

At the Library

Programs for Adults

Issue 6 | April - May 2019



All programs are for those 18 and older and free of charge, unless otherwise noted.
Open to residents and non-residents.
Registration is required where indicated.

To register call 203-239-5803
or online at northhavenlibrary.net

In this Issue:

- Movies
- Book Clubs
- April Programs
- Financial Literacy Month
- Hikes & Park Programs
- May Programs
- Yoga & Meditation



Programs for Adults

April & May 2019



BOOK CLUBS



Book Chat

3rd Wednesday of the month
1:00 pm



*Come share what
you are reading
in an informal group.
Coffee provided.*

Thursday Morning Book Club

April 11 at 10:30 am
THE IMMORTALIST
by Chloe Benjamin

Thursday Morning Book Club

May 9 at 10:30 am
AN AMERICAN MARRIAGE
by Tayari Jones

Mystery Book Club

April 25 at 7:00 pm
PRESUMED INNOCENT
by Scott Turow

Mystery Book Club

May 23 at 7:00 pm
WINTER'S BONE
By Daniel Woodrell
*This month's meeting will be in the
2nd floor conference room



MOVIES AT THE LIBRARY

TUESDAY

April 9 at 10:30 am
FIRST MAN
Rated PG-13
Runtime 141 mins

April 23 at 10:30 am
FINAL PORTRAIT
Rated R
Runtime 90 mins

May 14 at 10:30 am
GREEN BOOK
Rated PG-13
Runtime 130 mins

May 28 at 10:30 am
OLD MAN & THE GUN
Rated PG-13
Runtime 93 mins

WEDNESDAY

April 10 at 2:00 pm
A STAR IS BORN
1954
*Judy Garland &
James Mason*
Rated PG

Runtime 154 mins

May 1 at 2:00 pm
BOUNDARIES
Rated R
Runtime 104 mins

May 8 at 2:00 pm
A STAR IS BORN
1976
*Barbra Streisand &
Kris Kristofferson*
Rated R
Runtime 139 mins

THURSDAY

April 4 at 6:30
FAVOURITE
Rated R
Runtime 121 mins

SATURDAY

April 20 at 2:00 pm
ON THE BASIS OF SEX
Rated PG-13
Runtime 120 mins

May 11 at 2:00 pm
A STAR IS BORN
2018
*Lady Gaga &
Bradley Cooper*
Rated R
Runtime 135 mins



"LET'S TRAVEL" VIDEO SERIES

FRIDAY

April 5 at 10:30 am
THE QUEEN'S GARDEN
*Explore the history of the remarkable
Buckingham Palace Garden*
Runtime 60 mins

May 10 at 10:30 am
SECRETS OF SELFRIDGES
*Uncover the hidden stories of the
London department store Selfridges*
Runtime 55 mins

May 17 at 10:30 am
*HEART OF THE WORLD:
COLORADO NATIONAL PARKS*
Runtime 120 mins

May 24 at 10:30 am
*FREDERICK LAW OLNSTEAD:
DESIGNING AMERICA*
*Life of the man who made public parks
an essential part of American life*
Runtime 102 mins



Programs for Adults

April 2019

APRIL IS FINANCIAL LITERACY MONTH



LEARN HOW TO BUDGET, SAVE MONEY, & DEAL WITH DEBT (INCLUDING STUDENT LOANS)

Tuesday, April 2

7:00 pm

At this workshop, we will discuss financial goal setting, how to develop a budget (spending plan), handle credit, and deal with debt. Presented by Ms. Griffiths-Smith, Family Finance Educator for UConn Extension. Registration required.

UNDERSTANDING & NAVIGATING SOCIAL SECURITY PROGRAMS AND BENEFITS

Friday, April 12

1:00 pm

Robert G. Rodriguez, Public Affairs Specialist for the Social Security Administration will educate you on Social Security programs and services, clarify common misconceptions, and address your questions. You will also learn how to create & register for your very own "My Social Security Account". Registration required.

IS RETIREMENT AMONG YOUR PLANS FOR THE FUTURE?

Tuesday, April 23

7:00 pm

Do you look forward to retiring some day? If the answer is yes, join us for this basic overview session on planning for retirement. (This session will provide unbiased information. No investment products or services will be promoted.)

Presented by Ms. Griffiths-Smith, Family Finance Educator for UConn Extension. Registration required.

FINANCIAL PLANNING

Tuesday, April 30

11:00 am

Find out how to get the life you want by setting up life goals. What are the financial steps you need to reach your goals? Learn how to make a plan and implement it. Remember money is not the journey, it is the fuel. Presented by Thomas Morrone, CFP, CPA. Registration required.

