

CHAPTERS

THE NEWSLETTER OF THE SHREWSBURY PUBLIC LIBRARY - FALL 2019



Children and their families enjoy the new outdoor "Construction Zone" play space.

A letter from Library Director Ellen Dolan:

In this issue I wish to tell you about a new community wide reading project we will be launching this fall. Some might recall our past community-wide reading projects based on the books *My Antonia* by Willa Cather, which focused on the immigrant experience, *The Things They Carried* by Tim O'Brien, which spoke to the veteran's experience, and *The Adventures of Tom Sawyer* by Mark Twain.

Past projects were predominantly run by library staff and funded through a National Endowment for Humanities grant program called the Big Read. In this new project the planning team is much broader. It includes representatives from various town departments (Library, Senior Center, Shrewsbury Public Schools, Parks & Recreation, Regional Health Alliance, and more), area businesses such as The Residence at Orchard Grove, and regional non-profit agencies such as Elder Services of Worcester. A large share of the funding will come from the Shrewsbury Public Library Foundation with project partners providing additional direct support.

The topic of the book for this current project is more serious and possibly more thought-provoking. We have selected Dr. Atul Gawande's amazing book *Being Mortal: Medicine and What Matters in the End*.

As described by Wikipedia, "*Being Mortal* is a personal meditation on how people can better live with age-related frailty, serious illness, and approaching death. Gawande calls for a change in the way that medical professionals treat patients approaching their ends. He recommends that instead of focusing on survival, practitioners should focus on improving quality of life and enabling well-being." Pulitzer Prize-winning journalist Katherine Boo noted that *Being Mortal* is, "A deeply affecting, urgently important book — one not just about dying and the limits of medicine, but about living to the last with autonomy, dignity, and joy."

The project will include various informational programs on topics such as estate planning, caregiver stress, and end-of-life planning. In keeping with the theme that joy can be found at all stages of life, we will also offer lighter programs that show the many ways that elders embrace life even as physical limitations and other challenges increase. There will be programs on tai chi, ballroom dancing, gourmet cooking, game events that partner teens with elders, and more. The highlight of these programs will be a free concert with the Northampton-based Young@Heart Chorus, a group of singers who range in age from 73 to 91. The group includes elders with prior

(continued on next page)

professional theater or music experience, amateur experience, and some who had not stepped onto a stage before turning 80. They are known for their unconventional covers of rock, punk, and other modern pop music songs. You can see a video clip of the group performing on the Ellen DeGeneres show at <https://youtu.be/ui6EHybPY24?t=10>.

As we prepared this newsletter, we were still working out details on this community reading project, so no details are included here. Please watch for separate project promotions at the Senior Center and Library, on our websites, and on social media pages.

You might say the project is about living until the end of life and making good choices about the end. We hope you might consider reading the book, participating in the programs and events and joining the discussion about life and the choices we can make.

Sincerely,
Ellen M. Dolan

The fifteenth season of Sunday Sponsorships will begin this fall. We will be open Sunday afternoons from 1:00-5:00 P.M., beginning October 6, 2019, and if there are sufficient sponsorships, through May 24, 2020.

We are grateful to all of our sponsors who helped out last season including:

Providing Five Sundays

- Southgate at Shrewsbury

Providing Three Sundays

- Dr. B. Dale & Mrs. Melanie Magee

Providing Two Sundays

- Daniels Insurance Agency
- Dean Park Grill and Pizza
- The Olive I. and Anthony A. Borgatti, Jr. Donor-Advised Fund of the Greater Worcester Community Foundation.

