



YOUR DOORWAY TO THE PAST, THE PRESENT & THE FUTURE

# SEAFORD PUBLIC LIBRARY

NEWSLETTER

MARCH 2019

## BUDGET INFORMATION FOR FISCAL YEAR 2019/2020

### BUDGET HEARING

Monday, April 8, 2019

7pm

Valentine Meehan Meeting Room

### REGISTRATION

Tuesday, April 9, 2019

5-9pm

at the Library

### BUDGET & TRUSTEE VOTE

Wednesday, April 17, 2019

1-9pm

Valentine Meehan Meeting Room

### CANDIDATES FOR BOARD OF TRUSTEES

There will be one full-term vacancy on the Board of Trustees as follows: Election of one member for the 5-year term commencing July 1, 2019 to June 30, 2024. The incumbent for the seat to be filled is Catherine DiPietro.

### QUALIFICATION FOR VOTING IN LIBRARY ELECTION

Any Seaford School District resident - 18 years of age or older, a citizen of the United States and resident of the school district for 30 days prior to the date of voting who has registered or voted within the previous four years in a general or school district election.

### REGISTRATION

You may register for school district elections any school day, between the hours of 9am to 2pm at the office of the District Clerk (Seaford Manor School, Washington Avenue), through April 8, 2019. For your convenience, a special registration will be held in the Seaford Public Library from 5 to 9pm, Tuesday, April 9, 2019.

### ABSENTEE BALLOTS

A qualified voter of the Seaford School District who will be unable to appear in person at the Library Election may submit an application for an absentee ballot. Such applications must be received by the Seaford Public Library at least 7 days before the Election if the ballot is to be mailed to the voter, or the day before the Election if the ballot is to be picked up by the voter. Ballots must be received in the Office of the Seaford Public Library no later than 5pm on the day of the election.

## CELEBRATE WOMAN'S HISTORY MONTH



### WOMEN AIR FORCE SERVICE PILOTS OF WORLD WAR II

Thursday, March 21<sup>st</sup>

1:00pm-2:30pm

Between 1942 and 1944, over 1,800 women left their homes and jobs from all corners of the United States to become the first women in U.S. history to fly military aircraft for the U.S. Army Air Forces. They volunteered as civilian pilots in an experimental program to train women to relieve male pilots for overseas combat duty. In celebration of Women's History Month, join Julia Lauria-Blum as she discusses the Women Air Force Service Pilots from the program's infancy to its deactivation in December 1944. *Registration begins Thursday, March 7<sup>th</sup> at the Reference Desk.*

*Registration begins*



### LEGENDARY WOMEN OF LONG ISLAND

Thursday, March 28<sup>th</sup>

1:00pm-3:00pm

In celebration of Women's History Month, join Monica Randall, Long Island Historian as she highlights the glory days of Long Island's fabled Gold Coast as all of society was ruled by an elite group of glamorous women. Celebrated hostesses like Ann Woodward, Millicent Rogers, Barbara Hutton, and Alva Vanderbilt were the first American superstars, as their lives, loves, and scandals played out on the pages of newspapers across the country. Often photographed descending the stairs of their grand ballrooms in glittering jewels and fabulous gowns, these women were the icons of their day and everyone wanted to dress and be just like them. *Registration begins Thursday, March 7<sup>th</sup> at the Reference Desk.*

# ADULT PROGRAMS

Seaford Library/School District residents  
only on the first day of registration

## ARTS & CRAFTS



### POT OF GOLD CERAMIC

Tuesday, March 12<sup>th</sup>

6:30pm-9:00pm

Cost: \$8.00

Paint a ceramic pot of gold with a leprechaun for St. Patrick's Day! *Registration begins Saturday, March 2<sup>nd</sup> at the Reference Desk.*

### UKRAINIAN EGG DECORATION

Tuesday, March 26<sup>th</sup>

6:30pm-9:00pm

Cost: \$5.00



Learn the centuries-old art of decorating egg shells, known as Pysanky. Using intricate designs created with beeswax, kistka, and dyes. Patrons will create their own Ukrainian egg guided by Chris Mulholland of RissCraft. Pysanky dyes will stain clothing; please dress accordingly. *Registration begins Saturday, March 9<sup>th</sup> at the Reference Desk.*

