

MAY
2018

Tantallon

PROGRAM LISTINGS

Adults

Transition Bay Talks: Introduction to Analog (Film) Photography

Join members of the Transition Bay Community as they present discussion on the introduction to the concepts, ideas and practices of analog photography. For those who have never experienced analog photography it will be an opportunity to learn about this once universal technology - think of it as the photographic equivalent of vinyl records. While most of the presentation will be done lecture style, there will be a live demonstration of enlarging and developing a print from a 35mm negative.

Sunday, May 6

2:15 PM - 4:30 PM

Program Room

Registration is required. To register, email Transition Bay at registration@bitflipper.ca

Book Club: German Girl by Armando Lucas Correa

A stunningly ambitious and beautiful novel, perfect for fans of *The Nightingale*, *Schindler's List*, and *All the Light We Cannot See*. The *German Girl* is about twelve-year-old Hannah Rosenthal's harrowing experience fleeing Nazi-occupied Germany with her family and best friend, only to discover that the overseas asylum they had been promised is an illusion.

Tuesday, May 8

7:00 PM - 8:30 PM

Program Room

Registration is required. To register, call us at (902) 826-3330

Meditation Series: Sahaja Yoga Meditation

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.

Wednesday, May 9

7:00 PM - 8:30 PM

Program Room

Open Mindfulness in the Bay

Each month there will be a new topic related to mindfulness. Our speakers include Dr. Timothy Walker, Brian Calahan, Alice Haspray, and Margaret Calahan. Drop in once to check it out, or come regularly. Sessions include guided practice and discussion. No previous experience is required.

Sunday, May 13

2:30 PM - 4:30 PM

Program Room

Naturopathic Medicine Week with Dr. Ben Connolly

Dr. Connolly's shares his favourite Ted Talks to celebrate naturopathy. Topics will go from health to self-confidence to memory. Popcorn will be provided. In partnership with Cornerstone Naturopathic Inc.

Thursday, May 17

6:30 PM - 8:30 PM

Program Room

Meditation Series: Sahaja Yoga Meditation

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Wednesday, May 23

7:00 PM - 8:30 PM

Program Room

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4-Week Series: Discovering Your Best Weight

A 4-week workshop exploring strategies to help you to achieve your best weight while living a healthy and enjoyable lifestyle. In partnership with Community Health Team.

Tuesdays

10:00 AM - 12:00 PM

Program Room

Registration is required. Please call the Community Health Team to register: (902) 460-4560

Adult Board Game Night

Tabletop board gaming is experiencing a revival, and we want to get in on the fun. Join us for an evening of modern board games. You can come to enjoy the hobby, meet new people, and play some great games. Feel free to bring your own favourites, or play games others have brought. Adult Board Game Night is open to gamers at any level. This weekly meet up is community run.

Wednesdays

6:00 PM - 8:00 PM

Meet up in the lounge

Needle Niche: Craft Social Group

Meet in the lounge with this social group and bring along any of your needle crafts and join in with this fun group. Knitting, crocheting, quilting, embroidery - share your passion or develop a new hobby.

Thursdays

7:00 PM - 8:45 PM

Lobby

Games at the Library

Join us for an afternoon of games such as Scrabble, Crib, or 45s with old and new friends. Please bring a friend or two or your own games to join in the fun. All are welcome.

Fridays

12:30 PM - 2:30 PM

Program Room

Bridge

Mixed kitchen-style bridge. All new members with some experience with this style are welcome to join.

Fridays

1:00 PM - 4:00 PM

Program Room

All Ages

Super Saturdays: Family Games

All ages. Giant games, board games, video games.. let's play!

Saturday, May 5

10:00 AM - 12:00 PM

Homeschoolers at the Library

Drop in to help us make our own Zine. We'll meet to share and plan and play, and take home our special assignments for the month.

Tuesday, May 8

2:00 PM - 4:00 PM

Registration is required. To register, contact Eric at (902) 826-3333.

Super Saturdays: Open Craft

We'll give you materials and inspiration, but no instructions. Make art your way.

Saturday, May 12

10:30 AM - 11:30 AM

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Sensory-Friendly Library Time

All ages. Join us for an afternoon at the Library in a low-stimulation environment. Come to read, play, make a craft, ask questions, and play on a computer or iPad, and check out cool stuff (books, CDs, DVDs). Sensory-friendly library time is for adults, children, and families who are living with Autism Spectrum Disorder. In partnership with Autism Nova Scotia.

Monday, May 14

3:00 PM - 5:00 PM

Whole Library is opened just for you! Registration is required. To register, call us at (902) 826-3330.

An Evening with Bill Jardine

Join Bill Jardine for an intimate acoustic performance as he sings a collection of touching songs about his family, friends, neighbours, and strangers he has encountered along the way. Enjoy the stories behind the songs written for his latest CD, Family Matters.

Thursday, May 24

6:30 PM - 8:00 PM

Live Saxophone Quartet:

Sax4Hire

The Saxophone Quartet, Sax4Hire features Mark Cuming, Steve Rigden, Tobias Beale, and Bryan Crocker. They play a variety of music: from Bach to the Beatles; from Classical to Jazz; and just for the fun of it. All four members are professional musicians who play in many musical groups in the Halifax area.

Saturday, May 26

3:00 PM - 4:00 PM

Preschoolers

Puppet Show: The Cow that Laid an Egg

All ages. Watch as your favourite story comes to life. Tickets will be given out 30 minutes before start time.

Thursday, May 17

3:30 PM - 4:00 PM

Songs & Stuff

Ages 0-5. A music-focused storytime for pre-schoolers and their families.

Thursdays

10:00 AM - 11:00 AM

Program Room

Fables & Frolics

Ages 0-5. Free-play, crafts, story time and more family fun.

Fridays

10:00 AM - 11:00 AM

Program Room

Teens

Teen Fan Art Club

Ages 13+. Writers! Artists! Makers! Whatever you are a fan of, join us for a night of sharing fan fiction, making art, or building cool things.

Thursday, May 10

6:30 PM - 7:30 PM