

# Mattituck-Laurel Library Newsletter



## March/April Adult Programs

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

Be sure to check out our monthly grab and go kits! Available at the reference desk.

### Chef Rob Grab-and-Go Irish Soda Bread Kits

**Available March 1st-while supplies last**

Back by popular demand, don't miss Chef Rob's traditional Irish Soda Bread grab-and-go kit! Kits include the written recipe and all dry ingredients, but patrons must provide their own wet ingredients. All registrants will receive a link to Chef Rob's instructional video (strongly recommended). Only those who are registered will be able to pick up a kit. Kits will be available for pick up beginning at 9 a.m. on March 1st. \*Limit one per cardholder please.

### Perfect Combination: A Tribute to the Legends Sun., March 3rd, 2 p.m.

Donna Lee and Kenny as Perfect Combination will perform a Tribute to the Legends. Artists include Barbra Streisand, Patsy Cline, Billy Joel, Donna Summer, and many more. Join us and follow them through the decades with the great legends of music!

### Smartphone Photography 101 Mon., March 4th, 5:30 p.m.-7:00 p.m.

In this hands-on course, learn about photography composition, lighting and technicality as well as how to use the settings on your smartphone camera. From the best time of day to shoot, to how to take a great selfie, this course covers it all!

### Learn to Draw Beginner Series with Lisa Baglivi Wednesdays, March 6th, 13th and 20th, 5:30 p.m.-7:00 p.m.

Art instructor Lisa Baglivi will guide beginner-level students through drawing fundamentals to create a still-life. The class focuses on the basics of drawing, using pencil, paper and eraser.

### First-Time Homebuyers Seminar

**Thurs., March 7th, 5:30 p.m.**

Join Mortgage Loan Officer Dennis Young of Fairway Mortgage, and Financial Planner Christian LaPeter of the Quintessential Experience in Financial Services for a First-Time Homebuyer Seminar. Come learn about the home-buying process from start to finish. We will also discuss the ins and outs of different loan products, putting together a budget, and much more!

### Literary Cafe Fri., March 8th, 10 a.m.

### Coffee with a Cop Fri., March 8th, 10 a.m.-12 p.m.

Coffee with a Cop is dedicated to encouraging communication and positive interactions between law enforcement agencies and our community. During the event, Senator Palumbo and members of the Southold Police Department and Suffolk County's District Attorney's office will be available to discuss public safety and criminal justice issues.

### Free Educational Medicare Seminar Tues., March 12th, 10 a.m.

Join Kiersten Palma, RN, to learn how you can best navigate the most recent changes to Medicare and get all the benefits that you are eligible for. This program is offered by Senior Services of North America.

### Beginners' Crochet Class

**Tuesdays: March 12th, 19th, 26th; April 2nd, 9th and 16th, 4:30 p.m.-6:30 p.m.**

Join crochet instructor Alice Jones as she teaches you basic crochet stitches in this introductory level class. All participants will finish this class with the skills they need to complete a crocheted hat or scarf. All registrants will be automatically signed up for all sessions. Registrants should bring 1 skein of light-colored yarn and a crochet hook (any size between 6-9).

### Intermediate Crochet Class Wednesdays: March 13th, 20th, 27th; April 3rd, 10th and 17th, 1:00 p.m.-3:00 p.m.

Join instructor Alice Jones, who will teach an intermediate-level crochet class focusing on advanced stitches, reading patterns and more. This six-week class will enable patrons to finish an agreed upon project. Students should be proficient in basic stitches, including single and double crochet stitches. Registrants should bring a medium-weight, light-colored yarn and a size 6 crochet hook.

### The Betty White Story via Zoom Thurs., March 14th, 5:30 p.m.

Join us as we learn the fascinating and inspiring story of the beloved author, humanitarian, and, of course, actress, The First Lady of Television: Betty White!

