

All events are free and open to the Native American and Non-Native public. They promote Anishinabek culture, the musical arts, and health through Yang Style Tai Chi. Events hosted by the GTB Heritage Library, GTB Lifelong Learning, and the Institute of Museums and Library Services.

**Events Subject to Change**

**JUNE  
2023**

**HERITAGE LIBRARY PRESENTS**

# Summer EVENTS & ACTIVITIES

**MUSIC LESSONS • TAI CHI**

• **Rock Your Makizin Moccasin Workshop** •

## **Summer Music Lessons: Mondays, Tuesdays, & Fridays 3-5 PM**

Guitar, Bass, Piano, & Voice lessons by **appointment** at the Heritage Library Monday, Tuesdays, & Fridays. Sign up for a weekly 30-minute time slot. **Must bring your own instrument** - The Heritage Library has a piano for piano lessons. **Zoom Lessons Are Available.**

## **Summer Tai Chi Tuesdays: 12-1 PM @ Heritage Library**

Come enjoy the relaxing art of Tai Chi with Francis Carew. Francis teaches Yang style Tai Chi, a low impact exercise that improves cardiorespiratory function, hypertension (high blood pressure), muscular strength, balance, mobility, flexibility, and mind-body awareness.

## **Rock Your Makizin Workshop: 5PM-8PM**

**Locations, Dates, & Times:**

**Heritage Library:** June 7<sup>th</sup> 5:00 - 8:00 pm

**3-Mile Office:** June 14<sup>th</sup> 5:00 - 8:00 pm

**Benzie Office:** June 21<sup>st</sup> 5:00 - 8:00 pm

**Charlevoix Office:** June 28<sup>th</sup> 5:00 - 8:00 pm

Come Learn to make moccasins at the Heritage Library makerspace workshops. All materials provided. **Makizin Mentors** needed at each site. Come share your knowledge of making moccasins. Contact the Tribal librarian to be a mentor. Space is limited RSVP the tribal librarian to secure a spot. Chi Miigwetch.



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