

# Nassau Free Library Newsletter

“THE HEART OF THE COMMUNITY”

JANUARY 2019

## LIBRARY PROGRAMS

Please register for all programs.  
518-766-2715

### STORYTIME

Every Wednesday  
10:30am

Join Tracey for stories, songs & crafts geared towards our youngest friends.



### FITNESS FUSION

Thursdays 1/10, 1/17,  
1/24 & 1/31 @ 6pm

Coby Scaccia's Fitness Fusion includes a blend of Yoga, Pilates, toning exercises, cardio and Qi Gong (Tai Chi). All abilities welcome! \$5/class suggested donation. RSVP.



### BEGINNER'S YOGA

Saturdays 1/5, 1/12, 1/19  
& 1/26 @ 10:30am

Suzannah Winn will introduce the benefits of

Yoga for health, mind, body, and spirit. Space is limited so please sign up for every class you can attend. \$5/class suggested donation. Bring a yoga mat if you have one. RSVP.



### MINECRAFT

Tuesday 1/8 6-7pm

Connect with fellow Minecraft fans!

Bring your own device or call the library to reserve a device. Pocket Edition & Creative settings only please. Ages 5+



### OPEN MIC NIGHT

Friday 1/11 6:30-8pm

Calling all musicians, poetry lovers, comedians & more!

Join us for Open Mic night where we invite local performance artists of all kinds to gather and share their art at the Library. All ages welcome. Please keep performances family friendly. RSVP.

### STOP MOTION ANIMATION

Tuesday 1/15 6-7pm

Learn how to make your own movies using your imagination, an iPad and your choice in art materials or Legos. Bring your own device with the Stop Motion Studio downloaded. Let us know if you need to reserve a library iPad when you call to register. RSVP is required! Ages 5+

### FAMILY GAME NIGHT

Friday 1/18 6pm

An “electronics free” game night! We'll have a selection of family friendly board games to play and encourage you to bring your own to share. We'll also have hot chocolate and snacks! RSVP is required.



### LOCAL AUTHOR VISIT & BOOK TALK:

ROBERT CLANCY

Monday 1/21 6:30pm

Local Author Robert Clancy will join us to talk about his latest book *Love's Awakenings: A collection of over 70 inspirational poems and affirmations*. Learn to purposefully use gratitude, hope & love to massively transform your life! Robert Clancy is a creative visionary, #1 bestselling author, spiritual teacher and co-founder of Spiral Design Studio, LLC. He is a sought after speaker, presenter and guest. RSVP



### LEGO CLUB

Wednesday 1/23 6-7pm

Join us for a fun hour of building and Lego bingo! All ages.



### MEETINGS

Friends Meeting: Mon. 1/7 6:30 pm

Board Meeting: Wed. 1/16 7pm

Book Group I: Tues. 1/22 7pm

### KEEPING RESOLUTIONS!

Monday 1/28 6:30-8pm

Presented by: Theresa Mayhew, CCE Resource Educator

Did you make some New Year's resolutions? How are you doing with keeping them? More than half of Americans make New Year's resolutions but less than 10 percent follow through on them. This program will provide some tips on how to keep them and have a better chance of success. We'll look at what goes in to making resolutions realistic, reasonable and relevant so you can feel good about achieving the goals that you've set for yourself. RSVP (518)766-2715 by 1/26.

### COOKBOOK CLUB

Theme: “Comfort Food”

Tuesday 1/29 6:30pm

Check out any cookbook from the library in your own personal style. (30 minute meals, vegetarian, vegan, gluten free, etc.). Bring your library cookbook, a dish that serves 6-8, & serving utensils. Enjoy a potluck in the community room, and discuss your recipe with other foodies! RSVP to reserve your spot at the table!



**\*SAVE THE DATE!\***

### TAKE YOUR CHILD TO THE LIBRARY DAY!

Saturday 2/2

Stay tuned for details!

### MONEY SMART FOR OLDER ADULTS

Monday 2/11 6:30 – 8:00 pm

Presenter: Theresa Mayhew, CCE Resource Educator

The Money Smart for Older Adults Program raises awareness among older adults and their caregivers on how to prevent elder financial exploitation (frauds and scams) and encourages advance planning and informed financial decision-making.