

# CHAPTERS

THE NEWSLETTER OF THE SHREWSBURY PUBLIC LIBRARY — SUMMER 2023



Children's Librarian Roxanne reads to a group during Muddy Storytime at Lake Street Park in March 2023

## ***A letter from Library Director Priya Rathnam:***

April is National Volunteer Month. As I write this piece in April, I'm musing on the role volunteers play in our library. In Fiscal Year 2022, over 300 persons volunteered at the library for an estimated 1,907 hours. That's a staggering number! "Volunteers do not necessarily have the time; they just have the heart." This quote is absolutely true about the noble people who volunteer their time, share their talents, skills, or expertise, and contribute in various ways to make the library a better place. They are busy with their careers or vocations, providing care to family members or friends, or overcoming personal challenges, but still carve some time for the library.

High school students share their talents in many ways — by demonstrating the solving of Rubik's Cube puzzles, mentoring

younger children on self-improvement, coaching middle school students for the SAT or advanced math or science classes, and volunteering during the summer months by helping with the summer reading program. Engaged youth in our community are constantly demonstrating their time management skills, passion for teaching, and communication skills — all requisites for great leadership.

Numerous volunteers help with mundane but important tasks, such as keeping the book stacks tidy, gathering books and other materials that go to other libraries through inter-library loan, shelving returned materials, and generally keeping all sections of the collection accessible to patrons. Generous volunteers run English Conversation Circle groups, help out at

*Continued on next page...*

memory café meetings, lead children's story times on special occasions, and facilitate various clubs — their energy and enthusiasm inspires all of us.

Board and committee members work selflessly for the betterment of our community and face public scrutiny with poise and aplomb. The Library's trustee board members exemplify all the virtues that an ideal board should possess. They are fair, dedicated individuals and great library advocates. As a bonus, they also volunteer to help library staff on busy Friday afternoons! The Friends' board members work tirelessly to raise funds for library projects such as the StoryWalk® at Lake Street Park, plan the Holiday Open House and February Foreign Film Festival, and run a bookstore, the proceeds of which support library programming.

Doing community service is a testament of one's caring, loving personality. The contribution of volunteers is invaluable and the library staff appreciates everyone's generosity.

Sincerely,

Priya Rathnam

## THANK YOU TO OUR SUNDAY SPONSORS

The library would like to thank the businesses and individuals who have contributed to the Sunday season from October 2022 to May 2023. For more information about the library's Sunday sponsorship program for the 2023–2024 season, please contact the Library Director, Priya Rathnam, at 508-841-8537 or send an email to [prathnam@shrewsburyma.gov](mailto:prathnam@shrewsburyma.gov).

### **Providing eight Sundays:**

- Shrewsbury Federal Credit Union

### **Providing four Sundays:**

- Dr. B. Dale and Mrs. Melanie Magee

### **Providing two Sundays:**

- Dr. Anne Larkin and Mr. Peter Larkin

### **Providing one Sunday:**

- In memory of James A. Heedles
- Bette and Rick Kirby
- David and Kathleen Rocheleau
- The Bachini Family, in honor of Ruth Seward
- Jack and Nancy Collins, in remembrance of Dr. John P. Collins
- Don, Olivia, and Peg Harbert

- The Del Dotto grandchildren: Drea, Dylan, and Devin
- Maureen Fujimori, in honor of Eileen Mooney Evans
- Shrewsbury Garden Club
- Dean Park Grill & Pizza
- Central One Federal Credit Union
- Tara Kumaraswami, in memory of Nancy Kumaraswami
- Olive I. and Anthony A. Borgatti, Jr., Donor-advised fund of the Greater Worcester Community Foundation
- Dora M. Capite-Tkal, in remembrance of Oleh Tkal
- An anonymous donor
- The Friends of the Library, in honor of Claire Nagle
- The SPL Foundation, in honor of Chris Mehne



# FRIENDS OF THE LIBRARY

**Come on down to the bookstore for books, movies, and more!**

The Friends Bookstore on the lower level of the library is open:

**Monday through Thursday from 9:00 a.m.–8:00 p.m.**

**Friday from 10:00 a.m.–4:00 p.m.**

**Saturday from 9:00 a.m.–4:00 p.m.**

All proceeds go to the funding of library programs!



