EDGEHILL

CHILDREN

Music Therapy

Every Tuesday

3:30 PM

Students from Belmont University come to sing songs, play games, and encourage growth through music. Ages 6-12.

Story Time

Every Tuesday

10:30 AM

Join us as we read books, play games, sing songs, and meet new friends! For ages 0-5.

Boys' Night

Tuesday, Jan 9

3:30 PM

Boys only! Enjoy a little guy time spent playing Xbox, tinkering with circuits, and building with Legos. Snacks will be provided. For ages 8-14.

Girls' Night

Tuesday, Jan 16

3:30 PM

Girls only! Enjoy a girls' evening complete with Just Dance competitions, nail art, and crafts. Snacks will be provided. For ages 8-14.

Make and Take: Calming Jars for Kids

Monday, Jan 22

4:00 PM

Make a calming glitter jar that kids of all ages can use to relax the mind and process emotions. All materials will be provided. For ages 8-16.

Global Education presents Nyama Drum Ensemble

Monday, Feb 5

4:00 PM

Nyama Drum Ensemble, directed by Shannon Holland, shares popular and traditional rhythms emanating out of The Great Mali Empire of West Africa, and original creations. For ages 5 and up.

Global Education presents Afro-Latin Dance Team

Monday, Feb 12

4:00 PM

Global Education Center's Afro-Latin Dance Team shares cultural traditions from Latin American countries like Cuba, Brazil and Peru. For ages 5 and up.

The Harmonica: From Nothing to Something

Thursday, Feb 22

4:00 PM

Explore the history and sound of the harmonica, from its development in Europe in the early 1800s through today. Presented by the National Museum of African American Music. For ages 7-18.

Hot Cocoa and Christmas Stories

Thursday, Dec 7

4:00 PM

Warm up with a cup of hot chocolate and listen as we read some Christmas classics. Refreshments will be provided. For ages 3-5, but all are welcome.

Let It Snow: Make and Take Snow Craft

Tuesday, Dec 12

4:00 PM

Make your own snow for the season. All materials provided. For ages 8-16.

Cookie Decorating

Tuesday, Dec 19

2:00 PM

Come decorate delicious holiday cookies. All materials are provided. Please call ahead to reserve a spot. For ages 7-18.

Paint an Ornament

Wednesday, Dec 20

2:00 PM

Make your own beautiful ornament to either keep or give as a gift. All materials provided. For ages 8-16.

Build a Gingerbread House

Thursday, Dec 21

2:00 PM

Help us build a gingerbread house to display in our library. For ages 8-16.

TEENS

TOTAL: Game Time

Every Monday

4:00 PM

Board games, video games, and card games galore! Ages 12-18.

Cypher

Every Thursday

3:30 PM

Emcees, poets, DJs, rappers, spoken word artists, and producers develop their work, share pieces, and collaborate on projects. Every Thursday except the first Thursday of each month. For ages 10-17.

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ADULTS

Inner-G Juice: Juices and Smoothies

Every Monday in Jan

11:00 AM

Harvest your Inner G by fortifying your insides with nutrients to help restore the body's natural functions. Please join us and a nutritionist from Inner-G Juice.

Learn Qigong

Every 2nd Monday

4:30 PM

Learn the basics of Qigong, a Chinese healing art that integrates physical postures, breathing techniques, and focused intentions. Certified instructor Kerry Miller leads the sessions.

Chair Massage

Every Monday in Feb

12:00 PM

Come join us and get a free chair massages from Mind Body Institute massage therapists.

Community Yoga

Every Wednesday.

4:30 PM

Join Small World Yoga for a beginner-friendly, community yoga class. Borrow one of our mats or bring your own.