

A NOTE FROM OUR BOARD PRESIDENT

The LBPL Board of Trustees encourages everyone to become more involved at the Library.

We invite you to:

- Join us at our monthly Board meetings
- Provide suggestions and feedback
- Advocate for the Library
- Encourage a YES vote for the Library budget
- Become a Friend of the Library
- Make your LBPL card the most used card in your wallet

Together, we can make a bright future for Long Beach Public Library!

Respectfully,
Anita LaSpina
Board President

Meditation MEDITATION



**Wednesday, March 27,
2:15pm (Hybrid)**

Meditation session with Lisa Wisel, MS, BC-DMT, LCAT. Learn how to be in alignment and replenish the peace that resides within you. The instructor is live in the Library's Auditorium. You can join on Zoom or In Person.

CANASTA CLUB

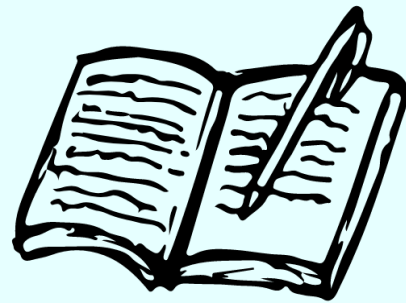


Wednesdays, 11am (In Person)

MAH-JONGG CLUB



Wednesdays, 11am (In Person)



LBPL SCRIBBLERS WRITING WORKSHOP

Saturday, March 16, 1pm (In Person)

All experience levels welcome! Whether you are just beginning your writing journey or are an experienced writer, don't miss this monthly workshop designed to help you enhance your skills.

Craft for Adults: St. Patrick's Day Wall Art



Tuesday, March 5, 7pm (In Person)

Decorate a vintage truck filled with shamrocks and gold coins for luck! All materials supplied by the Library free of charge. Register to secure your spot or call the Reference Desk at (516) 432-7201 x225.



4 Pcs/Set

**Crafts for Grown Ups: Hop Into Spring
Thurs, March 14, 1pm (In Person-Main)
Fri, March 15, 10:30am (Point Lookout Branch)**

Hop into spring and help create a beautiful tablescape as you craft bunny flatware and napkin holders to brighten your spring place settings.



Monthly Mommy Mixer!

Monday, March 18, 11:30am (In Person)

Mommies (or Daddies, Nannies & Grannies) of Babies 0 - 18 months, come join Moms/Librarians Eileen & Nicole for our new Monthly Mommy Mixer! Come down to the library for a cup of coffee and a chance to chat with other grown ups!



Acrylic Painting 101

Saturday, March 23, 1pm (In Person)

Join Joan Lazarus as she leads the class in creating a painting of springtime cherry trees. All materials provided. There is a \$10 materials fee payable in cash the day of the program.

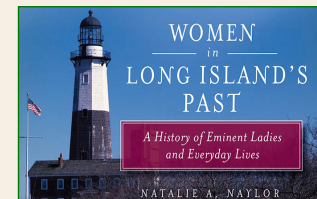


Channels
March 2024



@LBPLNY

Women in Long Island's Past with Dr. Natalie A. Naylor



**Saturday, March 9
1pm (In Person)**

Nationally notable women and local leaders have been part of Long Island's history, though nearly invisible in most accounts. Authors and artists, sunksquaws and suffragists, pioneering pilots and the Janes who made the planes, and innumerable other women have all left their mark on Long Island's past.

LB Gardening Club: Tips & Tricks for Happy Houseplants

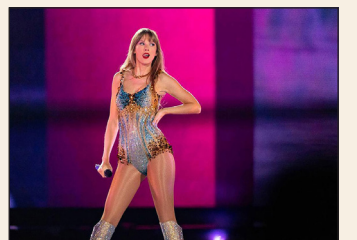
LB GARDENING CLUB



**Friday, March 15
11am (In Person)**

Do you love gardening and want to meet others in your community who love gardening too? Promoting the love of gardening one seed at a time. Beverly Hansel will present a special program this month!

