Discount Yoga #1 Yoga Shala \$5 Saturday's at 1:00pm 1489 Birmingham street Halifax, NS 407-9642 #2 Halifax Yoga Saturday's 1:00pm by donation 7 Purcell's Cove Road Halifax, NS Nova Scotia B3N 1R2 406-9642 #3 108 Yoga Saturday's 6:00pm by donation 1496 Lower Water Street #411 Halifax, NS 449-0108 www.108voga.ca #4 Moksha Yoga \$5.00 Classes Friday 9:00pm and Sunday 6:00pm This is a HOT yoga class. Be sure to bring a yoga mat, towel and water. 1512 Dresden Row Halifax NS 420-0888 www.mokshayogahalifax.com #5 Lululemon Athletica Free Sunday at 10:30am 5486 Spring Garden Road Halifax, NS 422-6641 http://www.lululemon.com/halifax/halifa #6 South Park Ymca Included with membership. 1565 South Park Street Halifax, NS 423-9622 www.ymcahrminsica Other Yoga Studios #7 Studio in Essence 1717 Barrington Halifax, NS 405-5500 #8 Pure Freedom Yoga Studio 30 Farnham Gate Road Halifax NS 431-3733 ttp://www.purefreedomyoga.com #9 Therapeutic Approach Yoga 6156 Quinpool Road, Suite 202 Halifax, NS 431-3733 o://www.vogastudio.ns.ca #10 Yoga at St. Andrews 6036 Coburg Road Halifay NS 422-3157 Free Acupuncture #11 Halifax Community Based Services Monday's at 5:00pm, Wednesday's at 9:00am, Friday's at 2:00pm 1673 Bedford Row Halifax, NS 424-8866 **Only if receiving other services from Addictions services #12 Royal Bank Building Wednesday's at 9:30am Suite 211, 339 Herring Cove Road Halifax, Nova Scotia 424-8866 #13 Community Mental Health Services Monday's at 11:00am, Wednesday's at 11:00am The Village at Bayers Rd. Shopping Ctr.

7071 Bayers Rd., Suite 109

Wednesday's 4:00pm-5:00pm

4th Floor Abbie J Lane Gymnasium

Free Wellness Groups

#14 QiGong (Free)

Halifax, NS

454-1400

atlantic.office@taoist.org #16 Shambala Centre Times of session vary. Go to http://halifax.shambhala.org/index.php for more information 1084 Tower Rd Halifax, Nova Scotia 420-1118 #17 Creative Crossing Monday's 7:30pm-9:30pm 5781 Charles St Halifax NS http://northendmeditation.org/ #18 Your Way to Wellness (Free) A six-week program (2.5 hrs/week) to learn how to manage a chronic condition, develop new skills, and use proven tools to help you maintain an active, fulfilling life. Times and locations vary go to http://www.cdha.nshealth.ca/yw2w or contact 902-473-7709 or email YourWayToWellness@cdha.nshealth.ca for more information. #19 Bavers/Halifax Community Mental Health Programs (Free) Referral Required. Anger management, Acupuncture, Qi Gong, Stress Managements, Assertiveness Training, Walking Group, Ymca Group 7071 Bayers Road, Suite 109, Halifax, Nova Scotia 454-1400 #20 Saturday Free Clinic (Free) Provides free alternative health care for people on a low income & without extended health benefits 1221 Barrington St. Halifax, NS Call 473-7407 for more information, to discuss financial eligibility, or to book an appointment Free Run Clubs #21 Lululemon Run Club (Free) Monday's at 5:30pm and Sunday's at 9:00am 5486 Spring Garden Road Halifax, NS ttp://www.lululemon.com/halifax/halifa #22 Halifax Frontrunners (Free) Walking and running groups available Visit website for details Bruce Greenfield 422-7579 http://www.frontrunners.org/clubs/index. n?club=Halifa Free Nordic Walking #23 Nordic Walking (Free) Citadel Community Centre 1955 Trollope Street Halifax, NS 455-1723 Free Walking Groups #24 North End Walkers (Free) Weekly 45-minute walks on various routes throughout the community followed by a healthy lunch and discussion on various health topics. 420-0303 ttp://www.nechc.com