### An Old Fashioned Irish Sing Along Fri, March 15th, 5:30 p.m.

Join us for an Old Fashioned Irish Sing Along with Kevin Westley, featuring popular Irish American songs, such as It's a Great Day for the Irish, MacNamara's Band, My Wild Irish Rose, Too-Ra-Loo-Ra-Loo-Ra, When NY was Irish, When Irish Eyes are Smiling and more.

# March/April Adult Programs

For programs that require a registration fee, the fee may be paid online, or in person at the circulation desk.

## Defensive Driving

**Sat., March 16th, 10 a.m.-4 p.m.**

This 6-hour class is sponsored by the National Point & Insurance Reduction Course. Upon completion, this course reduces 10% from your liability, collision and no-fault insurance for a total of 3 years. It also reduces 4 points from your driving record. It is approved through the NYS DMV. Please bring lunch or snacks with you on the day of the class. There is a nonrefundable fee of \$35 for this class that can be made online or in person via cash or check. Checks should be made payable to Mattituck-Laurel Library. Please note that there is a 20-person minimum required to run this class. In the event that this enrollment requirement is not met, we will refund registrants their \$35 fee. \*Please be advised that the instructor is unable to accept late students as per DMV regulations. Please arrive promptly at 10 a.m. or a few minutes earlier.

## Invitation to the Opera: Tchaikovsky's Eugene Onegin

**Wed., March 20th, 1 p.m.**

A callous Onegin crushes the heart of an innocent girl, then commits another cruel act, only to learn, several years later, that we create our own destiny and despair.

## The Roosevelt Women: Exceptional Ladies of New York State via Zoom

**Wed., March 20th, 7 p.m.**

They were the mothers, wives, and daughters of presidents, politicians and statesmen - and policy and political influencers, authors, campaigners and travellers, too. They left an extraordinary legacy that is still being felt today. Join author and historian JoAnn Tufo for a conversation about and a revealing exploration of the lives of these remarkable Americans. This is an EEPA program hosted by Westhampton Free Library.

## East End Libraries Present: Weight Loss: Is Medication the Solution? via Zoom

**Thurs., March 21st, 12 p.m.**

Many medications have recently been approved to aid in weight loss. Dr. Amy Rosenbluth, a board-certified surgeon affiliated with the Bariatric and Metabolic Weight Loss Center at Stony Brook Medicine, will discuss the types of medications that can help with weight loss, as well as their risks and benefits. Dr. Rosenbluth will also talk about the

many different options for weight loss offered at the Stony Brook Weight Loss Center, including nutritional counseling, pharmacotherapy, and surgery for those needing to lose significant amounts of weight, or who are experiencing weight-related health problems. This program is sponsored by Stony Brook Southampton Hospital. Please contact your local library, or Westhampton Free Library for a registration link at (631) 288-3335.

## The Sun Will Darken on April 8th

**Thurs., March 21st, 7 p.m.**

It is most likely that the oldest recorded solar eclipse (based on Chinese Chronicles) was 22 October, 2137 BC. The newest solar eclipse will be Monday, April 8th. Eight-time Emmy-nominated meteorologist Joe Rao will shine a light on the science of eclipses, and what to watch for in April. An East End Libraries Event hosted by Westhampton Free Library.

## Starting Your Organic Vegetable Garden

**Sat., March 23rd, 10:30 a.m.-12:30 p.m.**

Now is the perfect time to begin your vegetable garden. There is nothing more satisfying than growing healthy food right in your own backyard. During this program, Renato Stafford will focus on designing your growing locations, building raised beds, irrigation systems, selecting and starting seeds, growing techniques and garden maintenance.

## Mindfulness Series with Donna Nesteruk

**Tuesdays: March 26th and April 23rd, 5:30 p.m.**

Mindfulness is a mental state achieved by focusing awareness in the present moment, reminding you of your innate potential. Do you feel as though you are missing out on the present moment? Are you easily distracted and caught up in the mayhem of daily responsibilities? This often leads to anxiety, stress, feeling unfocused and even a lack of self compassion. It is time to let go of the gnawing thoughts of the past that no longer serve you. Only in the NOW can you build upon the past and prepare for the future.

