

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**

**May  
2024**

**HERITAGE LIBRARY PRESENTS**

# Spring EVENTS & ACTIVITIES

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

30-Minute Guitar, Piano, and Voice lessons by **appointment**. Zoom Lessons Available. The Heritage Library has 3 electric keyboards/pianos, 3 children sized classical guitars, and 3 full sized classical guitars to borrow for lessons.  
**First Come First Serve. Adults 10AM - 5PM & Children 3PM - 5PM.**

## **Spring 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.

## **Kids/Family Wing Chun Kung Fu Class: Every Saturday 11AM - 12:30PM**

Kids/Family Wing Chun Kung Fu Class this winter at the Heritage Library. Come learn the ancient martial art of Kung Fu. No special clothes needed-just loose, comfortable clothing.

## **Anishinaabek Tree & Leaf Identification Workshop: 5PM - 7PM @ Various Sites**

Learn to identifying trees and their leaves at the Anishinaabek Tree and Leaf Identification Workshops. At Workshop 1 we will learn how to identify trees by their bark. At Workshop 2 (June) we will learn how to identify trees by their leaves. We will meet at the workshop sites listed then proceed to the nearest woods for the workshop.

**Heritage Library; 5/8/24 3-Mile Office; 5/14/24 Benzie Office; 5/22/24 Charlevoix Office; 5/29/24**

### **More Information:**

**Francis Carew (231) 534-7752 Francis.Carew@gtb-nsn.gov  
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