## TECHNOLOGY CLASSES

Join a class to learn new skills and gain confidence with technology. Please email the Digital Services Librarian, Sierra Chastain-Rittue, at [schastain-rittue@cwmar.org](mailto:schastain-rittue@cwmar.org) with questions or suggestions.

### **Tech Tuesday: Introduction to Google Suite**

**Tuesday, June 13th**

**6:00–7:30 p.m.**

Attendees will get a brief overview of Google Drive, Google Docs, and Google Sheets. By the end of this class, participants should understand how to create a new document and perform basic word processing, create spreadsheets and simple formulas, and upload files to Google Drive for storage.

An active Google account is required. Basic computer skills recommended. Laptops will be provided.

### **Get Started with Libby**

**Thursday, June 15th, 6:00–7:00 p.m.**

**Friday, August 4th, 2:30–3:30 p.m.**

Want to have access to the library's digital books, audiobooks, magazines, and more, anytime and anywhere? Libby can help! Participants should bring their devices (smartphone, tablet, laptop) to get familiar with the Libby app.

### **Learn the Basics! Google Docs and Google Drive**

**Tuesday, June 27th**

**6:00–7:30 p.m.**

Join guest instructor Larry Cardani for a class to get started with Google Drive! Attendees will learn how to access and store their files in Google Drive, as well as how to create new documents, spreadsheets, and presentations with Google Docs, Google Sheets, and Google Slides.

Laptops will be provided.

### **Read, Listen, and Watch with hoopla**

**Thursday, July 6th**

**6:00–7:00 p.m.**

What's all the hoopla about hoopla?! Looking for an alternative to Libby? A library card lets patrons download and stream with hoopla from the comfort of their own home. Participants should bring their devices (smartphone, tablet, laptop) to learn how to borrow digital books, audio, movies, and television series using hoopla.

### **Computer Basics: Email**

**Monday, July 10th**

**2:30–3:30 p.m.**

People who describe themselves as “not being good with computers” and are interested in getting more comfortable with them should sign up for this class. Attendees will learn how to compose and send a new email, how to view and reply to received emails, how to navigate and organize their inbox, as well as how to attach a file to an email using Gmail. Laptops will be provided.

Attendees need to have a pre-existing email address and must bring their email address and password information to class. The library will not have dummy accounts available for practice. Patrons without existing email addresses should create one before class.

### **Tech Tuesday: Microsoft Excel Formulas and Functions**

**Tuesday, July 11th**

**6:00–7:30 p.m.**

Attendees will learn how to create a basic formula, use common functions, and read a formula's requirements in Microsoft Excel 2016.

Basic Microsoft Excel skills are required for this class. Laptops will be provided.

### **Tech Tuesday: Microsoft Word Basics**

**Tuesday, August 8th**

**6:00–7:30 p.m.**

Attendees will learn how to open new and existing documents; copy and paste text; format font, paragraphs, and margins; as well as save and print documents using Microsoft Word 2016.

Laptops will be provided.

**Registration is required for these programs. Sign up at our events calendar:**  
<https://tinyurl.com/49pnwcus>

# ADULT SERVICES

## **Yoga with Bindu**

*Thursdays, June 1st, 8th, & 15th*

*Tuesday, June 20th*

*3:00–4:00 p.m.*

Join certified yoga instructor Bindu Gupta for an hour-long Hatha yoga practice. Hatha yoga brings physical, emotional, and spiritual awareness to one's body and mind. No experience required to participate. Patrons may attend all four classes, but space is limited, so patrons are requested to only reserve spots in classes they are sure they can attend. ♦

## **Johnny Cash - Songs and Stories**

*Tuesday, June 6th*

*7:00–8:00 p.m.*

Long-time New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950s to his passing in 2003. He'll discuss Cash's emergence as a groundbreaking artist in the 1950s, his marriage to June Carter, and many of his other career highlights.

