

JUNE
2018

Sackville

PROGRAM LISTINGS

Adults

Meditation Techniques For Stress & Relaxation

Learn the basics of meditation as a tool to help you relax and better manage your stress. This is a no-pressure meditation class that will include some education, a guided meditation, and some time to chat and ask questions or share your experience (optional). No previous experience is required. Come as you are.

Saturday, June 2
3:00 PM - 4:00 PM

Stitch Niche

Whatever your interest - knitting, crocheting, needlework - join us for an evening of stitchery and conversation. All levels are welcome.

Wednesday, June 6
7:00 PM - 8:45 PM

Seniors' Spring Social

Join us for a morning of entertainment and conversation. Drop by for a few minutes or stay for the whole morning. Refreshments will be served. No registration is required. In partnership with the Bedford/Sackville Community Health Team

Tuesday, June 12
10:00 AM - 12:00 PM

Book Club: Birdie by Tracey Lindberg

In Birdie Bernice Meetoos, a Cree woman, leaves her home in Northern Alberta following tragedy and travels to Gibsons, BC. She is on a type of vision quest, seeking to understand the messages from The Frugal Gourmet (one of the only television shows available on CBC North) that come to her in her dreams. She is also driven by the desire to meet Pat Johns, who played Jesse on The Beachcombers.

Wednesday, June 13
7:00 PM - 8:00 PM

Nordic Pole Walking

Walking in our community is a popular leisure and health activity. Find out about local trails while learning a new skill. Join an Introductory Nordic Pole Walking session with certified instructors from Nordic Walking Nova Scotia. Loaner poles will be available. Sackville Public Library has a collection of Nordic Walking Poles (Sackville) available for borrowing thanks to the Sackville Lakes Park and Trails Association and a grant from the Cobequid Community Health Board.

Friday, June 15
2:00 PM - 3:30 PM

Registration is required. To register, call us at (902) 865-3744.

Stitch Niche

Whatever your interest - knitting, crocheting, needlework - join us for an evening of stitchery and conversation. All levels are welcome.

Wednesday, June 20
7:00 PM - 8:45 PM

Simply Delicious: One-Pot Meals the Mi'kmaq Way

Ages 8+. Let's combine Mi'kmaq wisdom with the comfort of affordable, easy home cooking. Come for lunch with Nadine Bernard, founder of Slow Cooked Dreams. She will work with the group to prepare the ingredients for a delicious one-pot meal you can take home to cook for your family. Nadine's recipes work well in a slow cooker or can be prepared on the stove. Space is limited, and children must be accompanied by a caregiver.

Saturday, June 23
10:00 AM - 12:00 PM

Registration is required. To register, call us at (902) 865-3744.

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Kids

Chinese Calligraphy Workshop

Ages 10+. Chinese calligraphy is one of the oldest art forms. In this workshop, the facilitator will first give you a brief introduction of what Chinese calligraphy is all about. Then, you will have hands-on experience handling the brush and writing your own masterpiece to take home as a souvenir. In partnership with the Confucius Institute at Saint Mary's University

Wednesday, June 27

7:00 PM - 8:30 PM

Registration is required. To register, call us at (902) 865-3744.

Preschoolers

Preschool Summer Reading Club Kick-off Party: Sackville

Ages 3-5. Celebrate the first day of summer with a special party to kick off the TD Summer Reading Club! We'll have stories, songs, and a special snack. Register your little one for the club while you're here, too. Registration for the TD Summer Reading Club begins June 16. Read during the summer, visit the library to collect cool rewards, and enter to win prizes.

Thursday, June 21

10:00 AM - 11:00 AM

Summer Reading Club Kick-off

Party: Sackville

Ages 3+. Games, face painting, music, cake, and tons of fun...join us in Acadia Park beside the Library for our annual outdoor TD Summer Reading Club Kick-off Party. In case of rain, the party will move inside the Library. Registration for the TD Summer Reading Club begins June 16. Reading during the summer, visit the library to collect cool rewards, and enter to win exciting prizes.

Thursday, June 28

10:30 AM - 12:00 PM

Acadia Park, beside the library

Teens

Connect the Dots with The Youth Project

Ages 18 and under. LGBTQ+ youth and friends: drop in, make connections, and have fun! This program is held the first Tuesday of every month. In partnership with the Youth Project

Tuesday, June 5

6:00 PM - 8:00 PM

Teen Zone

Hang out, meet new people, play games, share a meal. Fun activities and snacks offered each week based on ideas from people like you! Drop-in 6-7 PM | Program runs 7-8:30 PM

Thursdays | Thursday, June 7

6:00 PM - 8:30 PM

No program on June 28.