5909 Veterans' Memorial Lane Halifax,

Curtis.Steele@cdha.nshealth.ca to

There are special rates for senior

citizens, pensioners, students and for

people with special needs and financial

register.

hardship

Halifax, NS

422-8142

#15 Taoist Tai Chi

2029 North Park Street

Go to www.walkaboutns.ca to register #26 Halifax Wanderers (Free) If you like to stroll, walk, hike or run come on in and join others just like you: nttp://www.meetup.com/HRN rticipaction/ to register Low Cost Swimming #27 Canada Games Centre \$3.00 Open Swim Tuesday and Thursday's 8:00pm-10:00pm, and Friday's 8:00am-10:am 26 Thomas Raddall Drive Halifax, NS 490-2400 http://canadagamescentre.ca/ #28 South Park Ymca \$2.00 Family/Toonie Swim Saturday's 4:00 pm-4:40 pm and Sunday's 4:15 pm-5:00 pm 1565 South Park Street Halifax, NS 423-9622 #29 Centennial Pool Prices range from \$2.00-\$4.00 depending on age. 1970 Gottingen St Halifay NS 490-7219 #30 Needham Centre Pool 6:00nm 3372 Devonshire Avenue Halifax NS 490-4633 Free Supervised Beaches #31 Black Rock Beach Point Pleasant Park 5718 Point Pleasant Drive, Halifax, NS #32 Chocolate Beach Chocolate Lake 2 Melwood Ave Halifax, NS

#25 Walkabout (Free)

http://www.centennialpool.ca/index.php/a \$1.00 Open Swim Thursday's 5:00pm #33 Cunard Beach William's Lake 121 Williams Lake Rd Halifax NS #34 Dingle Beach Sir Sanford Fleming Park 260 Dingle Rd Halifax, NS Outdoor Pools #35 Commons Outdoor Pool 5824 Cogswell St Halifay NS #36 George Dixon Centre Spray Pool (Unsupervised) 2501 Gottigen Street Halifax, NS #37 Westmount School Spray Pool

6700 Edward Arab Ave

#38 Isleville Playground Spray Pool

Painting Pottery, prices range from

Halifax, NS

Halifax, NS

\$10.00 +

429-2994

Halifay NS

431-2529

#39 Clay Café

Sebastian Street

Free Art and Music

6413 Quinpool Road

Halifax Nova Scotia

#40 Turnstile Potterv

2733 Agricola Street

#41 Samba Nova.

St. Mathews Church

1479 Barrington Street

\$15.00 Drop in pottery class.

www.turnstilepotterv.com/

\$5.00 Brazilian style percussions

workshops. Saturday's 2:00pm-4:00pm

Pay What You Can are scheduled for the first Tuesday of each production 1593 Argyle Street Halifax, NS Go to www.neptunetheatre.com for more information #43 Dal Unplug (Free) Music program for marginalized adult populations hat is organized by Dal students with support from community organizations and local citizens. Providing an opportunity to explore and express emotions through music while addressing sitgma and exclusion through the formation of genuine relationships with members of the broader community. http://www.dalunplug.com for more information or contact #44 The Spot (Free) Artistic space for anyone under 30, with no restrictions or expectations. At The Spot you can play and record music, write draw paint sculpt take photos and videos, and anything else you can think of, Local artists are around to offer their experience, and there are always other people being creative alongside vou. Snacks, juice and tea are available at the beginning of the evening for those who want to come a little early. Thursday's 5:30pm-7:30pm The Pavilion on the Halifax Common 5816 Cogswell Street Halifax, NS 473-5227 www.thesnothalifav.ca #45 Veith Street Art Gallery (Free) Educational organization that supports artists with disabilities and related challenges. 3115 Veith Street Halifax, Nova Scotia #46 Outpatient Art Group (Free) If you are currently involved with Early Psychosis, Mood Disorder program or another Community based Mental Health program. Please join us for the Outpatient Art Group! Tuesday's at

6:00pm

Buildina

8:00nm

5:00pm

Halifax, NS

5:00nm-8:00nm

Halifax, NS

1723 Hollis Street

Social Support

Halifax, NS

http://museum.

