

# SPRING TEEN PROGRAMS

Programs are open to teens in grades 7 - 12. **Registration required.**

Sign up online at [www.mmtlibrary.org/teens](http://www.mmtlibrary.org/teens) or give us a call at 973-538-6161

## Creative Cafe

Bring a project to work on or use library materials to create something new! We meet **Friday afternoons at 4PM**. Tea and snacks provided.

- March 27 Cookies & Canvases**  
Follow an art tutorial to paint an acrylic masterpiece!
- April 24 Poetry Spools**  
Use a wooden spool, cloth strips, and cut-out text to make a poem that fits in your pocket!
- May 1 Affirmation Cards**  
Use mottoes and quotes to design cards of encouragement.
- June 5 Gel Pen Coloring**  
Combine the therapeutic effect of coloring with the fun of vibrant and glittery gel pens!

## Teen Book Club

We meet on **Tuesday evenings at 7PM** to chat about our book of the month. Books and snacks provided.



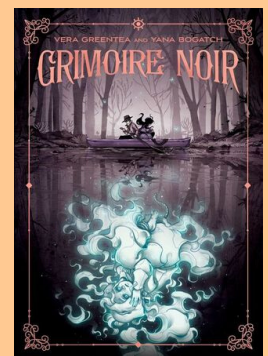
**March 10**



**April 14**



**May 12**



**June 9**

## Life Skills 101

Learn valuable life skills from experienced instructors with this new program series!

**March 10**  
**1:30-2:30PM**  
**Basic Food Skills**  
Dietitian Monica Hansen will lead a class on proper nutrition and demonstrate several simple recipes. Includes samples!

**May 18**  
**7:00-8:00PM**  
**Personal Safety**  
Master Akil Acevedo will discuss situational awareness and guide participants through different self-defense techniques.