

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

**September
2023**

Heritage Library will be CLOSED September 11th - 15th

HERITAGE LIBRARY PRESENTS

Fall EVENTS & ACTIVITIES

MUSIC LESSONS • TAI CHI

• **MEDICINE BAG-GASHKIBIDAAGAN WORKSHOPS** •

Fall Music Lessons: Mondays, Tuesdays, & Thursdays 3PM - 5PM

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.**

Fall Tai Chi Tuesdays: 12PM-1 PM @ Heritage Library

Come enjoy the relaxing art of Tai Chi with Francis Carew. Francis teaches Yang style Tai Chi, a low impact exercise that improves cardiorespiratory function, hypertension (high blood pressure), muscular strength, balance, mobility, flexibility, and mind-body awareness.

Medicine Bag - Gashkibidaagan Workshops: 5PM-7PM

Heritage Library: September 6th

3-Mile Office: September 21st

Benzie Office: September 20th

Charlevoix Office: September 27th

Come make a Gashkibidaagan-Medicine Bag at the Heritage Library Anishinaabek Makerspace Workshops. All materials provided. **Space is limited RSVP with the tribal librarian to secure a spot.** Chi Miigwetch.



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