## Blood Drive

**Wed., March 27th, 12:30 p.m.-6:30 p.m.**

1 Pint can save 3 Lives. Give Blood, Give Life. Appointments strongly preferred.

## Improve Your Bridge-Play Course

**Wednesdays: April 3rd, 10th, 17th and 24th, 10 a.m.-12 p.m.**

Arnold Fischer will teach you how to improve your Bridge skills. During this class, participants will play a hand at Bridge and then analyze how the hand can best be played.

## Guided Hike at Hallock State Park Preserve

**Thurs., April 4th, 10 a.m.**

Come explore the woods, dunes, beachfront & freshwater pond at Hallock State Park. Author, naturalist & photographer Lee McAllister will guide us through these different ecosystems with the chance to learn the history of the property while possibly viewing wildlife and natural features that make up this 225-acre park preserve. We'll cover about 2 miles with a chance to explore the beach on the Sound. Please come dressed in appropriate hiking attire.

## Tortilla Making with Maria's Mexican Cooking @ Southold Free Library

**Sat., April 6th, 12 p.m.-2 p.m.**

Enjoy a hands-on experience making your own gluten-free, corn-based tortillas with guidance from Maria's Mexican Cooking. Once you make your tortillas, fill them with traditional toppings and enjoy! Patrons are asked to bring their own mixing bowls. This program is co-sponsored by Southold Free Library and will be taking place at Southold Free Library.

## Build Your Own Cheese Board

**Thurs., April 11th, 5:30 p.m.**

Learn how to create your own cheese board with Raven Janoski of the Village Cheese Shop. Raven will share tips about how to make a beautiful cheese board and guide you step-by-step through the process. You will leave the library with a beautiful cheese board that you can create again and again. \*\*Please bring your own cheese board, no smaller than 12"x6".

## Literary Cafe

**Fri., April 12th, 10 a.m.**

## Bracelet Making with Donna Irvine

**Sat., April 13th, 12 p.m.-2 p.m.**

Jewelry designer, Donna Irvine, will teach you wire wrapping techniques to make a beautiful, Bohemian-style bracelet. Patrons will be able to customize their own creation by choosing their own wire color and bead colors.

# March/April Adult Programs

For programs that require a registration fee, the fee may be paid online, or in person at the circulation desk.

## Louis Armstrong: It's a Wonderful World via Zoom

**Tues., April 16th, 7 p.m.**

Louis Armstrong, aka Satchmo. Satch and Pops, is considered one of the most influential, if not the most influential figures in jazz. Celebrate Armstrong – and National Jazz Appreciation month – by joining Ricky Riccardi, Director of Collections for the Louis Armstrong Museum to learn more about this extraordinary man – and musician. An East End Libraries Event hosted by the Westhampton Free Library.

## Castan and Canio: An April Reading

**Thurs., April 18th, 2 p.m.**

Named The Walt Whitman Birthplace Association's Long Island Poet of the Year 2013, Fran Castan has also received The U.K.'s 2021 Hippocrates Prize for Poetry and Medicine, The Poetry Society of America's Lucille Medwick Award, and a MacDowell Fellowship. Canio Pavone is the founding owner of "Canio's," the fabled bookstore in Sag Harbor. From the first reading by Nelson Algren in 1980 to the annual marathon reading of Moby Dick, Canio's Books has been a literary center for eminent and emerging artists.

## Invitation to the Opera: Janacek's Jenufa

**Wed., April 24th, 1 p.m.**

In this dark and stunning masterpiece, a stepmother tries to save her stepdaughter, Jenufa, from entering an unhappy marriage. When Jenufa becomes pregnant out of wedlock, the stepmother acts desperately to save Jenufa — and herself — from shame and humiliation. A study of female resistance in the face of social cruelty.