GERMAN CONVERSATION

Tuesday, April 2

2:30 pm

Come practice your German speaking in an informal group.

TURTLE DANCE MUSIC FOR EVERYONE

Wednesday, April 3

10:30 am

A best buddies music concert and karaoke jam. This fun, inclusive show is sure to be a great time for all! For adults 18 + w/caregiver. *Best for adults functioning at a 4-12 age level. Registration required.

STRATEGIES & RESOURCES FOR HEALTHY AGING

Wednesday, April 3

2:00 pm

Learn about the strategies for healthy aging as well as resources available to help support you as you age. Presented by Marc Levesque, a Senior Resource Case Manager for the Hartford

HealthCare Center for Healthy Aging at Midstate Medical Center. Levesque is responsible for assisting seniors and their family members in finding solutions to the various problems they may encounter throughout the course of aging. Registration required.

ADULT CRAFT PROGRAM:

TAPE ART

Wednesday, April 3

6:30 pm

Create your own one-of-a-kind masterpiece using tape, paint, and a canvas. All supplies are provided. In-person registration is required. There is a non-refundable \$2.00 supply fee (cash only) that must be paid at time of registration.



KNITTING GROUP

Thursday, April 4

1:00 pm

Do you knit or crochet? Come join our free, drop-in group. Bring your project and enjoy the company.



ASHLEY CRUZ
Saturday, April 6
2:00 pm

Ashley Cruz has performed her cabaret show all over the world. A

Connecticut native and graduate of Carnegie Mellon University's Musical Theatre Drama Department, she blends Broadway, Jazz, and famous standards performed cabaret style. Always a favorite, Ashley returns with great enthusiasm to perform her one-of-a-kind show.

Funding for this program provided by the Friends of the Library.



Programs for Adults

April 2019

HOW TO FEEL GOOD ABOUT YOUR DOCTOR VISITS

**Monday, April 8
2:00 pm**

With a little preparation and preplanning, you can make the most of your doctor visits. Learn how to organize, prepare what to bring with you, and follow up steps you can take to become a better advocate for yourself or a loved one. Presented by Jeanne Hughes, a Personal Health Coordinator for Seabury At Home. Registration required.



WRITING WORKSHOP WITH AUTHOR STEPHEN SPIGNESI

**Monday, April 8
6:30 pm**

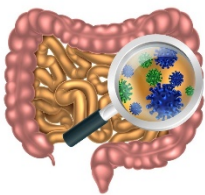
Are you an unpublished writer and don't know how to navigate the industry? Learn the three most important things you need to break into the publishing industry and successfully sell your book to a publisher. Presented by Stephen Spignesi, author of over 75 books, editor, and professor of composition and literature. Registration required.



FOLLOW YOUR GUT: INSIGHTS INTO THE GUT BIOME'S EFFECT ON OUR EVERYDAY LIVES

**Wednesday, April 10
6:30 pm**

Inside each of us are trillions of bacteria, yeast, and viruses which



call our bodies "home". This collection of microbes is generally referred to as the "microbiome", and it remains a hot topic of research today. In this talk, we will define general terms and background about the microbiome and explore how these tiny tenants affect our health and well-being on a day-to-day basis.

Facilitator: Amy Ontai, YALE University. Registration required.

MEMORY LOSS, DEMENTIA, AND ALZHEIMER'S: THE BASICS

**Thursday, April 11
6:30 pm**

Join Dianne Davis from the YALE Alzheimer's Disease Research Unit as she describes the difference between normal aging and dementia. Davis will define dementia, including its various causes, and discuss diagnosis and treatment of Alzheimer's disease. Ms. Davis currently is the Chair of the New Haven Walk to End Alzheimer's. Registration required.

PASSPORT FAIR

**Saturday, April 13
10:30 am – 1:45 pm**

Apply for, or renew your passport at the library's Passport Fair.

The library has teamed-up with the USPS® to offer you a convenient and time saving opportunity. Please call or stop by the Information Desk for a checklist of required supporting documents. You may also find this information at travel.state.gov. Passports will be processed on a first-come, first-serve basis.



MARINE DEBRIS: WHAT IS IT AND WHAT CAN YOU DO TO HELP?

**Monday, April 15
1:00 pm**

Participants will learn about the pervasive issue of marine debris in the environment and how it negatively impacts marine and human life. Nina Quaratella, Education and Outreach Manager for NAMEPA, is a certified environmental educator. Registration required.



