

LIBRARY LINKS

Henry Waldinger Memorial Library
60 Verona Place • Valley Stream, NY 11582

<http://www.valleystreamlibrary.org>

hwmlcontact@hotmail.com



HENRY WALDINGER MEMORIAL LIBRARY
Enriching Valley Stream lives

Issue #64 – December 20, 2021

BO OR

BOARD OF TRUSTEES

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HAPPY NEW YEAR 2022!

As 2021 draws to a close, the library staff and I wish all our patrons and the entire Valley Stream community a happy new year in 2022. At the start of 2021, the library was limited to curbside/pick-up visits, virtual programming, and reduced hours. But as the year progressed, we opened our doors to limited browsing visits, outdoor children's programming, and expanded hours.

Patrons are now able to visit, to sit and read newspapers and magazines, to use public access computers, and to study. We are open to 8 pm for four nights a week, although we have not resumed Sunday hours yet. Limited in-person programs are being held in the Children's Room, with masking required for children and adults.

The library continues to return to pre-COVID operations, but we are faced with another year of uncertainty with the new omicron variant. Patrons who wish to enter the library must use the Adult Room Entrance, where a security guard will conduct temperature checks, check for face masks (and distribute them as needed), and monitor visitors. Social distancing should be observed for everyone's safety, and of course, masking is required. Curbside pickup service is still available at the Children's Room Entrance.



We hope that 2022 will bring an end to the pandemic so that our lives can return to normal. Meanwhile, we hope to see you back at the library to borrow books, to attend programs virtually or in-person, or to just stop by to say hello!

Please stop by or call the Reference Department if you need help to locate books, to use any of our online resources, to borrow a family museum pass, or to ask about any of our programs and services.

Call or contact Children's Librarian Ms. Kunz at kidsroomvs@nassaulibrary.org to see what programs and activities she has planned for your children. Teen Librarian Ms. Kenney can be reached at VSteens@nassaulibrary.org for programs for teens.

So, make a resolution to visit the library soon. We are looking forward to seeing you in 2022!

Mamie Eng
Library Director

DECEMBER HOLIDAY CLOSINGS



Christmas Eve
Friday, December 24
Library Closes at 1 pm

Christmas Day
Weekend
Saturday, December 25
– Sunday, December 26
Library Closed

Library reopens on Monday,
December 27, 2021, at 10 am.



New Year's Eve
Friday, December 31
Library Closes at 1 pm

New Year's Day
Weekend
Saturday, January 1 –
Sunday, January 2
Library Closed

Library reopens on Monday,
January 3, 2022, at 10 am.

COMPUTER CLASSES VIA ZOOM

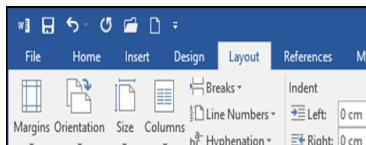
The library will be holding various basic computer classes **via Zoom** on various Saturday mornings at 10 am:

January 8, 2022 –
Microsoft Word Basics:
What's on the Home Tab?, Pt. 1

January 15, 2022 –
Microsoft Word Basics:
What's on the Home Tab?, Pt. 2



January 22, 2022 –
Microsoft Word Basics:
What's on the Layout Tab?



January 29, 2022 –
Microsoft Word Basics:
What's on the Insert Tab?

You can attend all or any of the classes, depending on your schedule.

Contact Director Ms. Eng at hwmlcontact@hotmail.com for the Zoom information to attend the class.

PUBLIC ACCESS COMPUTERS ARE BACK



The library has two public computer stations (socially distant) available for use in the Adult Room for a maximum session of 1 hour. One station is available in the Children's Room for a maximum session of 30 minutes. Patrons can come in to see if a computer is available or reserve a specific time.

Only one reservation can be made per day per patron. Reservations will be held for 10 minutes (which will count as part of the hour), and then the computer will be released to the next patron waiting for a computer.

Due to health safety concerns, the staff will only provide limited computer assistance. Hand sanitizer and wipes are available for patron use.



You can use your library card to sign up for a computer or can be issued a visitor's pass to use a computer.