This program is supported in part by a grant from the Shrewsbury Local Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.

## **Hollywood and the Courtroom:**

### **The Anatomy of a Trial**

*Thursday, June 8th*

*7:00–8:00 p.m.*

This lecture, presented by Massachusetts trial judge Justice Dennis J. Curran, will explore the power of storytelling and the ability of film to embody the law and its relationship to ideas about injustice, liberty, citizenry, race, justice, crime, punishment, and social order. Attendees will watch 14 courtroom scenes from famous movies and discover why they are so powerful and what they teach about the trial process. ♦

## **Dots with Bindu**

*Saturday, June 10th*

*2:00–4:00 p.m.*

Join local artist Bindu Gupta to learn how to paint a dot mandala in a relaxing and fun environment. No artistic ability needed! Dot Mandala painting is a traditional art form with a very meditative and therapeutic effect on the artist's mind and body. ♦

## **An Evening with Travel Channel's Ronny LeBlanc - Expedition Bigfoot**

*Monday, June 12th*

*7:00–8:00 p.m.*

Massachusetts native Ronny LeBlanc, who stars in the shows Expedition Bigfoot and Paranormal Caught On Camera for Travel Channel and Discovery+, will be highlighting some "paranormal hot spots" where people have experienced encounters with UFOs, orbs, and Bigfoot, including some right here in New England. One such hotspot in Leominster, called Monsterland, informed his books about this area in Massachusetts. ♦

## **Effective Alzheimer's Communication Strategies**

*Wednesday, June 14th*

*7:00–8:00 p.m.*

Explore ways that different stages of Alzheimer's and other dementias affect an individual's ability to communicate, and get tips to better communicate with people living with the disease. Presented by the Alzheimer's Association.

## **Writing Workshop**

*Saturdays, June 17th, July 15th, &*

*August 19th*

*2:00–4:00 p.m.*

The library extends a warm invitation to all writers for writing workshops! Come join fellow writers in a space dedicated to the craft of the written word. Writers will share their work in the hopes of receiving positive, constructive feedback and suggestions.

The workshop is hosted by InfinityEd and facilitated by published writer Ashton Hooley.

## **Paper Crafting Workshop**

*Tuesday, June 20th*

*7:00–8:30 p.m.*

Come play with paper! Professional paper artist Lisa Siciliano ([www.sparkcreations.com](http://www.sparkcreations.com)) will guide attendees through the steps to make a paper "wallet" and a pocket card with coordinating bookmarks. All materials will be provided. ♦

## **Summer Reading Kickoff**

*Thursday, June 22nd*

*2:00–4:00 p.m.*

Join this all-ages party at the library to celebrate summer reading! Check out the Children's Room page for full details.

## **Adult Summer Reading**

*Monday, June 26th, through Saturday, August 26th*

Summer Reading isn't just for kids! Track the books you read online through Beanstack, and we'll draw winners for prizes each month! Register by going to <https://bit.ly/3mr0nDw>.