North Haven HISTORY

THE BRICKMAKERS

**Monday, April 15
6:30 pm**

Journey back to North Haven over a hundred years ago! Learn all about our town's brickmakers - their jobs, lives, and backgrounds, and why bricks were made in North Haven. Presented by local Police Officer and Historian, Ted Stockmon. He is the grandson and great-grandson of brickyard workers who came from Italy to work in the North Haven brickyards. Registration required.



KNITTING GROUP

**Thursday, April 18
1:00 pm**

Do you knit or crochet? Come join our free, drop-in group. Bring your project and enjoy the company.

GOOD FRIDAY

Friday, April 19

THE LIBRARY IS CLOSED

Programs for Adults

April 2019

FOR THE BODY AND MIND

YOGA – 6 WEEK SERIES

Tuesdays, April 16 – May 21

5:30 pm

Practice includes basic, vinyasa, gentle, and restorative yoga for any level student. Presented by Yoga Instructor Tracie DiMaio.

NEW

YOGA REGISTRATION PROCEDURE:

Online registration begins on Monday, April 1st at 10am, for one day only. There is a \$10.00 non-refundable activity fee that must be paid in person by Friday, April 5th at 4:30 to secure your online registration. After the first day, online registration closes, and registration must be done in-person at the library, with payment due at time of registration. Payment must be in the form of cash or check (payable to the Friends of the North Haven Library).

MEDITATION – 5 WEEK SERIES

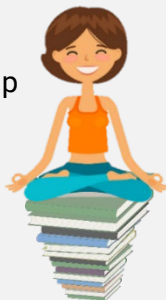
Mondays, April 22 – May 20

2:30 pm

Does your day have you stressed out? Do you have too much on your to do list? Then stop, slow down, take a deep breath, and let's meditate together! Back by popular demand, Johanne Vannelli from Peacefulmind, LLC, will lead a guided meditation that will help you pause, relax, find focus, and be present in the moment.

Registration or series attendance is NOT required.

Funding for this program provided by the Friends of the Library.



SOUND HEALING

Monday, April 22

6:30 pm

Take time out to relieve stress and find inner peace and balance with sound healing. Sound Practitioner, Kelvin Young, uses the crystal and Tibetan singing bowls, gong, tuning forks, rattles, hand drum and other healing tools with therapeutic grade essential oils for aromatherapy to activate your relaxation response, calm your mind, relax your body and nourish your soul. Registration required.



ARMCHAIR TRAVELER SERIES: PATAGONIA

Wednesday, April 24

6:30 pm

The next stop in the North Haven Memorial Library's Armchair Traveler Series is Patagonia. Dr. Louis Norton will give you a geographic, geologic and human view of the bottom of the American continents. Patagonia is a region located at the southern end of South America, shared by Argentina and Chile. The region comprises the southern section of the Andes Mountains as well as the deserts, pampas and grasslands east of this southern portion of the Andes. Norton, Professor Emeritus from the UCONN Health Center, has traveled extensively during his retirement. Registration required.



GLUTEN-FREE BAKING

Thursday, April 25

11:00 am

Have an allergy? No problem! Gluten-free baking can be delicious and healthy at the same time. Join

Marisa MaCoy, a Registered Dietitian from ShopRite, to learn about different flours that can be used for gluten free baking. We will be making and sampling Marisa's favorite gluten-free triple chocolate, double bean, healthy cupcakes. Registration required.

THERAPY DOGS

Saturday, April 27

2:00 pm

What exactly is a therapy dog and what do they do? Author and speaker, Jean Baur, will read from her book, "Joy Unleashed: The Story of Bella, the Unlikely Therapy Dog." Jean, will share Bella's story along with stories of Rudy, her current therapy dog, who will be on hand this evening. Learn how these two dogs were successfully trained. Autographed copies of Jean's books will be for sale. ***Note: Please leave your furry friends at home.** Registration required.



AN EVENING OF MIND-READING WITH KEITH ZALINGER

Monday, April 29

7:00 pm

Are you ready for some fun? Join us as mentalist Keith Zalinger presents his award-winning show. Zalinger will delight the audience during this performance filled with comedy, thought-reading, predictions, and acts of clairvoyance. (No mediumship will be displayed during this presentation). Registration required.



Programs for Adults

May 2019

ENJOY THE GREAT OUTDOORS!

ON THE PATHS OF A GENIUS: FINDING FREDERICK LAW OLMSTED IN CONNECTICUT

**Friday, May 3
11:00 am**

Hartford native Olmstead designed major parks throughout the country including Central Park in New York, parks in Boston and Washington D.C., and Connecticut's Beardsley Park and Walnut Hill Park. Learn how his formative years in CT influenced his brilliantly executed and far-seeing designs, and discover how this master park maker was able to create a sense of nature in dense urban areas. Registration required.

