

**MAIN LIBRARY HOURS**

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

Closed Sundays for summer beginning 5/11

Board of Trustees:

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

Library Director:

Tara Lannen-Stanton

Assistant Director:

Jakea Williamson



**Mount Sinai South  
 Nassau Vaxmobile  
 Community Health  
 Bus**

**Thursday, May 1, 10am-2pm**

The Vaxmobile will be on site to promote health and wellness awareness and administer free vaccines and flu shots.



**Creating a Compelling  
 College Application  
 Wed, May 21, 7-8pm (Zoom)**

This Zoom presentation by Ronald Feuchs and Jackie Tepper of Stand Out For College is designed to help high school juniors and their parents understand how to use the upcoming summer productively to create a compelling college application.

**CANASTA CLUB**

**Wednesdays, 11am**

**MAH-JONGG CLUB**

**MAH JONGG**

**Wednesdays, 11am**

**AARP CAREversations:**

**Caring for A Loved One**

**Tuesday, May 13, 5:30pm**

Caring for a friend, family member or loved one? Come take a break and get ready for what's next.

**LGBTQ+ Cinema**

**Thursday, May 22, 6:00pm**

Our monthly series highlighting LGBTQ+ films. This month's film is, **Bound**.  
 Thriller, R, 1996, 1hr48min

**Crochet & Knit Club**

**Saturdays, May 3, 10, 24, 31, 10:30am**

Bring your supplies and connect with fellow crafters.

**Artful Salon**

**Saturday, May 3, 31, 12:30pm**

Led by art instructor Carolyn DeSoucey, the session will be a wonderful opportunity for artists to share their knowledge and talents, find support and continue to grow.

**Maker Monday: Lighthouse Shell Magnet**

**Monday, May 5, 2pm**

We'll be making shell lighthouse magnets. using our many patterned fabrics.

**Adult Craft: Nautical Wheel Decor**

**Tuesday, May 13, 6:30pm (Main)**

**Wednesday, May 14, 4:30pm (Point Lookout)**

**Thursday, May 15, 3:00pm (Main)**

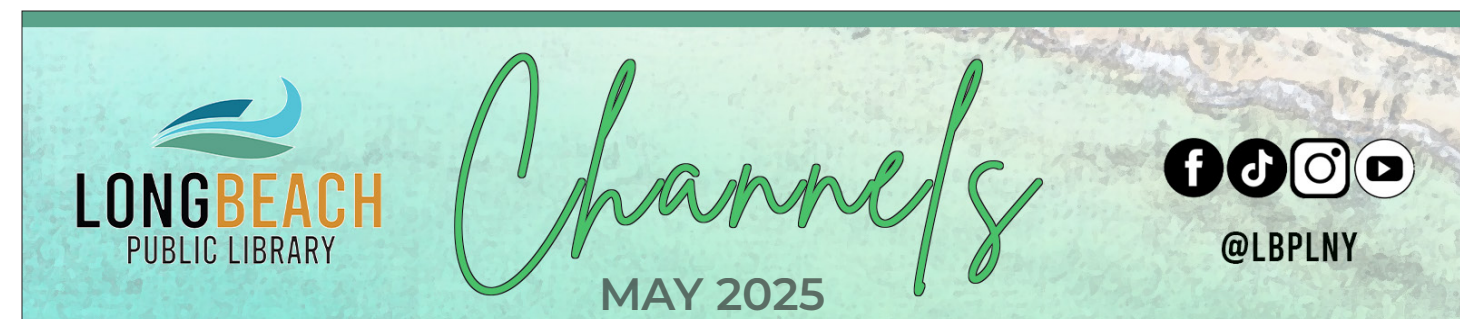
**Thursday, May 15, 3:00pm (West End)**

Hand-paint a nautical wheel and decorate with beach themed embellishments to create a beautiful piece for your home. All supplies will be provided. Please register for only ONE session.

**Acrylic Painting 101**

**Saturday, May 17, 1pm**

Join instructor Joan Lazarus in this monthly painting tutorial. This month's painting is: A Breakfast Still Life.