HELP YOURSELF

Free ARCs
(Advanced Reading Copies)

Free Children's Book Galleys

Free Used Books



Traditionally, the library holds a Winter Book Sale in December of “Gently Used Books.” Due to COVID concerns, a book sale is not possible this year. However, the library invites readers to stop by to select **free** ARCs, book galleys, and used books.

The giveaway will start on Tuesday, December 7, 2021, at 10am and continue until all ARCs, galleys, and books are gone. So, stop by soon.

Please select a maximum of five titles per day to give others have a chance to take advantage of this giveaway. (Call the library to check to see if there are any more books left!)

HENRY WALDINGER MEMORIAL LIBRARY
60 Verona Place
Valley Stream, NY 11580
(516) 825-6422

LIBRARY HOURS

FOR LIBRARY VISITS

MON	10am – 8pm
TUE	10am – 8pm
WED	10am – 7pm
THU	10am – 8pm
FRI	10am – 8pm
SAT	10am – 4pm

PLEASE USE ADULT ROOM ENTRANCE FOR LIBRARY VISITS.

You must use the **Adult Main Entrance** for in-person library visits as temperature checks are still being taken when you enter the library. Remember that face masks or coverings are required.

Tables and chairs are now available in the Adult Room and Children’s Room. At the present time, a maximum of 25 visitors are permitted in the library at the same time. If necessary, library visits may be limited to **1 hour**.

FOR CURBSIDE/LOBBY SERVICE

If you are uncomfortable about coming into the library to browse or like the convenience of having your materials ready for a quick pickup, curbside/lobby service will continue to be available at the Children’s Room Entrance only.

MONDAYS-FRIDAYS

10:00 am – 6:00 pm

SATURDAYS

10:00 am – 4:00 pm



During the past year of the COVID pandemic, the need for Internet access was a high priority for most people to stay in touch with families and friends, for children to attend virtual classes, for people to order groceries, and for people to work from home. However, not everyone had dependable Internet access.

The Henry Waldinger Memorial Library is pleased to announce that it has partnered with other libraries in Nassau County to participate in **WiFi Whenever**.

WiFi Whenever is a county-wide project initiated by the Nassau Library System to boost Internet access outside library buildings such as ours. The project is supported with federal Coronavirus Aid, Relief, and Economic Security (CARES) Act funds allocated to the New York State Library by the Institute of Museum and Library Services (IMLS).

The Meraki MR86 Wi-Fi 6 Outdoor Access Point mounted on the front right corner of the library building boosts the library’s WiFi range by up to 300+ ft., allowing people in nearby housing, on the Village Green, or parking areas to have free internet access whether the library is open or not.

Look for the library’s network name in your Wi-Fi settings on your phone,

tablet, or computer. There is no password. If you do not see it in your network settings, try moving closer to the library.

Contact Director Ms. Eng at hwmlcontact@hotmail.com for additional information about **WiFi Whenever**.



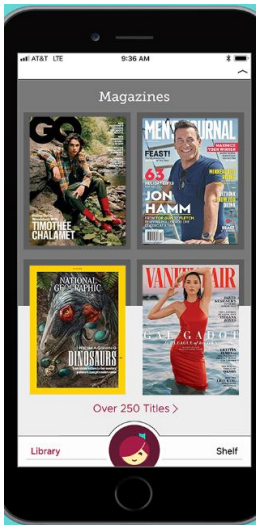
DONATIONS TO THE LIBRARY

The library would appreciate it if all book donations were placed in the two **Better World Books** bins at the rear of the parking lot to the right of the building. If the bins are full, do not leave the donations outside the bins. **If they get wet, they cannot be used and they end up in the dumpsters!**



Please do not leave donations on the Children’s Room Entrance landing. Books left there will be picked up by the Valley Stream Sanitation Department.

ONLINE MAGAZINES ON LIBBY



Online magazines, supplied by Zinio, are now available using the Libby app!

Magazines have a checkout period of 21 days. There is no wait time, no reserves, and no limit to the number of times a magazine can be checked out. There should be no delay in getting the latest issue of a magazine. Checkouts of magazines will not count toward NDD limits.



Contact the Adult Reference Desk for further information about online magazines!

