Adult Programs

Register online at www.tappanlibrary.org or call 359-3877 for assistance.

NEW YEAR, HEALTHY NEW YOU New Year's Health Tips and

Screening

with Retro Fitness Thu, Jan 16 • 6pm Start the New Year off right and ask

questions about fitness and nutrition. Plus, get a free health screening using an InBody scan.

Sat, Feb 15, 22, 29 and March 7 • 12:30pm Try the slow and gentle moves of Tai Chi to increase muscle strength, flexibility and balance.

Fri, Jan 17, 24, 31 and Feb 7 • 12pm Increase your strength and flexibility.

MEDITATION SERIES

with Dr. Frank Pawlowski

into your daily life and begin 2020 with a fresh start.

Filling Our Hearts through Meditation

Wed, Feb 5 • 6:30pm Learn ways to incorporate more love and peace in your life and see the profound transformation on your overall well-being.

Nurturing Our Real Self through Meditation

Wed, Mar 25 • 6:30pm Connect to a calmer and more peaceful existence resulting in more joy, harmony, balance, and peace.

Meditation and Forgiveness

Wed, Apr 22 • 6:30pm Free yourself of the past. Helping you connect to personal inner peace through these meditation techniques.

Eternal Spring

with Michael Norris Tue, Apr 14 • 2pm Wander vicariously through fabulous private gardens, from ancient to medieval, brought to you by the art and plants of the MET and its branch museum, The Cloisters.

The World of St. Patrick

with Michael Norris Wed, March 11 • 2pm Explore ancient Britain's most famous citizen through art, archeology and his letters.

The Famine Irish

with Richard Feingold Fri, March 13 • 2pm



Z2 YeM , YeO leirom9M Easter Sunday, April 12 Presidents' Day, Feb 17 Dr. Martin Luther King, Jr. Day, Jan 20 sefed prisol

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СИНИИ САНИИ С

Sara Nugent, Director

Beatrice Sonnenshein Thano Schoppel Valerie Kersting səəisni Kathleen Keefe-Cooperman, Secretary William Sheridan, Iregsurer Raleigh Tozer, Vice President Victoria Caramante, President **SIJJUS**

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Tween & Teen Programs

Register online at www.tappanlibrary.org or call 359-3877 for assistance.

Teen Art

with Alexis Starke Fri, Feb 7, Mar 13, Apr 3 and May 15 • 5pm Grades 6-12

Create different projects using a variety of techniques and mediums. Please register for each individual session date. Max: 15

coding club

Tues, Jan 14, Feb 11, Mar 10, Apr 28, May 19 • 4-5pm Grades 5-8

Animate videos, create fonts, and build custom photo filters. Bring your own laptop or use one of ours. Sign up per session. Max: 8

Pop-Up Valentines Mon, Feb 3 • 6pm

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Local Patron

Grades 4-7 Make a cute pop-up card and spread the love. Max: 10

Vape Escape

with CANDLE Rockland Wed, Mar 4 • 6:30pm Grades 4-8 Students in Grade 4-8 play a game by solving clues teaching them about the dangers of vaping.

DIY Lip Balm

Mon, Mar 23 • 5:30pm Grades 5-8 Make your own flavored balms and scrubs and say goodbye to chapped winter lips. Max: 10

Exam Prep Series

with Princeton Review Grades 9-12



practice test scored by Princeton Review. Please bring two sharpened pencils and a calculator. Sign up for one or both. Max: 20

Practice SAT

Fri, Mar 20, • 1-4pm

Practice ACT



Tutor.com now provides test prep resources from Princeton Review. And don't forget the service also provides one-on-one tutoring sessions for many academic subjects. You just need your Tappan Library Card for access.

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Sat, Feb 8 • 1-4pm





with Kim Pfeifer

New Year, Fresh Start Tue, Jan 7 • 6:30pm Bring joy, peace, and positivity

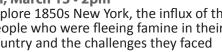
with the Delaware Valley Raptor Center Wed, Feb 19 • 1pm Come and learn about the fascinating world of raptors with an up close look at hawks, falcons, owls and eagles

with Elizabeth Sayles Tue, Mar 31 • 6pm The author will discuss her book, show clips from the PBS documentary and discuss her personal connection to this part of American history.