### IRISH MUSIC

Wednesday, March 13<sup>th</sup>

2:00pm-3:30pm



Ireland, long famous for the beauty of its countryside, the friendliness of its people, and the richness of its literary tradition, is also noted for the wealth of its musical heritage. Join John Corr with his banjo, guitar, tin whistles, bodhran, Irish wood flute, and spoons and in concert with his wife Clare will be performing delightful renditions of light-hearted songs and recitations, toe-tapping tunes, and poignant ballads from the Emerald Island. *Register now.*

## EXERCISE

### SENIOR CHAIR YOGA

Mondays: March 18<sup>th</sup>, 25<sup>th</sup> & April 1<sup>st</sup>, 8<sup>th</sup>

1:00pm-2:00pm

Cost: \$15.00 (for all classes)

This exercise class uses gentle movements, from the comfort of a chair to help increase strength and mobility for those who have difficulty with floor exercise. Instructor: Barbara Siems. *Registration begins Monday, March 4<sup>th</sup> at the Reference Desk.*



### BUS TRIP

#### "THE PRODUCERS"- ARGYLE THEATER

Wednesday, April 3<sup>rd</sup>

Bus leaves at 11:00am Cost: \$103

There are still seats available for this trip. For more information, please call the library at 516 221-1334 and ask for Ida.

## FILM

### GREEN BOOK

Tuesday, March 19<sup>th</sup>

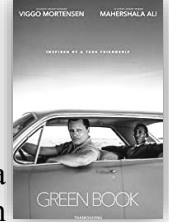
6:45pm

OR

Wednesday, March 27<sup>th</sup>

2:00pm

When Tony Lip (Viggo Mortensen), a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley (Mahershala Ali), a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger, as well as unexpected humanity and humor—they are forced to set aside differences to survive and thrive on the journey of a lifetime. **Rated:** PG-13; 130 Minutes. **IN ORDER TO RESERVE A SEAT, CALL THE LIBRARY AT 221-1334.** *For both times, registration begins Friday, March 8<sup>th</sup>.*



### THE STRESS OF STUFF: HOW TO "DESTUFF," DE-STRESS AND THE GET THE LIFE YOU DESERVE

Wednesday, March 20<sup>th</sup>

7:00pm-8:00pm

We are hard-wired to have stuff. It's those possessions that are supposed to make life more comfortable. But sometimes we cross the line and that extra stuff causes extra stress. Join Dr. Duffy Spencer, Social Psychologist and Image Relationship Therapist, who specializes in self-esteem building and positive change management. *Registration begins Tuesday, March 5<sup>th</sup> at the Reference Desk.*

## GAMES

### BEGINNERS CANASTA

Tuesdays: March 26<sup>th</sup>, April 2<sup>nd</sup>, 9<sup>th</sup>

12:30pm-2:30pm

Instructor Jacqui Palatnik will be teaching a beginner or re-fresher Canasta class. Learn or brush up on this amazing card game. *Registration begins Tuesday, March 5<sup>th</sup> at the Reference Desk.*



### **LOBBY DISPLAY CASE**

Do you have a fun, interesting or unusual collection or craft that you would like to display in the Lobby Display Case?

We are always looking for something new! Call Librarian Jillian Pelliccia at 516-221-1334.

# ADULT PROGRAMS CONTINUED

## COOKING CLASSES

### CHEF CRAIG GERAGHTY

Monday, March 25<sup>th</sup>

6:30pm-9:00pm

Cost: \$5.00



Welcome back Chef Craig and the Block Island Seafood Company for another fun cooking demonstration. He will do his "Bouilla-Bisque" and show you how to make homemade ravioli by topping it with a tasty Pomodoro sauce. *Registration begins Saturday, March 2<sup>nd</sup> at the Reference Desk.*

### RASPBERRY CHEESECAKE STREUSEL

#### MUFFINS

Wednesday, April 3<sup>rd</sup>

6:30pm-9:00pm

Cost: \$5.00



Join Simply Creative Chef Rob Scott in making this delicious dessert. Everyone will make 9 Raspberry Cheesecake muffins to take home and bake. **Patrons must bring: large bowl, whisk, 2 small bowls, mixing spoon and muffin tin.** *Registration begins Saturday, March 9<sup>th</sup> at the Reference Desk.*

