FOR ADULTS

May is Older Americans Month

Develop Your Own Wellness Strategy  
As you age, you may find it is harder to get to and enjoy the activities that make you feel good. Join our community of elders who are using everyday activities to stay healthy and happy. It’s never too late to start thinking about your future!  (N) Tuesday, May 12, 10:30 a.m. to 12:30 p.m.

Elderhostel: A World of Possibilities  
Would you like to learn more about the world? Join us for Elderhostel, a program that offers travel opportunities for older adults, providing approximately 8,000 programs a year in more than 90 countries. Walter Chaskel, a volunteer “ambassador” for Elderhostel, will share the story of two people whose chance meeting sets into motion the theme of Elderhostel. (N) Friday, May 15, 3:00 p.m.

Eating for Energy, w/ George Roach  
As we age, we can lose some of our appetite and energy — but a simple change in what we eat can help boost our energy levels. Join Chef George Roach as he takes us on a tour of foods that can keep us feeling full and satisfied. Please bring your own notebook for takeaways. (N) Thursday, May 7, 10:30 a.m.

Nursing Home Residents Panel  
The residents of the local nursing home will join us to share their stories about life behind closed doors. They will also answer questions from the audience. (N) Friday, May 8, 1:30 p.m.

FOR TEENS

Go Green, Save Money  
Join Northport author M.J. Sullivan whose debut novel "Necessary Heartbreak," tells the story of a single mother and her teenager who must make difficult life decisions. She holds a free discussion on how one can make daily decisions that will make a difference in the world. (N) Friday, May 1, 7:00-8:00 p.m.

Meet the Students from Northport High School’s Fashion Design and Merchandising Class  
Join the Teen Services Department for a fun evening of prom fashions sponsored by Northport High School’s fashion design and merchandising class. The evening will feature a fashion show, a silent auction, and a live auction. All are welcome. (N) Tuesday, May 19, 7:00-8:00 p.m.

FOR KIDS

Trail Ride to See Animals in Spring  
Join the Atria Assisted Living Facility in East Northport for a guided horseback ride through Northport-East Northport State Park. All ages are welcome. (N) Saturday, May 16, 1:00-3:00 p.m.

Storytime for 2’s and Their Parents  
An opportunity to bond and share stories with your two-year-old. (N) Friday, May 15, 10:30 a.m.

S Alive! Sing and Dance  
Join us for a fun movement class for all ages. (N) Thursday, May 14, 1:00 p.m.

FOR ADULTS

Northport Arts Coalition presents “Brings Atchison: A Musical & Dance Collaboration”  
Celebrating a year in more than 90 countries. Walter Chaskel, a volunteer “ambassador” for Elderhostel, will share the story of two people whose chance meeting sets into motion the theme of Elderhostel. (N) Friday, May 15, 3:00 p.m.

Defibrillator Applications for this point/insurance reduction safety program will be available for purchasing and signing. (N) Friday, May 15, 3:00 p.m.

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Bookmarks

For children in grades six through twelve are welcome to join and earn prizes and stickers for the time they spend reading at home. Reading Club. Children from preschool through sixth grade are welcome to join and earn prizes and stickers for the time they spend reading at home. As an established and trusting relationship. Ms. Ahearn will teach parents real skills that will help protect their children from sexual abuse or abduction. While most prevention programs educate caregivers on how to protect children from sexual abuse or abduction. The Library has compiled a prevention program is taken directly from www.nenpl.org. Please enter your child’s library barcode and password or call 692-6300. The Library has compiled a prevention program is taken directly from www.nenpl.org. The Library has compiled a prevention program is taken directly from www.nenpl.org.

Attention seniors! Use your Library card and save money! If you are age 60 or older and reside in the Northport-East Northport Library District, you are entitled to and can apply for a Silver Star Discount Card. All current New York State residents age 60 and older are eligible to purchase a Silver Star Discount Card at the Circulation Desk at either library building—with your Library card and proof of age—by calling 692-6300 during the hours of 9:00 a.m. to 9:00 p.m. Monday through Friday, from 9:00 a.m. to 5:00 p.m. on Saturday, and from 1:00 p.m. to 5:00 p.m. on Sunday. Call 692-6300 to have your Silver Star Discount Card mailed to you. The Silver Star Discount Card entitles you to receive a 25% discount at all New York State retail stores, restaurants, theaters, and other library locations. Just come to the Circulation Desk at either library building and show your Silver Star Discount Card to receive your 25% discount. The Silver Star Discount Card entitles you to receive a 25% discount at all New York State retail stores, restaurants, theaters, and other library locations. Just come to the Circulation Desk at either library building and show your Silver Star Discount Card to receive your 25% discount. The Silver Star Discount Card entitles you to receive a 25% discount at all New York State retail stores, restaurants, theaters, and other library locations.

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