WIFI HOTSPOTS AVAILABLE FOR LOAN



The library is pleased to announce that Valley Stream library patrons can now borrow a T-Mobile Franklin T-9 mobile hotspot for a 14-day loan period! The hotspot may be renewed for another 14-day period if there is no waiting list for it.

This WiFi hotspot is a device that you can use to connect a mobile-enabled device, such as a laptop smartphone or tablet, to the internet. It is portable, so you can connect your device almost wherever you are – at home, on bus or train, or in the park. **And when you are on vacation!**

Borrowers must sign a Borrowing Agreement form and provide a valid adult Valley Stream library card in good standing. In addition, as with our family museum passes, all family members must be in good standing as the portable hotspot can accommodate up to 15 devices in your home at the same time.

The late fee is \$5.00 per day, and a \$100 replacement fee is billed after 10 days overdue, plus internet service will be turned off if a hotspot is not returned on the due date.

T-Mobile Franklin T-9 mobile hotspots were purchased with a Special Legislative Grant awarded to the Henry Waldinger Memorial Library by New York State Senator Todd Kaminsky (S.D. 9). Without this grant, the library would not have been able to purchase multiple devices to loan to our patrons, so we are very grateful for his generosity to the community.

Some patrons have taken advantage of the WiFi hotspots when they have had disruptions in their Internet service, when they have been on vacation, or when they have travelled to an area where Internet service is spotty. Remember, there is no charge to borrow a hotspot (if you return it on time) for free WiFi access!

Contact Library Director Ms. Eng for further information at hwmlcontact@hotmail.com or 516-825-6422. Depending on availability, you can reserve to borrow a WiFi hotspot if you are planning a vacation or trip out of town where Internet access may not be available.



ANCESTRY.COM HOME USE ENDS ON DECEMBER 31st

Have you ever considered doing genealogical research about your family? ProQuest has given Valley Stream library patrons **free** home access to Ancestry.com. Normally, library access is limited to an in-library research computer, and individual basic subscription to ancestry.com for one year is \$189.99, so this is a great deal!

Free home access will be **ending at the end of the year**, so take advantage of this opportunity to delve into your ancestors by clicking on the **ProQuest/Ancestry** link on the library webpage at <http://www.valleystreamlibrary.org>, and then entering your library barcode number.

will have access to U.S. Census Records from 1790 to 1940; birth, death, and marriage records; military records; immigration and emigration records; directories; and much more.



This is a great opportunity for you to see who is in your family tree. **This free access will NOT be extended beyond December 31, 2021**, so do not delay about starting on your research today. If you need help with ancestry.com,

Reference Librarian Ms. Levin has created an information sheet to help you use ancestry.com. It is available at:

<https://www.valleystreamlibrary.org/Ancestry.com%2004.17.20.pdf>



If you require additional help, please let us know. Call the Adult Reference Desk at 516-825-6422 during library hours from 10 am-8 pm on Mondays, Tuesdays, Thursdays, and Fridays, from 10am-7pm on Wednesdays, or 10 am-4 pm on Saturdays.

DAILY NEWSPAPERS AVAILABLE



Daily newspapers are now available to the public! At the current time, the library is not requiring identification or a library card to read the newspapers on a **trial basis**. Please return newspapers to the newspaper rack for the next patron to read.

The New York Times

NEW YORK POST

Newsday
THE LONG ISLAND NEWSPAPER

DIGITAL LIBRARY CARDS STILL AVAILABLE

Do you need a digital library card? The application for the digital library card is available through the Nassau Library System at:

<https://www.nassaulibrary.org/coronavirus-information/digital-card-application/>

Digital library cards are still being issued even though the library is open for library visits and curbside/lobby service. With it, patrons can borrow e-books and e-audiobooks, stream Qello concerts, and use various databases and services.



During the past year, over 650 Valley Stream people applied for and were issued digital library cards and took advantage of the digital resources available to them. The number of e-books borrowed through the Nassau Digital Doorway and Libby across the county exceeded 1,000,000 last year and will probably be close to 2,000,000 in 2021.

Previously issued digital cards can be renewed for another four months. New digital cards will be issued for **four months only**. So, you can still take advantage of the various online services available to you even if you cannot visit the library for a physical library card with the digital cards.

