

# Mattituck-Laurel Library Newsletter



## January/February 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.

### Tai Chi w/Denise Gillies of East End Tai Chi

**Fridays, Jan. 5th, 12th, 19th, 26th; Feb. 8th and 22nd, 4 p.m.**

Join Denise Gillies of East End Tai Chi for a Tai Chi class that is designed to welcome beginners as well as practiced students. It is a combination of Tai Chi, Qigong and meditation. There is a \$60 non-refundable fee for this program. All registrants will be automatically enrolled in all 6 classes. There are no prorated rates, refunds or make-up classes available.

### A Celebration of the Everly Brothers @ Cutchogue-New Suffolk Free Library

**Sun., Jan. 7th, 2 p.m.**

\*Registration required.

Back by popular demand, Sean Altman & Jack Skuller who recently performed Simon & Garfunkel hits are back to celebrate The Everly Brothers, unleashing sparkling vocal harmonies with great songs such as Bye Bye Love and Wake Up Little Susie. A "meet-the-artists" reception will immediately follow in the art gallery. Sponsored by Cutchogue-New Suffolk and Mattituck-Laurel Library, as well as the Friends of Southold Free Library.

### Good Vibrations: Sound Journey with music therapist Kathy Pasca

**Tues., Jan. 9th, 5:30 p.m.**

Nurture your mind and body in this immersive listening experience. Various instruments, including crystal singing bowls, ocean drum, Native American flute and tuning forks will be played, inviting therapeutic and restorative processes that calm your mind, body and nervous system.

### Skin Care: Risks, Prevention & Early Detection with Dr. Hsu at Cutchogue-New Suffolk Free Library

**Wed., Jan. 10, 2024 - 2pm**

Dr. Hsu, primary care physician at Mattituck Family Medicine, advocates proactive measures to maintain overall health and well-being. She believes in educating individuals on leading a healthy lifestyle and empowers her patients to participate in their own healthcare journeys. Dr. Hsu's dedication to preventive care extends to her practice interests, which include women's health, pediatrics and mental health. Her talk on skin care will cover Risk Factors, Common Skin Issues, Concerning Skin issues, Skin Self Check & How to Care for Your Skin.

\*Please register at [www.cutchoguefreeibrary.org](http://www.cutchoguefreeibrary.org)

### Writing Your Way to Wellness: Exploring Therapeutic Journaling Techniques

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

Journaling can be a valuable tool for personal growth and well-being. In an interactive and experiential workshop, Erena DiGonis, LCSW-R, will guide us through practical strategies, tools, and adaptations for those interested in using journaling for self-reflection and personal development. Leave equipped with concrete strategies that can be applied to your life for enhanced self-awareness and growth. Please bring a journal, pad of paper, and pen or pencil.

### Cooking Demo: Vegetarian Moroccan Sweet Potato Lentil Soup and a Toasted Coconut Hot Chocolate w/Almond Whipped Cream

**Thurs. Jan. 18th, 5:30 p.m.**

Chef Rob will warm you up with a Hearty Moroccan Sweet Potato Lentil Soup with spices and a Vegetable Broth, and a Toasted Coconut Hot Chocolate with Almond Whipped Cream. Please bring two twelve-ounce mugs. There is a \$10 non-refundable fee for this program.

### Taste of Korea:

#### Korean Cuisine, Full of Wisdom and Nature

**Sat., Jan. 20th, 12 p.m.**

Join us as an instructor from the Korean Spirit and Cultural Promotion Project demonstrates how to cook delicious Korean dishes, while sharing the wisdom and knowledge behind the Korean culinary tradition. Following the demonstration, a full Korean traditional meal will be served. This program is co-sponsored by Southold Free Library.

### Sip and Sing Out Loud w/Valerie DiLorenzo via Zoom

**Sun., Jan. 21st, 5 p.m.**

Start the year on a high note! Join us for a fun session of songs and laughter in this virtual program. Relax into an upbeat environment - with friends and family - all SINGING-A-LONG to songs from Broadway and more! We provide the lyrics; you bring your voice and sense of fun. Guaranteed to lift you up during these long winter days. This is an East End Programmer's Association program hosted by North Shore Public Library.