**CABARET FESTIVAL**

CAROLYN MONTGOMERY PRESENTS GIRL SINGER: A MUSICAL TRIBUTE TO ROSEMARY CLOONEY

**SUNDAY, MAY 4TH  
 2:30PM**



HANNAH JANE PRESENTS LADY LEGENDS OF BROADWAY

**SATURDAY, MAY 10TH  
 8:00PM**



RAHSAAN CRUSE, JR. CABARET SWINGS

**SUNDAY, MAY 18TH  
 2:30PM**

**LONG BEACH PORCHFEST 2025**

**SATURDAY, MAY 17TH • 2PM-6PM (RAIN OR SHINE)**

**EARLY SATURDAY KICKOFF**

**12PM** at the Long Beach Public Library- T-Shirt & Hat Sales & Live Music.

**PRE-PARTY FRIDAY NIGHT May 16th**

**7PM-10PM** Bright Eye Brewery- Katie Mitchell Band & Friends, T-Shirt & Hat Sales.

Everyone is welcome to attend our FREE LIVE MUSIC FESTIVAL. Celebrate our community's broad musical talents. Walk, bike or stroll from one porch to another & listen to local musicians share the joy of live music! Band Schedules & Maps to follow.



CONNECTING COMMUNITY THROUGH MUSIC lbny-arts.org • facebook.com/lbnyarts • instagram @lbny.arts

**TOMATOMANIA****Seedling Giveaway**

**Saturday, May 10th**

**3:00-5:00pm**

**Come by the Library and claim your  
 free tomato plant!**

**One plant per family/cardholder.  
 You need your library card to get a plant.  
 First come, first served.**

Make plans to enter your tomatoes in our

**TOMATOMANIA CONTEST**

**August 17th, Library Fun Fair  
 Kennedy Plaza, Long Beach, NY**

**Further details to follow!**

**www.longbeachlibrary.org**

MAY 2025  
PROGRAMS & EVENTS

|                                    |                                                                                                      |
|------------------------------------|------------------------------------------------------------------------------------------------------|
| <b>Thursday, May 1</b>             |                                                                                                      |
| 9:15-12:15                         | ESL with the Adult Learning Center                                                                   |
| 10 AM-2 PM                         | Mount Sinai South Nassau Vax Community Health Bus                                                    |
| 12-1 PM                            | Monitoring your Blood Pressure                                                                       |
| 6:30-7:30 PM                       | Alzheimer's/Dementia Caregivers Support Group                                                        |
| 7-8:30 PM                          | Open Mic Night at West (West End)                                                                    |
| <b>Friday, May 2</b>               |                                                                                                      |
| 9:15-10:15 AM                      | Chair Yoga (Hybrid)                                                                                  |
| 1-3 PM                             | Film Friday: <i>Liberty Heights</i>                                                                  |
| <b>Saturday, May 3</b>             |                                                                                                      |
| 9:45-10:45 AM                      | Yoga for Health & Peace (Hybrid)                                                                     |
| 10:30 AM-12 PM                     | Crochet Club                                                                                         |
| 12:30-2 PM                         | Artful Salon                                                                                         |
| 2-4 PM                             | MOVIES AT WEST: <i>Tully</i> (West End)                                                              |
| <b>Sunday, May 4</b>               |                                                                                                      |
| 2-4 PM                             | The Empire Strikes Back Movie                                                                        |
| 2:30-4 PM                          | Cabaret Festival - Carolyn Montgomery presents<br>Girl Singer: A Musical Tribute to Rosemary Clooney |
| <b>Monday, May 5</b>               |                                                                                                      |
| 10-11 AM                           | Accessible Yoga for Every Body (Hybrid)                                                              |
| 11 AM-1 PM                         | Writers' Circle (Zoom)                                                                               |
| 1-3 PM                             | Resume Help (Hybrid)                                                                                 |
| 2-3 PM                             | Maker Monday: Lighthouse Shell Magnet                                                                |
| 2-4 PM                             | Monday Matinee: <i>Blue Bayou</i>                                                                    |
| 6-7 PM                             | Pilates                                                                                              |
| <b>Tuesday, May 6</b>              |                                                                                                      |
| 11 AM-12 PM                        | Low-Impact Cardio (Hybrid)                                                                           |
| <b>Wed, May 7</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                             | Community Legal Help Information                                                                     |
| 1-3 PM                             | NY State of Health Marketplace Enrollment Assistance Info                                            |
| 1-3 PM                             | Resume Help (Hybrid)                                                                                 |
| 2-3 PM                             | Ask the Tech Guy                                                                                     |
| 2-3 PM                             | Author Talk with Dr. David H. Rosmarin (Zoom)                                                        |
| 3-4 PM                             | Chair Yoga (West End)                                                                                |
| 5:30-6:30 PM                       | Teen Night: Painted Teapot Planter                                                                   |
| 6:30-8PM                           | West End Book Club: <i>Cooking for Picasso</i> (West End)                                            |
| <b>Thursday, May 8</b>             |                                                                                                      |
| 9:15-12:15                         | ESL with the Adult Learning Center                                                                   |
| 7-8 PM                             | Vinyl Collectors Club                                                                                |
| <b>Friday, May 9</b>               |                                                                                                      |
| 9:15-10:15 AM                      | Chair Yoga (Hybrid)                                                                                  |
| 1-3 PM                             | Film Friday: <i>Mother</i>                                                                           |
| <b>Saturday, May 10</b>            |                                                                                                      |
| 9:45-10:45 AM                      | Yoga for Health & Peace (Hybrid)                                                                     |
| 10:30 AM-12 PM                     | Crochet Club                                                                                         |
| 11:30 AM-12:30 PM                  | Self Care Saturday: Restorative Yoga                                                                 |
| 2-3 PM                             | True Crime Book Club: <i>Lost Girls</i>                                                              |
| 2-4 PM                             | Cult Classic Film: <i>Enter the Dragon</i>                                                           |
| 3-5 PM                             | Tomatomania!                                                                                         |
| 8-9 PM                             | Cabaret Festival - Hannah Jane presents Lady Legends of Broadway                                     |
| <b>Sunday, May 11</b>              |                                                                                                      |
| <b>Library Closed-Mother's Day</b> |                                                                                                      |