Taylor Swift Friendship Bracelets, Listening Party, & Trivia



**Tuesday, March 12,
7pm
(In Person)**

Are you a Swiftie?

Join us for a fun-filled Taylor Swift listening party, friendship bracelets, and trivia! Register online.



Fun For All! Barbie Birthday Bash with performance by Sharp Violet Sunday, March 10, 2pm (In Person)

Come on Barbie, Let's Go Party! Join us for a Barbie Birthday Bash where we will enjoy a performance by local girl group Sharp Violet followed by a screening of the Barbie film! We will have Barbie and Ken boxes for photos, too!



International Women's Day Sewing and Quilting Circle Friday, March 8, 11am (In Person)

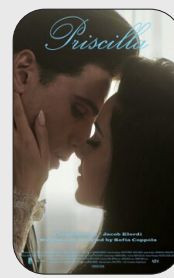
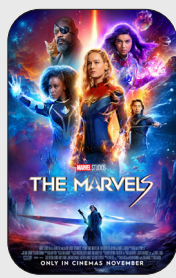
Join us in hand sewing a heart-shaped bookmark while socializing with other sewers. Enjoy one another's company while creating something special! Light refreshments will be served.

Albums & Asana Tuesday, March 19 7pm (In Person)



Women Who Rock!

Join the yoga flow as we spin vinyl from the library's record collection. This month we will be featuring the music of Paramore & Joan Jett!



**FUN
FOR
ALL!**

ART Collage Creation

**Sunday, March 24
2:45-4:45pm
(In Person)**



**Poetry Open Mic Night
Wednesday, March 13, 6:30pm (In Person)**

Calling all poets, spoken word artists, lyricists, and songwriters! Welcome to Long Beach Library's Unplugged Open Mic Night, hosted by Nassau County Poet Laureate Paula Curci and Peter Dugan.



**Vinyl Collectors Club
Thursday, March 14, 7pm (In Person)**

Share your love of vinyl with fellow collectors! We will chat about our favorite local record shops, care and maintenance of our collections, our most treasured finds, and the ones that got away.



**Comedy After Dark: Open Mic Night
Thursday, March 21, 7pm (In Person)**

Attention all comedians new or old looking to sharpen their skills: Join us for our Comedy Open Mic Night hosted by our very own Jewels! Come test out some new material and watch others do the same!



**LGBTQ+ Underground
Wednesday, March 27, 6pm (In Person)**

Our monthly series highlighting LGBTQ+ voices and stories. This month, Derek Jarman's classic, Edward II (1991, R, 1h 30m) starring Steven Waddington and Tilda Swinton.



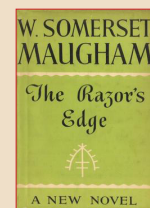
**Artful Salon
Saturday, March 30, 12:30pm (In Person)**

Join the Long Beach Art League (LBAL) for this new discussion program for local visual artists to network, inspire, and learn from each other by sharing ideas, experiences, and techniques so that they can find support and continue to grow.

JOIN A BOOK CLUB



**WEST END
WED, MARCH 6, 6:30PM**



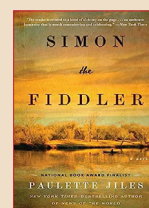
**GREAT BOOKS
MON, MARCH 11, 2PM**



**ROMANCE BOOK CLUB
MON, MARCH 11, 7PM**



**BOOKS & BREWS
TUES, MARCH 12, 7PM**



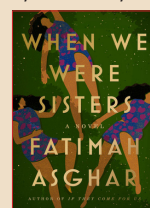
**HISTORICAL FICTION
FRI, MARCH 15, 2PM**



**FAMILY BOOK CLUB
SAT, MARCH 23, 2PM**



**GREAT BOOKS
MON, MARCH 25, 2PM**



**LBNY BESTSELLER
WED, MARCH 27, 7PM**

MARCH AUTHOR TALKS



**NINA
TOTENBERG
MARCH 6 | 4PM**

**CHRISTOPHER
PAOLINI
MARCH 14 | 4PM**



**MADELINE
MILLER
MARCH 21 | 7PM**



Join us! Register online now!
Visit <https://library.org/longbeachlibrary> to sign up.