## What is Compost and Compost Tea? via Zoom

**Wed., April 24th, 7 p.m.**

Composting can benefit your soil by adding many important nutrients, it helps the soil hold water more efficiently and increases the production of fruits and vegetables, as well as flowers in the garden. How and when to use compost and compost tea will also be discussed. This is an EEPA program hosted by North Shore Public Library.

## Book Discussion: Horse by Geraldine Brooks

**Thurs., April 25th, 4 p.m.**

## Suicide Prevention via Zoom

**Thurs., April 25th, 7 p.m.**

This program will teach participants about suicide statistics, recognizing warning signs, recognizing risk and protective factors, how to ask someone if they are contemplating suicide and referring a person to the appropriate treatment and supports. Information on local resources will be provided.

## Carole King Tribute: A Performance by Gail Storm

**Sat. April 27th, 2 p.m.**

NY based pianist, vocalist, songwriter and educator Gail Storm will honor Carole King through live performance and commentary. Ms. Storm will perform songs from the award-winning Tapestry album and more.

## 12 Tips for Reducing Your Prescription Drug Cost

**Wed., May 1st, 10 a.m.**

This is an informative workshop that will provide you with tools that will help you save money on prescription refills. \*The information provided is for educational purposes only; it is advisable to consult with your healthcare provider for any of your healthcare needs.

## Alternate Thursday Films:

**March 7th**

**Miracles from Heaven:** Based on a true story about a mother who struggles with her faith and goes to extremes to get her daughter medical care.

**March 21st**

**The Holdovers:** In this comedy/ drama, a teacher is obliged to supervise boarding school boys for Christmas break, when he learns about himself and bereavement.

**April 11th**

**The Pelican Brief:** A law student's legal brief about the assassination of two Supreme Court justices causes her to be targeted by killers.

**April 25th**

**Past Lives:** Two childhood friends reunite 20 years after one had immigrated to the U.S. Now as adults, they wrestle with their unresolved connection.

## Move into Health with the Mattituck-Laurel Library

**Sat., April 20th,**

**10:30 a.m. walk, 11 a.m. health fair**

Lace up your sneakers and step into a healthier you! Join us for a 1.2-mile walk ending at the library. After the walk, engage in wellness activities and talk with health professionals who can connect you with resources and services in health, fitness, nutrition and more! Patrons can participate in both the walk and the health fair, or choose one or the other. **The first 100 registrants will receive a free t-shirt!**

# Youth and Parenting Department

Please register for programs using the online calendar.

## BIRTH-PRESCHOOL

### Babies Boogie

**Tues., March 5th, 10 a.m.**

**Ages Birth – 2 years**

Enjoy this high-energy, interactive movement and music program. Program presented by Nicole Sparling.

### Toddlers Tango

**Tues., March 5th, 11 a.m.**

**Ages 25 months – 3 years**

A high energy experience with fun musical props for you and your toddler. Program presented by Nicole Sparling

### Parent/Child Rhyme and Play

**Wednesdays, April 3rd, 10th, 17th,**

**24th and May 1st, 10 a.m.**

**Birth – 3 years**

Spend time playing with both fine and gross motor skill toys. Then join us for nursery rhymes, puppets, stories, and action songs.

### Baby Music with Happy Feet

**Tues., April 9th, 4 p.m.**

**Birth – 12 months**

Enjoy time with your baby with music and sensory Activities. Program provided by Happy Feet of Suffolk

### Toddler Music with Happy Feet

**Tues., April 9th, 5 p.m.**

**13 months – 3 years**

A high energy combination of body movements such as jumping and dancing along with musical instruments. Program provided by Happy Feet of Suffolk.

### Bilingual Story Time

**Tues., April 16th, 4 p.m.**

**Ages 3- 5 preschool (with caregiver)**

Come celebrate stories of diversity! Learn about the journey of the Monarch Butterfly to Mexico, through the story of "The great migration of Mari and Lucia". Puppeteer/Storyteller, Carmen Campos, will be using a Crankie theater to share this bilingual tale with puppets!

