

MAY
2018

Dartmouth North

PROGRAM LISTINGS

Adults

Small Space Gardening with Gayle Shatz

*A Gardening Programs & Workshops
Event*

Is your green space limited but you'd still like to exercise your green thumb? Gayle will share her expertise for growing in small spaces.

Friday, May 11

10:30 AM - 11:30 AM

Naturopathic Medicine 101

Join Dr. Anna D'Intino, ND, to learn about the foundations of naturopathic medicine, what conditions naturopathic doctors treat, and how they help their patients to heal. Anna will be answering your questions and discussing how naturopathic medicine can compliment conventional medicine. In partnership with the Nova Scotia Association of Naturopathic Doctors.

Friday, May 18

10:30 AM - 11:30 AM

Best Weight Basics

Get started on discovering your best weight with basic strategies to live your healthiest life. In partnership with the Dartmouth Community Health Team.

Friday, May 25

10:00 AM - 12:00 PM

Registration is required. To register, call the Dartmouth Community Health Team at (902) 460-4555.

Community Tea

Share a nice relaxing cup of tea and mingle with friends and neighbors.

Friday, May 25

1:00 PM - 3:00 PM

Kids

Teen Titans Go!

Celebrate all things Teen Titans as you countdown to the summer movie release. There will be games, crafts, and more.

Saturday, May 5

2:30 PM - 3:30 PM

Registration is required. To register, call us at (902) 490-5840

After School Drop-in

Ages 6+. Join us Monday through Friday for some after school fun. Presented in partnership with The Take Action Society.

Weekdays

3:00 PM - 4:30 PM

Registration is required. To register, call us at (902) 209-1900.

Saturday Morning Craft Club

Drop-in to the Library to unleash your creativity in our craft studio. A different craft is featured each week.

Saturdays

9:30 AM - 11:30 AM

Teens

1950s Night

Celebrate 1950s pop culture with our interactive social. Prizes for best costume and best dance.

Thursday, May 17

6:00 PM - 7:00 PM

Registration is required. To register, call us at (902) 490-5840.