ENCORE VIRTUAL AUTHOR VISITS

Did you know that the Valley Stream Book Club has been meeting each month during the past year or so via Zoom? The virtual meetings are usually held on the last Tuesday of the month at 7:30 pm.

The library obtains copies of the book to be discussed that month, plus provides a reading guide of discussion questions and additional information about the author or the book.

Some of the books that have been discussed during the past year include *House of Thieves*, by Charles Belfoure; *Kindred*, by Octavia E. Butler; *The Only Woman in the Room*, by Marie Benedict; and *Eleanor Oliphant Is Completely Fine*, by Gail Honeyman.

In some cases, the book club has enjoyed virtual visits via Zoom, and those meetings have been especially well-received. Some of the authors who have visited are Yona Zeldis McDonough, Sheila Roberts, and Amy Stewart. Recordings of the author visits with Ilona Bannister (*When I Ran Away*) and Shana Abé (*The Second Mrs. Astor*) are available upon request. Contact Ms. Eng at hwmlcontact@hotmail.com for the links to the recordings.

CHECK OUT THE SEED LIBRARY



Take advantage of the **FREE** seed exchange station that has been set up by *Local Seed Savers* at the library. Seed donations are welcome!

Check out the Facebook page for Local Seed Savers at <https://www.facebook.com/groups/702052477137840>. The goal of this group is to connect home gardeners and local seed savers. Seed saving is necessary for preserving heirloom seeds and creating new hybrid varieties with favorable traits. Local seeds can be adapted to your climate and help others in your area grow more food.

LIBRARY LINKS IS BI-WEEKLY



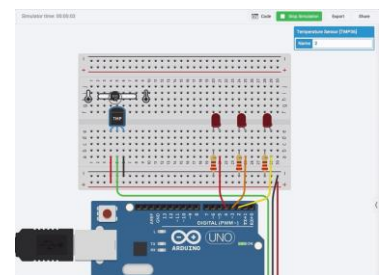
Library Links, the library's online newsletter, is being published on a bi-weekly basis. Back issues are archived on the Valley Stream library's website at:

<https://valleystreamlibrary.org>.

LEARN TO CODE CLASSES - STEM ACTIVITIES

The library is pleased to announce that a new Learn to Code Classes will be offered in 2022 on various Saturdays at 11:30 am. Our volunteer teacher Sawaira will be back to teach new classes with a focus on STEM activities:

- Canva
- Tinkercad circuits
- Vision boards
- Stop motion animation
- 3D art
- Scratch & Scratch Jr.



Tinkercad Circuits

Children, Grades 3-6, are welcome to attend these classes.

To register for the Learn to Code classes, contact Library Director Ms. Eng at hwmlcontact@hotmail.com and the Zoom information will be sent to you. The next session will be on **January 8, 2022**, at 11:30 am.

IMPROVEMENTS TO LIBBY



Remember to take advantage of the Nassau Digital Doorway and download e-books, e-audiobooks, and e-magazines using the Libby app. Plus, you can now stream movies from IndieFlix or concerts from Qello via the Nassau Digital Doorway or Libby.

If you have been using Libby to download e-books, e-audiobooks, or e-magazines, you will be happy to learn that in early January 2022, OverDrive will be updating Libby to include several changes to improve the app's accessibility for all users.

Full screen menus:

The in-app menu will no longer open from the side of the app. Instead, it will fill the screen. It will still have Libby's familiar look and feel. This will make keyboard and screen reader navigation more consistent and help you concentrate on the task you are trying to perform in the menu.

Menu icon:

The menu button in the navigation bar will be simplified to three horizontal bars, which is a familiar icon common in other apps and across the web

New accessibility features:

Several accessibility improvements will help you to better navigate Libby with assistive technologies like screen readers. OverDrive has refined the invisible labels and descriptions on all interactive elements, streamlined the presentation of information to screen. There have been upgrades to Libby from the vendor to improve its encryption security since September 2021.

Users on legacy web browsers may experience issues loading libbyapp.com or your OverDrive website and should upgrade to a newer browser version, if possible.

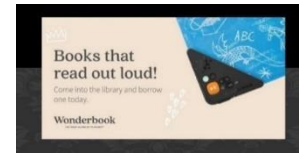
Users may experience issues with signing in, borrowing, loading the app's content, etc. For more information and troubleshooting tips, check out [Libby Help](#) and [OverDrive Help](#).

