

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

**October
2024**

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 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.

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.

Basic Self Defense Class: 5PM - 7PM

Come learn the art of Self Defense. The tribal librarian will teach the basics of Self Defense: Blocking, Striking, Kicking, and Situational Awareness. Dress in loose, comfortable, clothing and gym shoes.

Heritage Library; October 9th, 2024

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

Benzie Office; October 23rd, 2024

7282 Hoadley Rd, Benzonia, MI 49616

3-Mile Office; October 15th, 2024

845 Business Park Dr, Traverse City, MI 49686

Charlevoix Office; October 30th, 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

