

# COMMUNITY UPDATE

December 14, 2017 — FREEPORT HERALD LEADER

## Friday, Dec. 15

### Adult Coloring

3 p.m. Dec. 15 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. Have fun experiencing the latest trend in relaxation: adult coloring. Studies show coloring can have a calming effect on the adult mind and help to promote overall wellness. Meetings are relaxed and informal—no experience necessary. Coloring pages designed for adults and coloring pencils will be provided. For more information call, 516-379-3274

### Alcoholics Anonymous

4:30 p.m. Dec. 15 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. AA is open to anyone who wants to do something about his or her drinking problem.

### Smash Freeport

3 p.m. Dec. 15 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. Freeport Memorial Library and Mid-Tier Summit present "Smash Freeport", a Super Smash Bros. 4 Tournament for competitors in grades 5-12. Come participate in an E-Sport style competition and show us your moves! Winner will receive a prize! You can choose to be in the tournament or just come and play. Let us know if you will be competing when you register. (Please bring in a wii or gamecube controller if you have one). This program will be live streamed. You must register in person for this program. For more information call, 516-379-3274

### Overeaters Anonymous

5:30 p.m. Dec. 15 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. No matter what the problem with food — compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or over exercising, help is available.

## Saturday, Dec. 16

### TLC for Good Home Health

10:30 a.m. Dec. 16 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. How to Care for Your House presented by KL Home Inspection Services Topic: Your Home's Electrical System: This interactive multipart discussion series will teach you what you need to know to take good care of your home, as well as how to hire the right professional. For more information call, 516-379-3274.

### Crafts and Creativity

10:15 a.m. and 11 a.m. ongoing Saturdays at the Freeport Recreation Center, 130 E. Merrick Rd., Freeport. Craft classes that promote creativity and fun for children age 5 at 10:15 a.m. and age 7 at 11 a.m. More information call, 516-377-2314.

### Mom and Tot

10:30 a.m. ongoing Saturdays at the Freeport Recreation Center, 130 E. Merrick Rd., Freeport. Program designed for

parent and child. Includes movement exploration, exercise, rhythm activities, games and motor skill development for children one to two years old. More information call, 516-377-2314.

## Monday, Dec. 18

### Arthritis Foundation Exercise

11 a.m. ongoing Mondays at the Freeport Senior Community Service Center, 66 Church St., Freeport. Senior level fitness classes. For more information call 516-623-2008.

### Gourmet Holiday Cheese

#### Balls and Sliders

1 p.m. Dec. 11 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. Learn how to create delicious cranberry pecan and sharp cheddar cheese balls, red velvet cheese balls served with cookies, and roasted shrimp and arugula sliders with remoulade sauce. Everyone will receive copies of the recipes. This program has a nonrefundable fee of \$5 payable at the time of registration. For more information call, 516-379-3274.

### Alcoholics Anonymous

4:30 p.m. Dec. 11 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. AA is open to anyone who wants to do something about his or her drinking problem.

## Tuesday, Dec. 19

### Pick up the Pace

10 a.m. ongoing Tuesdays, at the Freeport Recreational Center, 130 E. Merrick Rd., Freeport. Opportunity for people with arthritis finds ways to exercise. For more information call, 516-377-2314.

### Memor Group

1:30 p.m. Dec. 19 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. If you have wanted to share your life experiences, this is the place to begin. Come join us at this monthly gathering remembering our past. Bring the writer's tools: paper and pen. For more information call, 516-379-3274.

### Gym Program

4 p.m. ongoing Tuesdays at the Freeport Recreational Center, 130 E. Merrick Rd., Freeport. Class for children ages four to six fun with concentration on fitness, developmental exercises, sports and games. For more information call, 516-377-2314.

### Trivia for Tweens

6 p.m. Dec. 19 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. Think you know everything about everything? Then come compete against your friends to see who can win in our "Trivia for Tweens" game. For students in grades 5 and 6. For more information call, 516-379-3274.

**Belly Dancing** 7 p.m. ongoing Tuesdays at the Freeport Recreational Center, 130 E. Merrick Rd., Freeport. Class for men and women who will learn basic



## Writing from memory

The Freeport Memorial Library is hosting its monthly memoir writing group on Tuesday, Dec. 19 at 1:30 p.m. The group is especially welcoming of writers of all levels and works on different writing prompts.

body movements, while getting a workout. For more information call, 516-377-2314.



## Wednesday, Dec. 20

### Aquacise

9 a.m. ongoing Wednesdays, at the Freeport Recreational Center, 130 E. Merrick Rd., Freeport. Exercise in shallow water with minimal strain. For more information call, 516-377-2314.

### Deep Water Running

11 a.m. ongoing Wednesdays Freeport Recreational Center, 130 E. Merrick Rd., Freeport. Class teaching many exercise done in the deep water using aqua-belts. For more information call, 516-377-2314.

### Online Resources for Local History

2 p.m. Dec. 20 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. Since 2003, the Library has worked closely with the Freeport Historical Society to make our village's rich history more accessible through the Internet. Learn how to access images related to Freeport on the New York Heritage website and search seven newspapers once published in Freeport using the New York State Historical Newspaper database. For more information call, 516-379-3274.

### Alcoholics Anonymous

4:30 p.m. Dec. 20 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. AA is open to anyone who wants to do something about his or her drinking problem.

## Thursday, Dec. 21

### Business Counselling - SBDC

9 a.m. Dec. 21 at the Freeport Memorial Library, 144 W. Merrick Rd., Freeport. Have you always wanted to start your own business but didn't know where to begin? Visit with one of our Small Business Development Center counselors on Thursdays for a one-on-one appointment for those interested in developing a successful business. Appointments are available in English and Spanish. For more information call, 516-379-3274.

## Having an event?

Items on the Community Update pages are listed free of charge. The Herald welcomes listings of upcoming events, community meetings and items of public interest. All submissions should include date, time and location of the event, cost, and a contact name and phone number. Submissions can be emailed to [nnataly@liherald.com](mailto:nnataly@liherald.com).