## **Taming the Paper Trail**

*Monday, June 26th*

*6:00–7:00 p.m.*

This fun and interactive workshop will help attendees tackle the paper trail everyone struggles with. Professional organizer Jenna Elliott will share tips on dealing daily with snail mail, creating a quick-sort landing spot for papers, utilizing a calendar and to-do list more effectively, and tackling recipes and receipts in the home. ♦

## **Body Balms Creation Workshop**

*Thursday, June 29th*

*7:00–8:00 p.m.*

Participants will create their own body balm and discuss properties of carrier oils, essential oils, and beeswax during this hands-on workshop. Participants will explore a range of additives to incorporate into their own personal blend using 100% all-natural, easily accessible ingredients. The beeswax and oils are hot and fragrance oils can be strongly scented. Registration of children under 18 indicates that the parent/guardian acknowledges the safety concerns of handling hot materials. ♦

## **The Unlocked Path: An Examination and Celebration of Family History**

*Tuesday, July 11th*

*7:00–8:00 p.m.*

Local Massachusetts author, Janis Robinson Daly, will share a presentation on her debut historical fiction, *The Unlocked Path: An Examination and Celebration of Family History*, and how the secrets of our past can surprise, delight, educate, and inspire the writing of a novel. Event will include a reading, book sale, and signing. ♦

## **Sharing your Genealogical Research Results**

*Tuesday, July 18th*

*7:00–8:00 p.m.*

Today's technologies provide many ways to share results without writing a full book. Join professional genealogist Seema-Jayne Kenney to discuss creative ways to share even small discoveries that might interest living family members. ♦

## **Amazing Magical Potter's Wheel**

*Saturday, July 22nd*

*2:00–3:00 p.m.*

This is an all-ages, family-friendly pottery wheel demonstration program with a focus on the arts, the exploration of creativity, and techniques, with a touch of history. Participants will pass a freshly made pot from the potter's wheel from person to person and have the chance to feel dry and wet pots as they rotate on the wheel. Each person will also make a pinch pot (cup made from a ball of clay

♦ denotes sponsorship by the Friends of the Shrewsbury Public Library.

by pinching the clay with the thumb and finger) and take home the unfired piece. ♦

### **Silent Movie: Safety Last**

**Tuesday, July 25th**  
**7:00–8:00 p.m.**

Safety Last is a romantic/action comedy thriller about a boy (Harold Lloyd) who would do anything for his girl (Mildred Davis). Bill (Bill Strothers), Harold's roommate and daredevil climber, agreed to split the \$1,000 if he successfully carried out the DeVore Department Store's promotional stunt that was thought up by Harold. But Bill got into trouble with a cop, so Harold took his place and climbed the building all the way to the top. Musical accompaniment by pianist Richard Hughes. ♦

### **Mental Health First Aid Training**

**Thursday, July 27th**  
**11:00 a.m.–6:00 p.m.**

Mental Health First Aid (MHFA) teaches how to identify, understand, and respond to signs of mental health and substance use challenges among adults. Attendees will build the skills and confidence needed to reach out and provide initial support to those who are struggling. Attendees will also learn how to help connect others to appropriate support.

### **The Ultimate Presentation for Red Sox Nation**

**Thursday, August 10th**  
**7:00–8:00 p.m.**

Take a fun and enlightening journey through Boston Red Sox history with Martin Gitlin, author of *The Ultimate Boston Red Sox Time Machine Book*. This presentation features exciting and nostalgic videos of the greatest and most fascinating players, teams, events, and moments in franchise history. The program also includes trivia questions for patrons to ponder and covers Sox history from the Royal Rooters, who launched Red Sox Nation, all the way to the four World Series championships and beyond. Autographed and personalized copies of the book will be available online following the program. ♦

### **Classical Guitar Concert with Francesco Barone**

**Saturday, August 12th**  
**2:00–3:30 p.m.**

Barone will present a recital of classical guitar music from the traditional and 20th century repertoires. The first half of the program features music of the baroque and classical periods, including Mauro Guliani's *Grande Sonata Eroica* as well as *Lute Suite no. 1* by Johann Sebastian Bach. The second half will include music written in the 20th century, including Frank Martin's *Quatre Pièces Brèves* (1933) and *The Elves Suite* (1984), a piece written by living Russian composer Nikita Koshkin. ♦