OVER A WYOMING CAMPFIRE: THE BEGINNING OF THE NATIONAL PARK SERVICE

**Thursday, May 9
6:30 pm**

In 1872, the United States created Yellowstone National Park, the world's first national park to "conserve the scenery . . . unimpaired for the enjoyment of future generations." Today there are more than 450 National Parks in the US and 1200 worldwide. This talk will focus on the creation of the National Park Service in 1916, considered a radical move for the time. Presented by Hamish Lutris, Associate Professor of History and Political Science at Capital Community College. Registration required.

THE NATURAL WONDERS OF THE QUINNINPIAC RIVER

**Wednesday, May 15
7:00 pm**

Presented by wildlife biologist Peter Picone. Featuring the photography of Mike Majeski. Sponsored by the North Haven Land Trust.

A HIKING LEGACY: 50 HIKES IN CONNECTICUT

**Thursday, May 23
7:00 pm**

There are many beautiful places to hike in Connecticut and with our relatively mild climate, hiking is a four-season pursuit. Come learn about 50 of the best hikes in Connecticut and some history behind them. Also, learn about the legacy of the *50 Hikes in Connecticut* guidebook, first published in 1978, now available in its sixth edition. Presented by Mary Anne Hardy, a local educator and lifelong hiker. She is the daughter of the original authors, and author of the current edition. Registration required.

Do you know the library has passes for reduced admission to Connecticut attractions including the Beardsley Zoo, Dinosaur Park, and Gillette Castle?

Visit:

**[www.northhavenlibrary.net/
museum-passes](http://www.northhavenlibrary.net/museum-passes)**
for more details.

WEEKEND WARRIORS: PROPER WARM UP & COOL DOWN TO PREVENT INJURY

**Wednesday, May 29
6:30 pm**

Are you excited to go on a hike but haven't hiked since last year? Or are you someone who works all week then plays hard on Saturday and Sunday to make up for all that time sitting at your desk? Whether you haven't exercised in a while or you tend to sit for long periods of time, then play hard on weekends, we want you to be safe and avoid injury. Learn how to properly warm up before and cool down after exercising to prevent injuries. Program presented by Dr. Candice and Dr. Max, from Advanced Physical Medicine. They are Chiropractic Sports Physicians in North Haven, specializing in treatment and prevention of musculoskeletal conditions. Registration required.

CREATE YOUR OWN TRAIL MIX Thursday, May 30 6:30 pm

Bring your friends and family for a fun night of creating your own trail mix. Join Marisa McCoy, a Registered Dietitian at the Southington and Wallingford ShopRite stores, as you create your own summer themed healthy trail mix. Marisa has a Bachelor's Degree in Science of Nutrition from West Chester University and a Master's Degree from the University of St. Joseph. Registration required.

Programs for Adults

May 2019

CARAVAN OF DREAMS: CONNECTICUT'S GYPSIES

Wednesday, May 1
6:30 pm

In 1986, Mrs. Victoria Williams was found dead on the railroad tracks in East Hartford. Was it an accident or murder? Her late husband, Thomas, was known as the King of the Gypsies. Who were these horse dealers? What was their story? Connecticut author Beth Lapin's has sleuthed for many years to find these answers, which led to the publication of her historical novel, *Caravan of Dreams*. Lapin's book will be for sale after the presentation for \$15. Registration required.

KNITTING GROUP

Thursday, May 2
1:00 pm

Do you knit or crochet? Come join our free, drop-in group. Bring your project and enjoy the company.

BENEDICT ARNOLD

Thursday, May 2
6:30 pm

Meet Benedict Arnold and learn about his life, accomplishments as a general in the Colonial Army, and the reason for his "turning coat" and becoming a general in the British Army. You will be surprised at what the history books do not tell you! Presented by Victor Casaretti, known for his portrayals of President James Monroe, PT Barnum, and David Crockett. Registration required.
Funding for this program provided by the Friends of the Library.



Teason bring a lifetime of musical experience to playing steel pans from the West Indian Islands, Trinidad and Tobago. Pans have always been used to interpret a wide variety of music, and Mimosa Steel Pan Duo makes their repertoire of classical, folk, and pop music sound new on these beautiful instruments.

Funding for this program provided by the Friends of the Library.

