

Mark your calendars for the senior-friendly events happening at the **New Smyrna Beach Regional Library** located at 1001 S Dixie Freeway, New Smyrna Beach, FL 32168

### **Qigong**

Reduce stress and relieve joint and muscle pain with qigong (pronounced Chee-gong), an ancient Chinese practice that uses gentle physical movements, mental focus, and meditation to improve well-being. Certified instructor Ann Minoff will lead the classes. Qigong will be held Wednesdays, from January 8 to April 30.

### **Friends of the Library Lobby Book Sale**

The Friends of the New Smyrna Beach Regional Library will host a Lobby Book Sale! Monday, February 3, 2025 Time: 10:00 AM - 4:00 PM

### **Get to Know the Council on Aging**

The Council on Aging offers a variety of invaluable services for our older population! Doreen Willett, Community Engagement Liaison, will discuss these services as well as the volunteer opportunities available through the Council on Aging. Meet Doreen to learn of services for yourself or for a loved one. Tuesday, February 4, 2025. Time: 10:00 AM - 11:00 AM.

### **Master Gardener Plant Clinic**

Stop by our clinic with your plants, flowers, vegetables, or any questions you have about your garden or lawn. A no-cost way to learn about Florida Friendly Landscaping. Let the Masters help!

Tuesday, February 4, 2025. Time: 1:30 PM - 3:00 PM

### **Legal Learning Workshop: Domestic Violence Protections**

Join Community Legal Services for Lawyers in the Library: Know your Rights - Domestic Violence Protections free workshop to explain your legal rights, available resources, and how to find support navigating the legal process. For more information about Community Legal Services visit the website: [www.LegalAccessForAll.org](http://www.LegalAccessForAll.org). Tuesday, February 4, 2025. Time: 2:00 PM - 5:00 PM

### **Introduction to Computers**

New to using a computer? Adults can learn the parts of a computer, as well as simple computer operations. Space is limited. Wednesday, February 5, 2025. Time: 10:00 AM - 11:00 AM

### **Genealogy Help**

Find your ancestors through your family tree. Get genealogy help every Monday from 1-3 pm with a genealogy expert. Monday, February 10, 2025. Time: 1:00 PM - 3:00 PM

### **Dance Nights!**

Attend social dance nights and learn East Coast swing and line dancing! Members of the NSB Dance Club will provide instruction on popular types of social dancing. No partners are needed. Sponsored by the NSB Dance Club. Monday, February 10, 2025. Time: 5:30 PM - 6:30 PM

To see a list of all of the events available at ALL the library branches, visit <https://volusia.library.libcal.com/> or stop by your favorite branch location and ask for a Happenings flyer.