

MAIN LIBRARY HOURS

Monday, 9am-9pm  
Tuesday, 11am-9pm  
Wednesday, 9am-9pm  
Thursday, 9am-9pm  
Friday, 9am-5pm  
Saturday, 9am-5pm  
Sunday, 1pm-5pm

Board of Trustees:

Gemma Tansey, Mary Ellen Guarini,  
Robin Donovan, Anita LaSpina,  
Sam Pinto

Library Director:

Tara Lannen-Stanton

Assistant Director:

Jakea Williamson



**The M Factor: Shredding the Silence on Menopause**  
**Wednesday, March 26, 7-8:45pm**

Join us for a screening of this documentary film, followed by an engaging question and answer period led by Dr. Marci Ostroff and Dr. Christine J. Duncan from Women for Women OB/GYN. **Please Register.**

**DRIVER SAFETY**  **Saturday, March 22, 9am-3:30pm**

This course teaches proven driving techniques to help keep you and your loved ones safe on the road. Attending this class could make you eligible for a multi-year discount on your auto insurance. **Registration is required.**

CANASTA CLUB

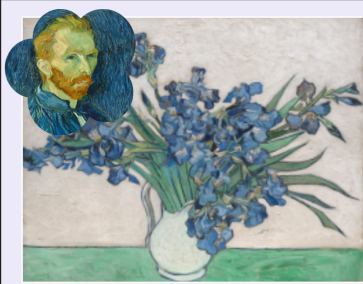


**Wednesdays, 11am**

MAH-JONGG CLUB



**Wednesdays, 11am**



Vincent Van Gogh  
**The Art of Flowers Oil Painting Series III**

Thursdays, March 6, 13, 20 11:00am - 1:00pm

Point Lookout Library

Rosa Maria Goeller leads this series of three oil painting classes exploring the beauty of flowers as seen through the eyes of Vincent Van Gogh. Materials are provided by the instructor. Please note your are registering to attend three classes. Registration is required.



Overview on Zoom

**Thursday, March 20, 3-4pm**

Join librarian Ron Carroll for an overview of the Pronunciator Language Learning Database!

Table-Top Gaming Club

**Sunday, March 23, 3:30-5pm**

Bring you friends for an afternoon of tabletop gaming at the library! Everything from D&D to MTG is welcome at this open play club. Bring your own cards and board games or borrow one from our collection. **Please Register.**



Crochet & Knit Club

**Saturdays, March 1, 8, 15, 29, 10:30am**

Whether you're a pro or a beginner, bring your supplies and enjoy a creative, supportive space to work on projects, learn new stitches, and connect with fellow crafters.

The Cozy Stitch Collective – A Crochet Club

**Friday, March 14, 3pm**

Hop into Spring Bunny Vase

**Tuesday, March 18, 6:30am (Main Branch)**

Paint your own wooden bunny and arrange faux florals to welcome in Spring! Space is limited.

Acrylic Painting 101

**Saturday, March 22, 1pm**

Join instructor Joan Lazarus in this monthly painting tutorial. This month's painting is a peaceful house and garden.

Maker Monday: Bits & Bobbles Picture Frame

**Monday, March 24, 2pm**

This Monday, we'll be making bits and bobbles picture frame.

Artful Salon

**Saturday, March 29, 12:30pm**

Join with other artists to network, share ideas and inspiration, and learn from one another. Each artist participating is asked to bring one piece of art to present and discuss.



Channels  
March 2025



@LBPLNY

**MARDI GRAS CELEBRATION**

**SUNDAY MARCH 2ND 1:30PM**

Get ready for our afternoon concert with The Paumanok Stompers by making your own Mardi Gras mask! All materials will be provided. Space is limited, please register. Laissez le bon temps rouler!