### **Wellbeing Laughter**

**Tuesday, August 15th**  
**7:00–8:00 p.m.**

Wellbeing Laughter is a health and wellness practice that frees the body and mind of stress and anxiety in a light-hearted way. It uses science-based methods such as mindful breathing, gentle movement, and healing laughter as a fun way to optimize mental and physical wellbeing. This practice brings people together and unites them in a positive, shared experience of joyful laughter. ♦

### **Meet the Author: Tom Ingrassia**

**Thursday, August 17th**  
**7:00–8:00 p.m.**

In this lively presentation, author Tom Ingrassia will discuss his "author journey," the fascinating story of how his book, *One Door Closes*, came to be, how those profiled in the book were chosen, and how he is taking it from printed word to feature film.

*One Door Closes* presents the inspiring stories of 16 people from all walks of life (including Mary Wilson of The Supremes and June Monteiro of The Toys) who have overcome seemingly insurmountable obstacles in order to live their dreams.

### **An Introduction to Saltwater Aquariums**

**Thursday, August 24th**  
**6:00–7:00 p.m.**

Ever dreamed of having a vibrant, colorful aquarium in your home? Join local expert Jonathan Rainey for this dynamic presentation as he discusses the basics of planning, setting up, and populating a beginner saltwater fish tank. Learn how to best balance water chemistry, implement underwater vegetation, and select the ideal tank residents, as well as how to successfully maintain the tank once it's running. ♦

### **Decoupage Workshop**

**Thursday, August 31st**  
**7:00–8:30 p.m.**

Decoupage is the art of decorating objects with paper cutouts, special paint effects, and decorative elements. It can be done on various materials such as glass, candles, plastic, wood, clay pots, etc. In this workshop, Bindia Jain will show attendees how to use the decoupage technique to decorate a wine bottle, which can be used for gifting, home decor, or as a night lamp.

## **Ongoing Programs**

### **English Conversation Circle**

Four weekly sessions are offered: **On Zoom on Saturdays from 10:30 a.m.–12:00 p.m., in person at the library on Mondays and Wednesdays from 10:30–11:30 a.m., and in person at St. Anne's Church on Fridays from 10:00–11:00 a.m.** These sessions are for adults who wish to practice their English conversational skills. The facilitators make the sessions engaging, interactive, and fun. To register, send an email to [SPLReference@cwmmars.org](mailto:SPLReference@cwmmars.org).

### **Spanish Conversation Club**

Are you looking for a casual space in which you can practice your Spanish and learn more about the multiple cultures of those who speak that language? Join our Spanish Conversation Club **most Tuesdays at 6:00 p.m.** at the Shrewsbury Public Library.

### **Memory Café**

The library's Good Day Memory Café meets on the **first and third Friday of the month from 2:00–3:30 p.m.** A memory café is a welcoming place for people living with Alzheimer's or other forms of dementia and their care partners. Facilitators and volunteers enliven the meetings with conversation, music, or other activities to entertain guests.

### **Movie Discussion Club**

#### **Virtual via Google Meet**

Join the library's new, fun, relaxed group for adults who enjoy all forms of cinema on the **first Tuesday of the month at 7:00 p.m.** The movie of the month is available to watch on one of the library's streaming platforms such as hoopla or Kanopy.

From Academy Award-winning blockbusters to low-budget schlockers, participants will have a great time chatting about all things movies! Watch the movie before the meeting and register for the virtual discussion on the library's online calendar. Please email [dvolke@cwmmars.org](mailto:dvolke@cwmmars.org) for details.

**Registration is required for most programs. Sign up on our events calendar:**

**<https://tinyurl.com/49pnwcus>**



# Children's Room

## Ongoing Programs

### Infant Explorers

*1st and 3rd Monday of the month at 10:00 a.m.*

A program for the library's littlest patrons to explore the world around them! This sensory program will have children 0–2.9 years old explore through touch, sight, and sound. This program is intended for caregivers to engage 1-to-1 with their child.