|                         |                                                                                           |
|-------------------------|-------------------------------------------------------------------------------------------|
| <b>Monday, May 12</b>   |                                                                                           |
| 10-11 AM                | Accessible Yoga for Every Body (Hybrid)                                                   |
| 1-3 PM                  | Resume Help (Hybrid)                                                                      |
| 2-4 PM                  | Great Books Discussion Group                                                              |
| 2:4:30 PM               | Monday Matinee: <i>A Complete Unknown</i>                                                 |
| 6-7 PM                  | Pilates                                                                                   |
| 7-8 PM                  | Romance Book Club: <i>How to End a Love Story</i> (West End)                              |
| <b>Tuesday, May 13</b>  |                                                                                           |
| 11 AM-12 PM             | Low-Impact Cardio (Hybrid)                                                                |
| 2-4 PM                  | Baseball and Basketball in Days Gone By (Zoom)                                            |
| 5:30-7 PM               | AARP CAREversations: Caring for A Loved One                                               |
| 6:30-7:30 PM            | Adult Craft: Nautical Wheel Decor                                                         |
| 7-8:30 PM               | Books & Brews: <i>Shoe Dog</i> (Off-Site)                                                 |
| 7:15-9 PM               | Friends of the Library Meeting                                                            |
| <b>Wed, May 14</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)                                                                     |
| 4:30-5:30 PM            | Adult Craft: Nautical Wheel Decor                                                         |
| 5:30-6:30 PM            | Teen Night : Decorate Mirrors                                                             |
| 6-7:30 PM               | West End Arts Photo Reception (West End)                                                  |
| 6:30-8:30 PM            | Poetry Open Mic Night!                                                                    |
| 7-7:45 PM               | Chopra Meditation for Stress Relief and Improved Sleep (Point Lookout)                    |
| 7-8 PM                  | Author Talk with Liann Zhang (Zoom)                                                       |
| <b>Thursday, May 15</b> |                                                                                           |
| 9:15 AM-12:15 PM        | ESL with the Adult Learning Center                                                        |
| 3-4 PM                  | Adult Craft: Nautical Wheel Decor                                                         |
| 3-4 PM                  | Adult Craft: Adult Craft: Nautical Wheel Decor (West End)                                 |
| 4:15-6:30 PM            | Animation Afternoons: <i>The Lord of the Rings: The War of the Rohirrim</i>               |
| <b>Friday, May 16</b>   |                                                                                           |
| 9:15-10:15 AM           | Chair Yoga (Hybrid)                                                                       |
| 11:30 AM-12:30 PM       | LB Garden Club: Essentials of Companion Planting                                          |
| 1-3 PM                  | Film 101: <i>Someone Up There Likes Me</i>                                                |
| 2-3 PM                  | Historical Fiction Book Club: <i>The Extraordinary Life of Sam Hell</i>                   |
| <b>Saturday, May 17</b> |                                                                                           |
| 9:45-10:45 AM           | Yoga for Health & Peace (Hybrid)                                                          |
| 12-3 PM                 | PorchFest Kick-off Concert                                                                |
| 1-3 PM                  | Acrylic Painting 101                                                                      |
| 1-3 PM                  | LBPL Scribblers Writers Workshop                                                          |
| <b>Sunday, May 18</b>   |                                                                                           |
| 2:30-4 PM               | Cabaret Festival - Cabaret Swings with Rahsaan Cruse, Jr. (Library closed - concert only) |
| <b>Monday, May 19</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                  | Monday Matinee: <i>The Room Next Door</i>                                                 |
| 6-7 PM                  | Pilates                                                                                   |
| 7-9 PM                  | Library Board of Trustees Meeting                                                         |
| 7:30-8:30 PM            | Sci-Fi & Fantasy Book Club: <i>The Eyes of the Dragon</i> by Stephen King (Off Site)      |
| <b>Tuesday, May 20</b>  |                                                                                           |
| 11 AM-12 PM             | Low-Impact Cardio (Hybrid)                                                                |
| 7-8:30 PM               | Tips and Tricks for Healthy Houseplants                                                   |