Providing One Sunday

- Jeannine and Ron Boulanger in memory of Nicole Boulanger
- Maureen Fujimori in honor of fabulous librarians Bonnie O'Brien and Polly Hess
- An anonymous donor in memory of John J. Morrissey
- An anonymous donor in memory of Harry Der Harootunian
- Carmella Heedles in memory of James A. Heedles
- Jay Somers in loving memory of Buckie Somers
- Zak and Susan Cramer in honor of Natalie and Allen Cramer
- The Shrewsbury Garden Club in honor of Earth Day
- The Shrewsbury Education Association
- The Rotary Club of Shrewsbury
- Central One Federal Credit Union
- The Bachini Family
- Olivia, Peg, and Don Harbert

- Selectman John Lebeaux
- Joan Barry
- David & Kathleen Rocheleau
- Pat Silvestri in memory of Elizabeth Woodring

We also wish to thank our sponsors whose early gifts give us a strong start for the new season!

Providing Four Sundays

- Dr. B. Dale and Mrs. Melanie Magee

Providing Three Sundays

- Daniels Insurance Agency

Providing Two Sundays

- Olivia, Peg, and Don Harbert

Each Providing One Sunday

- Shrewsbury Rotary Club
- St. Mary's School
- Harold (Bill) and Jean Stuart
- Shrewsbury Education Foundation
- In memory of James Heedles
- In loving memory of Buckie Somers
- Central One Federal Credit Union
- Maureen Fujimori in honor of Eileen Mooney Evans
- Pam Osborn in memory of Harry Der Harootunian
- Selectman Beth Casavant
- The Matthews family
- One anonymous donor

You can help us to reach a full season of Sundays. The cost for sponsoring one Sunday is \$700. Please contact the Library Director Ellen Dolan at (508) 841-8537 or edolan@shrewsburyma.gov if you wish to provide a sponsorship or need more information.

Friends of the Library Annual Meeting

Wednesday, October 2nd

Shrewsbury Public Library Community Meeting Room

6:30 P.M. Brief Business Meeting

Election of Board officers and other Friends business

7:00 P.M.: "An Evening with Eleanor Roosevelt" program

Join author and historian Carol Cohen for a look into the life of Eleanor Roosevelt. During this presentation, attendees will meet Eleanor Roosevelt at her home, learn about her role as a human rights activist, and inspect many primary sources that were a part of her personal and professional life. Cohen's presentation is both interesting and interactive, focusing on Eleanor after the death of Franklin, when she is living at Val-Kill on her own. This program is part portrayal and part presentation. Carol Cohen currently works at Lesley University and is a published historian and playwright. She owns an educational consulting company and is currently writing the book *Begin with a Box*.



Suitable for teens and adults, the performance is free and open to all — no Friend's membership or preregistration required.

SAVE THE DATES!

The Friends of the Shrewsbury Public Library present...

The 2020 Annual Used Book and Media Sale

Thursday, March 26th, 12:00 P.M.-8:30 P.M.

Friday, March 27th, 10:00 A.M.-4:30 P.M.

Saturday, March 28th, 9:00 A.M.-4:30 P.M.

Sunday, March 29th, 1:00 P.M.-4:30 P.M.

609 Main Street

Cash and checks only

Bring your own bag (BYOB)



Friends of the
SHREWSBURY
PUBLIC LIBRARY

To volunteer, contact Claire Nagle at crn160@hotmail.com or (508) 845-1174 or Patricia Segerson at psegerson@verizon.net or (508) 842-1123.

Watch for more information on-line, at community sites and in local news.

ADULT SERVICES & PROGRAMS

Yoga with Bindu (Hatha Yoga)

Wednesdays, September 18th, 25th;
October 2nd, 9th, 9:00-10:00 A.M.

This class has been offered by Bindu Gupta for three years. Hatha yoga brings a physical, emotional and spiritual awareness to one's body and mind. It also helps to relax the mind and relieve stress. In this class, we use yoga poses and breathing techniques to strengthen the mind and body.

Please bring a mat. Registration required for each session. Sponsored by the Friends of the Library.

Music

Journey Through Roots of American Popular Music

Saturday, September 14th,
2:00-3:30 P.M.

Learn about the history of popular music in America through this performance by Jon Waterman. It will examine some of the origins of the blues, rock, and country music and the surrounding social history.

Registration required. Sponsored by the Friends of the Library.

