

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



Job and Resource Fair  
Wednesday, April 2,  
12-3pm

Come and connect  
with top employers to explore  
career opportunities and see the  
resources available from our local  
community organizations at the  
Long Beach Adult Learning Center's  
Literacy Zone Job & Community  
Resource Fair.



Empire  
Safety  
Council

Empire Defensive  
Driving  
Tuesday, April 15 & 22,  
6-9pm

Empire Safety Council is offering a 2-day,  
6-hour defensive driving course.  
Space is limited. Please register to attend  
both sessions or call the Reference Desk  
at (516) 432-7201 x225.

CANASTA CLUB



Wednesdays, 11am

MAH-JONGG CLUB



Wednesdays, 11am



Van Gogh  
The Roulin Family Portraits  
Art Lecture

Wednesday, April 23,  
7:00-8:30pm  
Professor Thomas Germano lectures on this exciting  
exhibit on display through September 7th,  
Museum of Fine Arts, Boston.



Albums & Asanas:  
Women Who Rock! Heart & Blondie  
Tuesday, April 29, 7pm

Where vinyl & vinyasa meet! Join the yoga flow as we spin vinyl  
from the library's record collection. This month we will be  
featuring the music of Heart & Blondie!



Game Night at West (West End)  
Wednesday, April 9, 5:45pm

Come play board games or cards at West!  
We have several games including Monopoly, Scrabble,  
Pictionary, Backgammon, and Connect 4.



Crochet & Knit Club

Saturdays, April 5, 12, 26, 10:30am

Bring your supplies and connect with fellow crafters.

The Cozy Stitch Collective – A Crochet Club  
Friday, April 11, 3pm

Beaded Suncatcher Window Hanging  
Tuesday, April 8, 6:30am

Paint your choice of suncatchers and string beads to  
create a beautiful window hanging. *Materials supplied.*

Painted Teapot Planter

Wednesday, April 9, 4:30pm (Point Lookout)

Thursday, April 10, 11:30am (Main)

Thursday, April 17, 2:30pm (West End)

Use acrylic paint to create a beautifully decorated teapot  
planter to celebrate spring. (Plant not included)

Acrylic Painting 101

Saturday, April 19, 1pm

Join instructor Joan Lazarus in this monthly painting  
tutorial. This month's painting is ladies with parasols.

Maker Monday: Air-Dry Clay Shell Trinket Dish

Monday, April 21, 2pm

We'll be making air-dry clay shell trinket dishes.

Fabric Decoupage

Sunday, April 27, 2pm

Create a decoupage vase, fabric painting, or hanging sign  
using our many patterned fabrics.



Channels  
April 2025



@LBPLNY

It's a Shore thing!



POETRY FESTIVAL WORKSHOPS

Saturday, April 5

Sunday, April 6

11 am-Noon

Poetic Journaling  
with Nicole Menzzasalma

Noon-1pm

The Untold Story:  
Finding Truth & Transformation  
through Writing  
with Danielle Bertoli

2-3pm

Bearing in Mind: Stories from  
Our Upbringing and Cultural  
Heritage with Adriana Devers

3-4pm

How to Self Publish  
Your Poetry with Judy Turek

1:15-2:15pm

Poetry in Motion:  
Film Screening and Q & A

2:45-3:45

&

3:45-4:45

Yin Yoga & Poetry with Sabrina Perrino

2:30-3:30pm

Lyrics are Poetry Songwriting Workshop  
with Katie Mitchell

3:30-4:45

Flash Mob Poetry with Judy Turek

111 W. Park Avenue, Long Beach, NY 11561  
516.432.7201 | [www.longbeachlibrary.org](http://www.longbeachlibrary.org)



Council on  
the Arts

Poets&Writers



100TH ANNIVERSARY CELEBRATION

THE GREAT GATSBY



THURSDAY, APRIL 10 • 6:30PM

JOIN US FOR 1920'S INSPIRED MOCKTAILS AND AN OPEN MIC READING OF THE  
F. SCOTT FITZGERALD'S CLASSIC IN CELEBRATION OF THE 100TH ANNIVERSARY  
OF THIS QUINTESSENTIAL LONG ISLAND NOVEL.

