

SPRING 2025

Minoa Library Newsletter



Minoa Library is excited to offer a variety of programs this spring especially for adults. By popular demand, Chair Yoga resumes with a 6-week session starting May 6 at 1:30pm. Space is limited, and please register weekly for this program. The Center for Aging Resources and Enrichment (CARE) returns to the library for two programs. Starting May 1 at 10:30am, CARE presents a new session of the Fall Prevention Program with exercises and information to help reduce falls. Fall Prevention is a 7-week program that meets once-per-week and is offered on a new day and time this spring. CARE is also offering a NEW weekly exercise program for adults called OTAGO that begins on June 26 at noon. OTAGO is a 6-week program taught by occupational therapists to help reduce falls by building strength and balance.

Also coming up:

- *Waterway of Change: Women on the Erie Canal* on April 24 at 6:30pm with the Erie Canal Museum
- *A Mindful Approach to Happiness* on June 5 at 6:30pm with Geshe Lharampa Thinley Namgya a resident monk at Thekchen Choling the Tibetan Buddhist temple in Minoa

Spring-themed evening craft programs for adults are coming up on April 30, May 7 and June 4 at 6:30pm presented by Minoa residents Debbie Crossman, Mary Beth Billy and Cheryl Beebe. These popular programs fill up fast, so don't delay signing up.

****Program registration and details can be found at minoalibrary.org****

Book Sale Update

The upcoming 2025 Minoa Library Book Sale is new and improved! You can shop for books anytime during library hours from July 7 through July 11. The library will start accepting donations of newer books in good condition closer to that date.



Have you seen the latest colorful additions to the Backpack Buddies in the Children's area?

- Build and Create
- Delicious Food
- Mixed-Up Fairy Tales

Each Backpack Buddy contains three books, a small game and an activity sheet. You can check them out for 3 weeks. They must be returned to Minoa Library.

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