**SUNDAY MARCH 2ND 2:30PM**



*Fun For All*

**EMO DAY LONG BEACH WITH COVER CITY SOUNDTRACK**

**Sunday, March 30, 2:30-4pm**

Throw on your Vans and your favorite black hoodie and get ready to sing along! Cover City Soundtrack will be here playing the songs of Taking Back Sunday, Fall Out Boy, Dashboard Confessional, My Chemical Romance, and many more. For emo kids of ALL ages.

**A Taste of FOLK2 FUNK**

• Pamela Lewis, John Hurley & guests  
• Emilie Surtees and her band

CELEBRATING THE MUSIC OF FEMALES FROM THE FOLK AND FUNK SCENE.

**Sunday March 23 2-4PM**

[www.longbeachlibrary.org](http://www.longbeachlibrary.org)

MEET THE AUTHOR

**Emma Donoghue**

New York Times Bestselling Author

**THE PARIS EXPRESS**

EMMA DONOGHUE





**Tuesday, March 18th at 1pm**

Author talk followed by Book Sale and Signing.

Born in Dublin, Donoghue is an award-winning novelist, screenwriter, playwright, and historian, living with her family in Canada. Come meet Emma on tour with her new novel *The Paris Express*, inspired by an 1895 railway disaster.

MARCH 2025  
PROGRAMS & EVENTS

|                          |                                                                            |
|--------------------------|----------------------------------------------------------------------------|
| <b>Saturday, March 1</b> |                                                                            |
| 9:45-10:45 AM            | Yoga for Health & Peace (Hybrid)                                           |
| 11 AM-12:30 PM           | Learn to Crochet                                                           |
| 2-4 PM                   | MOVIES AT WEST: Sing Street (West End)                                     |
| <b>Sunday, March 2</b>   |                                                                            |
| 1:30-2:15 PM             | Mardi Gras Mask Making                                                     |
| 2:30-3:30 PM             | Mardi Gras Celebration featuring The Paumanok Stompers                     |
| <b>Monday, March 3</b>   |                                                                            |
| 10-11 AM                 | Accessible Yoga for Every Body (Hybrid)                                    |
| 11 AM-1 PM               | Writers' Circle (Zoom)                                                     |
| 1-3 PM                   | Resume Help (Hybrid)                                                       |
| 2-4 PM                   | Great Books Discussion Group                                               |
| 2-4 PM                   | Monday Matinee: <i>Carmen Jones</i>                                        |
| 6:30-8:30 PM             | Retro Gamers Club (All ages)                                               |
| <b>Tuesday, March 4</b>  |                                                                            |
| 11 AM-12 PM              | Low-Impact Cardio (Hybrid)                                                 |
| 11 AM-3 PM               | AARP Tax-Aide                                                              |
| 6-8:30 PM                | West End Arts Monthly Meeting                                              |
| <b>Wed, March 5</b>      |                                                                            |
| 9:15-12:15               | ESL with the Adult Learning Center                                         |
| 9:30-10:30 AM            | Zumba                                                                      |
| 11 AM-12:30 PM           | Canasta Club                                                               |