PLEASE REGISTER

LONG BEACH PUBLIC LIBRARY

COMEDY  
AFTER DARK  
THURSDAY

APRIL 17 AT 7:30PM

FEATURING



HOSTED BY JEWELS!



RICHIE MINERVINI



MIKE KEEGAN

LONG BEACH  
PUBLIC LIBRARY

APRIL 2025  
PROGRAMS & EVENTS

|                          |                                                                                           |
|--------------------------|-------------------------------------------------------------------------------------------|
| <b>Tuesday, April 1</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, April 2</b>      |                                                                                           |
| 9:15-12:15               | ESL with the Adult Learning Center                                                        |
| 9:30-10:30 AM            | Zumba                                                                                     |
| 12-3 PM                  | Job and Resource Fair                                                                     |
| 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: Macrame Wall Art                                                              |
| 5:30-8:30 PM             | Long Beach Art League General Meeting                                                     |
| 6:30-8 PM                | West End Book Club: <i>The Women</i> (West End)                                           |
| <b>Thursday, April 3</b> |                                                                                           |
| 9:15-12:15               | ESL with the Adult Learning Center                                                        |
| 10 AM-2 PM               | Mount Sinai South Nassau Vax Community Health Bus                                         |
| 1-2 PM                   | CPR Training (Hands-Only)                                                                 |
| 6-8 PM                   | LGBTQ+ Cinema: Interview With the Vampire                                                 |
| 6:30-7:30 PM             | Alzheimer's/Dementia Caregivers Support Group                                             |
| 7-8:30 PM                | Open Mic Night at West (West End)                                                         |
| <b>Friday, April 4</b>   |                                                                                           |
| 9:15-10:15 AM            | Chair Yoga (Hybrid)                                                                       |
| 1-4:30 PM                | Film School 101: <i>The Right Stuff</i>                                                   |
| <b>Saturday, April 5</b> |                                                                                           |
| 9 AM-5 PM                | It's a Shore Thing Poetry Festival 2025                                                   |
| 10:30 AM-12 PM           | Crochet Club                                                                              |
| 11 AM-12 PM              | Poetry Festival 2025: Poetic Journaling                                                   |
| 12-1 PM                  | Poetry Festival 2025: The Untold Story - Finding Truth & Transformation through Writing   |
| 2-3 PM                   | Poetry Festival 2025: Bearing in Mind - Stories from Our Upbringing and Cultural Heritage |
| 2-4 PM                   | MOVIES AT WEST: <i>Here</i> (West End)                                                    |
| 3-4 PM                   | Poetry Festival 2025: How to Self Publish Your Poetry                                     |
| <b>Sunday, April 6</b>   |                                                                                           |
| 1-5 PM                   | It's a Shore Thing Poetry Festival 2025                                                   |
| 1:15-2:15 PM             | Poetry Festival 2025: Poetry in Motion - Film Screening & Q                               |
| 2:30-3:30 PM             | Poetry Festival 2025: Lyrics are Poetry Songwriting Works                                 |
| 2:45-3:45 PM             | Poetry Festival 2025: Yin Yoga and Poetry                                                 |
| 3:30-4:30 PM             | Poetry Festival 2025: Flash Mob Poetry                                                    |
| 3:45-4:45 PM             | Poetry Festival 2025: Yin Yoga and Poetry                                                 |
| <b>Monday, April 7</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>Gladiator II</i>                                                       |
| 6-7 PM                   | Pilates                                                                                   |
| 6:30-8:30 PM             | Retro Gamers Club                                                                         |
| <b>Tuesday, April 8</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)                                            |
| 2-4 PM                   | Friends of the Library Meeting                                                            |
| 6:30-7:30 PM             | Adult Craft: Beaded Suncatcher Window Hanging                                             |
| 7-8:30 PM                | Books & Brews: <i>What the Dead Know</i> (Off-Site)                                       |

