

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**

**March  
2025**

**HERITAGE LIBRARY PRESENTS**

# Spring EVENTS & ACTIVITIES

## **Spring 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 1 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.**

## **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.

## **Medicine Wheel Workshop: 5PM - 7PM**

Come learn to make Medicine Wheels at the Heritage Library Anishinaabek Makerspace Workshop. All materials provided. **Space is limited, RSUP with the Tribal librarian TODAY!** No RSVPs by the day of the event, event will be canceled.

### **Heritage Library**

March 5<sup>th</sup>

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

### **3-Mile Office**

March 12<sup>th</sup>

845 Business Park Dr.  
Traverse City, MI 49686

### **Charlevoix Office**

March 19<sup>th</sup>

10085 Wa-Ba-Noong Mi-Kun,  
East Jordan, MI 49727

## **Leelanau Elders Dreamcatcher Workshop: March 25<sup>th</sup> 11AM - 3PM @ Elders Complex**

Lunch will be provided by the Elders Program.

### **More Information:**

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