| 11 AM-12:30 PM           | Mah-Jongg Club                                                             |
| 1-3 PM                   | Community Legal Help Information                                           |
| 1-3 PM                   | NY State of Health Marketplace Enrolment Assistance                        |
| 1-3 PM                   | Resume Help (Hybrid)                                                       |
| 2-3 PM                   | Ask the Tech Guy                                                           |
| 3-4 PM                   | Chair Yoga (West End)                                                      |
| 5:30-6:30 PM             | Teen Night: Mixed Media Art!                                               |
| 6:30-8 PM                | West End Book Club: <i>The Women</i> (West End)                            |
| <b>Thursday, March 6</b> |                                                                            |
| 9:15-12:15               | ESL with the Adult Learning Center                                         |
| 11 AM-1 PM               | Vincent Van Gogh: The Art of Flowers Oil Painting Series 3 (Point Lookout) |
| 6:30-7:30 PM             | Alzheimer's/Dementia Caregivers Support Group                              |
| 7-8 PM                   | Vinyl Collectors Club                                                      |
| 7-8:30 PM                | Open Mic Night at West (West End)                                          |
| <b>Friday, March 7</b>   |                                                                            |
| 9:15-10:15 AM            | Chair Yoga (Hybrid)                                                        |
| 1-4 PM                   | Film School 101: <i>The Joy Luck Club</i>                                  |
| <b>Saturday, March 8</b> |                                                                            |
| 9:45-10:45 AM            | Yoga for Health & Peace (Hybrid)                                           |
| 10:30 AM-12 PM           | Crochet Club                                                               |
| 2-4 PM                   | Cult Classic Film: <i>Death Becomes Her</i>                                |
| <b>Sunday, March 9</b>   |                                                                            |
| 1:30-2:30 PM             | Meditative Dance                                                           |
| <b>Monday, March 10</b>  |                                                                            |
| 10-11 AM                 | Accessible Yoga for Every Body (Hybrid)                                    |
| 1-3 PM                   | Resume Help (Hybrid)                                                       |
| 2-4 PM                   | Monday Matinee: <i>A New Leaf</i>                                          |
| 6-7 PM                   | Pilates                                                                    |
| 7-8 PM                   | The Romance Book Club: <i>The Idea of You</i> (West End)                   |
| <b>Tuesday, March 11</b> |                                                                            |
| 11 AM-12 PM              | Low-Impact Cardio (Hybrid)                                                 |
| 11 AM-3 PM               | AARP Tax-Aide                                                              |
| 2-4 PM                   | Baseball and Basketball in Days Gone By (Zoom)                             |
| 7-8:30 PM                | Books & Brews: Dinner for Vampires (Off-Site)                              |
| 7-9 PM                   | Friends of the Library Meeting                                             |

