

Adults

Hello, iPad

Learn how to use an iPad. We will help you to learn some basic functions including accessibility features. You can bring your own iPad or use one of ours. No previous experience is required.

Friday, September 6
2:30 PM - 3:30 PM

Registration is required. To register, call us at (902) 490-6410.

Makers Swap

Join us for Makers Swaps where you can meet the lovely Life.School.House community, connect with new friends, and trade anything you have made with your hands for treasures from others. Some popular tradeable items include: pottery, macrame, knitting, needlework, preserves, kombucha and shrubs, soaps and beauty care items, plants, produce you've grown, baked goods, soups or prepared meals, jewelry, leather crafts, wooden carvings, pet toys and treats, paintings and drawings, vouchers for service trades like haircuts, massages, and yoga classes.

Tuesday, September 10
6:30 PM - 8:30 PM

Thomas Raddall Room

Book Club: Washington Black by Esi Edugyan

Discover new authors, meet new people and share insights. This month we are talking about Washington Black by Esi Edugyan.

Wednesday, September 11
1:00 PM - 2:30 PM

Thomas Raddall Room

Pack a Great Lunch

Join Claire of Bite-Sized Kitchen for tips on how to pack up a delicious, nutritious, and beautiful lunchbox. We will prepare dishes from scratch and talk about lots of great choices for lunchboxes and ways to put them together in appealing combinations. Claire will also show you some great lunch gear for your children, or for you! This is a hands-on workshop and includes take-home recipes. In partnership with Bite-Sized Kitchen.

Wednesday, September 11
7:00 PM - 8:30 PM

Thomas Raddall Room

Film: Poms

PG-13 | 2019 | 1h31m

Poms is a comedy about a group of women who form a cheer leading squad at their retirement community. Starring Diane Keaton, Jacki Weaver and Celia Weston.

Friday, September 13
2:00 PM - 3:45 PM

Thomas Raddall Room

Laughter Yoga

This "laughing for no reason" form of yoga empties the lungs of stale air and balances the different energies in your body. Yoga can help relieve stress and promote a better immune system.

Saturday, September 14
2:00 PM - 3:00 PM

Thomas Raddall Room

What's New with Canada's Food Guide?

The new Canada's Food Guide is finally here! Are you curious about what has changed and why? Come see what a healthy plate looks like and how healthy eating is more than just the foods you eat. In partnership with the Chebucto Community Health Team.

Monday, September 16
1:00 PM - 3:00 PM

Registration is required. To register, call us at (902) 460-4560.

Modern Embroidery with Hook Line & Tinker

Do you have the itch to stitch? Thinking of trying embroidery but don't know how? Join Laurie Dolhan of Hook, Line & Tinker for a beginner workshop! Stitch a modern, wall-worthy, ocean-themed sampler while learning five introductory embroidery stitches. Laurie will also talk hoops, floss, needles, and ways to display your finished hoop. All supplies are included. No sewing experience necessary.

Wednesday, September 18
6:30 PM - 8:30 PM

Thomas Raddall Room

Registration is required. To register, call us at (902) 490-6410.

Hello, Facetime

Learn how to video chat with friends and family, near and far, on your iPad. You can bring your own iPad or use one of ours. No previous experience is required.

Friday, September 20
2:30 PM - 3:30 PM

Registration is required. To register, call us at (902) 490-6410.

National Stitch-in-Public Day

Join the Town Clock Stitchers to celebrate national Stitch-in-Public Day and 30 years of stitching as a group. Learn some new techniques, try your hand at some stitching, or just watch as they work on a variety of projects.

Saturday, September 28
10:00 AM - 4:00 PM

Hearing Health Check

Concerned about your hearing? Stop by for a personal hearing screening with your neighbourhood audiologist.

Monday, September 30
1:00 PM - 3:00 PM

Registration is required. To register, please call us at (902) 490-6410.

Bridge

Meet and play with other bridge lovers. Some experience is necessary.

Mondays
12:30 PM - 3:00 PM

Meeting Room C
No program September 2.

Crafting with Fibers

Whether you're new to the fiber arts, or are a seasoned pro, join us for our weekly gathering to rug hook, crochet, cross stitch, or embroider - your choice! Bring along your own project to work on or use our supplies to get started.

Fridays
10:00 AM - 1:00 PM

Knitters' Circle

Fellow knitters from all different parts of the world are invited to share stories, knitting techniques, or work on your own project. All skill levels including beginners are welcome.

Fridays
10:00 AM - 12:00 PM
Meeting Room C

Kids & Preschoolers

Fall for Books

Cozy up for stories, songs, rhymes and a colourful fall craft. Ages 0-5.

Saturday, September 14
10:00 AM - 10:45 AM

Puppet Show: Clyde Can't Sing

Sing a long with Lewis as he shows his friend Clyde how much fun your favourite songs can be. All ages.

Wednesday, September 18
10:30 AM - 11:00 AM

Family Drop-in

Join us for stories, songs, and crafts. Each week we will explore a different theme. Ages 0-5.

Mondays
10:00 AM - 11:45 AM
No program September 2.

Preschool Drop-in

Stories, songs, finger plays, and rhymes help children experience independent group activity, gain pre-reading skills, and develop a love of reading. Ages 3-5.

Tuesdays
10:00 AM - 10:30 AM
No program September 3.
Registration is required. To register, call us at (902) 490-6410.

Parent & Baby Yoga

Parents and babies ages 2-12 months are welcome to join us for a therapeutic yoga class that is designed to build post-partum strength and relieve tension from feeding and/or carrying your baby. The class will end with a short infant massage session. Accessible to all levels; no previous yoga experience required. Bring your own mat and a small blanket for your baby.

Wednesdays
11:30 AM - 12:15 PM
No program September 4.
Registration is required. Registration begins September 3. To register, please call (902) 490-6410 or visit our customer service desk.

Tales for Tots

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

Thursdays
10:00 AM - 10:30 AM
No program September 5.

Baby's First Books

Treat your little one to the experience of books, the rhythm of music, and the fun of group play. Ages 0-18 months. Caregivers must be present during the program.

Fridays

10:00 AM - 10:30 AM

No program September 6.

Family Drop-in

Join us for stories, songs, and rhymes. Each week we will explore a different theme. Ages 0-5.

Saturdays

10:00 AM - 10:30 AM

No program September 7.

Teens

Anime Club

Join us to talk about your favourite anime, manga, and fandoms on the first Thursday night of each month. We start each meeting with an anime-themed game, activity, or project before watching a Funimation episode while eating snacks.

Thursday, September 5

6:30 PM - 8:00 PM

Connect the Dots

LGTBQ youth and friends, drop in on the fourth Monday evening of every month, make connections and have fun! For more information, call 902-429-5429. In partnership with The Youth Project. Ages 18 and under.

Monday, September 23

6:00 PM - 8:00 PM

YMCA Homework Club for Newcomer Youth

Are you a teen who is new to Canada?

Join us for a safe and friendly environment where you can get help with your homework, practice your conversational English, and make new friends. In partnership with the YMCA Centre for Immigrant Programs. Ages 12-18.

Tuesdays

3:30 PM - 5:30 PM

No program September 3.

The Thursday Hangout: Crafternoons

Join us to play with perler beads. This easy and colourful craft makes your designs pixel-rific! Discover your artistic side, have fun, and meet new people! Ages 12-18.

Thursdays

3:30 PM - 4:30 PM

No program September 5.