Defensive Driving Course

with Arthur Aldrich Wed, Apr 29 & May 6 • 2pm Open to all NY drivers. \$30 class fee, cash or check only, required at time of registration. Please stop in to register.

with Mario Medici Wed, May 20 • 6pm Learn about the island from its earliest days up to today. Relive some of our immigrants' experiences, and stories, along with their fears and disappointments.



Tai Chi

with Phillip Cross

Chair Yoga

Reading the Woods

with Donald "Doc" Bavne Wed, April 8 • 6pm Come and learn the signs of the forest so the next time you hike, you'll know what to expect in the woods you are exploring.

Vaping Workshops

ble with CANDLE Rockland Wed, Mar 4 • 6:30pm

Training for Adults

•6•

Learn about the anatomy of the devices, the chemical ingredients in e-liquids and how this popular habit can harm your lungs and body.

Vape Escape Students in Grade 4-8 play a game by solving clues teaching them about the dangers of vaping.

What's Happening at the John Green House?

with Win Perry, President of the John Green House Preservation Coalition Wed, Mar 18 • 2pm

Hear about the rehabilitation of the House, the remaining work and the plans for its eventual use.

Close Encounters with Birds of Prey

Cooking by the Book: The Changing Landscape of American Cuisine

with Sarah Wassberg Johnson Sun, Mar 29 • 2pm Learn about food trends, celebrity chefs and cookbookery in the United States through the ages.

The Ghost Army of WWII

Ellis Island: Island of Hope, Island of Tears

WINTER/SPRING NEWSLETTER 2020



Adult Programs

Register online at www.tappanlibrary.org or call 359-3877 for assistance.

Sleep and Memory

with Suzanne Pearson Wed, May 13 • 6:30pm When you learn something new, the best way to remember it is to sleep on it. This program will cover the relationship between sleep and memory.

Mindful Eating

With Danielle Fabrizio

Tue, Apr 21 • 2pm

Paying attention to what we eat and using our senses to focus on food has been proven helpful for weight management and for overall health. Join us to learn more about this simple yet effective way of eating!

MONDAY MOVIE MATINEES

Every Mon • 2pm Each week we announce the title for the upcoming week. With Award Season here, we will make sure to show some of the nominees. Check our website or drop-in to see what's playing each week.

First Friday Book Discussions

with Ellie Pollack Join us on the first friday of each month for lively discussions of great books at 10:30am. Books will be available one month prior to the discussion.



Nine

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Strangers

Ready Player One by Ernest Cline Fri, Feb 7

The Woman In the Window by A.J. Finn Fri, Mar 6

the G

Woman

window

A. J. Finn

REBECCA

DAPHNE

DU MAURIER

in the

Belgravia by Julian Fellowes. Fri, Apr 3

Rebecca by Daphne du Maurier Fri, May 1

Nine Perfect Strangers

by Liane Moriarty Fri, Jun 5

Any Game Open Play

Thu, Jan 16-May 7 • 12pm Bring a favorite game and play with old or new friends. Play Mah Jongg? Bring you friends, card and set. Registration required. Limit 20 players.

Evening Mah Jongg

Thu, Jan 16-May 7 • 4:30pm Registration required.

Beginner's Canasta

Thu, May 14-Jun 18 • 1:30pm Learn how to play in a low-stress environment with your friends and neighbors. Instructor will contact you to confirm your playing ability. Registration is required. Limited to 10 players.

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STORYTIME We will not meet during the weeks of March 8 & March 15.

Baby Time

Tue, Jan 7 – May 19 • 10:30am Infants to 18 months with caregiver Music, movement, bubbles, and parachute play! Max: 15

Preschool Time

Tue, Jan 7 – May 19 • 11:15am Wed, Jan 8 – May 20 • 10:30am Ages 3-5 years with caregiver Enjoy a book and have fun singing, dancing and playing parachute games! Max: 15

Toddler Time

Wed, Jan 8 – May 20 • 11:15am Ages 19 months to 2 years with caregiver Shake your sillies out with songs, scarves, and bubbles! Max: 15

Musicare

with Miss Sue Sat, Jan 11, Feb 1, Mar 7, Apr 4, and May 9 • 1pm Infants to 5 years with a caregiver Fun with music and instruments. Please register for each individual session date. Max: 20



Kids Art Class

with Alexis Starke Mon, Jan 13, Feb 10, Mar 9, Apr 6, and May 11 • 5pm Grades 1-5 Get inspired by famous artists through drawing, painting and collage. Please register for each individual session Max: 12

Little Artists

Thu, Jan 16, Feb 13, Mar 12, Apr 2, and May 14 • 1pm Ages 2-5 with a caregiver A fun, no-rules approach to Pre-K art. Dress for mess! Please register for each session. Max: 12

Construction Crew to the Rescue!

