

Bay Shore-Brightwaters Public Library

April Programs

Registration is ongoing.

A valid Bay Shore-Brightwaters Library card is required to register.

www.bsbwlibrary.org

631-665-4350

In-Person Programs for Adults

Twist & Flow Yoga- BBA146

Mondays, April 3, 10, 17, 24

6:00 PM - Fee \$30.00-*please pay at the Circ desk

This class will focus on postural alignment,
balance, flexibility and strength.

Limit 15 students. Registration and payment must
be made in person only.

Senior Fitness - BBA102

Tuesdays, April 4, 11, 18

10:00 AM-11:00 AM

Fee: \$24.00

Our popular "Simply Stronger" senior fitness
classes are designed to help you maintain
flexibility and strength. This class is suitable
for everyone.

Spring Floral Arrangement-BBA277

Wednesday, April 5

7:00 PM

Local florist Heather is back to make a beautiful
spring floral arrangement with you to take home.

There is a \$15 non-refundable materials fee .

Defensive Driving Course - BBA124

Saturday, April 8

10:00 AM - 4:00 PM

Fee: \$30.00

Learn to be a better driver and save money
on your auto insurance with the *Empire
Safety Council*. Please bring your NYS drivers
license. There will be a thirty minute break
during the class for lunch.

Let me put you to sleep- BBA278

Tuesday, April 11

7:00 PM

Are you struggling through your day because you
can't seem to get a good night sleep? We will cover
the importance of good quality sleep, what might
be interfering with that, and what are some
solutions that may finally get you the sleep you
need. . This lecture will be led by Certified Health &
Sleep Science Coach Barb Herd, CHC, CSSC, CEOC.

Jazz: The First American Art Form-BBA279

Sunday, April 16

1:00 PM

Guitarist/vocalist Gil McLean performs Irish songs
ranging from the 1800's or so to more modern
times and tells you the stories behind them.

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Veterans Administration Seminar- BBA280

Wednesday, April 19

10:00 PM

Joseph Sledge, Benefit Specialist at the Northport V.A. Medical Center, will be on hand to inform Veterans and their spouses about health care services and benefits to which they are entitled. A Q. and A. period will follow.

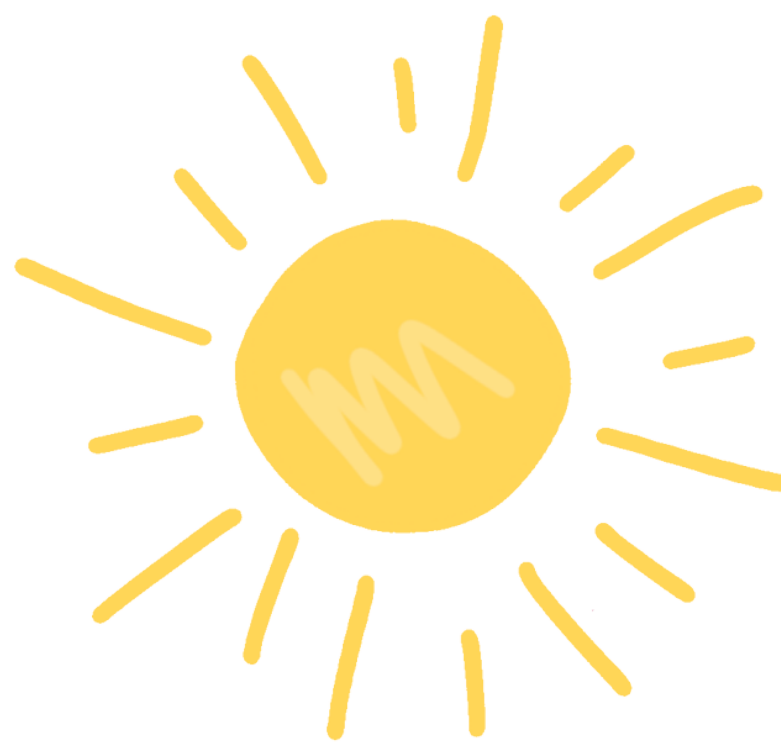
Medicare Educational Workshop -

BBA140

Thursday, April 13

6:00 PM

Join us for a workshop dedicated to those turning 65 and getting ready for Medicare. Get the answers you need to avoid solicitations, misleading ads and confusing plan choices. Understand your entitlements, cost share and how to choose the most appropriate Medicare Health Plan for your individual needs.



Prescription Drugs and Medicare- BBA276

Tuesday, April 25

6:00 PM

This seminar will help take the "confusion" out of all the changes you are hearing about in the media regarding prescription drugs. Marie Cantone, a licensed insurance professional will lead this informative program.