### Winter Skin Care Routine Using Aromatherapy and Essential Oils

**Tues., Jan. 23rd, 5:30 p.m.**

Does your skin feel tight and dry this time of year? Sometimes, skin can lose moisture and some of its natural oils can become depleted. It can be so uncomfortable. Use Aromatherapy and essential oils to create a 3-Step Winter Skin Care routine with natural ingredients to cleanse, moisturize, and hydrate your skin.

# January/February Adult Programs

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

## **Inventing the Florida Vacation via Zoom Wed., Jan. 24th, 7 p.m.**

Florida has always attracted vacationers, but in the 20th century, tourism exploded as places like Weeki Wachee Springs and Busch Gardens opened. Join pop culture historian Leslie Goddard to explore the rich history of Florida tourism from the 1940s up to 1971. We'll explore the amusing and quirky attractions that helped the sunshine state become America's favorite vacation destination. This program is co-sponsored by North Shore Public and Southold Libraries and hosted by Southold Free Library.

## **Essential Steps to Healthy Aging via Zoom**

**Thurs., Jan. 25th, 5:30 p.m.**

Aging is an inevitable process, and how we take care of ourselves throughout our lifespan, both physically and mentally, has a tremendous impact on our health and quality of life as we grow old. Participants will be challenged to embrace prevention and healthy lifestyle choices to enhance their overall health and well-being. Using materials from Kansas State University Extension, Cornell Cooperative Extension, will promote the notion that healthy lifestyle changes can have a positive impact at any age.

## **Spark: Robin Williams and his Battle with Lewy Body Dementia**

**Sat., Feb. 3rd, 10:30 a.m.**

Join the Alzheimer's Disease Resource Center ([www.adrcinc.org](http://www.adrcinc.org)) who will host a screening of the documentary *Spark: Robin Williams and His Battle with Lewy Body Dementia*. A discussion will follow the film, and information about resources and free services will be provided.

## **Tips for Successful Aging in Place via Zoom**

**Wed., Feb. 7th, 12 p.m.**

Aging in place is the practice of staying in your own home as you grow older, and it's becoming more popular. But it's not always easy to adapt your living space to meet your changing needs. Fortunately, there are plenty of tips for successful aging in place that can help you stay safe, healthy, and happy in your own home. By staying proactive and taking steps to ensure your safety and well-being, you can enjoy a happy and healthy life in your own home well into your golden years. This is an East End Programmer's Association Program hosted by Amagansett Free Library.

## **Invitation to the Opera: Verdi's Rigoletto Wed., Feb 7th, 1 p.m.**

The tragic tale of the licentious Duke of Mantua and Rigoletto, his hunchbacked court jester, centers on the latter's innocent daughter, Gilda. A Met on Demand 2022 production, featuring the acclaimed performance of baritone Quinn Kelsey and soprano Rosa Feola in the role of Gilda.

## **Black Joy Celebration of Black History Month via Zoom**

**Wed., Feb. 7th, 7 p.m.**

Brenda Simmons, of the Southampton African-American Museum, and Dr. Georgette Grier-Key, Executive Director & Curator of the Eastville Community Historical Society, present a joyful celebration of black history, followed by Q&A and discussion. This is a Long Island Library Programmer's Association Program hosted by Hampton Library.

## **Love is in the Air via Zoom**

**Wed., Feb. 8th, 7 p.m.**

Take a worldwide trip to find out about surprising romance in the bird world, including flashy outfits, wining & dining, cha-cha-ing, and intricate nest building. Be amazed by birds' fascinating behaviors, surprising courtship rituals, and tokens of affection that bond avian partners together. This program is co-sponsored by North Shore Public Library and Southold Free Library and hosted by North Shore Public Library.

## **Sip and Sing "LOVE Show" with Valerie DiLorenzo**

**Sun. Feb. 11th, 5 p.m.**

This is Super Bowl Sunday. This program is over before any festivities start. Relax into an upbeat and FUN environment - with friends and family - all SINGING-A-LONG to LOVE songs from Hollywood film, the Great American Songbook, pop, and more! We provide the lyrics; you bring your voice and sense of fun. Guaranteed to lift you up during these long winter days. This is an East End Programmer's Association program hosted by North Shore Public Library.

