

MAY
2018

Keshen Goodman

PROGRAM LISTINGS

Adults

Introduction to Libby by OverDrive

Join us to learn about OverDrive's newest eReading app - Libby. Please note: Libby is available only on mobile devices such as tablets and smart phones, and program participants must bring their own devices.

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

Registration is required. To register, call us at (902) 490-6410

Career Information Session for High School Students & Parents

Many high school students struggle with choosing a potential career. Janet MacDonald from MycampusGPS will discuss what information students and parents need to know about career decision-making.

Wednesday, May 2
7:00 PM - 8:30 PM

Thomas Raddall Room

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. Laughter yoga is great for stress relief and boosting your immune system.

Saturday, May 5
2:00 PM - 3:00 PM

YA for Adults Book Club: One of Us is Lying by Karen M. McManus

About One of Us Is Lying: On Monday afternoon, five students at Bayview High walk into detention. Before the end of detention, one of them is dead. And according to investigators, his death wasn't an accident. On Monday, he died. But on Tuesday, he'd planned to post juicy reveals about all four of his high-profile classmates, which makes all four of them suspects in his murder. Or are they the perfect patsies for a killer who's still on the loose? YA for Adults Book Club series says that you're never too old to enjoy teen books. Join us as we explore the adventure, heartbreak, and angst of being a teenager with some of today's best Young Adult fiction.

Monday, May 7
7:00 PM - 8:30 PM

Spanish Language Group (intermediate)

Come join our friendly group facilitated by Menashe Cieplinski, a native Spanish speaker. Some knowledge of Spanish will be helpful.

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

Thomas Raddall Room

Anatomy: A Primer

Do you think the human body is fascinating? Are you interested in Anatomy? Join Erin Clements, of Bridgeview Physiotherapy, to learn about the bones, muscles, and nerves of the knee. We will also cover some of the common conditions we can suffer from in this area, such as arthritis, meniscus tears, and knee replacements.

Wednesday, May 9
7:00 PM - 8:30 PM
Thomas Raddall Room

Movie: Downsizing

Rated 14A | 2017 | 2hr 15minA social satire in which a man realizes he would have a better life if he were to shrink himself to five inches tall, allowing him to live in wealth and splendor.

Friday, May 11
2:00 PM - 4:15 PM
Thomas Raddall Room

Snapchat & Instagram

Interested in hashtags and stories? Curious about filters and bitmojis? Join us for an introduction to Snapchat and Instagram to learn about the latest in social media trends, as well as how to protect your privacy. Please note: Snapchat and Instagram are only available for smartphones and participants must bring their own device.

Friday, May 11
2:30 PM - 4:00 PM
Registration is required. To register, call us at (902) 490-6410

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Learn Something New: Plant a Succulent Container

Find out the best planting tips for succulent container gardens and discover the dos and don'ts of planting a successful succulent container. Learn Something New is a monthly series where you can learn a new skill, be introduced to a new craft, or try your hand at something new.

Tuesday, May 15

7:00 PM - 8:30 PM

Thomas Raddall Room

Anatomy: A Primer

Do you think the human body is fascinating? Are you interested in Anatomy? Join Erin Clements, of Bridgeview Physiotherapy, to learn about the bones, muscles, and nerves of the low back. We will also cover some of the common conditions we can suffer from in this area, such as arthritis, disc herniations, and muscle strains.

Wednesday, May 16

7:00 PM - 8:30 PM

Thomas Raddall Room

Nordic Pole Walking

Join an introductory Nordic Pole Walking session with certified instructor, James Boyer. Nordic poles will be available for borrowing.

Saturday, May 19

2:00 PM - 4:00 PM

Registration is required. To register, please call (902) 490-6410.

Spanish Language Group (intermediate)

Come join our friendly group facilitated by Menashe Cieplinski, a native Spanish speaker. Some knowledge of Spanish will be helpful.

Tuesday, May 22

7:00 PM - 8:00 PM

Thomas Raddall Room

Movie: The Post

Rated PG-13 | 2017 | 1h 56min. A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government. Starring Meryl Streep and Tom Hanks.

Friday, May 25

2:00 PM - 4:15 PM

Thomas Raddall Room

Internet Safety & Security

Learn how to protect yourself online from scams, viruses, and identity theft. Bob Carr, System Administrator for Jazz Aviation, will share some tips on how to protect you and your computer.

Friday, May 25

2:30 PM - 4:00 PM

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.

Saturday, May 26

2:00 PM - 4:00 PM

Thomas Raddall Room

Bridge

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

Mondays

12:30 PM - 3:30 PM

Meeting Room C

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

10:00 AM - 12:00 PM

Traditional Rug Hooking

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

Fridays

10:00 AM - 1:00 PM

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All Ages

Free Comic Book Day: Be My Hero

All ages. Have fun making your own simple comic book that will make the librarian/superhero, Bat Girl say "you're my hero" and give you a big high five. Costumes for all ages are encouraged.

Saturday, May 5

10:00 AM - 10:45 AM

Kids

Puppet Show: Clyde Can't Sing

All ages. Sing a long with Lewis as he shows his friend Clyde how much fun your favourite songs can be.

Wednesday, May 9

10:30 AM - 11:00 AM

Thomas Raddall Room

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All ages. Sing a long with Lewis as he shows his friend Clyde how much fun your favourite songs can be.

Saturday, May 19

10:00 AM - 10:30 AM

Thomas Raddall room

Puppet Show: Lon Po Po

All ages. Will Clever Shang be able to save her family when the Big Bad Wolf visits? Join us and celebrate Asian Heritage Month with this Chinese folktale about a brave little girl in a familiar red hood.

Wednesday, May 23

10:30 AM - 11:00 AM

Preschoolers

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 - 11:00 AM

Thomas Raddall Room

Registration is required. To register, call us at (902) 490-5738.

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

Thomas Raddall Room

Registration is required. To register, call us at (902) 490-6410.

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

Thomas Raddall Room

Tickets will be given out 30 minutes before start time.

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

Thomas Raddall Room

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Family Drop-in

Ages 0-5. Join us for stories, songs, and crafts. Each week we will explore a different theme.

Saturdays

10:00 AM - 10:30 AM

Thomas Raddall Room

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.

Thursday, May 3

6:30 PM - 7:30 PM

Thomas Raddall Room

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.

Monday, May 28

6:00 PM - 7:00 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. Presented in partnership with YMCA.

Tuesdays

3:30 PM - 5:30 PM

Thomas Raddall Room

The Thursday Hangout

Ages 12+. Join us on Thursdays after school for a chill hangout spot for teens. Meet new people and have fun! Every week we'll do something different - snacks, movies, video games, or even a study session.

Thursdays

3:30 PM - 4:30 PM

Thomas Raddall Room