|                              |                                                                   |
|------------------------------|-------------------------------------------------------------------|
| <b>Wed, April 9</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                       | Ask the Tech Guy                                                  |
| 3-4 PM                       | Chair Yoga (West End)                                             |
| 4:30-6 PM                    | Adult Craft: Painted Teapot Planter (Point Lookout)               |
| 5:30-6:30 PM                 | Teen Night: No Sew DIY Junk Journal                               |
| 5:45-7:45 PM                 | Game Night at West (West End)                                     |
| 6:30-8:30 PM                 | Poetry Open Mic Night!                                            |
| 7-7:45                       | Chopra Meditation Program (Point Lookout)                         |
| <b>Thursday, April 10</b>    |                                                                   |
| 9:15-12:15                   | ESL with the Adult Learning Center                                |
| 11:30 AM-1 PM                | Adult Craft: Painted Teapot Planter                               |
| 6:30-9 PM                    | The Great Gatsby 100th Anniversary Celebration                    |
| 7-8 PM                       | Vinyl Collectors Club (West End)                                  |
| <b>Friday, April 11</b>      |                                                                   |
| 9:15-10:15 AM                | Chair Yoga (Hybrid)                                               |
| 1-3 PM                       | Film Friday: <i>The Great Gatsby</i> (1974)                       |
| 3-4 PM                       | The Cozy Stitch Collective – A Crochet Club                       |
| <b>Saturday, April 12</b>    |                                                                   |
| 9:45-10:45 AM                | Yoga for Health & Peace (Hybrid)                                  |
| 10:30 AM-12 PM               | Crochet Club                                                      |
| 2-3 PM                       | True Crime Book Club: <i>Killers of the Flower Moon</i>           |
| 2-4 PM                       | Cult Classic Film: <i>Happy Gilmore</i>                           |
| <b>Sunday, April 13</b>      |                                                                   |
| 1:30-2:30 PM                 | Meditative Dance                                                  |
| 1:30-4:30 PM                 | Artwork of Tina Amico Gargiulo In Local Gallery Reception         |
| <b>Monday, April 14</b>      |                                                                   |
| 10-11 AM                     | Accessible Yoga for Every Body (Hybrid)                           |
| 1-3 PM                       | Resume Help (Hybrid)                                              |
| 2-4 PM                       | Monday Matinee: <i>Small Things Like These</i>                    |
| 6-7 PM                       | Pilates                                                           |
| 7-8 PM                       | The Romance Book Club: <i>The Bodyguard</i> (West End)            |
| <b>Tuesday, April 15</b>     |                                                                   |
| 11 AM-12 PM                  | Low-Impact Cardio (Hybrid)                                        |
| 1-3PM                        | Scam Alert! presented by Nassau County                            |
| 6-9 PM                       | Empire Defensive Driving                                          |
| <b>Wed, April 16</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)                                             |
| 5:30-7:30 PM                 | Teen Night : <i>Movie Night! Beetlejuice Beetlejuice</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, April 17</b>    |                                                                   |
| 9:15 AM-12:15 PM             | ESL with the Adult Learning Center                                |
| 2-4 PM                       | Family Movie: <i>Dog Man</i>                                      |
| 2:30-4 PM                    | Adult Craft: Painted Teapot Planter (West End)                    |
| 3-4 PM                       | Business Insights: Essential (Zoom)                               |
| 5-7 PM                       | Animation Afternoons: <i>The Wild Robot</i>                       |
| 7:30-9 PM                    | Comedy After Dark                                                 |
| <b>Friday, April 18</b>      |                                                                   |
| 9:15-10:15 AM                | Chair Yoga (Hybrid)                                               |
| 11:30 AM-12:30 PM            | LB Garden Club: Seed Swap!                                        |
| 1-3 PM                       | Film Friday: <i>Hilma</i>                                         |
| 2-3 PM                       | Historical Fiction Book Club: <i>The Winemaker's Wife</i>         |
| <b>Saturday, April 19</b>    |                                                                   |
| 9:45-10:45 AM                | Yoga for Health & Peace (Hybrid)                                  |
| 1-3 PM                       | Acrylic Painting 101                                              |
| 1-3 PM                       | LBPL Scribblers Writers Workshop                                  |
| <b>Sunday, April 20</b>      |                                                                   |
| <b>Library Closed-Easter</b> |                                                                   |