## **Fall Prevention with Dr. Elizabeth White-Fricker**

**Mon., Feb. 12th, 10 a.m.**

Join Dr. Elizabeth White-Fricker of Catholic Health Services to discuss fall prevention, including how to identify your risk for falls, prevention strategies to avoid falling and what to do if you fall. The role of the primary care provider in preventing and screening for fall risks will also be discussed.

## **Maximize Your Social Security Benefits in Retirement**

**Tues., Feb. 13th, 5:30 p.m.**

## **East End Libraries Present: Women's Heart Health via Zoom**

**Thurs., February 15; 12 -1:00 p.m.**

Coronary artery disease is the leading cause of death for both women and men in the U.S. While the incidence in men has been long appreciated, the impact on women has been underestimated for many years. Dr. Edlira Tam, an advanced heart failure and transplant cardiologist and the Associate Director of LVAD and Shock Programs at the Stony Brook Heart Institute, will discuss the contributing risk factors and common misconceptions about heart disease in women, as well as treatment options and suggestions for healthy lifestyle changes.

## **Gene Casey Country Concert at Cutchogue-New Suffolk Free Library**

**Sun., Feb. 18th, 2 p.m.**

\*Registration required. Please register at [www.cutchoguelibrary.org](http://www.cutchoguelibrary.org) Join us for an hour of foot-stomping country with Long Island legend and king of 'Rock-a-Boogie', Gene Casey. A "meet the artist" reception in the art gallery immediately follows the performance. Refreshments will be served. Sponsored by Cutchogue New Suffolk and Mattituck-Laurel Libraries, as well as the Friends of the Southold Free Library.

## **Billy Joel's New York via Zoom**

**Wed., Feb. 21st, 7 p.m.**

Take a virtual tour of Billy Joel's New York from Long Island to New York City. Discover the touchstones of his early, formative years; find out what eateries were the inspirations for the Parkway Diner and the Italian Restaurant; see the locations where some of his most famous album covers and music videos were shot; discover how his breakthrough album, *The Stranger*, was created; and more! This is an East End Programmer's Association program hosted by Westhampton Free Library.

## **Operation Barbarossa: "The World Will Hold Its Breath"**

**Thurs., Feb 22nd, 1:30 p.m.**

The German Invasion of the USSR in 1941 was the largest land offensive in human history. The German command aimed at acquiring the oil reserves of the Caucasus as well as the agricultural resources of various Soviet territories, including Ukraine and Byelorussia. This presentation will explain why the German invasion failed.

# January/February Adult Programs

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

## John Lennon:

### Watching the Wheels via Zoom

**Thurs., Feb. 22nd, 5:30 p.m.**

This program celebrates the life and times of the poetic Beatle who gave us classics such as "All You Need is Love," "Eight Days A Week," "Strawberry Fields Forever," "Help" and many others. We'll trace Lennon's life from his early days in Liverpool through the Beatles' success and eventual breakup in 1969, as he moved on to spend the 1970s exploring other interests, from solo albums to campaigning for peace with his wife, artist Yoko Ono. This upbeat, fast-moving program features video, music and the clever insights Lennon was known for. As he sang on Sgt. Pepper, "A splendid time is guaranteed for all."

## Everglades 101 via Zoom

**Mon., Feb. 26th, 7 p.m.**

Join this Park Ranger Guided program embarking on a virtual journey into the heart of the one of the most biodiverse National Parks, the Everglades. Explore the intricate details of the creatures that call South Florida home, gaining insights into the unique adaptations of these iconic species. Learn about the delicate balance of the Everglades ecosystem and the importance of these adaptations for survival. This program is hosted by North Shore Public Library. Patrons will be emailed a zoom link the day of the program.

## Mardi Gras: A Taste of New Orleans with Chef Brian Collins

**Tues., Feb. 27th, 5:30 p.m.**

Join Chef Brian Collins on a culinary visit to New Orleans. We'll be making a real Louisiana gumbo (no tomatoes), red beans and rice and a banana-bread pudding for dessert. Followed by a cup of chicory coffee from the Cafe du Monde.

## Operation Barbarossa: "The World Will Hold Its Breath"

**Thurs., Feb 22nd, 1:30 p.m.**

The German Invasion of the USSR in 1941 was the largest land offensive in human history. The German command aimed at acquiring the oil reserves of the Caucasus as well as the agricultural resources of various Soviet territories, including Ukraine and Byelorussia. This presentation will explain why the German invasion failed.