### Toddler Music with Happy Feet

**Tues., April 23rd, 4 p.m.**

**13 months – 3 years**

A high energy combination of body movements such as jumping and dancing along with musical instruments. Program provided by Happy Feet of Suffolk

### Musical Kids with Happy Feet

**Tues., April 23rd, 5 p.m.**

**3-5 years preschool**

A high energy follow along class along with Learning how to use Musical instruments

## KINDERGARTEN – 6TH GRADE

### Drop In Retro Video Games

**Thur., March 7th, 2:30 – 4:30 p.m.**

Join us in the Tween Place and enjoy some old school games.

### Read to a Dog

**Mon., March 11th, 4 p.m.**

**Grades K-6**

Sitting down and reading out loud to a dog creates a fun and safe experience. Each child will have a 10 minute reading slot.

### LEGO Grades 4-6

**Mon., March 18th, 4 p.m.**

**Grades 4-6**

Use library LEGO to create your design. We will place it on display in our LEGO case.

### Talking Stick with Judy Wilson

**Tues., March 19th, 4 p.m.**

**Grades K-3**

Whoever has the stick holds the power of words. Learn about the talking stick and make your own to take home.

### Junior Engineers – Straw Rockets With LISC

**Tues., March 26th, 4 p.m.**

**Grades K-2**

Join the Long Island Science center for this STEAM based Straw rocket program.

### Drop In Retro Video Games

**Thurs., April 4th, 2:30 – 4:30 p.m.**

Join us in the Tween Place and enjoy some old school games.

### LEGO Grades 2-3

**Mon., April 8th, 4 p.m.**

**Grades 2-3**

Use library LEGO to create your design. We will place it on display in our LEGO case.

### Read to a Dog

**Mon., April 8th, 4 p.m.**

**Grades K-6**

Sitting down and reading out loud to a dog creates a fun and safe experience. Each child will have a 10 minute reading slot.

### Engineering Lab – Action Contraptions

**Rube Goldberg Machine**

**Thurs., April 11th, 4 p.m.**

**Grades 3 - 6**

Join the Long Island Science Center to learn how to make an Easy task very complicated by building a Rube Goldberg Machine.

### Butterfly Puppets & Puppet Making Workshop

**Tues., April 16th, 5 p.m.**

**Grades 2 – 6**

Join Carmen for bilingual stories, butterfly puppets and a puppet-making workshop. Carmen has been an educator for more than 30 years and uses puppets to introduce the audience to indigenous tales and stories about South America. Carmen, who creates her own puppets, will end with a puppet-making workshop.

### Engineering Lab – LEGO Engineering

**Thurs., April 25th, 4 p.m.**

**Grades 3-6**

Join the Long Island Science Center to have simple machines come To life using levers and pulleys.

### LEGO Grades K-1

**Mon., April 29th, 4 p.m.**

**Grades K-1**

Use library LEGO to create and place on display in our LEGO Case.

## FAMILY PROGRAMS

### **Grab n Go Chocolate Pizza from Chocolicious Chocolatier**

**Thurs., March 14th**

Pick up in the children's room.

The most sumptuous and delightful chocolates and treats to satisfy your palate. Make this chocolate pizza for 3.14 Pie Day.

### **Frog Fun**

**Mon., March 25th, 4 p.m.**

For Families

Join us for frog stories and fun. Make and take home a frog craft and enjoy a snack.

### **Spring Surprise Cupcakes With Chef Rob**

**Mon., April 1st, 4 p.m.**

For Families

Make three cupcakes with spring colors. There will be a tasty surprise inside one of them.

### **Total Solar Eclipse**

**Thurs., April 4th**

(Mattituck will experience 70%-80%)

Drop In class and craft for Families Join us and learn about the total solar eclipse happening on the 8th. Create your own phases of the sun with Oreo cookies. Participate in different activities and be sure to take home a pair of eclipse glasses.