ne/default.aspx

1747 Summer Street

Halifax, NS

Contact Tara Harnish at 473-4068

#47 Maritime Museum of the Atlantic

Free Admission Tuesday's 5:00pm-

#48 Museum of Natural History

#49 Art Gallery of Nova Scotia

Admission by donation Thursday's

Free Admission Wednesday's after

http://museum.gov.ns.ca/mnhnew/en/ho

http://www.artgalleryofnovascotia.ca/en/

#50 Connections Clubhouse (Free)

opportunities to improve skills, find

Clubhouse programs provide

Low Cost Art and Music

1675 Lower Water Street

Low Cost Museums

Halifax, NS

#42 Neptune Theatre

Programs include voga, bootcamp, kayaking, floor hockey, basketball, dodgeball, volleyball, soccer, Curling, Flag Football, Softball, as well as other outdoor sports and offered at various locations within HRM. Go to www.halifaxsport.ca for more information #55 Just Do It Sports Group (Free) Thursday's at 2:30. Available to 9th Floor Art Room, Abbie J Lane individuals receiving treatment from Mental Health Services come together to 5909 Veterans' Memorial Lane have fun and play a team sport. Waiver of liability must be signed before

> participating 4th Floor Abbie J Lane Gymnasium 5909 Veterans' Memorial Lane Halifax, NS Jacqueline Cook 902-473-7275 or Bob Baird 902-473-4346

employment, take part in education

http://www.cdha.nshealth.ca/mental-

organization for youth with mental illness

unique gifts and find their way in a caring

where members can embrace their

Members are between the ages of 16

This program offers one-to-one social

margmurray.cmha@bellaliant.com

#53 Sharing and Caring Social Club

The Sharing and Caring Social Club

Sports Groups and Organizations

#54 Halifax Sport and Social Club

provides social and recreational activities

ttp://www.cmha.ca/bins/c

in a supportive environment.

2786 Agricola Street

Halifax NS

455-0072

n2cid=284-1646-165

rvices/connections-clubhous

nealth-program/programs-

#51 Laing House (Free)

Laing House is a peer support

and supportive environment.

#52 Building Bridges (Free)

1225 Barrington Street

Halifax NS

425-9018

interests

455-6983 or

Margaret Murray

opportunities, and make friends.

1221 Barrington St.

Halifax, NS

473-8692

#56 Ymca Recreational Sports Drop-In. \$5.00 for various sports, offered at various times Ymca South Park Street 1565 South Park Street Halifax, NS Go to www.ymcahrm.ns.ca for more

information #57 Sport Nova Scotia

Provides information on all sports available in Nova Scotia. 5516 Spring Garden Rd Halifax, NS 425-5450

Go to www.sportnovascotia.com for information. **Fitness Facilities**

#58 Goodlife Fitness Various locations throughout HRM. Go to www.goodlifefitr location near you.

#59 Ymca South Park Speak to your recreation therapist about obtaining a membership 1565 South Park Street Halifax, NS 423-9622 http://www.vmcahrm.ns.ca/

#60 Curves Various locations throughout HRM Go to www.curves.com to find a location near vou #61 Dalplex

Halifax, NS 494-3372 http://athletics.dal.ca/membership_faciliti s/facilities/dalplex.html

Halifax NS 420-5555 http://www.smu.ca/athletics/tower-

support for individuals 19 - 65 years old. A volunteer is paired with a program #63 Nubody's member and they meet a few times each Various locations throughout HRM. month to share common leisure Go to www.nubodysfitn location

6260 South St

#62 The Tower

920 Tower Rd

Community Centres Activities available vary. Check the HRM Recreation Catalogue for up to date information!

#64 Bloomfield Centre Acrylic/Oil Painting, Smocking, Tole Painting, Watercolours 2786 Agricola Street Halifax NS

490-4629 #65 St. Andrews Centre Quilting, Belly Dancing, Volleyball, Tai 3380 Barnstead Lane

Halifax, NS 490-4693 #66 George Dixon Community Centre Pottery

2502 Brunswick St. Halifax, NS 490-4550

#68 Isleville Centre Watercolours, Yoga 3460 Isleville St Halifax, NS 490-4633

#69 Citadel Community Centre Badminton, Nordic Walking for Women, Zumba, Yoga 1955 Trollope Street Halifax, NS 490-3895