Meditative Dance

Sun, March 24, 1pm (In Person)

If you've ever tried to meditate and struggled to stop the thoughts in your head, this practice is for you!

As a Licensed Mental Health Counselor and a life-long dancer, Marissa is inspired by the connection between mind + body + soul.

Women's Empowerment Group with Anissa Moore

**Wednesday, March 20
7pm (In Person)**

The Long Beach Women's Empowerment Series seeks to encourage women to pursue emotional, physical, financial, and spiritual health with Anissa Moore.



**Mondays at 1pm (In Person)
Wednesdays at 1pm (In Person)**

Book a 30-minute appointment with Lenora, an LBPL reference librarian with training in job search help and resume assistance.

Please register.



AYURVEDA

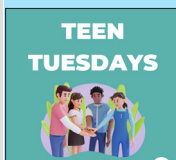
**Ayurveda with Gary Jansen
Thurs, March 7,
7pm (In Person)**

Ayurveda is a complete healing system focused on giving you tools and practices to create health on a daily basis using your innate healing ability.



**Tech Guy Talks:
How to secure your router
Mon, March 25,
8pm (In Person)**

Do you have home Internet? Then you have a router; Did you know that you are responsible for securing it? It's not hard, but most people aren't aware nor know how to do it. I will go over how easy it can be to secure your home router.



TEEN TUESDAYS

Duct Tape Pencil Cases

March 5, 5:30pm

St. Patrick's Day Wall Art

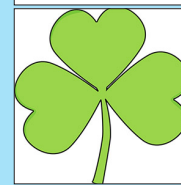
March 12, 5:30pm

**Taylor Swift Friendship Bracelets,
Listening Party, & Trivia**

March 19, 5:30pm

DIY Homemade Sugar Body Scrub

March 26, 5:30pm



PILATES

Mondays, at 6pm (In Person)

No class March 25

Join instructor Pat Cappeto for this engaging Pilates class! Bring a mat to practice on!



CHAIR YOGA

Fridays at 9am (Hybrid)

A full-body practice that will help strengthen your nervous system and reduce stress and stiffness. Kathleen Regan is certified in Hatha/Raja Yoga.



Hatha Yoga

**Wednesdays, 9am
(In Person)**

No class March 13 & 20

Hatha yoga focuses

on posture and breathing techniques to channel vital energy source. This beginner friendly class focuses on yoga poses, breathwork, intention setting, and self care.



Qi Gong

**Fridays at 9am
(West End Branch - In Person)**

Join instructor Yoanna Da Vinci (in lineage of the Wudang, WuGulun and Vietnamese Vovinam Schools) on the healing and delightful journey of QIGONG as Dance, with elements of TaiJi. **Please register to attend.**



Chopra Meditation Program

**Wednesday, March 13, 7pm
(In Person - Point Lookout Branch)**

**Wednesday, March 20, 7pm
(In Person - West End Branch)**



Gary Jansen, a Deepak Chopra Certified Meditation and Health Instructor, will help you achieve positive lifelong change through meditation. Each class will include valuable information on meditation for stress relief, emotional well-being, and better sleep. Jansen is the award-winning author of *MicroShifts: Transforming Your Life One Step at a Time*, and has been Deepak Chopra's editor for more than a decade.

Spring Equinox Yoga & Meditation

Monday, March 18, 7:30pm (In Person)

The spring equinox is associated with rebirth and renewal. In celebration, Gary Jansen (Chopra Meditation) and Nicole will lead an evening of connecting within ourselves through yoga and meditation.