Assabet Valley Chambersingers

Tuesday, October 8th, 7:00-8:00 P.M.

This performance of, "Twisted Broadway," will include contrasting pairs of Broadway hits such as "We go Together" versus "On My Own," "Memory" versus "Try to Remember," "Summertime" versus "Do You Want to Build a Snowman," and many more.

Choral Director Dr. Robert P. Eaton is the founder and director of the Assabet Valley Mastersingers, a 70-voice regional chorus dedicated to the performance of major choral masterworks, as well as the 16-voice Assabet Valley Chambersingers.

Registration required. Sponsored by the Friends of the Library.

Health and Fitness

Meditation for Stress-Free Living

Saturday, September 21st,
10:30-11:30 A.M.

Join Dr. Allan Hughes as he discusses the extraordinary effect of meditation to reduce stress-related responses, improve concentration, and enhance clarity of thought and mental equilibrium. A meditation practitioner for more than 30 years, Dr. Hughes will also present a simple yet powerful meditation technique that can enrich your life personally, professionally, and spiritually. Join us for this engaging and informative presentation.

Registration required.

Historical Stories

Irish Roots: Two Eileens Talk About the Genesis of Their Novels

Wednesday, October 9th, 7:00-8:00 P.M.

Two Eileens (O'Finlan and Charbonneau) tell how the Irish Hunger served as the basis for their historical novels, *Keledeen* and *Rachel LeMoyné*. In her debut novel, *Keledeen*, Eileen O'Finlan tells the unforgettable tale of Meg O'Connor, a young Irish woman, her fiancé, Rory Quinn, their two families, and the lengths they must go to in order to survive the blight that wiped out Ireland's potato crop — the only food source for the country's peasants. Eileen Charbonneau's *Rachel LeMoyné* centers around the Choctaw Nation's contributions to Irish Famine relief. We hope you'll join the two Eileens as they speak about what drew them to these Irish Immigrant stories.

Registration required.

Cooking

Feasting with Your Instant Pot with Liz Barbour

Monday, September 16th,
6:30-8:00 P.M.

The instant pot craze is here — are you on board? Join chef Liz Barbour for a cooking class that will help take the mystery out of this amazing, time-saving kitchen tool. Liz will demonstrate two recipes that you can recreate at home. Following her demonstration, Liz will offer tasty samples for everyone to enjoy. Registration required. Sponsored by the Friends of the Library.

Culture

Middle Eastern Lives, Up Close

Sundays, October 6th, 13th,
20th, 27th, 2:00-3:30 P.M.

Join us for a four-week series of documentary film viewing and discussion. Selected films will focus on Middle Eastern and Muslim lives in American society and seek to break down stereotypes. They will make you laugh, give you food for thought, increase your understanding of Muslim values, and allow you to share in their everyday lives.

Discussion facilitator Cynthia Monsour is a first-generation American Middle Easterner who has traveled through and lived in several middle eastern countries. She also taught at Senior College in Brunswick, Maine.

Registration required for each Sunday.



Coming in the fall: **Pin Up 101**, an introduction to vintage-inspired style. Possible topics include: vintage-inspired clothing, hair, and makeup! Check back in the fall for full details.



Promise is Hope

Thursday, November 14th, 6:30 P.M.

Ashley and Eric L'Esperance (spouses & bandmates) set out to create folk music that moves listeners through their collaborative project, "The Promise is Hope." Ashley's airy and intoxicating tone (think Alison Krauss) blends beautifully with Eric's sweet, deep voice (think Cat Stevens). The two artists complement each other in every respect. With tightly woven harmonies, two acoustic guitars, and intimate songwriting, they present a beautifully moving, inspired, and connected live set.

Registration required. Sponsored by the Friends of the Library.

Workshops

Fall in Love with Organizing

Thursday, September 12th, 7:00-8:00 P.M.

Professional Organizer Jenna Elliott will share tips on making this fall your most organized yet. She will discuss new ways to think about your stuff, back-to-school basics, and methods for tackling digital distractions. This fun and interactive workshop will leave you feeling inspired.