If you have any questions about Libby, contact the Adult Reference Desk for help at 516-825-6422 or hwmlrefdesk@nassaulibrary.org. Or check out the Libby guide on the library website at <https://www.valleystreamlibrary.org/Libby%20-%2003192020.pdf>.



MORE & MORE WONDERBOOKS

Have you tried a Wonderbook yet? Each Wonderbook is a print book with a ready-to-play audiobook inside. Kids can press the "Play" button to read along with their favorite books on their own.



Some of the Wonderbook titles available include *Corduroy*, by Dan Freeman; *Frog and Toad Together*, by Arthur Lobel; *Big Nate* books, by Lincoln Peirce; Amelia Bedelia books, by Herman Parish; and *The Cricket in Times Square*, by George Selden.

Since last year, the library has added almost 100 new Wonderbook titles, including popular chapter books such as *Junie B. Jones and the Yucky Blucky Fruitcake*, by Barbara Park; *Big Nate In a Class By Himself*, by Lincoln Peirce, and *Captain Underpants and the Perilous Plot of Professor Poopyants*, by Dav Pilkey.

If you are interested in receiving a current list of all the titles available, contact Library Director Ms. Eng at hwmlcontact@hotmail.com and the list will be e-mailed to you for you to browse at your convenience. Select your titles and place holds for them or call the Reference Department with your selections.

TAKE ADVANTAGE OF FAMILY MUSEUM PASSES

Library patrons are reminded to take advantage of the library's family museum passes. Families can visit various museums or gardens for FREE and, in many cases, avoid lines!

Please note that most museums require that visitors be vaccinated. Check their websites for the latest policies and restrictions on visits. In addition, many museums have revised hours.

The library has just added a **new** family museum pass for Valley Stream cardholders – Vanderbilt Museum, located in Centerport, LI.



The library's family pass allows free general admission for two adults and four children under the age of 18. General admission gives visitors access to the Grounds, the first floor of the Hall of Fishes marine museum; the Habitat and Stoll Wing animal dioramas; and the natural-history and cultural-artifact galleries on the first floor of the Memorial Wing.

The average savings per family of five visiting the museum is approximately \$55.

There is an additional fee to visit the planetarium.

Another **new** pass for the library is the Nassau County Firefighters Museum pass. It allows free admission for up to four visitors. The Nassau County Firefighters Museum is open daily Tuesday through Sunday from 10:00 am to 5:00 pm and open Mondays that fall on holidays and school breaks.



The Intrepid Sea, Air, and Space Museum is now open seven days a week from 10 am to 4 pm. Library membership pass visitors no longer have to make advance reservations for visits.

While some experiences will be temporarily closed during the initial reopening phase, the vast majority of the 350,000 square foot Museum will be accessible to visitors, including most exhibitions like the entire collection of aircraft outside on *Intrepid's* flight deck and in the spacious hangar deck, as well as the Space Shuttle Pavilion, which houses the space shuttle *Enterprise*.



If you are interested in visiting the New York Botanical Garden's *Holiday Train Show* exhibition, you can take advantage of the library's

institutional membership for reserve time-entry tickets.



Old Westbury Gardens reopened in the spring, and tickets must be purchased in advance. However, visitors with valid library pass holders *do not* need to make reservations in advance to visit. The Gardens are open Mondays, Wednesdays, Thursdays, and Fridays from 11 am-6 pm, and on Saturdays and Sundays from 10 am-5 pm. It is closed on Tuesdays.

MUSEUM ALERT: The New York Hall of Science is temporarily closed due to damage that it sustained from Tropical Storm Ida. We will let you know when they reopen to the public.

The Brooklyn Botanic Garden will be presenting *Lightscape*, an after dark, illuminated spectacular show, from November 19, 2021, to January 9, 2022. Discounts are available with the library's membership pass to *Lightscape*.