Fri, Jan 24 • 1pm Ages 2-5 with a caregiver Calling all little builders! We'll read a story and make our own tools and kit so you can help around the house. Max: 12

Grades K-5 water. Max: 20

Kids Yoga

LEGO Lab

Fri, Jan 31, Feb 28, Mar 27, Apr 24, and May 8 • 4:30pm Grades K-5 Bring your imagination, we'll supply the LEGOs! Max: 20

Mad Science: The Science of Magic Science

Tue, Feb 18 • 2pm Ages 4-11 with caregiver Are magicians really doing magic? Learn the science behind magic in this fun and educational show featuring spectacular demonstrations and audience participation. Max: 30

Oooey Oobleck

Mon, Mar 2 • 5:30pm Grades 2-5

Dino-Mite!

Tue, Mar 10 • 1pm Ages 2-5 with a caregiver

Paws for Reading

with Ollie, certified therapy doa Wed, Mar 18, Apr 1, and May 13 • 4:30pm Grades K-5 "Pause" to read with Ollie, a miniature schnauzer and certified therapy dog. Sign up per session. Max: 6

Pajama Storytime

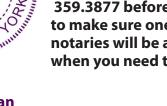
Ages 3-5 with a caregiver

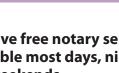


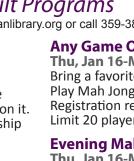
Sign up per session. Max: 15

Springtime Mobiles

Thu, Apr 16 • 2pm Grades K-5 Create a one-of-a-kind mobile out of fun, colorful objects-perfect for hanging in a sunny, open window. Max: 12









Children's Programs

Register online at www.tappanlibrary.org or call 359-3877 for assistance.

with Judy Levin, certified yoga instructor Fri, Jan 24, Mar 6, May 1 • 4:30pm

Learn how to move and stretch into fun poses. Dress comfortably and bring



Celebrate Dr. Seuss's birthday by learning how to make the sticky stuff from Bartholomew and the Oobleck.Max: 10

Is your child totally into Triceratops? A Stegosaurus super-fan? Bring your budding paleontologist for stories, songs and crafts all about dinosaurs. Max: 20

Mon, Mar 30, Apr 20, May 18 • 6pm

Wear your PJs, bring your favorite stuffed animal, and enjoy stories and songs before bedtime.

Mother's Day Picture Frames

Mon, May 4 • 6pm Grades K-5 Decorate a frame for your mom, grandma, aunt, or anyone you love, and add a special hand drawn picture. Max: 12

Family Movies

Please register for each movie. The Addams Family (2019)

Fri, Feb 21 • 1pm Trouble arises when a shady TV personality realizes that the Addams' spooky mansion is standing in the way of her dream. PG, 86 min.

Abominable

Sat, Mar 14 • 1pm Three teenagers help a Yeti return to his family and avoid a zoologist who wants the Yeti for himself. PG, 97 min.

Frozen II

Fri, Apr 17 • 1pm The cast is back to find the origin of Elsa's powers in order to save their kingdom. PG, 103 min.

The World Beneath Our Feet

with Tenafly Nature Center Wed, Jan 29 • 6pm Ages 3-10 with adult caregiver Discover why some animals live underground, and meet animals whose survival depends on the time they spend within the soil. Max: 25

Close Encounters with Birds of Prey

with Delaware Valley Raptor Center Wed, Feb 19 1pm All ages

Come and learn about the fascinating world of raptors

with an up close look at hawks, falcons, owls and eagles Max: 15

Egg-Laying Animals

with The Nature of Thinas Wed, Apr 15 • 2pm Ages 4-11 with adult caregiver



What kind of animals lay eggs? Birds,



bugs, reptiles, amphibians, and mammals! Come explore the egg-laying world with us! Max: 30