Admittance tokens required.

### Book Beats

*Tuesdays at 10:00 a.m.*

A lively early-literacy music and movement program for ages 2–4 years with a caregiver. Siblings welcome. Admittance tokens required.

### Babies, Books, and Bubbles

*Wednesdays at 10:00 a.m. and 11:00 a.m.*

Enjoy songs, fingerplays, and books with the littlest listeners. Babies from birth to age 2 are welcome along with their caregivers.

Admittance tokens required.

### Wiggle Words

*Thursdays at 10:00 a.m.*

Come to the library for singing, dancing, and stories. For walkers up to 3 years with a caregiver. Siblings welcome. No tokens required.

### Tinker Time

*Fridays at 10:30 a.m.*

Tinker Time is a fun, hands-on learning program for older toddlers and preschoolers. Together parents and children can explore a variety of age-appropriate STEAM (science, technology, engineering, art, and math) and early-literacy stations. No registration is required, but please note that space is limited.

### StoryWalk®

Visit the StoryWalk® at Lake Street Park (430 Lake Street in Shrewsbury) and stroll through a new picture book every month. Don't forget to look for additional special activities while there!

### 1,000 Books Before Kindergarten

The library is taking part in this exciting national literacy program for kids ages 0+ and their families. Participants read to their child, log reading activity, and win free books and a t-shirt upon completion! For more information and to register, visit the library's website at <https://tinyurl.com/bdz34jpe>.

### Summer Reading Kickoff

*Thursday, June 22nd  
2:00–4:00 p.m.*

We'll be celebrating summer and reading with this afternoon all-ages library party!

Join us for the following fun:

- Local Author Showcase 2:00–4:00 p.m. Interested in showcasing your published work to the community as a local author? Email Michael Zeller at [mzeller@cwmars.org](mailto:mzeller@cwmars.org) to sign up.
- Lawn Games 2:00–4:00 p.m.
- Children's Activities 2:00–3:30 p.m.
- Teen Games 2:00–3:30 p.m.
- Ice Cream 2:00–3:00 p.m.
- The Silver Circus Show 3:00–4:00 p.m. This all-ages program requires admittance tickets. Tickets will be available for the program the day before and up to the show, while supplies last.

### Summer Reading 2023 - Find Your Voice!

*Monday, June 26th, through Saturday, August 26th*

Kids ages 3 to 10 are encouraged to log the minutes they read this summer for a chance to earn cool online badges and specially themed weekly prizes! Reading is tracked online.

Register by visiting <https://bit.ly/3mr0nDw>. In-person logging will be available as well.

The prize wheel returns! Every time kids visit the Children's Room during Summer Reading, they can spin the wheel for fun prizes and enter a raffle for a chance to win a Summer Reading Grand Prize!

### 3-D Printing Basics

*Thursday, June 29th  
3:00–4:00 p.m.*

Interested in learning about 3-D printing and creating your own designs? Kids will gain an understanding of how 3-D printing works, its capabilities, and its limitations. Learners will use TinkerCAD to design 3-D models and then learn how to bring them to life with the library's 3-D printing team! Parents, please come to the beginning of class to help your child create a TinkerCAD account.

For 2nd–5th graders. Registration required.

### Friday Crafternoons

*Fridays, June 30th through August 25th  
2:30–4:00 p.m.*

Drop in for weekly themed crafting in the Children's Program Room. Adult supervision required.

Geared for children in kindergarten and up. No registration required.

### Pop-Up Art School

*Tuesday, July 11th  
6:00–7:30 p.m.*

Express yourself and make fun clay pots from air dry terra-cotta clay. Learn how to hand-build a coiled clay vessel, then turn it into an animal or human face. Play with the facial expressions and personalize your pot with stamped words.

For kids ages 7+. Registration required.

