

MAY
2018

Bedford

PROGRAM LISTINGS

Adults

Bedford & Sackville Autism Support Group

Open to primary caregivers of people with Autism Spectrum Disorder, these meetings are an opportunity to share and learn from other families experiencing the challenges and joys that can come with caring for a person on the spectrum. You are welcome to join us on the first Tuesday of every month.

Tuesday, May 1
7:00 PM - 8:30 PM

Plant the Seeds of Good Health: Meditation with Lynn Fraser

In this session led by Lynn Fraser, we will practice simple strategies to build strength and resilience in your mind and relax your body. You can heal from anxiety and enjoy your life. As anxious and compulsive thinking settles, we have access to stillness and ease.

Tuesday, May 8
7:00 PM - 8:45 PM

Writers' Circle

Join our writers' circle for support and inspiration, hosted by author Suzanne Atkinson.

Wednesday, May 9
6:30 PM - 8:00 PM

Drop-In for Makers & Coders: Seed Bombs

A Gardening Programs & Workshops Event

For those of you with a green thumb, join Halifax Makerspace as we make seed bombs: flower seeds, soil and fertilizer in a compact, toss-able, biodegradable package. Lob them into empty lots, neglected flowerbeds, and roadsides where they will sprout when it rains! In Partnership with Halifax Makerspace.

Saturday, May 12
2:30 PM - 4:30 PM

Book Club: Mary, Mary, by Lesley Crewe

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

Tuesday, May 29
2:30 PM - 3:30 PM

Grown-Up Story Time

It's nice to be read to at any age. Bring your lunch, or your knitting, and let us read to you. Sweets and coffee will be provided. We meet on the last Wednesday of the month at lunchtime.

Wednesday, May 30
12:15 PM - 12:45 PM

Plant the Seeds of Good Health: Take Charge of Your Stress

This 4-week program explores skills you can use to stop letting stress be a barrier to living the life you value. In partnership with the Bedford-Sackville Community Health Team.

Tuesdays
2:00 PM - 4:00 PM

Cours de français

Cours de français pour les grands-parents de la garderie du Petit Voilier et des écoles de Beaubassin, Grand-Portage, et Bois-Joli. En partenariat avec Equipe d'alphabetisation Nouvelle Ecosse.

les vendredis
1:00 PM - 2:30 PM

Registration is required. To register, email the Instructor at dean-na.whalen10@gmail.com.

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All Ages

Céilidh with Celtic Harp: A' Chlàrsach Cheilteach

A Gaelic Nova Scotia Month Event

Experience a traditional céilidh - Gaelic for "visit". Your host will bring you songs, stories, tea, and oatcakes, and a special performance by Alys Howe on the Celtic Harp. Gaelic Nova Scotia Month: Our Story to Tell / Mìos nan Gàidheal: Ar Sgeul ri Innse May is Gaelic Nova Scotia Month. In the old Gaelic calendar, the first day of May marks the beginning of summer. Gaels are a Nova Scotia people with a rich culture expressed through poetry, song, music, dance, stories, foodways, lineages, spirituality, and custom. Many Nova Scotians have connections to Gaelic heritage. In partnership with HRM Gaelic community members and the Gaelic Affairs Division of the Department of Communities, Culture, and Heritage.

Sunday, May 13

2:30 PM - 3:30 PM

Kids

Lego at the Library

Let your imagination run wild with the Library's Lego collection. Create some fun for the whole family.

Saturday, May 19

10:00 AM - 11:00 AM

Felt Fridays: Drop-in

Felt superheroes, princesses, castles, cars, farms, and more! Every Friday, our children's area will convert to a felt wonderland! Come in and build your own world.

Fridays

9:00 AM - 6:00 PM

Preschoolers

Puppet Show: Mucky Moose

Join us for this funny story about how the Wolf tries to make Mucky, the muckiest, smelliest moose in the forest his dinner.

Thursday, May 10

10:30 AM - 11:00 AM

Puppet Show: Aladdin & The Magic Lamp

A poor boy in love with a princess escapes an evil magician and discovers the power contained within an old lamp.

Thursday, May 24

10:30 AM - 11:00 AM

Bébé et moi

de la naissance à 2 ans. Groupe de soutien pour les mères/pères et autres responsables de garde ayant la charge d'un bébé âgé de la naissance à 2 ans. Sujet différent à chaque semaine sur le développement de bébé et la possibilité de rencontrer des professionnels de la santé francophones. En partenariat avec La Pirouette.

les mardis

10:00 AM - 11:00 AM

La petite histoire

Programme pour toute la famille avec la lecture d'un livre, une activité et des chansons. C'est aussi une merveilleuse façon de socialiser avec les autres parents et enfants. En partenariat avec La Pirouette.

Tuesdays

11:00 AM - 12:00 PM

Family Drop-in

Ages 0-5. A short storytime followed by free play with puzzles and crafts. Family Drop-in is sure to delight and entertain your child. There's something here for everyone, including a baby corner complete with infant toys.

Wednesdays

10:15 AM - 11:00 AM