## John Kendrix presents:

### Lena Horne via Zoom

**Wed., Feb. 28th, 7 p.m.**

Join us for an evening of exploring the career of Leana Horne. She smashed racial barriers on stage and screen with a unique combination of beauty, determination and sheer talent. This program is co-sponsored by Southold Free Library.

## "Wintering On":

### A Poetry, Art & Music Series on Zoom

**Tuesday Evenings, 6:30 – 7:30 p.m.**

This winter, join us every Tuesday evening on zoom for a PowerPoint presentation in the fine arts, presented by Jerry Matovcik.

**Jan. 9th** *Snow on Snow on Snow: Robert Frost, Christina Rossetti, Avram Sutzskver, Emily Dickinson, et al.; paired with Chagall, Gauguin, Georgione, etc.*

**Jan. 16th** *Peruse How Infinite I Am: The Many Voices of Emily Dickinson*

**Jan. 23rd** *Sensations Sweet: Wordsworth's Beloved Lake District*

**Jan. 30th** *The Skater of Ghost Lake by Wm. Rose Benet. The Highwayman by Alfred Noyes.*

**Feb. 6th** *I Carry Your Heart with Me: Universal Love Stories, Andrea Bocelli Songs.*

**Feb. 13th** *Harbor of My Heart: Love Poems, Andrea Bocelli Songs*

**Feb. 20th** *The Beautiful Changes: The Poetry of Richard Wilbur*

**Feb. 27th** *Poems That Make Grown Men Cry, Part One.*

## Discover "The Secret World of Elephants" at the American Museum of Natural History

Your library has a five-dollar voucher that entitles you to admission and one free exhibit at the museum. Also enjoy the new Richard Gilder Center for Science, Education, and Innovation as well as the new Allison and Roberto Mignone Halls of Gems and Minerals. Please visit your library's website for our other available museum passes.

## Alternate Thursday Films, 1:30 p.m.

(Titles are subject to change)

**Jan. 4th**

**Tár:** a female conductor's power and perils.

**Jan. 18th**

**Ida:** an innocent woman awakens after truths of the Holocaust are disinterred.

**Feb. 1st**

**Meet John Doe:** A reporter (Barbara Stanwyck) writes a fictitious column about someone named "John Doe."

**Feb. 15th**

**Oppenheimer:** The American Prometheus and his development of the atomic bomb.

**Feb. 29th**

**The Fabelmans:** Spielberg's film about the mysteries of talent and happiness.

## Invitation to the Opera: Massenet's Cendrillon

**Wed., Feb. 28th, 1:00 p.m.**

Join us for this enchanted performance of Cendrillon, Massenet's glittering operatic adaptation of the Cinderella story. This charming staging by Laurent Pelly, which bursts to life with the director's characteristic wit and whimsy, stars American mezzo-soprano Joyce DiDonato as the title outcast-turned-princess.

## Book Discussion on Aging

In her book, *The Grace of Aging: Awaken as You Grow Older*, Kathleen Dowling Singh reveals the clear opportunities for spiritual awakening throughout the wonder and challenges of our aging process (nonsectarian). If you would like to join us in a discussion of this book, please contact the Reference Desk at 631-298-4134. Time and date for the discussion will be arranged after participants have enrolled.

# Youth and Parenting Department

Please register for programs using the online calendar. Registration begins Monday, December 11th.

## BIRTH-PRESCHOOL

### Babies Boogie

**Tues., January 9th, 10 a.m.**

Ages Birth – 2 years

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

### Toddlers Tango

**Tues., January 9th, 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, February 14th, 21st and 28th, 10 a.m.**

Birth – 3 years

Join us for nursery rhymes, puppets, stories, and action songs. Sign up for each class individually.

### Babies Boogie

**Thurs., February 15th, 4 p.m.**

Ages Birth – 2 years

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

### Toddlers Tango

**Thurs., February 15th, 5 p.m.**

Ages 25 months – 3 years

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

## KINDERGARTEN – 6TH GRADE

Monthly Scavenger Hunt. Find all the characters (we will provide clues if you want) and choose a prize from the treasure chest.

### LEGO Grades 4-6

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

Grades 4-6

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

### Read to a Dog

**Mon., January 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.

### Marshmallow Building

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

Grades 4-6

It's not snow, yet we can make a snow scene with marshmallows.

