4/10:30 AM-11 AM

Wake Up—It's Spring!

The long winter sleep is over! Welcome spring with stories, songs, rhymes, and a fun craft.

Sat, Apr 14/10 AM-10:45 AM

Puppet Show

Poor Doreen: A Fishy Tale

All ages

Poor Doreen is a fish on an incredible journey to visit her second cousin, twice removed who just had 157 babies. You will not believe all the wild things that happen to her while she swims up the river.

Sat, Apr 21/10 AM-10:30 AM

Puppet Show

Little Red and Friends

All ages

Little Red helps the Wolf learn all about Earth Day. She might need your help, too.

Wed, Apr 25/10:30 AM-11 AM

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

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

Registration required

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PROGRAM LISTINGS

Parent and Baby Yoga

Ages 2-12 months

Parents and babies ages 2-12 months are welcome to join us for a therapeutic yoga class that is designed to build post-partum strength and relieve tension from nursing and/or carrying your baby. The class will end with a short infant massage session. Accessible to all levels; no previous yoga experience is required. Bring your own mat and a small blanket for your baby.

Wednesdays/11:30 AM-12:15 PM

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

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

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

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

Free tickets given out 30 min before event

Family Drop-In

Ages 0-5

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

Saturdays/10 AM-10:30 AM

No program April 21

Arabic Family Literacy Program (Arabic/English)

Ages 2-5

Designed for Arabic-speaking families, children ages 2-5 and their parents/caregivers, this weekly drop-in program invites families to enjoy stories, songs, games and other activities. The program is presented in Arabic and English.

Saturdays/11 AM-12 PM

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, Apr 5/6:30 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, Apr 23/6 PM-8 PM

YMCA Homework Club for Newcomer Youth

Ages 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

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The Thursday Hangout

Ages 12-18

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