## TECHNOLOGY



### INTRODUCTION TO MICROSOFT EXCEL

Tuesday, April 9<sup>th</sup>

7:00pm-9:00pm

Cost: \$5.00

Learn the basics of the world's most popular spreadsheet program, including creating, editing and formatting worksheets, formulas, and much more. *Registration begins Friday, March 15<sup>th</sup> at the Reference Desk.*

### INTERMEDIATE MICROSOFT EXCEL

Wednesday, April 10<sup>th</sup>

7:00pm-9:00pm

Cost: \$5.00

Learn more about the world's most popular spreadsheet program, including functions, working with ranges, macros, charting and much more. *Registration begins Friday, March 15<sup>th</sup> at the Reference Desk.*

### STORIES OF ELLIS ISLAND

Saturday, April 6<sup>th</sup>

1:00pm-2:30pm

FREE



Join us for some fascinating stories from Ellis Island. Fred Voss, tour guide at Ellis Island National Park, will discuss the past, present, and future of this iconic American landmark as well as share some of his favorite immigration stories. *Registration begins Tuesday, March 12<sup>th</sup> at the Reference Desk.*

## BOOK DISCUSSION

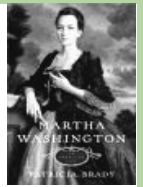
### American History Book Discussion

"MARTHA WASHINGTON: AN AMERICAN LIFE" BY PATRICIA BRADY

Tuesday, April 16<sup>th</sup> 2:00pm-3:00pm

Upstairs - Suite 204

Join Library Director Frank McKenna for this lively book discussion. *Registration begins Tuesday, March 19<sup>th</sup> at the Reference Desk.* Copies of the book will be available when you register.



## SAFE DRIVING CLASSES

### DEFENSIVE DRIVING

Saturday, March 30<sup>th</sup>

10:30am-5:00pm

Cost: \$20.00 (for ages 60 and

older); \$30.00 (for ages 59 and younger)

Save 10% on your auto insurance and reduce up to 4 points on your driver's license. Make checks payable to Safe Trips, Inc. *Register now.*



### A.A.R.P. MATURE DRIVING

Saturday, April 27<sup>th</sup>

10:00am-4:00pm

Cost: \$20.00 for A.A.R.P. Members; \$25.00 for Non-Members

PAYMENT BY CHECK ONLY-ONE CHECK PER PERSON- PAYABLE TO A.A.R.P. - **PROOF OF A.A.R.P. MEMBERSHIP IS REQUIRED.** Take this course to reduce your insurance rates and enjoy your driving privilege longer. Each person on line may register for one additional person. Space is limited. NO REFUNDS. *Registration begins Friday, March 29<sup>th</sup> at the Reference Desk.*



# Reminder



## Friends Book & Bake Sale

Friday, May 3<sup>rd</sup> & Saturday, May 4<sup>th</sup>

10am-4pm

Please look for more information in the April Newsletter.

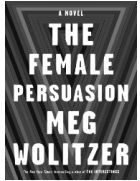
# LONG ISLAND READS



## BOOK DISCUSSION

### "THE FEMALE PERSUASION" BY MEG WOLITZER

Wednesday, April 10<sup>th</sup> 3:00pm



Join librarian Eric Wasserman for a lively discussion of this year's Long Island Reads book "The Female Persuasion," by bestselling author and Syosset native Meg Wolitzer (*The Interestings*, *The Uncoupling*, *The Ten-Year Nap*, *The Position*, *The Wife*, and *Sleepwalking*). "The Female Persuasion" focuses on a shy college freshman, Greer Kadetsky, who finds her perspectives transformed by a mentor activist who is at the center of the women's movement. This challenges Greer to discover herself in ways that take her far from the traditional life she envisioned at the side of her boyfriend. *Registration begins Wednesday, March 13<sup>th</sup> at the Reference Desk.* Copies of the book will be available when you register.