### Drop In Retro Video Games

**Fri., January 12th, 2:30 – 4:30 p.m.**

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

### Minecraft: Polar Bear Peak

**Sat., January 13th, 1 – 3 p.m.**

Grades K-3

Join TD3 Innovative Gaming and learn about and play Minecraft.

### Snowflake Designs

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

Grades K-3

Create a winter snowflake from a CD.

### Wii Fun

**Thurs., January 25th, 4 – 4:45 p.m.**

Grades 3-6

Enjoy some of the Wii we have.

### LEGO Grades 2-3

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

Grades 2-3

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

### Pizza with Tano

**Sat., February 10th, 1 p.m.**

Grades 3-6

Learn about the history of pizza while having a fun filled tasty day! Create your own hot, delicious pizza.

### Dragon Shrinky Workshop

**Mon., February 12th, 4 – 5:30 p.m.**

Grades 4-6

Join Chris Vivas in this art workshop using shrink film, markers, scissors, and a toaster oven to create shrinkable creations. The tutorial will be a hands-on workshop focusing on the creation of their very own shrink film creations. They can be turned into pendants, charms, bracelets, necklaces, or just kept as a small keepsake.

### Read to a Dog

**Mon., February 12th, 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.

### Drop In Retro Video Games

**Fri., February 23rd, 2:30 – 4:30 p.m.**

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

### LEGO Grades K-1

**Tues., February 27th, 4 p.m.**

Grades K-1

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

### Where is the Yeti?

**Tues., February 27th, 4 p.m.**

Grades K-3

Listen to the book by Adam Wallace and Andy Eklerton, How to Catch a Yeti. Then make a Yeti craft.



# Youth and Parenting Department

## FAMILY PROGRAMS

### Grab n Go

**Mon., January 8th**

Rugelach with a light crisp pastry dough and sweet cinnamon filling. From Chef Rob. Pick up dry ingredients in the children's room.

### Monday Movie

In the Tween Place

#### **Mr. Popper's Penguins**

**Tues., January 9th, 4 – 6 p.m.**

Tom Popper inherits six 'adorable' penguins, each with its own unique personality. Soon Tom's rambunctious roommates turn his swank New York apartment into a snowy winter wonderland, and the rest of his world upside-down.

Rated PG Running Time 94 minutes

### Hooray for Hats featuring Grandpa's Black Hat

**Monday January 22, 4 p.m.**

For Families

Join us for Hat stories and listen as Mrs. Helen Coster reads Grandpa's Black Hat written by Mr. Bill Coster. Make and take home a hat craft.

### Family Story Time with a Groundhog

**Thurs. February 1st, 4 – 5 p.m.**

Join the Evelyn Alexander Wildlife Center for a Story with a groundhog.

Will the groundhog see his shadow? After the story and photo op, make a ground hog craft.

## TAKE YOUR CHILD TO THE LIBRARY DAY

### Enjoy the Magic of Prestino along with the Magic of the Library

**Sat., February 3rd, 1 p.m.**

Prestino delivers a classic, "rabbit out of the hat" family style magic show that is sure to make an impression on your guests. His forty-five minute show includes a live rabbit, lots of audience participation and humor for all ages. Throughout the show, Prestino creates many photo opportunities with the members of the audience who are selected to assist him. This is to be sure you capture the most memorable moments on film!

### Grab n Go

**Soft Pretzels for the big game**

**From Chef Rob**

**Mon., February 5th**

Pick up dry ingredients in the children's room. We will email you the YouTube video to follow along.

### Fruit Loop Heart Bird Feeders

**Thurs., February 8th, 4 – 4:45 p.m.**

Join us and make heart shaped fruit loop Bird feeders for our feathered friends.

### Llama Family Story time

**Tuesday, February 13th 4 p.m.**

For Families

Join us for the antics of Llama and paint a Llama bank.

### Monday Movie

In the Tween Place

#### **Little Giants**

**Mon., February 26th, 4 – 6 p.m.**

Urbania, Ohio is home to the O'Shea brothers, Danny and Kevin. Ex-football star Kevin's name is on the town water tower. The phonebook is about the only place you'll find Danny's name. Year after year, his brother's successes loom over Danny like that water tower. But when Coach Kevin cuts Danny's child, "Icebox," from the Pee-Wee Football team, Danny isn't taking it anymore. Suit up for this warmly funny tale of brotherly love on trial and fatherly love in action.