### Pajama Storytime: Summertime Edition

*Thursday, July 13th  
6:30–7:30 p.m.*

Come to the library for a fun evening of bedtime stories, songs, and a simple craft. Wear jammies and bring a favorite sleepytime pal or blanket!

For preschoolers and their families. Registration required.

### Dash and Dot

*Monday, July 17th  
6:00–7:00 p.m.*

Learn to code with fun robots!

For 2nd–5th graders. Registration required.

**Registration is required for most programs. Sign up on our events calendar:**  
<https://bit.ly/3iz89YT>

## TEEN PROGRAMS

### SparklePalooza

**Tuesday, July 18th**  
**3:00–4:30 p.m.**

Celebrate unicorns, mermaids, and rainbows during this drop-in party geared toward kids ages 2+.

### School Readiness - Tools for Tiny Hands

**Monday, July 31st**  
**10:00–10:30 a.m.**

Are you looking for ways to prepare your 2–5 year old for school? Tools for Tiny Hands is a kit from the Boston Children's Museum that focuses on fine motor skills, hand dexterity, and hand eye coordination. Using household items (so you can easily refill your kit), your child will have fun new ways to explore play! This program is intended for children ages 2–5. Registration required.

### Summer R.E.C.E.S.S.

**July 31st through August 10th**

The Summer R.E.C.E.S.S. (Reading Everyday Can Ensure Student Success) Reading Program for grades K–4 is back this summer! During this free class, the teacher will read and discuss the recommended reading book with the children and then work on a craft. Registration required.

### Tech Tear Down

**Tuesday, August 1st**  
**3:00–4:00 p.m.**

Ever wondered what is inside different electronics? Here's your chance to open them up and see!

For ages 5+ with constant adult supervision. No registration required.

### Teenage Mutant Ninja Turtles Party

**Thursday, August 3rd**  
**3:00–4:30 p.m.**

Drop by and celebrate TMNT with games, crafts, and activities! Geared for ages 3+.

### Family Disney Trivia

**Monday, August 7th**  
**6:00–7:00 p.m.**

Assemble your team and head to the library for trivia and pizza! Registration required.

### Mission: Space

**Wednesday, August 9th**  
**3:00–4:30 p.m.**

Explore the solar system and learn about space, no rocket needed! For kids ages 5+. No registration required.

### Kids' Talent Show!

**Wednesday, August 16th**  
**6:00–7:30 p.m.**

Does your child have a special talent that they'd love to share with a crowd? Do they sing, dance, write poetry, tell jokes? Sign them up for a spot in our talent show! Registration required.

### Popsicles and Popstars - End of Summer Party

**Thursday, August 24th**  
**3:00–4:00 p.m.**

You did it! Now, join the children's librarians to celebrate the end of the Summer Reading Program with popsicles and karaoke fun! While supplies last.

This is an all-ages family program. No registration required.

### For information about these programs and more:

Sign up for our Children's Services e-newsletter for exclusive content  
<https://bit.ly/3gQ5edS>

Check out our online events calendar  
<https://bit.ly/3iz89YT>

Follow us on Facebook  
<https://bit.ly/2PLwfU7>

Follow us on Instagram  
[@SPLChildrensRoom](https://www.instagram.com/SPLChildrensRoom)

### Summer Reading 2023

**Monday, June 26th, through  
Saturday, August 26th**

Keep your reading streak going this summer! Participate in challenges, collect badges, compete with friends, and earn prizes. For grades 5–12.

Sign up on Beanstack at  
<https://bit.ly/3mr0nDw>.

### The History of Silent Movies

**Tuesday, July 25th**  
**6:00–7:00 p.m.**

Silent movie pianist, Richard Hughes, creates a living history by way of fascinating silent movie clips of newsreels, educational films, melodramas, cartoons, comedies, horror movies, and more.

Audience members will have an opportunity to synchronize sound effects like a train whistle, siren, and wind machine to a popular melodrama of 1913, followed by a demonstration of ingenious animation devices that preceded the motion picture camera. Lastly, Richard will play along with film clips from the movie *Mood Music*.