### **EGGciting Family Storytime**

**Mon., April 15th, 4 p.m.**

For Families

Share egg stories and fun. Make and take home an egg craft and enjoy a snack.

### **Grow and Taste Garden**

**Thurs., April 18th, 4 p.m.**

For Families

Join Judy Wilson and get your hands dirty and plant some seeds! Plant an edible vegetable and flower garden to take home that, in time, you can transfer into your own yard or large patio pot. Then, see and taste what our seeds will grow to be!



## MOVIES IN THE TWEEN PLACE

### **Because of Winn Dixie**

**Tues., March 12th, 4 – 6 p.m.**

Based on the book by Kate DiCamillo

The heartwarming tale of a young girl whose life is changed by a scruffy, fun-loving dog she names Winn-Dixie. The special bond between them works magic on her reserved dad and the eccentric townspeople they meet during one unforgettable summer.

Rated PG Running time 1 hour 46 minutes

### **The City of Ember**

**Tues., April 2nd, 4 – 6 p.m.**

Based on the book "The City of Ember" by

Jeanne Duprau. For centuries the residents of the underground City of Ember have flourished In an amazing world of glittering lights and quiet contentment. The City's power generator begins to fail, the street lights fade, along with the hopes of the townspeople. Now it will be up to two courageous teenagers to follow a trail of clues left by the ancient builders to find a way out of Ember before their world is plunged into complete darkness. Rated PG Running time 95 minutes

## Registration begins February 26th

### Grab and Go Kits!

These kits are available until supplies last. No registration required. Come see Marissa at the Young Adult Services Desk.

### March: Mini canvas art (Community Service Opportunity!)

Teens are invited to pick up a mini canvas that they can paint at home. Teens can either keep it as a decoration for home or bring it back to the library to help decorate the teen space. Anyone who returns their canvas will receive 1 hour of community service.

### April: Pressed Flower Frames

Get creative with this fun spring craft! These pressed flower frames are the perfect decoration for any space. Kits included dried floral arrangement and frame.

## ONGOING EVENTS:

### Friends of the Library Scholarship

Seniors who live in Mattituck and Laurel are eligible to receive the Mattituck-Laurel Library Friends' Scholarship Award. Applications are due April 30th. Please apply online or grab an application at the Teen Services Desk.

### SAT Prep at Mattituck-Laurel Library

**Sundays, April 7, 14, 21, & 28, 1:00-3:00pm**

Program Fee: \$120

Learn skills and strategies to help raise your scores on the May 4th SAT exam! Come ready to learn, leave prepared to excel. Open to ALL high school students. Please register at Mattituck Laurel Library.

## COMMUNITY SERVICE OPPORTUNITIES:

Please email [marissa.timm@mattlibrary.org](mailto:marissa.timm@mattlibrary.org) for any community service inquiries.

### COLLABORATIVE PROM DRESS DRIVE

**Months of March & April**

In collaboration with the Town of Southold Youth Bureau and the East End Libraries, we will be accepting donations of gently-loved, clean, and modern prom dresses, accessories, handbags, or wraps for the months of March & April. Donations will be accepted in the Teen Departments of Cutchogue New Suffolk Free Library, Floyd Memorial Library, Mattituck Laurel Library, and Southold Free Library. Any donation earns you 1 hour community service. Contact Tracey Maloney at 631-765-8251 or email [Traceym@southoldtownny.gov](mailto:Traceym@southoldtownny.gov) to schedule an individual or group appointment to find free dresses and accessories for your prom or formal event.

### Health Fair Set Up/Break Down:

**Sat., April 20th, 10-11am and 1-2pm**

The library is hosting a Health Fair on Saturday April 20th and we are looking for teen volunteers to help set up and break down the space. We are looking for 2 teen volunteers for set up from 10am-11am and 2 teens for break down from 2:00pm-3:00pm. Registration Required. Register by emailing [marissa.timm@mattlibrary.org](mailto:marissa.timm@mattlibrary.org) or call 631-298-4134 ext. 113.