|                           |                                                                            |
|---------------------------|----------------------------------------------------------------------------|
| <b>Wed, March 12</b>      |                                                                            |
| 9:15 AM-12:15 PM          | ESL with the Adult Learning Center                                         |
| 9:30-10:30                | Zumba                                                                      |
| 11 AM-12:30 PM            | Canasta Club                                                               |
| 11 AM-12:30 PM            | Mah-Jongg Club                                                             |
| 1-3 PM                    | Resume Help (Hybrid)                                                       |
| 2-3 PM                    | Author Talk with Dan Heath (Zoom)                                          |
| 2-3 PM                    | Ask the Tech Guy                                                           |
| 3-4 PM                    | Chair Yoga (West End)                                                      |
| 5:30-6:30 PM              | Teen Night: Ribbon Bracelets                                               |
| 6-8 PM                    | West End Arts Photo Reception (West End)                                   |
| 6:30-8:30 PM              | Poetry Open Mic Night!                                                     |
| 7-7:45                    | Chopra Meditation Program (Point Lookout)                                  |
| <b>Thursday, March 13</b> |                                                                            |
| 9:15-12:15                | ESL with the Adult Learning Center                                         |
| 11 AM-1 PM                | Vincent Van Gogh: The Art of Flowers Oil Painting Series 3 (Point Lookout) |
| <b>Friday, March 14</b>   |                                                                            |
| 9:15-10:15 AM             | Chair Yoga (Hybrid)                                                        |
| 1-4 PM                    | Film School 101: <i>Wicked</i>                                             |
| 2-3 PM                    | Pi(e) Day Celebration!                                                     |
| 3-4 PM                    | The Cozy Stitch Collective – A Crochet Club                                |
| <b>Saturday, March 15</b> |                                                                            |
| 9:45-10:45 AM             | Yoga for Health & Peace (Hybrid)                                           |
| 10:30 AM-12 PM            | Crochet Club                                                               |
| 1-3 PM                    | LBPL Scribblers Writing Workshop                                           |
| 1:30-2:30 PM              | Self Care Saturday: Restorative Yoga                                       |
| 2-3 PM                    | True Crime Book Club: <i>Hell's Princess</i>                               |
| 3-5 PM                    | Family Movie: <i>Song of the Sea</i>                                       |
| <b>Monday, March 17</b>   |                                                                            |
| 10-11 AM                  | Accessible Yoga for Every Body (Hybrid)                                    |
| 11 AM-1 PM                | Writers' Circle (Zoom)                                                     |
| 11:30 AM-12:30 PM         | Monthly Mommy Mixer!                                                       |
| 1-3 PM                    | Resume Help (Hybrid)                                                       |
| 2-4 PM                    | Great Books Discussion Group                                               |
| 2-4 PM                    | Monday Matinee: <i>Aisha</i>                                               |
| 6-7 PM                    | Pilates                                                                    |
| 7-9 PM                    | Library Board of Trustees Meeting                                          |
| <b>Tuesday, March 18</b>  |                                                                            |
| 11 AM-12 PM               | Low-Impact Cardio (Hybrid)                                                 |
| 11 AM-3PM                 | AARP Tax-Aide                                                              |
| 1-3 PM                    | Author Visit: Emma Donoghue                                                |
| 6:30-7:30 PM              | Adult Craft: Hop into Spring Bunny Vase                                    |
| <b>Wed, March 19</b>      |                                                                            |
| 9:15-12:15                | ESL with the Adult Learning Center                                         |
| 9:30-10:30 AM             | Zumba                                                                      |
| 11 AM-12:30 PM            | Canasta Club                                                               |
| 11 AM-12:30 PM            | Mah-Jongg Club                                                             |
| 1-3 PM                    | Resume Help (Hybrid)                                                       |
| 2-3 PM                    | Ask the Tech Guy                                                           |
| 3-4 PM                    | Chair Yoga (West End)                                                      |
| 3-5 PM                    | Doing Business With Nassau County                                          |
| 5:30-8:30 PM              | Teen Night : <i>Custom Bookmarks</i>                                       |
| 7-7:45 PM                 | Chopra Meditation for Stress Relief and Improved Sleep (West End)          |
| 7-8:30 PM                 | Women's Empowerment Group with Anissa Moore                                |
| <b>Thursday, March 20</b> |                                                                            |
| 9:15 AM-12:15 PM          | ESL with the Adult Learning Center                                         |
| 11 AM-1 PM                | Vincent Van Gogh: The Art of Flowers Oil Painting Series 3                 |
| 2-3 PM                    | Author Talk with Clara Bingham (Zoom)                                      |
| 3-4 PM                    | Pronunciator Overview (Zoom)                                               |
| 6:30-8:30 PM              | LGBTQ+ Cinema: M. Butterfly                                                |
| 7-8:30 PM                 | Spring Equinox Yoga & Meditation                                           |

