

January
2019

Capt. William Spry

PROGRAM LISTINGS

All Ages

Sahaja Yoga Meditation

Sahaja Yoga Meditation classes begin with self-realization and the spontaneous awakening of your internal energy. This practice gently takes us beyond our thoughts and worries and into the present, where the joy of life exists. Classes are welcoming, relaxing, and practice-oriented. Please wear loose, comfortable clothing.

Wednesday, January 9

7:00 PM - 8:00 PM

Registration is required. To register, call us at (902) 490-5818.

Book Club: *Crying for the Moon* by Mary Walsh

Discover new authors, meet new people, and share insights. *Crying for the Moon*, by actress, social activist, and comedian, Mary Walsh is the brilliantly funny and poignant story of Maureen Brennan, a young woman coming of age in St. John's, Newfoundland in the late 1960s.

Wednesday, January 16

7:00 PM - 8:00 PM

Brew a Cuppa: An Introduction to Tea

Come in from the cold and join World Tea House for an introduction to tea. Learn about the art and history of tea brewing, and enjoy a cup with your community. In partnership with World Tea House.

Friday, January 18

2:30 PM - 4:00 PM

Registration is required. To register, call us at (902) 490-5818.

3-week Series: Beginner Watercolour Class

Join local artist, Inae Kim for an introduction to the art of watercolour painting. Learn the basics of watercolour and complete 2 projects: a still life and a landscape. All materials will be supplied. Session Dates: January 23, 30, February 6. Attendance at all 3 classes is required.

Wednesday, January 23

2:00 PM - 4:00 PM

Registration is required. To register, call us at (902) 490-5818.

Sahaja Yoga Meditation

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Wednesday, January 23

7:00 PM - 8:00 PM

Registration is required. To register, call us at (902) 490-5818.

Identity Theft & Fraud Prevention

Join knowledgeable financial literacy specialists from CUA and learn how to keep your personal information safe and what to do if you are the victim of fraud or identity theft. In partnership with CUA.

Friday, January 25

2:30 PM - 4:00 PM

Registration is required. To register, call us at (902) 490-5818.

3-week Series: Beginner Watercolour Class

Join local artist, Inae Kim for an introduction to the art of watercolour painting. Learn the basics of watercolour and complete 2 projects: a still life and a landscape. All materials will be supplied. Session Dates: January 23, 30, February 6. Attendance at all 3 classes is required.

Wednesday, January 30

2:00 PM - 4:00 PM

Registration is required. To register, call us at (902) 490-5818.

Kids & Preschoolers

Puppet Show: The Gruffalo

Join us for a morning of fun and laughter as we explore the magic of storytelling with our puppet friends. Walk into the deep dark woods, and discover what happens when a quick-witted mouse comes face to face with an owl, a snake...and a hungry Gruffalo!

Saturday, January 19

11:00 AM - 11:30 AM

Plants to Plates

Are you a budding chef? A gung-ho gardener? Or do you just really like to eat? Join us for a series of hands-on activities to get you excited about growing and preparing your own healthy food. Ages 8-12.

Wednesday, January 23

6:00 PM - 8:00 PM

Registration is required. To register, call us at (902) 490-5818.

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Wednesday, January 30

6:00 PM - 8:00 PM

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Family Drop-in

Drop in for stories, rhymes, songs, crafts, and fun every Friday morning Ages 0-5.

Tuesdays

10:30 AM - 11:30 AM

No program January 1.

Storytime

Join us for a fun morning filled with songs, rhymes, and stories. Ages 3-5.

Fridays

10:30 AM - 11:00 AM

No program January 4.

Teens

Teen Zone

Join us every week for a program just for teens. What can you expect? Food, fun, friends, crafts, video games, and more.

This is a safe space and is open to everyone. Ages 12-18.

Thursdays

6:00 PM - 8:00 PM

No program January 3.