### Grab and go kits are available

\*Write a Book Review from our 'New Books' section.

\*Kindness Rocks.

\*Community Service Bingo.

\*Braided Dog Toys.

\*Letters to Veterans.

\*Decorate a Bookmark.

\*Letters to seniors.

\*Follow us on social media: Facebook (Mattituck-Laurel Library.)

Instagram (@matt\_teens.)

## PROGRAMS:

### Super Smash Brothers on the Switch and Snacks

**Thurs., March 7th, 4:00pm**

Have fun and relax with your peers while playing this fun action platform game on the Nintendo Switch. Snacks will be served.

### Walking Dessert Tacos

**Tues. March 12th, 5:00pm**

These dessert tacos filled with scrumptious sweets offers a portable and delicious treat perfect for any occasion.

### Washi Tape Photo Collage Boards

**Mon. March 18th, 5:30pm**

Explore the endless possibilities of Washi Tape as you craft unique photo collage boards. Bring your photos to the library or personalize it at home. Boards and washi tape are provided.

### Chef Rob's Lemon Cookies

**April 1st-while supplies last**

Chef Rob's grab-and-go Lemon Cookies provide lemon flavors into delectable cookies. Perfect for those who crave a delightful balance of sweet and citrusy goodness in each bite. While supplies last.

### DIY Honey Soap Bars

**Tues., April 16th, 4:30pm**

Teens are invited to join us for a hands-on experience as they design their own honey-infused soap bars in this spa program. The inclusion of honey offers numerous skin benefits including moisturizing and acne prevention

### Garden Crafts (community service opportunity!)

**Mon., April 22nd, 5:30pm**

Help enhance your family garden or a garden in the community by participating in this program. There will be a variety of outdoor crafts offered, including painting positive messages on stones and rocks, decorating garden gnomes and making your own bird feeder. Community service will be earned. Teens will also go home with some seeds from our seed library to plant at home.

# On-Going Classes/Services & Book Discussions

Winter Reading Challenge, Cozy Up with a Series, ends April 30th.

## Gentle Yoga

**Wednesdays: March 6, 13, 20; April 3, 10, 17**

Certified instructor Rosemary Martilotta leads this gentle yoga class, which combines postural alignment, conscious breathing, deep relaxation and energy awareness. All abilities welcome. Bring a yoga mat or towel. This is a 6-class series. There are no prorated rates, refunds or make-up classes available for those who register for the series but have to miss a class. There is an \$80 fee for this series. Walk-ins \$20 per class. Payments can be made online via credit card or in person at the circulation desk via cash or check.

## Caregiver Support Group

**Mondays: March 4th, 18th; April 8th and 22nd, 10 a.m. @ Mattituck-Laurel Library**

Build a support system with people who understand. Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for caregivers to develop a support system, exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources.

## Medicare Counseling

**Third Thursday of each month, 1:30 p.m. - 3 p.m.**

30-minute sessions, by appointment only, sign up online or call the Library. HICAP - a counseling service that assists Medicare-eligible persons with information about benefits, enrollment, insurance, and other options.

## One-on-One Technology Appointments

**Wednesdays and Thursdays by appointment**

Starting in March, schedule an appointment with our technology coordinator, Sharon, if you have questions about a device, the Internet, e-books or any other software issue. Please come prepared with a specific question, fully-charged device and know your passwords. Time slots are 30 minutes long. It may be necessary to schedule a follow up appointment if the issue is complex.