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|---------------------------|------------------------------------------------------------------|
| <b>Friday, March 21</b>   |                                                                  |
| 9:15-10:15 AM             | Chair Yoga (Hybrid)                                              |
| 11:30 AM-12:30 PM         | LB Garden Club: Pot Swap!                                        |
| 1-3 PM                    | Film Friday: <i>A Real Pain</i>                                  |
| 2-3 PM                    | Historical Fiction Book Club: <i>The Women</i>                   |
| <b>Saturday, March 22</b> |                                                                  |
| 9 AM-3:30 PM              | AARP Smart Driver Defensive Driving                              |
| 9:45-10:45 AM             | Yoga for Health & Peace (Hybrid)                                 |
| 1-3 PM                    | Acrylic Painting 101                                             |
| 2-3 PM                    | Banned Book Club: “ <i>The Handmaid’s Tale</i> ”                 |
| <b>Sunday, March 23</b>   |                                                                  |
| 2-4 PM                    | A Taste of Folk2Funk concert                                     |
| 3:30-5 PM                 | Table-Top Gaming Club                                            |
| <b>Monday, March 24</b>   |                                                                  |
| 10-11 AM                  | Accessible Yoga for Every Body (Hybrid)                          |
| 1-3 PM                    | Resume Help (Hybrid)                                             |
| 2-3 PM                    | Maker Monday: Bits & Bobbles Picture Frame                       |
| 2-4 PM                    | Monday Matinee: <i>Girlfriends</i>                               |
| 6-7 PM                    | Pilates                                                          |
| 7:30-8:30 PM              | Sci-Fi & Fantasy Book Club: “ <i>Station Eleven</i> ” (Off Site) |
| 8-8:45 PM                 | Tech Guy Talks: Big Data                                         |
| <b>Tuesday, March 25</b>  |                                                                  |
| 11 AM-12 PM               | Low-Impact Cardio (Hybrid)                                       |
| 11 AM-3 PM                | AARP Tax-Aide                                                    |
| <b>Wed, March 26</b>      |                                                                  |
| 9:15-12:15                | ESL with the Adult Learning Center                               |
| 9:30-10:30 AM             | Zumba                                                            |
| 11 AM-12:30 PM            | Canasta Club                                                     |
| 11 AM-12:30 PM            | Mah-Jongg Club                                                   |
| 1-3 PM                    | Resume Help (Hybrid)                                             |
| 2-3 PM                    | Ask the Tech Guy                                                 |
| 2:15-3 PM                 | Meditation (Hybrid)                                              |
| 3-4 PM                    | Chair Yoga (West End)                                            |
| 5:30-6:30 PM              | Teen Night : Mini Scrapbooks                                     |
| 7-8 PM                    | <i>Author Talk with Jennifer Weiner (Zoom)</i>                   |
| 7-8:30 PM                 | LBNY Bestseller Book Club: <i>The Wonder</i> (Hybrid)            |
| 7-8:45 PM                 | <i>The M Factor: Shredding the Silence on Menopause</i>          |
| <b>Thursday, March 27</b> |                                                                  |
| 9:15 AM-12:15 PM          | ESL with the Adult Learning Center                               |
| 5-7 PM                    | Animation Afternoons: <i>Belle</i>                               |
| <b>Friday, March 28</b>   |                                                                  |
| 9:15-10:15 AM             | Chair Yoga (Hybrid)                                              |
| 1-3 PM                    | Film Friday: <i>Between the Temples</i>                          |
| <b>Saturday, March 29</b> |                                                                  |
| 9:45-10:45 PM             | Yoga for Health & Peace (Hybrid)                                 |
| 10:30 AM-12 PM            | Crochet Club                                                     |
| 12:30-2 PM                | Artful Salon                                                     |
| <b>Sunday, March 30</b>   |                                                                  |
| 2:30-4 PM                 | Fun For All: Emo Day Long Beach                                  |
| <b>Monday, March 31</b>   |                                                                  |
| 10-11 AM                  | Accessible Yoga for Every Body (Hybrid)                          |
| 1-3 PM                    | Resume Help (Hybrid)                                             |
| 2-4 PM                    | Great Books Discussion Group                                     |
| 2-4 PM                    | Monday Matinee: <i>The Outrun</i>                                |