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WEDNESDAY AFTERNOON AT THE MOVIES

Presents

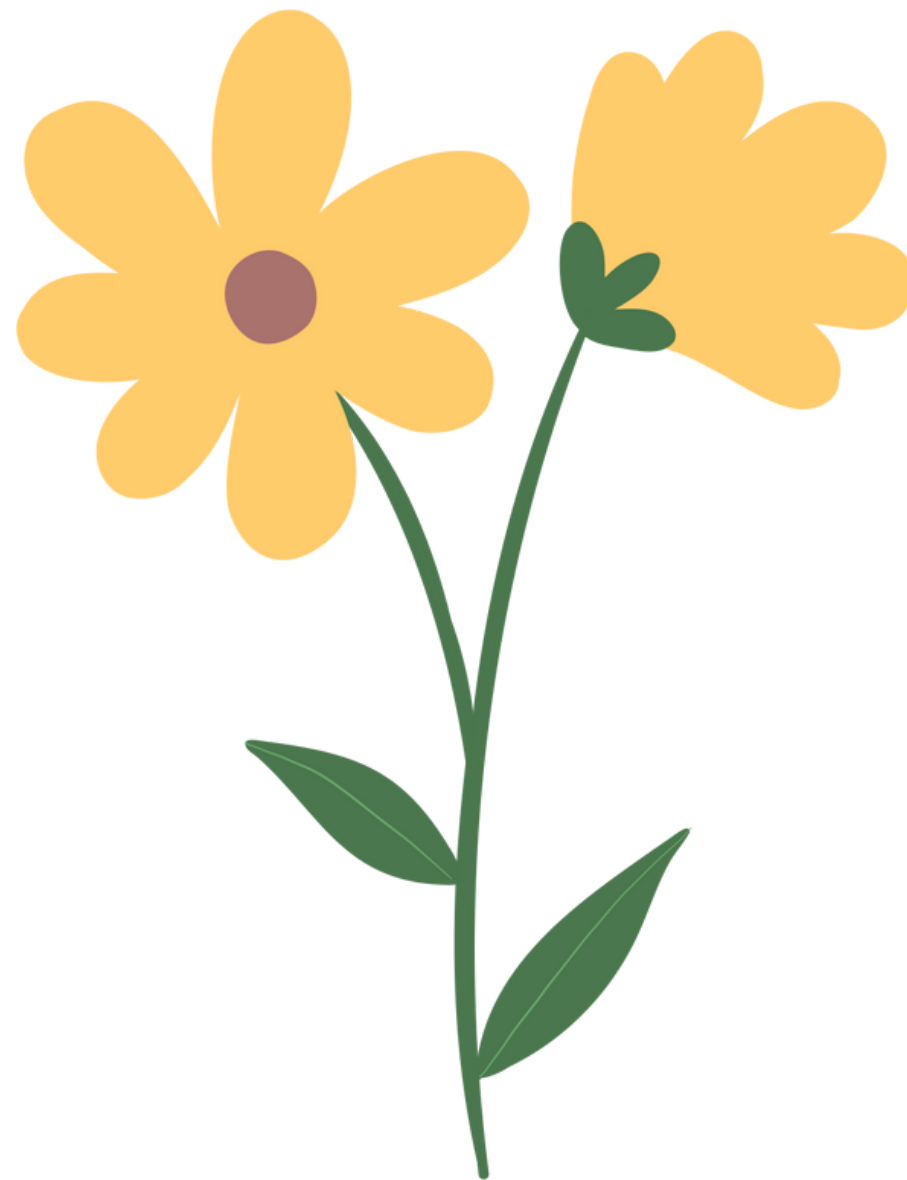
The "REEL" Librarian: A brief History of Librarians on Film

April 5 - STORM CENTER (1956, NR, 85 min)

APRIL 12- DESK SET (1957, NR, 103 min)

APRIL 19- GOODBYE, COLUMBUS (1969, R, 102 min)

April 26- FOUL PLAY (1978, PG, 116 min)



All films are screened at 2:30 PM. No registration necessary.

This Library film series is curated and led by Penelope J. Periconi, Part-Time Reference and Adult Services and Local History Room Librarian.

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SENIOR SERVICES OF NORTH AMERICA 4-PART FREE EDUCATIONAL SEMINAR SERIES *Fridays from 10:00 AM-NOON*

April 7- BASICS OF MEDICARE (BBA284)

APRIL 14- EDUCATING AND PROTECTING YOURSELF AGAINST IDENTITY THEFT (BBA285)

APRIL 21- WILLS & HEALTHCARE PROXIES MADE SIMPLE (BBA286)

April 28- HOW TO REDUCE THE HIGH COSTS OF PRESCRIPTIONS (BBA287)



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