For ages 9+ who are interested in film production. Registration required.

Sign up for the Teen Services e-newsletter at  
<https://tinyurl.com/yckxtxkj>

See the Teen calendar for more details and registration at  
<https://tinyurl.com/5n8wn65m>





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# CHAPTERS

THE NEWSLETTER OF THE SHREWSBURY PUBLIC LIBRARY — SUMMER 2023

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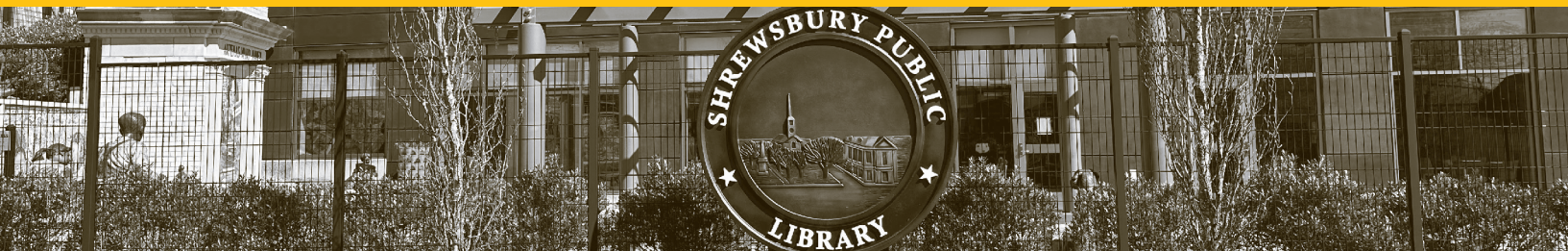


## Library Hours

Mon.–Thurs. 9:00 a.m.–9:00 p.m.  
Fri. 10:00 a.m.–5:00 p.m.  
Sat. 9:00 a.m.–5:00 p.m.

## Contact Information

Phone: 508-841-8609  
[www.ShrewsburyPublicLibrary.org](http://www.ShrewsburyPublicLibrary.org)



## ADULT VIRTUAL PROGRAMS

### Eat This, Not That!

*Tuesday, June 13th*  
*10:30–11:30 a.m., Virtual*

Good nutrition can positively impact our immune system, health, well-being, productivity, performance, energy, mood, and weight management and prevent certain chronic diseases. Join Jill Patterson, Registered Dietitian Nutritionist, for a program that will teach participants how making simple tweaks in diet can lead to big results. ♦

### Find the Love Within Through Meditation

*Wednesday, June 21st*  
*7:00–8:00 p.m., Virtual*

Deep within everyone is an unlimited source of love and peace. That love can be tapped into through the transforming power of meditation. Reaping the benefits and sharing that love and joy can help make this a kinder, more peaceful world. Join Jim Rose, retired executive of a Fortune 100 Company and long-time meditator, who will provide attendees a chance to experience this time-tested, life-changing technique.

### Take a Meditation Vacation

*Thursday, July 13th*  
*7:00–8:00 p.m., Virtual*

Need to escape the stress and strains of life? In this workshop, Arlene Samsel, long-time meditator, will teach attendees techniques to revive themselves by immersing themselves in peace, calm, and joy. There will even be a short meditation sitting.

### 7 Scientific Reasons to Meditate Now

*Tuesday, August 1st*  
*7:00–8:00 p.m., Virtual*

Manish Saggar PhD, directs the Brain Dynamics Lab at Stanford University, which is dedicated to developing computational methods for neuroimaging data to better understand individual differences in brain functioning in healthy and patient populations. Dr. Saggar will provide data from recent neuroscientific studies on how regular meditation practices improve our physical, mental, and emotional health. He will also discuss how, by focusing their attention, meditators can gain happiness and harmony.