**Community Legal Help Information**  
**Wednesday, March 5, 1-3pm**  
Do you need help with a legal problem?  
**NY State of Health Marketplace Enrollment Assistance Information**  
**Wednesday, March 5, 1-3pm**  
Shop for, compare, and enroll in health insurance coverage.

**Friends of the Library Meeting**  
**Tuesday, March 11, 7-9pm**  
The Friends of the Library holds events, offers volunteer opportunities, and runs special projects to support the Library.

**West End Arts Photo Reception**  
**Wednesday, March 12, 6-8pm (West End)**  
Come see the artwork of Liz Degen and enjoy food and refreshments!

**Library Board of Trustees Meeting**  
**Monday, March 17, 7pm**  
Please join LBPL’s Board of Trustees and Library Administration for the monthly Board meeting.  
**Please register.**

**Alzheimer’s/Dementia Caregivers Support Group**  
**Thurs, March 6, 6:30pm**  
Join a trained facilitator and other caregivers in this safe place for family members and friends of people living with dementia to develop a support system.

**NOTE: UNLESS OTHERWISE INDICATED, EVENTS ARE HELD AT MAIN LIBRARY. Programs are subject to change and may require prior registration. Scan this code on your phone to view the online calendar for details and registration.**

**FOR MORE PROGRAM AND EVENT INFORMATION CHECK OUT OUR WEBSITE: [HTTPS://LONGBEACHLIBRARY.ORG](https://longbeachlibrary.org)**



**Doing Business With Nassau County**

**Wednesday, March 19, 3-5pm**

Learn about the advantages of registration with Nassau County and applying for MWBE certification.

**Please register.**

*For additional information contact:*

|                                                                    |                                                                        |
|--------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>Andrea Gauto</b><br>agauto@nassaucountyny.gov<br>(516) 571-1029 | <b>Pamela Douglas</b><br>pdouglas@nassaucountyny.gov<br>(516) 571-2039 |
|--------------------------------------------------------------------|------------------------------------------------------------------------|



### Movies at West: *Sing Street* Saturday, March 1, 2PM (West End)

Musical/Comedy, 2016, PG-13, 1hr 46min

### Cult Classic Film: *Death Becomes Her* Saturday, March 8, 2:00pm

Dark Comedy, 1992, PG13, 1hr 44min

### Family Movie: *Song of the Sea* Saturday, March 15, 3pm

Fantasy, 2014, PG, 1hr 33min

### Animation Afternoons: *Belle* Thursday, March 27, 5:00pm

Sci-Fi, 2021, PG, 2hrs 2min



### Open Mic Night at West Thursday, March 6, 7pm (West End)

Come perform five minutes of standup comedy, play an instrument, sing, or recite poetry at our West End Open Mic! (For Adults 18+) **Please register.**



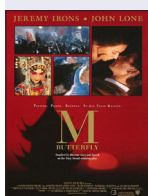
### Vinyl Collectors Club Thursday, March 6, 7pm

Share your love of vinyl with fellow collectors! This month our theme is "Women in Music". Bring in an album or two to spin a few tracks. **Please register.**



### Poetry Open Mic Night Wednesday, March 12, 6:30pm

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



### LGBTQ+ Cinema Thursday, March 20, 6:30pm

Our monthly series highlighting LGBTQ+ films. This month's film is, *M. Butterfly*.  
Romance, Drama, 1993, R, 1hr 40min



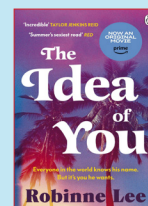
### LB Garden Club: Promoting the love of gardening one seed at a time. Friday, March 21, 11:30am

Join our LB Gardening Club to discuss all things gardening! Bring a pot, take a pot! **Please Register.**

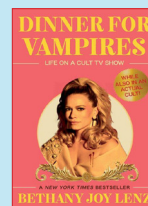
### JOIN A BOOK CLUB



WEST END  
WED, MARCH 5, 6:30PM



ROMANCE BOOK CLUB  
MON, MARCH 10, 7PM



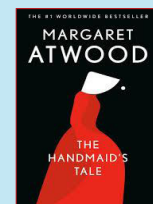
BOOKS & BREWS  
TUES, MARCH 11, 7PM



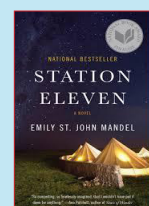
TRUE CRIME  
SAT, MARCH 15, 2PM



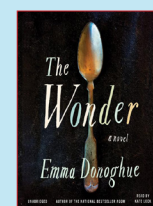
HISTORICAL FICTION  
FRI, MARCH 21, 2PM



BANNED BOOK CLUB  
SATURDAY, MARCH 22, 2PM



SCI-FI & FANTASY BOOK CLUB  
MON, MARCH 24, 7:30PM



LBNY BESTSELLER  
WED, MARCH 26, 7PM





**Mondays at 1pm**  
**Wednesdays at 1pm**

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

### LBPL Scribblers Writing Workshop Saturday, March 15, 1pm

Join published author and creative writing teacher Marc DeSantis for this interactive writing circle. Bring works in progress and writing materials. **Please register.**



