



CALENDAR LISTING

CONTACT: James Trapasso

(914) 941-2416 ext. 327 – jtrapasso@wlsmail.org

www.ossininglibrary.org

MARCH PROGRAMS FOR ADULTS AT THE OSSINING PUBLIC LIBRARY

Art Exhibits:

Main Gallery – 125th Anniversary Special Art Show. March 1-30. This art show will consist of 5th grade artwork depicting the Ossining Library. The 5th graders are from Roosevelt Elementary School. No opening reception scheduled for this exhibit.

Hallway Gallery – The Girl Scouts Annual Art Show. March 1-30. No opening reception scheduled for this exhibit.

Saturday, March 3 & 10 at 10 a.m.

Imagination: Figments of Reality Workshop(Two Sessions)

In these workshops, Psychotherapist, Scott Thompson, will explore the imagination's deep and varied capacity for our ongoing development. The process will be largely experiential combined with small group sharing and large group discussion. Current research has taught us a great deal about this underused capacity. Imagery is the blueprint to what happens to our body, mind and spirit. Registration required. To register please call 914-941-2416 ext. 327 or email jtrapasso@wlsmail.org.

FREE. In the 2nd floor Conference Room.

Sunday, March 4th at 2 p.m.

Classical Piano Concert featuring Hui-Mei Lin

Don't miss the opportunity to hear the OPL's Steinway Grand Piano being played. Come and listen to the sounds of talented Taiwanese Pianist, Hui-Mei Lin. Hui-

Mei, is a soloist, chamber musician and teacher. As the winner of the Artists International Auditions, she made her solo debut at the Weill Recital Hall at Carnegie Hall.

Free. In the Budarz Theater.

Tuesday, March 6,13,20,27 at 2 p.m.

Linoleum Block Printing Workshop (Four Sessions)

Linoleum Block Printing is an exceptional art form, captivating for all skill levels. Adults will learn how to draw intricate decorative designs, and become skilled at using tools for carving detailed relief images into linoleum. A motivating and thought provoking rhythmic design theme will be the focus of this art workshop. For inspiration during the workshop, a selection of photographs with design patterns will be available. All materials will be provided. Each workshop is 2 ½ hours. For adults only. Registration is required. Max of 15 participants.

To register please call 914-941-2416 ext. 327 or jtrapasso@wlsmail.org.

FREE. In the Budarz Theater.

Wednesday, March 7th at 7 p.m.

Health & Wellness Series Presentation

Food Changes Everything! Nutrition Health Coaches will discuss the newest in 21st century disease prevention. Topics will include: leading causes of mortality, standard American diet, auto-immune diseases, chronic diseases, the immune system/epigenetics, whole food plan based diet. Your food choices are the single most important factor in determining your long term health. Learn why! Shanti Urreta is the author of “Dear World, See What I See” and Ken Goldfarb is an Executive Chef and speaker.

FREE. In the Budarz Theater.

Wednesday, March 14th at 7 p.m.

Women in Islam Presentation

In celebration of Women’s History Month, local Islamic speaker and presenter, Ola Nosseir, will present on the historical facts of women in Islam. In this presentation, Ola will also cover the rights and high status of women in Islam. All are welcome to attend.

FREE. In the Budarz Theater.

Thursday, March 15th at 6:30 p.m.

The Ossining Documentary & Discussion Series

The next film to be shown is "The Empowerment Project." Please join us afterwards for our panel discussion. For more information on the films and series please visit www.ossiningdocumentaries.org.

FREE. In the Budarz Theater.

Wednesday, March 21st at 6:30 p.m.

Spring Film Series: Resistance in the Streets – Three Visionary Directors

The first film in this series is "Open City" (1945) Directed by Roberto Rossellini (1 hour and 43 minutes). This series is curated and moderated by Bonnie Katz.

FREE. In the Budarz Theater.

Thursday, March 22nd at 7 p.m.

