

**MAY**  
2018

# Capt. William Spry

## PROGRAM LISTINGS

### Adults

#### **Workshop: Latin American Cooking**

Learn how to make some delicious Peruvian food. Peru has been named the best gastronomic destination in the world (according to the World Travel Awards) and has been named the World's Leading Culinary Destination annually since 2012. Find out why at the Library. In partnership with Latispanica Cultural Association.

**Friday, May 4**  
**2:30 PM - 4:30 PM**

Registration is required. To register, call us at (902) 490-5818

#### **Food & Mood**

Have you ever thought about the connection between what you eat and how you feel? What's good for your body is good for your mood! Join us to learn more. In partnership with Chebucto Community Health Team.

**Tuesday, May 8**  
**6:00 PM - 8:00 PM**

Registration is required. To register, call us at 902-490-5818

#### **Dream Interpretation**

Join us for a magical evening with holistic traveler Grace Pearce. Dreams and visions can change your life, provide clarity, and give direction for future.

**Wednesday, May 9**  
**7:00 PM - 8:30 PM**

Registration is required. To register, call us at 902-490-5818

#### **Chinese Paper Cuts Workshop**

Join us to celebrate Asian Heritage Month with a fun night of paper cutting presented by the Confucius Institute. Learn to cut a maple leaf, a monkey face, a butterfly, and a delicate round pattern. In partnership with Confucius Institute of Saint Mary's University.

**Friday, May 11**  
**2:30 PM - 3:30 PM**

Registration is required. To register, call us at (902) 490-5818.

#### **Book Club: The Witches of New York by Ami McKay**

Ami McKay's witches are in town. Granted, the town is New York in the fall of 1880. McKay's Witches of New York shows a group of women leading "an unconventional life," doing their damndest to liberate themselves from constraints of all sorts, from the pedestrian to the demonic.

**Wednesday, May 16**  
**7:00 PM - 8:00 PM**

#### **Fermentation 101**

Sauerkraut, kimchi, pickled veggies, sourdough bread, and kombucha! Fermented foods can be mysterious and intimidating. This workshop is informative, practical, and fun. Join Registered Holistic Nutritionist Nicole Marcoux and discover how simple the ancient art and science of fermentation actually is and how you can integrate fermented foods into your daily life. There will be samples of fermented products to try and live demo of dilly carrots.

**Friday, May 18**  
**2:30 PM - 4:00 PM**

Registration is required. To register, call us at (902) 490-5818.

#### **Literary Cafe: Short Stories**

Stories take time. Join Theatre Guild actor and musical duo Elena and Azin Mehrjou for this one of a kind Friday afternoon. Whether you're 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.

**Wednesday, May 23**  
**7:00 PM - 8:30 PM**

Registration is required.

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### **Cooking with Produce Packs**

Join the Chebucto Community Health Teams Dietitian, Valerie MacPherson and learn how to prepare some tasty dishes. You'll get a chance to try the tasty creations as well as to learn more about the Produce Pack program. In partnership with Mobile Food Market and Chebucto Community Health Team.

**Friday, May 25**

**2:30 PM - 4:00 PM**

Registration is required. To register, call us at (902) 490-5818.

### **Job Junction**

You are not alone. Job Junction gives you personalized help with one-on-one meetings. Drop in, bring your questions, and needs, and we will review options with you. Presented in partnership with Job Junction.

**Wednesdays**

**1:00 PM - 4:00 PM**

### **Sahaja Yoga Meditation 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.

**Wednesdays**

**7:00 PM - 8:30 PM**

Registration is required.

### **Bridge Club**

Play bridge and meet new people in your neighbourhood.

**Thursdays**

**1:00 PM - 4:00 PM**

### **Kids**

#### **Puppet Show**

Come see what funny antics our silly puppets get up to.

**Saturday, May 12**

**11:00 AM - 11:30 AM**

#### **Puppet Show**

Come see what funny antics our silly puppets get up to.

**Saturday, May 26**

**11:00 AM - 11:30 AM**

### **Preschoolers**

#### **Family Drop-In**

Ages 0-5. Enjoy a variety of fun activities for the whole family, including stories, songs, and crafts.

**Tuesdays**

**10:30 AM - 11:30 AM**

Program Room

### **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 - 11:00 AM**

Program Room

### **Teens**

#### **Connect the Dots with 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! In partnership with The Youth Project.

**Tuesday, May 29**

**6:00 PM - 8:00 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 welcome. and there's food!

**Thursdays**

**6:00 PM - 8:00 PM**