Accessible Yoga for Every Body (Hybrid)  
Writers' Circle (Zoom)  
Monthly Mommy Mixer!  
Resume Help (Hybrid)  
Maker Monday: Air-Dry Clay Shell Trinket Dish  
Monday Matinee: *Nickel Boys*  
Pilates  
Sci-Fi & Fantasy Book Club: "*Annihilation*" (Off Site)

Low-Impact Cardio (Hybrid)  
Empire Defensive Driving

ESL with the Adult Learning Center  
Zumba  
Canasta Club  
Mah-Jongg Club  
Resume Help (Hybrid)  
Ask the Tech Guy  
Meditation (Hybrid)  
Chair Yoga (West End)  
Teen Night : Watercolor Paint Night!  
Van Gogh: The Roulin Family Portraits Art Lecture

ESL with the Adult Learning Center

Chair Yoga (Hybrid)  
Film Friday: *The Last Rifleman*

Yoga for Health & Peace (Hybrid)  
Crochet Club  
Banned Book Club: "*Maus*" by Art Spiegelman  
Self Care Saturday: Restorative Yoga

Meditative Dance  
Adult Craft: Fabric Decoupage  
Fun For All: *Grease* Sing Along

Accessible Yoga for Every Body (Hybrid)  
Resume Help (Hybrid)  
Great Books Discussion Group  
Monday Matinee: *Here We Are (Hebrew)*  
Pilates  
Library Board of Trustees Meeting  
Tech Guy Talks: Password Managers

Low-Impact Cardio (Hybrid)  
Albums & Asanas: Women Who Rock! Heart & Blondie

ESL with the Adult Learning Center  
Zumba  
Canasta Club  
Mah-Jongg Club  
Resume Help (Hybrid)  
Ask the Tech Guy  
Chair Yoga (West End)  
Teen Night : Decoupage Electric Tea Light Candle Holder

Scam Alert!  
presented by Nassau County

Tuesday, April 15, 1-3pm

Join us for a Scam Awareness seminar sponsored  
by County Legislator Patrick Mullaney.

Please register.

Business Insights: Essential

Thursday, April 17, 3pm (Zoom)

Join librarian Ron Carroll for an overview of the Business  
Insights: Essential Database!



West End Arts Monthly Meeting

Tuesday, April 1, 6-8:30pm (Main)

Guest speaker from Art Company Liquitek will  
demonstrate how to use acrylic paints.

Community Legal Help Information

Wednesday, April 2, 1-3pm

Do you need help with a legal problem?

NY State of Health Marketplace Enrollment  
Assistance Information

Wednesday, April 2, 1-3pm

Shop for, compare, and enroll in health insurance coverage.

Alzheimer's/Dementia Caregivers Support Group

Thursday, April 3, 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.

Friends of the Library Meeting

Tuesday, April 8, 2-4pm

The Friends of the Library holds events, offers volunteer  
opportunities, and runs special projects to support  
the Library.

Library Board of Trustees Meeting

Monday, April 28, 7pm

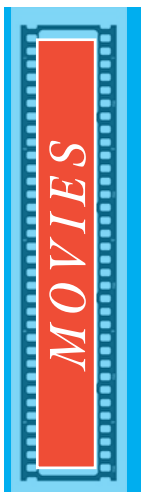
Please join LBPL's Board of Trustees and Library  
Administration for the monthly Board meeting.

Please register.

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)





**Movies at West: Here**  
**Saturday, April 5, 2:00pm (West End)**

Drama, 2024, PG-13, 1hr 44min

**Cult Classic Film: Happy Gilmore**  
**Saturday, April 12, 2:00pm**

Comedy, 1996, PG13, 1hr 32min

**Family Movie: Dog Man**  
**Thursday, April 17, 2:00pm**

Comedy/Adventure, 2025, PG, 1hr 34min

**Animation Afternoons: The Wild Robot**  
**Thursday, April 17, 5:00pm**

Adventure, 2024, PG, 1hr 42min



**LGBTQ+ Cinema**

**Thursday, April 3, 6:00pm**

Our monthly series highlighting LGBTQ+ films.

