



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.



Tai Chi

with Phillip Cross
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.

Chair Yoga

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



MEDITATION SERIES

with Dr. Frank Pawlowski

New Year, Fresh Start Tue, Jan 7 • 6:30pm

Bring joy, peace, and positivity 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
Explore 1850s New York, the influx of the Irish people who were fleeing famine in their home country and the challenges they faced



Reading the Woods

with Donald "Doc" Bayne
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 with CANDLE Rockland Wed, Mar 4 • 6:30pm

Training for Adults

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

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



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

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.

Ellis Island: Island of Hope, Island of Tears

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.

Closing Dates
Dr. Martin Luther King, Jr. Day, Jan 20
Presidents' Day, Feb 17
Easter Sunday, April 12
Memorial Day, May 25

LIBRARY HOURS
Mon. - Thurs. 10am-8pm
Fri. 10am-7pm
Sat. and Sun. 12pm-5pm

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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



Pop-Up Valentines

Mon, Feb 3 • 6pm
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
Free, full-length 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

Sat, Feb 8 • 1-4pm

tutor.com
A Service of The Princeton Review

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.

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

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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.

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.



Did you know that your Tappan library card gives you free access to :



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Rosetta Stone

Learn a new language, or brush up on an old one, from the comfort of your home.



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We encourage you to call 359.3877 before you arrive to make sure one of our notaries will be available when you need them.

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Children's Programs

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



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

Kids Yoga

with Judy Levin, certified yoga instructor

Fri, Jan 24, Mar 6, May 1 • 4:30pm

Grades K-5

Learn how to move and stretch into fun poses. Dress comfortably and bring water. Max: 20

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

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

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

Dino-Mite!

Tue, Mar 10 • 1pm

Ages 2-5 with a caregiver

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

Paws for Reading

with Ollie, certified therapy dog

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

Mon, Mar 30, Apr 20, May 18 • 6pm

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



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 Tenaflly 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 Things

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