|                         |                                                                   |
|-------------------------|-------------------------------------------------------------------|
| <b>Wed, May 21</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                                                  |
| 2-3 PM                  | Author Talk with Rachelle Bergstein (Zoom)                        |
| 2:15-3 PM               | Meditation (Hybrid)                                               |
| 3-4 PM                  | Chair Yoga (West End)                                             |
| 5:30-6:30 PM            | Teen Night : Mini Scrapbooks                                      |
| 7-7:45 PM               | Chopra Meditation for Stress Relief and Improved Sleep (West End) |
| 7-8 PM                  | Creating a Compelling College Application (Zoom)                  |
| 7-8:30 PM               | Women's Empowerment Group with Anissa Moore                       |
| <b>Thursday, May 22</b> |                                                                   |
| 9:15 AM-12:15 PM        | ESL with the Adult Learning Center                                |
| 6-8 PM                  | LGBTQ+ Cinema: <i>Bound</i>                                       |
| <b>Friday, May 23</b>   |                                                                   |
| 9:15-10:15 AM           | Chair Yoga (Hybrid)                                               |
| 1-3 PM                  | Film Friday: <i>Glengarry Glen Ross</i>                           |
| <b>Saturday, May 24</b> |                                                                   |
| 9:45-10:45 PM           | Yoga for Health & Peace (Hybrid)                                  |
| 10:30 AM-12 PM          | Crochet Club                                                      |
| 2-4 PM                  | Family Movie: <i>Lilo and Stitch</i>                              |
| <b>Monday, May 26</b>   |                                                                   |
| 1-3 PM                  | Resume Help (Hybrid)                                              |
| <b>Tuesday, May 27</b>  |                                                                   |
| 11 AM-12 PM             | Low-Impact Cardio (Hybrid)                                        |
| 7-8 PM                  | Albums & Asanas: The Police: Yoga on the Moon                     |
| 8-8:45 PM               | Tech Guy Talks: How to Secure Your Router                         |
| <b>Wed, May 28</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 : Heart Suncatchers                                    |
| 6:45-8 PM               | West End Neighbors Civic Association                              |
| 7-8:30 PM               | LBNY Bestseller Book Club: <i>Real Americans</i> (Hybrid)         |
| <b>Thursday, May 29</b> |                                                                   |
| 9:15 AM-12:15 PM        | ESL with the Adult Learning Center                                |
| 3-4 PM                  | Heritage Quest (Zoom)                                             |
| <b>Friday, May 30</b>   |                                                                   |
| 9:15-10:15 AM           | Chair Yoga (Hybrid)                                               |
| 1-3 PM                  | Film Friday: <i>I'm Still Here</i>                                |
| <b>Saturday, May 31</b> |                                                                   |
| 9:45-10:45 AM           | Yoga for Health & Peace (Hybrid)                                  |
| 10:30 AM-12 PM          | Crochet Club                                                      |
| 12:30-2 PM              | Artful Salon                                                      |

Monitoring your Blood Pressure

Thursday, May 1, 12pm

Join staff from Mount Sinai South Nassau hospital for an informative session about monitoring your blood pressure at home. **Please register.**

Heritage Quest

Thursday, May 29, 3pm (Zoom)

Join librarian Ron Carroll for an overview of the Heritage Quest Genealogy Database!



**Alzheimer's/Dementia Caregivers Support Group**  
**Thursday, May 1, 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.

**West End Arts Monthly Meeting**  
**Tuesday, May 6, 6-8:30pm (Main)**  
Guest speaker from Art Company Liqueitek will demonstrate how to use acrylic paints.