Rated PG Running Time 106 minutes

We want to share the warmth of a book with you this season...

Stop in to see our Book Fireplace.

Find one, take it home and enjoy it.

Registration begins Monday, Dec 11th.

## Grab and Go Kits!

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

## January: Painting for Community Service

Come and pick up a seasonal themed mini canvas at the library to paint. Anyone who picks one up and then returns it to the library to help decorate the Teen Space will be eligible for 1 hr. of community service.

## February: DIY Valentines Coasters

This kit includes several blank coasters and fun stencil patterns to decorate with.

## ONGOING EVENTS:

### Community Service Opportunities:

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

- \*Write a Book Review.
- \*Sending Smiles.
- \*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.)
- \*Book Recommendations for our website

## SAT Prep at Southold Free Library

**Sun., February 4th, 11th, 25th and March 3rd, 1-3 pm**

Get ready for the March exam by taking this four-part SAT prep course at Southold Free Library. Registration can be done on their website.  
(Located at 53705 Main Road, Southold, NY 11971.)

## PROGRAMS:

\*Each time you register for a program you will get a raffle ticket towards an Amazon Gift Card!\*

## DIY Winter Door Hanger

**Mon., January 8th, 5:30 pm**

Embrace the spirit of the season with our DIY Winter Door Hanger program! Dive into the world of crafting and create a one-of-a-kind door hanger to decorate your entryway.

## Good Vibrations: Sound Journey with Music Therapist Kathy Pasca

**Tues., January 9th, 4pm**

Nurture your mind and body in this immersive listening experience. Various instruments including crystal singing bowls, ocean drum, Native American flute, and tuning forks will be played, inviting therapeutic and restorative processes that calm your mind, body and nervous system, providing relaxation and a feeling of wellbeing. Wear comfortable clothing and bring a yoga mat or something to lay on.

## Winter Skating Party for Teens

**Sat., January 20th, 1-3 pm**

Join us for a fun afternoon of skating to music and sipping warm hot chocolate! Meet at the Greenport American Legion to enjoy a private library skating event with friends. Roller skate rental included or you can bring your own. Located at 102 3rd Street, Greenport, NY 11944.

## Rest and Relax with Aromatherapy

**Tues., January 23rd, 4 pm**

Join Tara Penske from Amadeus Aromatherapy and make spray and body lotion that will help you rest and relax. The benefits of each essential oil will be discussed as will tips and tricks for using each product.

## Navigating College Admissions Successfully in 2024 via Zoom

**Wed., January 31st, 7 pm**

**Tues., February 13th, 7 pm**

This presentation will be led by Ron Feuchs and Jackie Tepper, partners at Stand Out for College, LLC. ([www.standoutforcollege.com](http://www.standoutforcollege.com)) They are offering this Zoom presentation to help families understand how the lingering effects from the pandemic have changed the college admissions landscape and how it affects juniors, sophomores and freshmen.  
\*This is not a library sponsored program.\*

## Chef Rob's Valentine's Day Swirled Chocolate Cheesecake Muffins (Grab and Go)

**Thurs., February 1st-while supplies last**

Indulge your taste buds with this delicious desert! Tutorial video and instructions are included with ingredients. Registration required. \*We cannot guarantee that food served at this program has not come into contact with tree nuts, soy, or other allergens.\*

## Make Your Own Pancakes!

**Tues., February 13th, 4:30 p.m.**

Join in the celebration of National Pancake Day at the library. Craft your personalized pancakes with an array of toppings and additions for a delightful culinary experience.\*We cannot guarantee that food served at this program has not come into contact with tree nuts, soy, or other allergens.\*

## Yarn Decorated Phone Charger

**Mon., February 26th, 5:30 pm**

Join us at the library for a creative session where teens can personalize their phone chargers! In this program, participants will discover how to use basic yarn knots to add a stylish touch to their chargers. Feel free to bring your own charger, or one will be provided for you.