### Women's Empowerment Group with Anissa Moore Wed, March 19, 7pm

The Long Beach Women's Empowerment Series seeks to encourage women to pursue emotional, physical, financial, and spiritual health. Please join Anissa Moore, Deputy County Executive for Health and Human Services, for this monthly gathering of support. **Please register.**



### Tech Guy Talks: Big Data

**Monday, March 24, 8pm**

Join the Tech Guy for this informative presentation. Learn tips and tricks on how to stay safe on the Internet. Learn simple tricks to create a strong password and other tips to stay safe. **Please register.**

### MARCH AUTHOR TALKS



**DAN HEATH**

MARCH 12 | 2PM

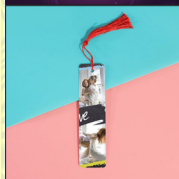
**CLARA BINGHAM**  
MARCH 20 | 2PM



**JENNIFER WEINER**  
MARCH 26 | 7PM



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



### TEEN NIGHT

**Mixed Media Art!**

**March 5, 5:30pm**

**Ribbon Bracelets**

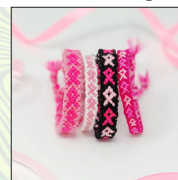
**March 12, 5:30pm**

**Custom Bookmarks**

**March 19, 5:30pm**

**Mini Scrapbooks**

**March 26, 5:30pm**



### Registration Required for all Exercise Classes

#### Pilates

**Mondays, March 10, 17, 24 at 6pm**

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

#### Chair Yoga

**Fridays at 9:15am (Hybrid)**

A full-body practice that will help strengthen your nervous system and reduce stress and stiffness.

#### Accessible Yoga for Every Body

**Mondays at 10am (Hybrid)**

Build strength and flexibility along with a calmer mind in this accessible yoga for every body with Miriam Abrahams. Beginners are welcome, and this class is open to all.

#### Zumba

**Wednesdays at 9:30am**

Zumba is a fitness program that involves cardio and Latin-inspired dance.

#### Meditation

**Wed, March 26, 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. You can join on Zoom or In Person.

#### Chair Yoga (West End)

**Wednesdays at 3pm**

Join us at the West End Branch of the Long Beach Library for this beginner-friendly Chair Yoga class.

#### Yoga for Health & Peace

**Saturdays at 9:45am (Hybrid)**

This Hatha yoga class, with Stephanie Durso, is designed to strengthen and lengthen your muscles and free your mind.



#### Meditative Dance

**Sunday, March 9, 1:30pm**

This meditative movement class with Marissa Moser promotes profound somatic healing. Bring a yoga mat, a water bottle, and an open mind. **Please Register.**

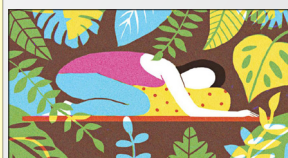


#### Chopra Meditation for Stress Relief and Improved Sleep

**Wednesday, March 12, 7pm (Point Lookout)**

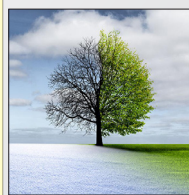
**Wednesday, March 19, 7pm (West End)**

Gary Jansen is a Deepak Chopra Certified Meditation and Health Instructor and will help you achieve positive lifelong change through meditation. **Please register.**



#### Self Care Saturday: Restorative Yoga Saturday, March 15, 1:30pm

Restorative yoga focuses on long-held poses with the support of props to help the body fully relax. **Please Register.**



#### Spring Equinox Yoga & Meditation

**Thursday, March 20, 7pm**

In celebration Gary Jansen (Chopra Meditation) and Nicole will lead an evening of connecting within ourselves through yoga and meditation. **Please Register.**