

January
2019

Halifax North

PROGRAM LISTINGS

Adults

Foster Care & Adoption

This information session will provide basic knowledge required to make an informed decision regarding becoming a foster parent and/or an adoptive parent. Presented by social workers from the recruitment team at Community Services.

Thursday, January 24
6:30 PM - 8:30 PM

About Prediabetes

Prediabetes, when blood sugars are above the normal range, offers a warning that you are at risk of developing diabetes. Learn how lifestyle choices can give you a chance to change your future. In partnership with Halifax Community Health Teams.

Wednesday, January 30
9:30 AM - 12:00 PM

Terry Symonds Auditorium

All Abilities Yoga

Join instructor, Dawn J. Collins for a 1-hour introduction to traditional yoga for all skill levels. The class is trauma informed (safe for persons who have experienced effects of trauma) and accessible to differing abilities and all levels of fitness. All participation is self-directed and participants may choose to abstain and rest or depart from the practice at any time should the need arise with respect to those remaining. Please bring your own mat if you are able. There will be spare mats available for borrowing. A towel or blanket is also acceptable for the practice.

Thursdays
7:00 PM - 8:30 PM

Terry Symonds Auditorium
No program January 3.

Kids & Preschoolers

Block Play

Build, explore, and create together with hundreds of big wooden blocks of various shapes and sizes. Block Play is a great way for kids (and caregivers) to learn numeracy, spatial literacy, fine motor skills, and cooperation. Ages 2-5.

Thursday, January 3
10:30 AM - 11:30 AM

Terry Symonds Auditorium

Puppet Show

Watch your favourite stories come to life. Ages 2-5.

Thursday, January 10
10:30 AM - 11:30 AM

Terry Symonds Auditorium

Storytime

Stories, activities, songs, and play. Join us to share a love of books and develop reading readiness. Ages 2-5.

Thursday, January 17
10:30 AM - 11:30 AM

Terry Symonds Auditorium

Block Play

Build, explore, and create together with hundreds of big wooden blocks of various shapes and sizes. Block Play is a great way for kids (and caregivers) to learn numeracy, spatial literacy, fine motor skills, and cooperation. Ages 2-5.

Thursday, January 24
10:30 AM - 11:30 AM

Terry Symonds Auditorium

Storytime

Stories, activities, songs, and play. Join us to share a love of books and develop reading readiness. Ages 2-5.

Thursday, January 31
10:30 AM - 11:30 AM

Terry Symonds Auditorium

After School Drop-in

A safe, supportive, and supervised space for kids to hang out, eat healthy snacks, and participate in fun activities including gaming, art, and hands-on science. Ages 7-12.

Thursdays

3:30 PM - 4:30 PM

Terry Symonds Auditorium
No program January 3.

Baby's First Books

In this program babies hear stories, songs, rhymes, and interact with other babies.

Parents and caregivers learn new songs and fun things to do with baby, plus have some social time with other grown-ups.

Ages 0-18 months.

Fridays

10:30 AM - 11:30 AM

Community Meeting Room
No program January 4.

Tales for Tots

Engage your toddler's imagination and develop early literacy skills. Ages 19-35 months.

Fridays

11:30 AM - 12:30 PM

Community Boardroom
No program January 4.

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Teens

Teen Night

This is your place to hang out, meet new people, play games, explore your artistic side, and have fun. Ages 13-18.

Wednesdays

5:30 PM - 8:30 PM

No program January 2.