#70 Needham Centre Hiplife, Step, Guitar, Zumba 3372 Devonshire Avenue Halifax, NS

490-4633 Other Free or Low Cost Leisure #71 Empire Theatres

\$5.99 Every Tuesday Park Lane 5657 Spring Garden Road. Halifax, NS

423-4860 Oxford Theatre 6408 Quinpool Road, Halifax, NS 423-7488

Bavers Lake. 190 Chain Lake Drive, Halifax NS 876-4800

#72 Halifax Public Libraries (Free) Community libraries offer a wide variety of FREE programs, examples include Book Clubs, Movies, Crafts, Computer Basics, Astronomy Groups, Women's Groups and many many more. You can also borrow books, movies, magazines

and CD's for FREE! Visit http://www.halifaxpubliclibraries.ca/prog ams.html for program information or pick up a Library Guide at your local branch. Halifax North Memorial 2285 Gottingen St. Halifax, NS Keshen Goodman 330 Lacewood Dr Halifax, NS Spring Garden Road Memorial 5381 Spring Garden Rd Halifax, NS

Outdoor Activities #73 Emera Oval

Free skating and lessons throughout winter months Halifax Commons

http://www.halifax.ca/skatehrm/index.htm

#74 Crystal Crescent Beach 223 Sambro Creek Rd, Sambro, NS

#75 Sir Sanford Fleming Park 260 Dingle Rd Halifax, NS

#76 Public Gardens Free Music Sunday's 2:00pm-4:00pm

#77 Point Pleasant Park 5718 Point Pleasant Drive Halifax, NS

http://www.pointpleasantpark.ca/en/hor

#78 Halifax Commons Located in the heart of downtown and home to many baseball fields and the Emera Oval; play a game or lay back and enjoy this wonderful green space.

#79 Visit one of the many trails available in HRM A full list of trails is available at

http://www.halifax.ca/trails/ www.trails.gov.ns.ca #80 Halifax Seaport Farmer's Market

1209 Marginal Road / Pier20. Halifax, NS

http://halifaxfarmersmarket.com/about-

#81 Historic Farmers Market Cooperative Ltd Keith's Brewery

1496 Lower Water Street Halifax, NS http://www.historicfarmersmarket.ca/inde

#82 Flea Market 2.00 Admission, Sunday's 9:00am-2:00nm

Halifax Forum 2901 Windsor Street Senior Centres

#83 Northwood Day Program

Northwood Adult Day programs offer a safe, therapeutic daytime environment for dependent adults over the age of 50 with a diagnosis of: Alzheimer Disease, dementia, stroke, Parkinson Disease or who may be physically frail. With locations throughout the Halifax Regional Municipality, the Adult Day program offers caregivers a daytime break from the daily stresses of caregiving 2615 Narthwood Terrace. Halifax, NS 454-8311

www.nwood.ns.ca #84 Spencer House Provides meals and social activities for

seniors 5596 Morris Street Halifax, NS 421-6131

#85 Capital District Mental Health Seniors Service. Day program for seniors living with anxiety, depression. loss, grief and other similar difficulties. Call 473-7799

#86 Chebucto Hiking Club

Membership is \$10.00/year. Visit their website for information on upcoming hikes.

http://chc.chebucto.org/index.htm

#86 Gotta Sing Chorus! Bursaries Available

Vanessa Lindsay-Botten 446-4574 or

oreathingroom@eastlink.ca

#87 Circus Circle

Drop in & learn circus skills! No cost. Open to those aged 16-30. Tues & Thurs:1-4pm St. Matthews Church Gym. 1479 Barrington St. Wed: 3:30-5:30, George Dixon Centre 2502 Brunswick St.

More info: http://circuscircle.ca/locations #88 Halifax Running Club

Meets for weekly runs and training. Meets at the Halifax Curling Club 948 South Bland Stree Halifax NS

Halifaxrunningclub101@hotmail.com #89 BIO

Oceanography. Go to the Bedford Institute for a free tour. Monday- Friday between 9 am- 4 pm. Great for family entertainment and for those of all ages interested in learning more about the oceans! For more information please call the BIO Tour Guides (May - August): 426-4306. For general information inquiries, please call: (902) 426-2373