

**JUNE**  
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, June 5**

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

##### **Plant the Seeds of Good Health:**

##### **Introduction to Nordic Pole**

##### **Walking**

Nationally certified instructors, Esther and Bill VanGorder, will introduce you to this accessible and inexpensive activity that can help you improve and maintain your health. Nordic Pole Walking poles will be provided if you do not have your own. If you own poles, bring them so Esther and Bill can teach you the proper techniques for fitness and health. Dress for the weather, we will be inside and out. Wear good walking shoes. In partnership with Nordic Walking Nova Scotia

**Wednesday, June 6**

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

##### **Drop-In for Makers & Coders:**

##### **Smart Coasters**

Summer time is coming and with it, barbecues. Help your guests stay hydrated with our smart coaster project. These coasters will detect when a beverage can is present, and whether or not a refill is in order. In partnership with Halifax Makerspace

**Saturday, June 9**

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

##### **Plant the Seeds of Good Health:**

##### **Introduction to Yoga**

Highly trained in Vinyasa, Yin, and Ashtanga yoga, Tricia is also certified in Trauma Informed Yoga Therapy (TIYT). Please join us for this special introduction class. All levels and experience welcome.

**Tuesday, June 12**

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

##### **Writers' Circle**

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

**Wednesday, June 13**

**6:30 PM - 8:00 PM**

##### **Asian Heritage Month:**

##### **Chinese Tea Traditions**

Explore the history and cultural traditions of the Chinese Tea ceremony in this special Asian Heritage Month presentation. The workshop will start with a brief presentation about the history and different types of Chinese Tea followed by a ceremony where you will get to taste freshly brewed tea. In partnership with the Confucius Institute at Saint Mary's University

**Saturday, June 16**

**2:00 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, June 27**

**12:15 PM - 12:45 PM**

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### **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 Latinspanica Cultural Association

**Wednesdays | Wednesday, June 27**  
**7:00 PM - 9:00 PM**

Runs June 6, 20, and 27. Registration is required. To register, call us at (902) 490-5740.

### **Summer Reading Club Kick-off Party: Bedford**

Drop in to the library for special visitors, treats, games, and more.

**Thursday, June 28**  
**10:00 AM - 11:30 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 | Friday, June 1**  
**9:00 AM - 6:00 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, June 23**  
**10:00 AM - 4:30 PM**

### **Hallowe'en in June**

Dress up as your favourite superhero, animal, fairytale character, ghost, or goblin for this Hallowe'en Party complete with a puppet show, stories, and more. It's sure to be a howling good time. Tickets will be given out 30 minutes before start time.

**Wednesday, June 27**  
**10:30 AM - 11:30 AM**