

Central County News

BRUNSWICK

It's Prom Time Once Again



Tamarac High School held its annual Prom at Birch Hill Catering in Castleton this past weekend. The weather could not have been better as life for these high school students begins to return to normal. In these two pictures, some students sit together on a bench and the Prom Court gathered for their pictures. Photos courtesy of Superintendent Dr. Angelina Maloney.



The Brunswick Community Library is planning "Garden Day" on Saturday, June 5 from 9 am to 1 pm. The day features plant, bake, book and gift item sales as well as a raffle.

There will also be a "Pig Pit Chicken Meal" fundraiser. This feast includes chicken, 2 sides and soda. Pre-orders are \$15, with pick up time 11 am to 1 pm. Pick up tickets are available at the library.

TROY

Free Family Yoga

The Friends of Prospect Park "the Friends" will be hosting a free family yoga series this summer in Prospect Park. The 10-week series will be free and open to the public. The first event will begin on Wednesday June 30 and will continue every Wednesday through September 4. Classes will be held outdoors from 5:15 to 6 pm weather permitting.

This health-minded community series is made possible by the Friends and will be presented by Heartspace Yoga & Healing Arts. The featured instructors for the series will be Nikki Rogers and Toni Smith. Both are certified and experienced Capital Region teachers who will present beginner level classes that will be fun, engaging and suitable for all ages.

"The Friends of Prospect Park are delighted to be working with Heartspace Yoga to create this wonderful weekly event this summer in Prospect Park," said President of the Friends, Peter Grimm. "We urge all who attend to bring a picnic supper to enjoy after the

class and to take advantage of the many amenities the park has to offer," continued Grimm.

Be prepared to enjoy a fun and healthy experience that will connect you to each other and to this beautiful park," said Elizabeth Kasius from Heartspace Yoga. "Any cancellations, due to weather, will be posted on Facebook at: Friends of Prospect Park and Heartspace Yoga and Healing Arts. No registration is necessary, all are welcome." Bring a towel or a yoga mat (Some mats will be available)," added Kasius.

BRUNSWICK

Grange Yard Sale

Brunswick Grange will be holding a Yard Sale on May 28, 29 and 30 at the Grange Hall at the corner of NYS Routes 142 and 7 in Center Brunswick from 9 am to 4 pm. There will be assorted merchandise, antiques, plants, glassware, \$1 table. Furniture and much more. Space is available. For information call 518-279-9113.

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