## On-Going Classes/Services & Book Discussions

### Chair Strength and Stretch

#### **Mondays:**

**Jan. 8th, 22nd, 29th; Feb. 12th, 26th; March 4th, 11th, 18th, 25th, 9:15 a.m.**

\*Please note the time change for this program.\* Fitness instructor Laurie Short will help you improve your strength, mobility, posture, balance and flexibility during seated (and some) standing exercises. You will use tubing, balls, bands and gliding discs. This one-hour class will keep you moving to the music of the 60s, 70s and 80s. This is a 9-class series. All registrants will be automatically enrolled in all classes. There are no prorated rates available for those who have to miss any classes. No refunds or make-up classes will be available. No walk-ins; all participants must be registered in advance. \*Please bring a pair of 3-4 pound dumbbells.\* There is a \$45 fee for this series that can be made online via credit card or in person at the circulation desk via cash or check.

### Medicare Counseling

**Third Tuesday 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.

### Yoga

#### **Wednesdays:**

**Jan. 17th, 24th, 31st; Feb. 7th, 14th, 21st, 5:15 p.m.-6:45 p.m.**

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.

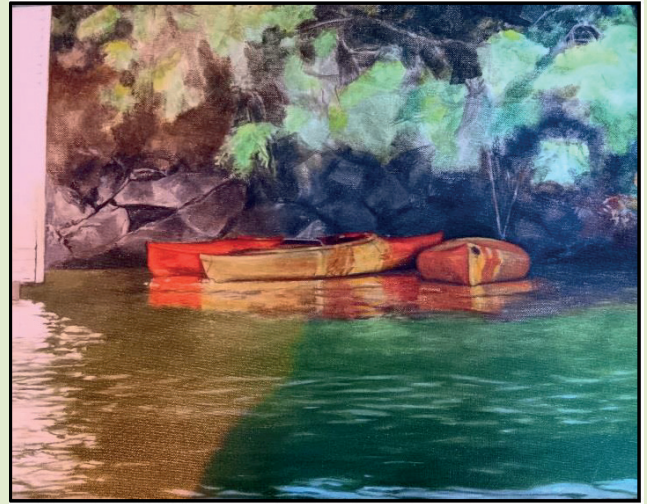
### New! Caregiver Support Group

#### **Bi-weekly on Mondays:**

**Jan. 8th, 22nd; Feb. 5th; Tues., Feb. 20th\*, 10 a.m.\*Please note that we are closed Mon., 2/19, and will meet on Tues., 2/20 instead.**

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.

## In the Library Art Gallery



*"Kayaks" – C. Gold*

### **JANUARY/FEBRUARY 2024:**

#### **A GROUP SHOW BY THE GOOD GROUND ARTISTS**

January and February:

The Good Ground Artists is a group of artisans who produce art for everyone from realistic to abstract, avant garde, and surreal. Good Ground Artists has been exhibiting extensively in Suffolk County for over ten years. Clovis Winery and the Water Mill Museum are just two places that exhibit the group's work annually. Our artists hail from Hauppauge to Southold, and from Moriches to East Hampton.

**All are invited to a reception being held in the Library's Art Gallery on Saturday, January 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.

### **Citizenship Class**

If you, or anyone you know, is interested in preparing for the U. S. Citizenship test, please contact the Reference Desk, and the library will arrange for you to work with a teacher who will help you prepare.

**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**

**FRIENDS IRISH TEA LUNCHEON WITH MARGARET M. JOHNSON**

**Thurs., March 14th, 12 p.m.**

\$22 / ticket

To celebrate the publication of Delicious Ireland, Margaret M. Johnson’s fourteenth cookbook, join us for a three-course Irish luncheon/tea. The program includes readings and recipes from the book and a menu of savory tarts and salad, tea breads and sweets, and a selection of Irish teas. A sparkling beverage will be served, and Ms. Johnson’s cookbooks will be available for sale and signing. Patrons should bring their own teacup and saucer. Cash or check (made out to the Friends of the Mattituck-Laurel Library), please register at the Circulation Desk. Snow date March 15th.

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:**

**New Year’s Eve - December 31, 2023**  
**New Year’s Day - January 1, 2024**  
**Martin Luther King Jr. Day - January 15, 2024**  
**President’s Day - February 19, 2024**

**Board Meeting Dates:**

**Mon., January 8, 6pm**  
**Mon., February 12, 6pm**

**Board of Trustees**

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