**Community Legal Help Information**  
**Wednesday, May 7, 1-3pm**  
Do you need help with a legal problem?

**NY State of Health Marketplace Enrollment Assistance Information**  
**Wednesday, May 7, 1-3pm**  
Shop for, compare, and enroll in health insurance coverage.

**Friends of the Library Meeting**  
**Tuesday, May 13, 7:15pm**  
The Friends of the Library holds events, offers volunteer opportunities, and runs special projects to support the Library.

**Library Board of Trustees Meeting**  
**Monday, May 19, 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: Tully

**Saturday, May 3, 2:00pm (West End)**

Comedy/Drama, 2018, R 1hr 3min

### May the 4th: The Empire Strikes Back

**Sunday, May 4, 2:00pm**

Sci-fi, Adventure, Action, Fantasy, 1980, PG, 1hr 35min

### Cult Classic Film: Enter the Dragon

**Saturday, May 10, 2:00pm**

Martial Arts Thriller, 1973, R, 1hr 42min

### Animation Afternoons: The Lord of the Rings:

*The War of the Rohirrim*

**Thursday, May 15, 4:15pm**

Fantasy, 2024, PG-13, 2h 14m

### Family Movie: Lilo and Stitch

**Saturday, May 24, 2:00pm**

Comedy/Adventure, 2002, PG, 1hr 25min



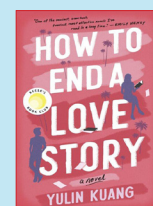
**WEST END  
WED, MAY 7, 6:30PM**



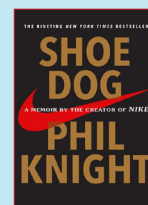
**TRUE CRIME  
SAT, MAY 10, 2PM**



**GREAT BOOKS  
MON, MAY 12, 2PM**



**ROMANCE BOOK CLUB  
MON, MAY 12, 7PM**



**BOOKS & BREWS  
TUES, MAY 13, 7PM**



**HISTORICAL FICTION  
FRI, MAY 16, 2PM**



### Open Mic Night at West

**Thursday, May 1, 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, May 8, 7pm (West End)**

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



### Poetry Open Mic Night

**Wednesday, May 14, 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.

### LB Garden Club: Essentials of Companion Planting

**Friday, May 16, 11:30am**

Join our LB Gardening Club to discuss all things gardening! Bring a pot, take a pot! Jessica Damiano will help separate science from nonsense and show you which plants to pair together to keep your garden healthy and productive. **Please Register.**

**LB GARDEN  
CLUB**



### Tips and Tricks for Healthy Houseplants

**Tuesday, May 20, 7pm**

Beverly Hansel of Hansel & Petal will lead this very informative and interactive program designed to keep your houseplants in tip-top shape! Bring your questions! **Please Register.**



**SCI FI & FANTASY  
MONDAY, MAY 19, 7:30PM**



**LBNY BESTSELLER  
WED, MAY 28, 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, May 17, 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, May 21, 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:**

#### **How to Secure Your Router Tuesday, May 27, 8pm**

Join the Tech Guy for this informative presentation. We will go over how easy it can be to secure your home router and what to do if you get locked out by hackers. **Please register.**

### **MAY AUTHOR TALKS**



**DR. DAVID H.  
ROSMARIN**  
MAY 7 | 2PM

**LIANN  
ZHANG**  
MAY 14 | 7PM



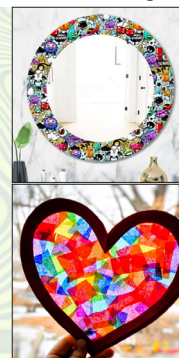
**RACHELLE  
BERGSTEIN**  
MAY 21 | 2PM

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



### **TEEN NIGHT**

**Painted Teapot Planter**  
Wednesday, May 7, 5:30pm  
**Decorate Mirrors**  
Wednesday, May 14, 5:30pm  
**Mini Scrapbooks**  
Wednesday, May 21, 5:30pm  
**Heart Suncatchers**  
Wednesday, May 28, 5:30pm



### **Registration Required for all Exercise Classes**

#### **Pilates**

**Mondays at 6pm**  
No class 5/26

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)**  
No class 5/26

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, May 28, 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.



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

**Wednesday, May 14, 7pm (Point Lookout)**  
**Wednesday, May 21, 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.**



### **Albums & Asanas: The Police: Yoga on the Moon**

**Tuesday, May 27, 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 The Police!



### **Self Care Saturday: Restorative Yoga**

**Saturday, May 10, 11:30am**

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