## Move into Health with the Mattituck-Laurel Library Sat., April 20th,

**10:30 a.m. walk, 11 a.m. health fair**

Lace up your sneakers and step into a healthier you! Join us for a 1.2-mile walk ending at the library. After the walk, engage in wellness activities and talk with health professionals who can connect you with resources and services in health, fitness, nutrition and more! Patrons can participate in both the walk and the health fair, or choose one or the other. **The first 100 registrants will receive a free t-shirt!**

## In the Library Art Gallery

### MARCH 2024: "BIRDS OF A FEATHER" – GROUP PHOTOGRAPHY SHOW



Members of the Light Painters, a North Fork based photography club, will present "Birds of a Feather," an ensemble exhibit of fine art photography captured primarily on the beautiful North Fork. The Light Painters Learning Center was established in 2011 by local North Fork photographer and photography instructor Judy McCleery to provide photographers of all ability levels a community where they may continue honing their photography skills while meeting other photographers. Members include locally known photographers, including Bill Stamatis of North Fork Light, Linda Burke, Laura Helf, and other well-regarded photographers and artists. Membership in the Light Painters Learning Center is open to the public. This is the 13th year that the Light Painters have exhibited in the Mattituck Laurel Library.

"Great Blue Heron" - J. McCleery

**All are invited to a reception being held in the Library's Art Gallery on Saturday, March 2nd, from 1-3 p.m.**

### APRIL 2024: THE VISAGE GROUP — "LOOKING FORWARD"

The Visage Group are three artists working on the North Fork. Delia Reiss, Gerard Lehner, and Virginia Cava met and formed the group based upon their shared love of local beauty, and the desire to create aspirational works. This exhibit, entitled LOOKING FORWARD, represents their individual interpretations of the "optimism of spring, and the cycle of newness that each year brings."



"Cannas" – V.Cava

**All are invited to a reception being held in the Library's Art Gallery on Saturday, April 6th, from 1-3 p.m.**

### CALL FOR ARTISTS:

If you wish to exhibit your artwork at the Mattituck-Laurel Library, please contact our Gallery Coordinator, Diana Foster, at 631-298-4134 ext. 110.

**LIBRARY HOURS**

Monday – Friday: 9 a.m. to 7 p.m.  
Saturday: 10 a.m. to 4 p.m.  
Sunday: 1 p.m. to 4 p.m. (Sept. – June)

**Director:** Shauna Scholl, ext. 105

**Reference:** Sara Colichio, ext. 107

**Youth and Parenting Services:** Karen Letteriello, ext. 112

**Teen Services:** Marissa Timm, ext. 113

**Reader’s Advisor:** Bev Wowak, ext. 104

**Tech Services:** Linda Scholl, ext. 111

**Mattituck-Laurel Library**

P.O. Box 1437, Mattituck NY 11952

Phone: (631) 298-4134 Fax: (631) 298-4764

<https://mattitucklaurellibrary.org>

*A Guide to Your Library’s Programs, Events & Services*

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**Friends of the Mattituck-Laurel Library**

The Friends want to thank the following businesses for their support & generous contributions to our monthly raffle. The funds generated from the raffle will go towards bolstering the scholarship fund for 2024.

*Ammirati’s, Hampton Coffee, Blue Duck Bakery Cafe, CJ’s Grill, Vintage Mattituck Wine & Spirit, Braun Seafood, Love Lane Kitchen, Lenz Winery, Touch of Venice, Goldberg’s Bagels, Roanoke Vineyard/Love Lane, Pellegrini Vineyards, The Village Cheese Shop, Orlowski Hardware, Mattituck Florist, Lombardi’s Love Lane Market & Kolb Mechanical Corp.*

*Friends Meeting Schedule*



**Meeting date:  
Tuesday, April 16, 2024 @ 9:30am**

**LIBRARY CLOSINGS & BOARD MEETING DATES**

**Library Closings:**

**Easter Sunday - March 31, 2024**

**Board Meeting Dates:**

**Mon., March 11, 6pm**

**Mon., April 8, 6pm**

**Board of Trustees**

Jim Underwood  
President

Nick Timpone  
Vice President

Katie O’Rourke  
Secretary

Karenann Volinski  
Treasurer

Colleen Grattan-Arnoff  
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