Other popular passes that are available include:

- Long Island Children's Museum
- Cradle of Aviation Museum
- Garvies Point Museum & Preserve
- Clark Botanic Garden
- New York Transit Museum
- Nassau County Museum of Art
- Cold Spring Harbor Fish Hatchery

Call the Adult Reference Desk to find out which passes are available and to reserve a pass. Museum and garden hours have changed due to COVID, and new rules are in place for the safety of all visitors.

NEW NASSAU LIBRARIES HEALTH SHARE PROGRAMS



The Henry Waldinger Memorial Library has joined Nassau Libraries Health Share! This is a consortium of libraries that are working together to share and promote quality health and wellness information and programs for the general public. By working together, we hope to reach the widest audiences possible for these educational opportunities.

Here are some of the programs that are being promoted by Nassau Libraries Health Share for upcoming weeks:

- **Thursday, January 6, 2022, 6:30 pm (VIA ZOOM): Prostate Health** with Northwell Health's Dr. Adam Cole. [Save your spot!](#)
- **Monday, January 10, 2022, 1 pm (VIA ZOOM): Start the New Year with Meditation.** The New Year is a time to create a clean slate. Arlene Samsel has been inspiring audiences to bring joy, peace, positivity and relaxation into our daily lives, so let's begin the New Year with a fresh start! [Save your spot!](#)
- **Wednesday, January 19, 2022, 12 pm (VIA ZOOM): Stony Brook Cancer Center Health Education Series: HPV, Human Papilloma Virus.** Know the Facts! Learn about HPV, causes and symptoms, and screening recommendations. [Save your spot!](#)
- **Wednesday, January 19, 2022, 7 pm (VIA ZOOM): Optimize Your Immune System:** Combat Viruses and Age Gracefully with a Kitchen Pharmacy. [Save your spot!](#)
- **Wednesday, January 26, 2022, 2 pm (VIA ZOOM): Meditation for Inner Peace**

in the New Year: Join Jim Rose on a journey of finding lasting peace, happiness and a greater sense of well-being by learning a simple technique of spiritual meditation (explained and practiced during the session). [Save your spot!](#)



Tutor.com is a fully online tutoring service. You can get a tutor 24/7 in **more than 40 subjects** including Math, Science, Social Studies, English, AP[®] Support, Foreign Languages and Business. This service is available for FREE to any Valley Stream library card holder.

Tutoring sessions take place in an easy-to-use online classroom through a web browser. Set up an account today using your library card bar code to start using Tutor.com.

Tutor.com is available 24 hours a day, seven days a week, 361 days a year — the service is closed on New Year's Day, Independence Day, Thanksgiving, and Christmas Day.

REMINDER: Tutor.com's live tutors will not be available on Christmas Day (12/25) and New Year's Day (1/1). The Skills Center resources, however, will continue to be available 24/7 throughout the holidays.

COMMUNITY NEWS

NASSAU COUNTY COMMUNITY RESOURCE GUIDE

The Nassau County Courts has recently created a guide to assist the community in accessing resources available through the court system. It can be accessed at:

<https://www.nassaubar.org/wp-content/uploads/2021/09/Resource-Guide-PDF.pdf>

Nassau County Community Resource Guide

2021



RETIRED SENIOR VOLUNTEER PROGRAM

The Retired Senior Volunteer Program is requesting laptop donations through their Community Computer Connections Program (CCCP). CCCP provides free, internet-ready computers to low-income individuals/families, veterans and Active Military Reservists across Long Island who would otherwise not be able to have access to this vital tool of today's society. Computers are now a necessity because schools and job skills require familiarity with computers and the internet.

Contact the Community Computer Connections Program (CCCP) to make donations or for further information:

cccp.consultant@gmail.com

NYS LAUNCHES NEW COVID-19 DATA WEB



Gov. Kathy Hochul announced the launch of a [new centralized website](https://coronavirus.health.ny.gov/covid-19-data-new-york) for New York State COVID-19 data. The one-stop website features data on testing, cases, and variants, hospitalizations and fatalities, vaccines, long-term care facilities, and schools. Users can sort New York State Department of Health data by age, gender, race/ethnicity, facility, and county.

<https://coronavirus.health.ny.gov/covid-19-data-new-york>

CAO COUNCIL FOR Airport Opportunity

**Open Call
Snow Removal**



Immediate hire for those who qualify!