MIMOSA STEEL PAN DUO

Saturday, May 4
2:00 pm

Hamden-based
Sarah Heath
and Debby

GUIDED MEDITATION

Monday, May 6
2:30 pm

Back by popular demand, Johanne Vannelli of Peacefulmind, LLC, will lead a guided meditation that will help you pause, relax, find focus, and be present in the moment. Registration or series attendance is not required.

Funding for this program provided by the Friends of the Library.



GERMAN CONVERSATION

Tuesday, May 7
2:30 pm

Come practice your German speaking in an informal group.



OPIOIDS: THE SIGNS & TREATMENT OPTIONS

Wednesday, May 8
6:30 pm

This program will help audience members identify risk factors as well as the signs and symptoms of Opioid Use Disorder. Available treatment and the importance of medication in the long-term management will be discussed. Presented by Yale Professor and Director of the Opiate Treatment Program, Maria Gabriela Garcia Vassallo. Registration required.

GUIDED MEDITATION

Monday, May 13
2:30 pm

Johanne Vannelli of Peacefulmind, LLC, will lead a guided meditation that will help you be present in the moment. Registration or series attendance is not required.

Funding for this program provided by the Friends of the Library.

ADULT CRAFT PROGRAM

PRESSED-FLOWER CANDLE JARS

Monday, May 13
6:30 pm

These delicate pressed flower lanterns create a beautiful warm summery glow, and are a lovely project for upcycling your glass jars. Pressed flowers will be provided, but please bring some of your own fresh flowers (that we will microwave-dry in the class) and a clean, dry glass jar. All other supplies will be provided. Registration required.



Programs for Adults

May 2019



ART THERAPY

Thursday, May 16

11:30 am

Regular participation in the arts can minimize the physical effects of age-related physical and cognitive impairments, and contribute to better physical, intellectual and emotional health. Join us for a fun workshop where we will do an acrylic painting on canvas, instruction provided. You don't need to be an artist to do this! Presented by Susan Holmes, an Expressive Arts Specialist, Advanced Reiki Practitioner and has her B.A. in Psychology. Lunch will be provided.

Registration required and ENDS on Thursday, May 10th.

KNITTING GROUP

Thursday, May 16

1:00 pm

Do you knit or crochet? Come join our free, drop-in group. Bring your project and enjoy the company.

GUIDED MEDITATION

Monday, May 20

2:30 pm

Johanne Vannelli of Peacefulmind, LLC, will lead a guided meditation that will help you pause, relax, find focus, and be present in the moment. Registration not required. Funding for this program provided by the Friends of the Library.



North Haven HISTORY

ALFRED TULK IN LIBERIA

Monday, May 20

6:30 pm

Join us for an illustrated talk about artist and former North Haven resident, Alfred J. Tulk, who spend 18 months in Liberia from 1932-1933 with his family. While there, he collected indigenous art, artifacts, and painted village scenes made by local residents. Presented by Dr. Christopher B. Steiner, a professor of Art History and Anthropology at Connecticut College. Steiner recently curated an exhibition on the art and collections of Alfred J. Tulk for the Fairfield University Art Museum. Registration required.

Co-sponsored by the North Haven Historical Society

MANAGING DIABETES WITH LIFESTYLE

Wednesday, May 22

6:30 pm

Learn how you can implement lifestyle changes such as nutrition, exercise, stress management and quality sleep, to control diabetes. Presented by Brad Biskup, a Certified Lifestyle Medicine Diplomat who runs the Lifestyle Medicine Clinic at UCONN Health. Registration required.



MEMORIAL DAY

Monday, May 27

THE LIBRARY IS CLOSED

ARMCHAIR TRAVELER SERIES:

GHANA

Tuesday, May 28

7:00 pm

Hailed as West Africa's golden child, Ghana deserves its place in the sun. One of Africa's great success stories, Ghana is reaping the benefits of a stable democracy in the form of fast-paced development. It has the reputation for being one of the friendliest countries in Africa, with many recommending it as an excellent entry point for first time travelers to the continent. While on an educational trip to Africa, Dr. Anthony DeQuattro studied the drumming, dance, and culture of the Ga and Ewe people of Ghana. DeQuattro will share the details of this adventure. Registration required.



KOREAN WAR

Thursday, May 30

2:00 pm

The Korean War was the first conflict of note during the Cold War; a conflict restricted by the Atomic Bomb. This unknown War was also a contest between the Communist and non-Communist worlds in which Korea was the battlefield. Presented by Mark Albertson, Historical Research Editor at Army Aviation Magazine, in Monroe, CT and adjust faculty member at Norwalk Community College. Registration required.

