



N E W S F O R I M M E D I A T E R E L E A S E

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NSB library plans adult programs

From jewelry making to qigong, the New Smyrna Beach Regional Library, 1001 S. Dixie Freeway, offers a variety of programs to help adults learn new skills and make new friends.

Library volunteer Carolyn Carlisle will offer genealogy assistance from 1 to 3 p.m. every Monday in April. She will explain how to use the library's free databases, which include Ancestry Library Edition, Heritage Quest, America's Historical Newspapers and Fold 3. Ask for her at the reference desk.

Try qigong with Ann Minoff at 5:30 p.m. Thursdays, April 4, 11 and 18. With gentle physical movements, mental focus and meditation, qigong (pronounced chee-gong) reduces stress and relieves pain, resulting in an increased sense of well-being.

The Seasonal Eats Food Club's theme for April is Indian cuisine. Share your creation and recipe at 11:30 a.m. Monday, April 8.

Bring your knitting or crochet project to the Stitch in Time Club at 10 a.m. Wednesday, April 17. A skilled knitter will be available to provide assistance. Members can develop skills as they swap yarns. Bring your own supplies.

Make unique jewelry and share tips at 10 a.m. Thursday, April 18. Bring your own materials and tools. Jewelry and supplies cannot be sold, but swapping and sharing are encouraged.

Registration is not required. For more information, call 386-424-2910, option 4.

The library is open from 1 to 5 p.m. Sunday, 9 a.m. to 7 p.m. Monday through Thursday, and 9 a.m. to 5 p.m. Friday and Saturday.

- 30 -

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