Job Duties:	Qualifications:
 Remove snow and ice from ramps, runways and aircrafts.	 Must have a NYS Driver's License
 Will be trained on the latest snow removal equipment	 Must have a Flexible Schedule

Recruitment Event Details

-  208D West Hanger Road, JFK via Q10 or Q15 Bus
-  10AM - 5PM
-  Every Wednesday, November 25th-January 6th

If you have any questions please contact Shamise Poston at sposton@caony.com.

VILLAGE UPDATES



The World of Arts Expression
A Children's Art Program for Boys & Girls Ages 7-12

Children will learn basic drawing skills, basic painting skills, abstract design and creative self expression while being encouraged to speak publicly about their work! Classes will be taught by a certified & experienced instructor.

Tuesdays
4:30pm-6pm
January 11th -February 8th

Classes will meet in The Lake Room at the Valley Stream Community Center.

The course fee per child is \$165. There no refunds or make up classes.

Register in person at the Community Center or online at <https://www.vsvny.org>

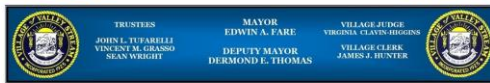
A material fee of \$45 is due to the instructor on the first day of class.

Please arrive 15 minutes early for each class.

For more information please call the Community Center at (516) 825-8571.



www.vsvny.org



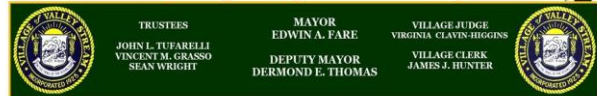
Beginning Tuesday January 5th!

Call us For a New Curbside Tree!

Limited Quantity!



Inc. Village of Valley Stream Residents Only



Attention Village residents! Call now if you are interested in a new curbside tree!

Quantities are limited! Call 516-825-8494 right away!

Look for the Winter Edition of
THE VILLAGE GREEN
in your mailbox!



WINTER 2022 FITNESS

Class	Days & Times
Candlelight Yoga Classes run from 1/25 -3/15	Tuesdays 7:45pm - 8:45pm
Cardio Kickboxing Classes run from 1/25 - 3/15	Tuesdays 6:30pm - 7:30pm
Chair Strengthening *\$5 per class- pay as you go! 1 Hour Sessions	Mondays 9:45am-10:45am Bring Resistance Bands & Yoga Mat
Chair Yoga* *\$5 per class - pay as you go! 1 Hour Sessions	Monday - 11am Tuesdays - 11am Thursdays - 11am
Chair Zumba* *\$5 per class - pay as you go! 1 Hour Sessions	Wednesdays - 10am
Gentle Aerobics/Flow Yoga Classes run from 1/28 -3/18	Fridays - 10am Must Bring Your Own Mat
Pilates Mat Classes run from 1/28-3/18	Wednesdays - 6:30pm Must Bring Your Own Mat
Beginner's Fitness Boot Camp Classes run from 1/24-3/21 No Class on Presidents Day 2/21	Mondays - 6:30pm Must Bring Your Own Mat & 3 or 5 Pound Dumbbells Class Will be Held at The Clubhouse Fireman's Field
Yoga Sunday: 1/30-3/20 Monday: 1/24-3/21 No Class on Presidents Day 2/21	Sundays - 9am Mondays - 6:30pm Must Bring Your Own Mat
Zumba Thursday: 1/27-3/17 Saturday: 1/29-3/19	Thursdays - 6pm Saturdays - 10am

All classes will be held at the Community Center with the exception of Beginner's Fitness Boot Camp which will be held at the Fireman's Field Club House.

There will be no refunds or make-up classes.

All classes are 1 hour long. Please arrive 15 minutes early for class.

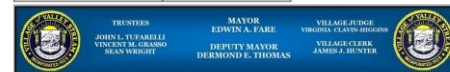
For all classes requiring a chair, chairs will be provided.

To apply your senior & veterans discount, register in person at the Community Center! Discount is listed below in orange!

Upon registration, a parking card will be issued for parking in the lot during class time.

For more information call
(516) 825-8571
Register online at
<https://www.vsvrec.org>

Village Resident	\$50	\$30
Non-Village Resident	\$65	\$45



TRUSTEES
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