Registration required. Sponsored by the Friends of the Library.

Writing Workshops with Judithann Walz

Wednesdays, September 11th, 18th and 25th, 7:00-8:30 P.M.

Everyone has a story to tell. What's yours? Whether you are writing your story or a family member's, this three-class workshop will guide you towards getting your story down on paper. Through a series of lessons, practice, and teacher feedback, you will feel confident that what you have is a solid piece of writing.

Class #1: Getting Started

Learn the required elements of a good story and how to get pen to paper or fingers to laptop.

Class #2: Show vs. Tell

There is a difference between descriptive and direct language. Learn how to captivate and intrigue your reader.

Class #3: Grammar and Mechanics

We will play with these as they relate to your story, giving you the confidence to produce a stronger piece of writing.

Judithann Walz is a veteran English and ESL teacher who grew up in Northborough and has lived and taught all over the world. She thrives on the written and spoken word, and loves giving people the tools they need to become better writers. She is the founder of the New England Writer's Guild, an organization that teaches people how to write, improve, and market their writing.

Registration required for each class.



Dolly Rutcho, one of our longest-serving volunteers, just celebrated her 83rd birthday and 14th year volunteering at the Shrewsbury Public Library.

Ongoing Programs

Book Groups

The Shrewsbury Readers book group meets on the first Thursday of the month from 7:00-8:00 P.M.

The Eclectic Browsers book group meets on the third Wednesday of the month from 10:00-11:00 A.M.

No registration required for either book group. Copies of selected books will be available at the main desk a month in advance.

Cook Book Group meets on the fourth Thursday of the month from 6:30-8:00 P.M.

Participants will each make a recipe from the selected cookbook and bring it to the library to share with the group. Copies of the cookbook will be available for checkout at the library.

English Conversation Circle

The English Conversation Circle is an ongoing, FREE program made possible because of a generous grant from the Greater Worcester Community Foundation. Fall 2019 marks the ninth consecutive year of this program being offered at the library. Five weekly sessions are offered for beginners and intermediate learners of English. For the complete schedule, refer to the library website or contact Priya Rathnam at (508) 841-8531.

Memory Café

A memory café is a social gathering for those who have Alzheimer's or other forms of dementia and their care partners. The café meets on the first and third Friday of the month from 2:00-4:00 P.M. Music performances, art, or other engaging activities are planned for every meeting. This is a drop-in program made possible by Greater Worcester Community Foundation funds.

Children's Room

Book Beats

Tuesdays at 10:00 A.M.

Join us for lively early literacy music and movement program for ages 2-4 with a caregiver. Siblings welcome and admittance tokens required.

Babies, Books, and Bubbles

Wednesdays at 10:00 A.M. & 11:00 A.M.

Enjoy songs, fingerplays, and books with the littlest listeners. Babies from birth to 24 months are welcome along with their caregivers. Admittance tokens required.

Wiggle Words

Thursdays at 10:00 A.M.

Join us for singing, dancing, and stories for walkers up to 3 years old who love to move. Admittance tokens required.

Sensory Storytime

First Saturday of every month at 10:00 A.M.

Have fun with stories, songs, and a craft. This storytime is designed for children with autism spectrum disorders, sensory integration issues, other developmental disabilities, and their typically developing peers. Admittance tokens required.

Tinker Time

Fridays, 10:30-11:30 A.M.

Drop in for a STEAM friendly program for kiddos and their grown-ups. Explore various interactive stations at a self-guided pace.

Lego Build It!

Mondays beginning on September 9th, 5:00-7:00 P.M.

Lego builders are welcome to drop in and build in this low-key program. Take on our challenge or build to your heart's content.

Chess Club

Wednesdays beginning on September 11th, 6:00-7:00 P.M.

Drop in and play chess against other kids. Chess sets and timers will be available. This is not a beginner class and no instruction will be provided.