## AMERICAN FIRST LADIES

Thursday, April 11<sup>th</sup> 1:00pm-3:00pm

America's First Ladies: Eleanor Roosevelt, Bess Truman, Mamie Eisenhower and Jacqueline Kennedy. These remarkable women are wives, mothers and confidants to the most powerful person in the world, in addition to occupying their own place on the international stage. Although not elected, they are often subject to intense public scrutiny. This multimedia lecture will highlight the personal side of life in the White House and the unique contributions each of these women have made to the nation. Presented by Historian Marilyn Carminio. *Registration begins Wednesday, March 13<sup>th</sup> at the Reference Desk.*

# CHILDREN'S PROGRAMS



**Registration: The first day of registration is for Seaford Library/School District Residents ONLY. Non-residents may sign up the following day. Registration must be ONLINE OR IN-PERSON.**

**ST. PATRICK'S DAY PRE-SCHOOL CRAFT**  
Tuesday, March 5<sup>th</sup> or Thursday, March 7<sup>th</sup>  
1:30-2:30pm



Celebrate the luck of the Irish this St. Patrick's Day with fun and easy crafts for your little leprechauns. Ages 2-6 w/adult. *Tuesday, March 5<sup>th</sup> registration begins Tuesday, February 19<sup>th</sup> and Thursday, March 7<sup>th</sup> registration begins Thursday, February 21<sup>st</sup>.*



**AMUSEMENT PARK ADVENTURE**  
Tuesday, March 5<sup>th</sup> 4:00-5:00pm

Design your own amusement park in this super fun program! Learn how to use LEGO® bricks and other building materials to make coasters and other awesome rides. Can you design the next Disney World? Presented by Snapology. Grades 2-5. *Registration begins Tuesday, February 19<sup>th</sup>.*

## STORYTIMES

### REGISTRATION IN-PERSON ONLY

\*ALL STORYTIMES REQUIRE PRIOR REGISTRATION/CHECK IF SPACE IS AVAILABLE\*

#### BABY & ME

**Mondays from 10:15-10:45am**

**Ages:** Birth-18 Months w/caregiver

**Classes:** Mondays 3/4; 3/18; 3/25

#### MOTHER GOOSE

**Tuesdays from 10:15-10:45am or Fridays from 11:00-11:30am**

**Ages:** 18 Months-2 Years w/caregiver

**Classes:** Tuesdays 3/5; 3/12; 3/19; 3/26 or Fridays 3/1; 3/8; 3/15; 3/22; 3/29

#### TINYTOT

**Thursdays from 11:00-11:30am or Fridays from 10:15-10:45am**

**Ages:** 2-3 w/caregiver

**Classes:** Thursdays 3/7; 3/14; 3/21; 3/28 or Fridays 3/1; 3/8; 3/15; 3/22; 3/29

#### STORYHOUR

**Tuesdays from 10:45-11:45am or Fridays from 1:30-2:30pm**

**Ages:** 3-5 (separation class)

**Classes:** Tuesdays 3/5; 3/12; 3/19; 3/26 or Fridays 3/1; 3/8; 3/15; 3/22; 3/29

## BETWEEN THE LIONS

Wednesday, March 6<sup>th</sup> 1:30-2:30pm



Join A Time for Kids for an hour of Lion Fun. Make and bring home an adorable lion craft. Ages 18 months-5 years old w/adult. *Registration begins Wednesday, February 20<sup>th</sup>.*



## LET'S MOVE WITH PLAYHOORAY!

Wednesday, March 6<sup>th</sup> 6:00-6:45pm

Join us for a delightful program of music, movement, and rhymes. Birth-6 years old w/adult. *Registration begins Wednesday, February 20<sup>th</sup>.*

## IRISH PIRATES

Thursday, March 7<sup>th</sup> 4:00-4:45pm



Sail the Seven Seas to learn all about the Irish Pirates of yore, (including female pirates!). Create your own Jolly Roger flag to take home, along with other fun pirate crafts! Presented by the Whaling Museum. Grades K-5. *Registration begins Thursday, February 21<sup>st</sup>.*



# CHILDREN'S PROGRAMS CONTINUED



## ART WITH AMY

**Friday, March 8<sup>th</sup> 4:00-5:00pm**  
Learn to draw with Art Teacher Amy! Step-by-step children will learn to draw the Cat in the Hat and color with markers. Grades 1-5. Registration begins Friday, February 22<sup>nd</sup>.

## BABY SMART



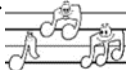
**Monday, March 11<sup>th</sup> 10:15-10:45am**  
Cuddles, tickles, fingerplays and more. A Time for Kids presents a lively play, music movement and circle time! Ages 6-17 months w/adult. Registration begins Monday, February 25<sup>th</sup>.



