#### 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** 

# **HERITAGE LIBRARY PRESENTS**

# Fall EVENTS & ACTIVITIES

#### Fall Music Lessons: Mondays, Tuesdays, & Thursdays 10AM - 5PM @ Heritage Library

30-Minute Guitar, Piano, and Voice lessons by **appointment**. Zoom Lessons Available. Music lessons are open to adults and children. The Heritage Library has I electric keyboard/piano, 2 children sized classical guitars, and 2 full sized classical guitars to borrow for lessons.

Youth 3PM - 5PM & Adults 10AM - 5PM according to teacher availability - First Come First Serve.

### Fall Tai Chi Tuesdays & Thursdays: 12PM - 1PM @ Heritage Library

Enjoy the relaxing art of Tai Chi with Francis Carew, who teaches Yang style Tai Chi, a low impact exercise that improves cardiorespiratory function, hypertension, muscular strength, balance, mobility, flexibility, and mind-body awareness.

## Make Goon Ginebig (Snow Snakes): 5PM - 7PM

Come celebrate Native American Heritage Month with the Heritage Library. The tribal librarian will teach you all about Goon Ginebig-Snow Snakes. He will teach you how to make a wooden dowel Goon Ginebig and discuss the history of the Snow Snake game and how to make a Snow Snake track.

Heritage Library; November 6th, 2024

2821 N. West Bay Shore Dr. Suttons Bay MI 49682

**Benzie Office; November 20<sup>th</sup>, 2024** 7282 Hoadley Rd, Benzonia, MI 49616

**3-Mile Office; November 12th, 2024** 845 Business Park Dr, Traverse City, MI 49686 **Charlevoix Office; November 26<sup>th</sup>, 2024** 10085 Wa-Ba-Noong Mi-Kun, East Jordan, MI 49727



#### More Information: Francis Carew (231) 534-7752 Francis.Carew@gtb-nsn.gov Heritage Library - 2821 N West Bay Shore Dr. Peshawbestown, MI



November

2024