"First Ladies Coalition" Theater Production

This production is an interactive performance revolving around the life of Colleen McCracken, an ex-convict and survivor of domestic violence. She designs a project while in prison inspired by the stories of her favorite first ladies; Eleanor Roosevelt, Jackie Kennedy, Lady Bird Johnson, and Mary Todd Lincoln. Mysteries and secrets are unveiled, hers and theirs. Created and performed by actress Ginger Grace. Directed by Austin Pendleton.

FREE. In the Budarz Theater.

Sunday, March 25th at 2 p.m.

Brian Conway & Friends Fiddle Concert

Join us for some Irish fiddle music with world renowned fiddle player Brian Conway. Brian will also be accompanied by some of his students and other guests. All are welcome to attend.

FREE. In the Budarz Theater.

Monday, March 26th at 7 p.m.

Library Board of Trustees Monthly Meeting

This is the regular monthly meeting of the library board of trustees. This meeting is open to the public. All are welcome to attend.

FREE.

Wednesday, March 28th at 7 p.m.

Home Staging Workshop

Ever wonder how they do it? Come and hear from the professionals themselves on how they make home staging look so beautiful and easy. Presenting is home stager Marie Graham. Marie will discuss how buyers buy, virtual staging, showing guidelines, listing photos and more. Registration is preferred but not required.

FREE. In the Budarz Theater.

Thursday, March 29th at 7 p.m.

Integrated Marketing Workshop for Your Small Business

Are you a small business owner and need some tips and pointers on marketing? Then come to this workshop and hear from the professionals. Have all of your questions and concerns answered. Registration is preferred but not required.

FREE. In the Budarz Theater.

Saturday, March 31st at 2 p.m.

Butterfly & Moth Presentation

Fun for the whole family! Come to the library and see presenter Steven Fratello present his “Rainforest Butterflies Program.” Steven is from Sublime Nature that brings Rainforest Exploration, Research & Education to local communities. All are welcome to attend.

FREE. In the Budarz Theater.

On-Going Programs:

On-Going Mondays at 5-8 p.m.

March 5,12,19,26

Computer Classes

Free drop-in, hands-on assistance with online applications, email accounts and more. 5-7 p.m. is in English and 7-8 p.m. is in Spanish. Feel free to bring your own laptop. Registration is required. Any questions or to register please call the Reference Desk at 914-941-2416 ext. 320 or ext. 326.

FREE. In the 2nd Floor Conference Room.

On-Going Mondays at 7 – 8:15 p.m.

March 5,12,29,26

Beginner Yoga

Pre-registration is not required. For more information please contact the Teen Room at 914-941-2416 ext. 336. This program is for Teens and Adults. Please bring a yoga mat and blanket. Yoga is taught by trained yoga instructor Catherine Riedel.

FREE. In the Budarz Theater.

On-Going Tuesdays at 1:30 p.m.

March 6,13,20,27

Memoir Writing Class

Come and learn the art of memoir writing. The instructor, Catherine Wald, is a professional writer and poet. Catherine will teach you the process, the art of organizing your thoughts and delivery. Some assignments will be given as well. Registration is required. To register please call 914-941-2416 ext. 327 or email jtrapasso@wlsmail.org.

FREE. In the 2nd floor Conference Room.

On-Going Tuesdays (Every other Tuesday) at 10:15 a.m.

March 6 & 20

Breaking News Discussion Group

Come to the library and discuss the latest news in politics with your fellow community members. This group is facilitated by Jay Forbes. Registration is required. To register please call 914-941-2416 ext. 327 or email jtrapasso@wlsmail.org.

FREE. In the Budarz Theater.

On-Going Tuesdays & Thursdays at 10:15 a.m. – 1:15 p.m.

March 1,6,8,20,27,29

ESL Class

This English as a Second Language class is offered all throughout the year at the library through Westchester Community College. Open registration day's vary per semester. For more information on the class please call 914-606-5656 or email at LibraryESL@sunywcc.edu.

WCC Fee \$20 (no cash) money order or check – pay at registration. Book fee is \$39.

On-Going Tuesdays & Thursdays at 1-4 p.m.