## SHAMROCK FUN

**Monday, March 11<sup>th</sup> 11:00am-12:00pm**  
Come join A Time for Kids for a fun and fast-paced preschool readiness program! This program will provide exciting opportunities through music, movement, fine and gross motor activities, listening activities and a craft. Ages 18 months-5 years old w/adult. Registration begins Monday, February 25<sup>th</sup>.

## PLAYHOORAY FAMILIES



**Monday, March 11<sup>th</sup> 1:30-2:15pm**  
Dance, march and move to the beat of contemporary and pop music with Playhooray! Birth-6 years old w/adult. Registration begins Monday, February 25<sup>th</sup>.



## CHESS CLUB

**Mondays, March 11<sup>th</sup> and March 25<sup>th</sup> 4:30-5:30pm**

Play the game of Kings and Queens with Joel Salman. Grades 1-5. Registration begins Monday, February 25<sup>th</sup>.

## SHOW STOMPIN' IRISH DANCE



**Wednesday, March 13<sup>th</sup> 4:30-5:15pm**

Celebrate this St. Patrick's Day with their high-energy performance and get ready for toe tapping, foot stomping and hand-clapping in the spirit of Irish culture, music and tradition. At the end of the performance, children will have an opportunity to learn new dance steps. Ages 4-Grade 5. Registration begins Wednesday, February 27<sup>th</sup>.



## JUNIOR ENGINEERS

**Thursday, March 14<sup>th</sup> 1:00-2:00pm**

Children will learn their colors, shapes, letters and numbers using DUPLO® bricks and other interactive learning toys during this fun program. This program is designed to reinforce the current curriculum being taught to preschoolers. Children will be engaged in both structured and imaginative play during each session. Presented by Snapology. Ages 2-6 w/adult. Registration begins Thursday, February 28<sup>th</sup>.

## NIGHTTIME STORYTIME



**Thursday, March 14<sup>th</sup> 7:00-8:00pm**

Grab your teddy bear and wear your pajamas for a fun evening of stories, movies & a craft! All ages. No registration required.

## KINDERBOTS



**Monday, March 18<sup>th</sup> 4:00-5:00pm**

Children will begin to explore the world of robotics as they build simple models that teach the fundamentals of robotic design. Whether learning about sensors while building drills and magic wands, or discovering ways that gears and pulleys create movement while building helicopters and robotic dogs, your child is sure to have a great time. Presented by Snapology. Grades K-2. Registration begins Monday, March 4<sup>th</sup>.



## GAMEBOTS

**Monday, March 18<sup>th</sup> 5:15-6:15pm**

Calling all gamers! Have a blast creating robotic games while learning about robotics. Children will learn about gear ratio, sensors, programming, and pulleys as they create fun to play games. Whether creating pinball machine, duck hunt or a ring toss game, your child is sure to have fun building, learning, and playing. Presented by Snapology. Grades 3-5. Registration begins Monday, March 4<sup>th</sup>.

## PLAYHOORAY KIDS

**Tuesday, March 19<sup>th</sup> 1:00-1:45pm**



Join Playhooray for dynamic and lively musical activities that will have everyone up and moving to the beat! Birth-6 years old w/adult. Registration begins Tuesday, March 5<sup>th</sup>.



## 1-2-3 FULL STEAM AHEAD

**Thursday, March 21<sup>st</sup> 7:00-8:00pm**

Join A Time for Kids for a program where children will be introduced to concepts and terms of a STEM/ STEAM (science, technology, engineering, art, mathematics) based curriculum. Activities include music, movement, fine and gross motor development as well as a craft. Ages 2 1/2-5 years old w/adult. Registration begins Thursday, March 7<sup>th</sup>.

## CHILDREN'S BOOK CLUB



**Friday, March 22<sup>nd</sup> 4:00-5:00pm**

Join us for the third meeting of our new book club! This month, we will be discussing *Out of My Mind*, novel by Sharon Draper. Pizza will be served. Copies of the book will be available at the Children's Desk upon registration. Grades 3 - 5. Registration begins on Friday, February 22<sup>nd</sup>.



## SUPERHEROES

**Wednesday, March 27<sup>th</sup> 6:00-7:00pm**

To the Batcave, Snapology fans! Design your own superhero using LEGO® bricks, create your own adventure and comic strip. Have a blast as you create your own fantasy world of superheroes. What kind of super powers do you have? Presented by Snapology. Grades 1-5. Registration begins Wednesday, March 13<sup>th</sup>.

