

## Adult Programs

Register online at [www.tappanlibrary.org](http://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

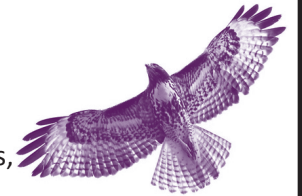
Students in Grade 4-8 play a game by solving clues teaching them about the dangers of vaping.

### 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**  
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### 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 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.

**Local Patron**  
Tappan, NY 10983

## Tween & Teen Programs

Register online at [www.tappanlibrary.org](http://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



## 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.



## 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.

**Ready Player One**  
by Ernest Cline  
Fri, Feb 7

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

**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 your 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 :



### Consumer Reports

Read reviews, articles and ratings on hundreds of consumer products.

### Rosetta Stone

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



### Hoopla

Access hundreds of ebooks, movies and audiobooks with no waiting time.

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We have free notary services available most days, nights and weekends.

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

### Book a Librarian

Trouble downloading books? Not sure how to use Hoopla or Kanopy? Want to learn a new language with Rosetta Stone? Call us, make an appointment and bring in your device. We will help you set up your account!

### Don't miss the newest releases!

Sign up for our NEW RELEASE email and receive a list of weekly releases. Simply pick the titles that sound good and we will place them on hold for you and let you know when they arrive in Tappan!



## Children's Programs

Register online at [www.tappanlibrary.org](http://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



### Ooey 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



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

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 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 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