This month's film is, *Interview With The Vampire*.

Drama, R, 1994, 2hr 2min



**Open Mic Night at West**

**Thursday, April 3, 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.**



**Poetry Open Mic Night**

**Wednesday, April 9, 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.



**Vinyl Collectors Club**

**Thursday, April 10, 7pm (West End)**

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



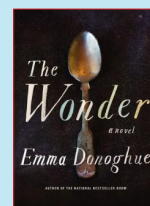
**LB Garden Club: Seed Swap!**

**Friday, April 18, 11:30am**

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

**Please Register.**

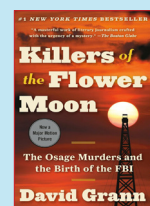
**JOIN A BOOK CLUB**



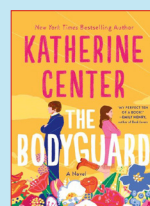
**WEST END**  
**WED, APRIL 2, 6:30PM**



**BOOKS & BREWS**  
**TUES, APRIL 8, 7PM**



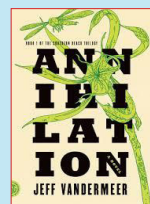
**TRUE CRIME**  
**SAT, APRIL 12, 2PM**



**ROMANCE BOOK CLUB**  
**MON, APRIL 14, 7PM**



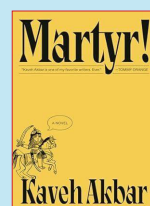
**HISTORICAL FICTION**  
**FRI, APRIL 18, 2PM**



**SCI-FI & FANTASY BOOK CLUB**  
**MON, APRIL 21, 7:30PM**



**BANNED BOOK CLUB**  
**SATURDAY, APRIL 26, 2PM**



**LBNY BESTSELLER**  
**WED, APRIL 30, 7PM**

**Fun For All:**  
**Grease**  
**Sing Along**

**Sunday,**  
**April 27,**  
**3:00pm**





**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.**



**Women's Empowerment Group with Anissa Moore**  
**Wed, April 16, 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.**

**LBPL Scribblers Writing Workshop**  
**Saturday, April 19, 1pm**

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



**Tech Guy Talks:**  
**Password Managers**  
**Monday, April 28, 8pm**

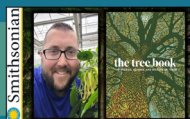
Join the Tech Guy for this informative presentation. Learn tips and tricks on how to stay safe on the Internet. Learn simple tricks to create a strong password and other tips to stay safe. **Please register.**

**APRIL AUTHOR TALKS**



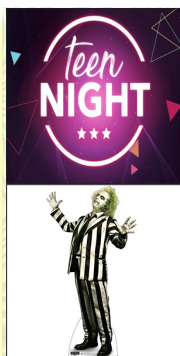
**JODI  
PICOULT**  
APRIL 2 | 7PM

**MATTHEW  
FLEMING**  
APRIL 8 | 2PM



**GREGG  
HURWITZ**  
APRIL 24 | 7PM

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



**TEEN NIGHT**

**Macrame Wall Art**

**April 2, 5:30pm**

**No Sew DIY Junk Journal**

**April 9, 5:30pm**

**Movie Night! Beetlejuice Beetlejuice**

**April 16, 5:30pm**

**Watercolor Paint Night!**

**April 23, 5:30pm**

**Decoupage Electric Tea Light Candle Holder**

**April 30, 5:30pm**



**Registration Required for all Exercise Classes**

**Pilates**

**Mondays 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, April 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. You can join on Zoom or In Person.

**Chair Yoga (West End)**

**Wednesdays at 3pm**

No class on April 5

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.



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

**Wednesday, April 9, 7pm (Point Lookout)**

**Wednesday, April 16, 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.**



**Meditative Dance**

**Sunday, April 13 & 27, 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.**



**World Tai Chi Day**

**Saturday, April 26, 11am**

The ancient practices of Tai Chi & Qi Gong combines slow, deliberate movements, meditation and breathing exercises that assists in restoring and cultivating our body energy - called Qi. **Please Register.**



**Self Care Saturday: Restorative Yoga**

**Saturday, April 26, 1:30pm**

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