March 1,6,8,13,15,20,22,27,29

Mah Jongg Group

This is an informal get-together of intermediate and advanced players. There is no assigned instructor for beginners, but if you have a fundamental knowledge of the game, the group will help you to improve your play. Tuesdays is "Tournament Day" and registration is necessary. Thursdays is regular drop-in play day and there is no registration required for Thursdays.

FREE. In the Art Gallery/Lower Level.

On-Going Wednesdays at 3:30 p.m.

March 7,14,21,28

Spanish Conversation Group

At this Spanish Language meet-up, you'll meet new amigos as you practice speaking. Discover new phrases and finally figure out verb conjugations. Meet locals who share an interest in Spanish Language & culture for conversation and fun. This group is geared toward intermediate to advanced Spanish learners, but beginners are also welcome. Instructor is Guillermo Rodriguez. No registration is required.

FREE. In the 2nd floor Conference Room.

On-Going Wednesdays at 6:30 p.m.

March 7,14,21,28

English Conversation Group

For English as a Second Language Learners. Practice speaking and listening in a relaxed, social environment. No registration needed.

FREE. In the 2nd floor Conference Room.

On-Going Wednesdays at 7 p.m.

March 7,14,21,28

SCORE – Small Business Assistance

SCORE is a national non-profit association that provides advisory and small business mentoring services for people looking to start or grow a small business. If you are looking for help, meet with a representative of the organization at the library. Appointments are available on Thursdays at 7 PM or 8 PM and MUST be made with SCORE on their website, www.scorewestchester.com, or by phone at 914-948-3907. Mr. Keating, the volunteer, will meet with his appointments in the cafe area.

FREE.

On-Going Thursdays at 1:30 p.m.

March 22 & 29

SBIC - Senior Benefits Information Centers

Do you have questions about Medicare or other senior benefits? We'll help is here for you the last two Thursdays each month. This program is for adults ages 60 and older, and those caring for the elderly, will achieve a better understanding of Medicare health plans and prescription drug coverage. Information and counseling is provided about different types of government programs, including federal and state financial assistance programs, and county-wide benefits. This program is offered by the Westchester Library System.

FREE. In the 2nd floor conference room.

On-Going Thursdays at 6:30 p.m. (First Thursday of every month)

March 1st

TASC Connect Group/High School Equivalency Program

This group will meet on the first Thursday of each month. Want to get a High School Equivalency Diploma? Our staff and volunteers are available to help you understand and prepare for the TASC exam. This service is provided by Westchester Library System. Want to know more? Send your email and phone number to TASC@wlsmail.org or call (914) 231-3264.

FREE. 1st Floor Study Room.

On-Going Thursdays at 4:30 p.m.

March 1,8,15,22,29

Checkmate Chess Academy

Come and play your favorite game of chess. For all ages.

FREE. In the Teen Room

On-Going Fridays at 4:30 p.m.

March 2,9,16,23,30

Mindfulness Class

This weekly mindfulness series has two alternating formats. The meditation format relaxes the mind and body and the In Daily Life format looks at practical ways to reduce stress, improve health, overcome fear and anxiety. The class also covers tips on how to problem solve and use techniques. This class is open to all.

FREE. In the 2nd Floor Conference Room.

On-Going Saturdays at 9:30 a.m.

March 3,10,17,24,31

Beginner Yoga

Pre-registration is not required. For more information please contact the Teen Room at 914-941-2416 ext. 336. This program is for Teens and Adults. Please bring a yoga mat and blanket. Yoga is taught by trained yoga instructor Catherine Riedel.

FREE. In the Budarz Theater.

About the Ossining Public Library

The Ossining Public Library is a School District Library chartered by the State of New York to serve all residents of the Ossining School District. As a member of the Westchester Library System, it also provides services to a larger community.

OPL's mission is to provide easy and equal access to the broadest range of information and ideas of humanity in order to meet the educational and intellectual needs of the diverse members of our community, while enriching their social and cultural lives.