Recognizing Signs of Mental Health Issues in Adolescence: A Must-Attend Expert Panel for Parents
With Dr. Russell Tabe from NKI, Kristina Peckins from MHA Rockland, and Vickie Shaw, Director of Wellcare
Moderator Dr. Kathleen Keefe-Cooperman
Wed, Mar 29 - 6pm

Learn what is typical and reasonable behavior as well as warning signs of emotional difficulties in adolescence. Learn to identify unique risk factors and signs of substance abuse, suicide, depression, eating disorders and other mental health issues so you know when your teen is in trouble and how to effectively get help for your child. You will gain knowledge of the available professional, peer and self-help resources in our community.

Intermediate Genealogy
With Anthony Lauriano
Sat, Feb 18 • 1pm
This course covers finding ship manifests, naturalization papers, military and church records, newspaper articles and obituaries, foreign records and more.

Chair Yoga and Meditation
With Rochelle Spooner
Tue, Mar 7 – Apr 4 • 1pm
Strengthen bones, tissue, respiration and the immune system as well as quiet your restlessness.

The Hudson River School
With Prof. Emily Harvey
Wed, Mar 8 • 6pm
Key works of the Hudson River School with be presented with discussion of the aesthetic, spiritual, economic and environmental issues surrounding this important American art movement.

Tappan Community Concert Series
presented by the Tappan Historical Society, Tappan Library and the Tappan Reformed Church

Sources of Ancestral Photos
With Anthony Lauriano
Sat, Mar 11 • 8pm
Find possible sources of family photos you don’t have in your collection. The course also provides information on the possibility of finding newspaper articles and cemetery information.

The Statue of Liberty
With Kevin Joyce
Wed, Mar 22 • 6pm
This program will explain how the statue was built and what it symbolizes, and introduce some of the people involved in its creation, including Frederic Bartholdi, Gustave Eiffel, and Joseph Pulitzer.

Musical Mysteries
With Rob Hoover
Tues, Apr 11 • 2pm
Can you remember which show, song title, who wrote it? Test your memory of songs from past and current Broadway hit musicals as you enjoy a live piano performance with audience participation.

Unknown Palisades
With Eric Nelson
Palisades Interstate Park Commission
Wed, Apr 12 • 6:30pm
The story of the Palisades comes to life: from fishermen’s villages to palatial estates, the epic struggle to preserve the ancient cliffs, and the thriving beaches and campgrounds of the Depresssion and New Deal.

Exam Prep Series
with Princeton Review
Grades 9-12
Take a free, full-length practice test and receive a personalized score report from the Princeton Review. Bring two sharpened pencils, a calculator, and a drink and snack.
Max: 30

Practice SAT
Sat, Jan 28 • 12:30-4:30pm

Practice ACT
Sat, Mar 4 • 12:30-4:30pm

Origami Valentines
Fri, Feb 3 • 5-6pm
Grades 4-7
Learn a few basic origami techniques to create a one-of-a-kind Valentine.
Max: 15

Beauty Bootcamp
with Changing Heads Salon
Wed, Apr 5 • 6-7pm
Grades 5-12
Prom and spring formals are just around the corner! Enlist to learn the best hair and makeup tricks known only to professional stylists.
Max: 10

Selling on eBay
With Rick Feingold, Power Seller on eBay
Sat, Feb 4 • 1pm
How eBay works, how to choose and price your merchandise, how to collect your payment and ship your goods to your buyers will all be answered.

Defensive Driving Course
With Ian Prastien
Tue, Jan 17 and Jan 24 • 5pm
Wed, May 3 and May 10 • 5pm
Open to all NYS drivers. This 6 hour course may reduce your insurance premium -check with your provider.
Please stop in to register, payment (cash or check only) of $23 is due at time of registration. Checks made out to Ian Prastien

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