## LET'S PLAY BINGO!



**Friday, March 29<sup>th</sup> 4:00-4:45pm**

If you know your numbers, you can play! Come for a fun game of B-I-N-G-O! Great prizes and lots of fun. Grades 1-5. Registration begins Friday, March 15<sup>th</sup>.

# SEAFORD PUBLIC LIBRARY

2234 Jackson Avenue  
Seaford, NY 11783-2691  
Phone: 516-221-1334 Fax: 516-826-8133  
E-Mail Address: [seafordreference@nassaulibrary.org](mailto:seafordreference@nassaulibrary.org)  
Web Address: <http://www.seafordlibrary.org>

## BOARD OF TRUSTEES:

Peter J. Ruffner, President  
Patricia Coughlin, Vice-President  
Dr. Mary L. Westermann, Secretary  
Margaret D. Grub, Financial Secretary  
Catherine DiPietro, Trustee  
Francis J. McKenna, Director  
Ida Zaharopoulos, Newsletter Editor

\*\*\*ECRWSEDDM\*\*\*  
RESIDENT CUSTOMER

Non-Profit  
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Permit# 104  
Seaford, NY



## LIBRARY HOURS:

Monday, Tuesday, Thursday	10-9pm
Wednesday	1-9pm
Friday	10-6pm
Saturday	10-5pm

**The next regular meeting of the Board of Trustees:  
Monday, March 11<sup>th</sup>, 2019 at 7pm. The public is welcome.**

**Art Exhibit: Lillian Reznicek -Paintings  
Display Case: Amanda Tucci & Lindsay Eiseman -  
St. Patrick's Day Display**

*The Seaford Public Library does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.*

# TEEN SPACE

## STAR WARS LEGO MOSAIC

Wednesday, March 6<sup>th</sup>  
4:00pm-5:00pm



In this Star Wars themed Snapology class, teens will use small LEGO bricks to create mosaic styled art. Kids will also learn about building strong structures when they build a light saber with LEGO bricks. *Register now.*

**Grades 5-12. Register online for teen programs that are free at [www.seafordlibrary.org](http://www.seafordlibrary.org) or call the Reference Desk at 221-1334.**

## HIP HOP CLASS



Wednesday, March 20<sup>th</sup> 4:30pm-5:30pm

This pulsating, dynamic class trains dancers in various hiphop techniques and combinations. Aerobic warm-ups get the dancers moving, while building stamina and strength. Familiar popular music adds to the excitement of learning "street" dancing. *Registration begins Friday, March 1<sup>st</sup>.*

## COMMUNITY SERVICE PROGRAMS

### CARDS FOR HOSPITALIZED KIDS

Friday, March 15<sup>th</sup> 4:30pm-5:30pm

Through jokes, riddles, art and encouraging words, you can bring smile to the faces of hospitalized children. Participants will use a wide range of supplies, which makes it fun and fulfilling for those who receive the card and especially for those who create this small, wonderful and unexpected surprise. An hour of community service will be provided. *Register Friday, March 1<sup>st</sup>.*

### TEEN BOOK TALK BLACKBIRD FLY BY ERIN ENTRADA KELLY

Thursday, March 28<sup>th</sup>  
4:00pm-5:00pm



From Newbery Medal winner Erin Entrada Kelly comes a story about a future rock star, or friendless misfit? That's no choice at all. In Kelly's debut tween novel, twelve-year-old Apple grapples with being different; with friends and backstabbers and following her dreams. Discussion led by Teen Librarian Jillian Pelliccia. Pizza will be served. *Registration begins Friday, March 1<sup>st</sup>.*

### SEAFORD T.A.G. MEETING



Monday, April 1<sup>st</sup> 4:00pm-5:00pm

Come and participate in the Seaford Teen Advisory Group. Bring your fresh ideas and perspective. The more a teen comes to the monthly meetings, the better chance he or she will have at earning community service hours. Snacks will be served. *Registration begins Monday, March 4<sup>th</sup>.*

## TAI CHI



Wednesday, April 10<sup>th</sup> 4:30pm-5:30pm

Tai Chi is an internal form of martial art that is practiced for health and self-defense. Join instructor Joseph Panicok and learn the basics. *Registration begins Monday, March 4<sup>th</sup>.*