Talk Like a Pirate Day

Thursday, September 19th, 1:00 P.M.

Celebrate your pirate side at this family event for kids ages 3-6 and their siblings. Admittance tokens required.

Toe Jam Puppet Band

Friday, September 27th, 3:30 P.M.

Formed in 2000, the Toe Jam Puppet Band offers a special brand of hands-on children's entertainment that grown-ups can actually enjoy. This dynamic group is great with kids but best when parents are having fun with the little ones. The performances are very active, encouraging kids and parents to sing and dance along with the band as they entertain with a unique combination of original songs, masterful shadow puppetry, storytelling, and plain old good fun.

Join us for an active performance suitable for all ages.

This event is free and open to the public. No registration required.



STEM Week

October 21st

The library will be all about science, technology, engineering, art, and math! Check out our website for fun STEAM programs for all ages.

Halloween Spooktacular

Saturday, October 26th, 2:00-4:00 P.M.

Children and their families can join us for costumes, crafts, games, and spooky fun! This is a drop-in program.

Breakfast with Wimpy!

Tuesday, November 5th

Join us to celebrate the release of the next *Diary of a Wimpy Kid* book, *Wrecking Ball!* More information to follow. Registration required.



Stay tuned for fall 2019 program dates and times.

Little Gym Move & Learn

Kids ages 2-6 will learn through movement in this collaborative program with Little Gym of West Boylston. Registration required.

Literacy and Play

This play group focuses on early literacy and language stimulation through exposure to books and play. For kids 18-36 months. Registration required.

Young Scientist

This preschool STEM program is brought to the library by YMCA Family & Community Partnership and STEM Beginnings. Registration required.

Crafternoons

Join us for an all-ages crafting program with a special theme for each session. This is a drop-in program.

SPLAT Kickoff Meeting!

Tuesday, September 10th, 4:00 P.M.

It's a new (school) year and another chance to get involved at the Library. Young adults in grades 5-12 are invited to our SPLAT Kickoff Meeting. We'll be discussing how you can be a part of SPLAT and what we do. We'll also talk about other volunteer opportunities. Snacks will be served!

Throwback Thursdays!

Thursdays, October 10th and November 14th, 3:30 P.M.

On the second Thursday of each month (starting October 10th) we'll be trying out different retro eras. We'll have '90s crafts, '50s gameshows, '70s snacks, and more!

Book Clubs!

We're starting new book clubs for young adults this fall. Check our website under the "Teens & Tweens" tab for more information.



SHREWSBURY PUBLIC LIBRARY
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Shrewsbury, MA 01545

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ECRWSS
Resident Customer
Shrewsbury, MA 01545



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.
Sun. 1:00 P.M. - 5:00 P.M.
(OCT-MAY)

Contact Information

Phone: 508-841-8609
Fax: 508-841-8524
www.shrewsbury-ma.gov/library

COMPUTER INSTRUCTION

Introduction to 3D Printing

Tuesday, September 17th
5:30-7:00 P.M.

Get an introduction to 3D design and printing in this interactive workshop. Participants will learn how to use Tinkercad's 3D modeling software to create basic designs they can print with the library's 3D printer. Finished designs will be printed at a later date.

Digital Privacy Primer

Tuesday, October 29th
6:00-7:30 P.M.

Join us for a brief introduction into what digital privacy is and how to better protect your information online.

Microsoft Word for Beginners

Tuesday, November 5th
5:30-6:30 P.M.

Learn the basics of MS Word including how to modify text, how to format a paragraph, and how to save and open files.

Microsoft Excel for Beginners

Tuesday, October 8th
5:30-6:30 P.M.

Learn the basics of Microsoft Excel including designing spreadsheets; formatting cells, rows, and columns; and implementing basic formulas.

Facebook for Beginners

Tuesday, November 19th
5:30-6:30 P.M.

Learn the basics of how to use the world's most popular social media website, including how to create a profile, how to add friends, how to make a status update, and more.

No Registration. First come, first served.