Flex & Tone with Mindy Vasta  
Mondays at 4 PM  
September 14, 21

Yoga with Joe  
Thursdays at 5:30 PM  
September 3, 10, 17, 24

Exercise for Adults

Fit & Fabulous with Linda Ray  
Mondays at 7 PM  
September 14, 21

Chair Yoga with Jolie Bosnjak  
Thursdays at 10 AM  
September 3, 10, 17, 24

Benefits of Stretching  
with Kerri Winans Kaley  
Friday, September 25 at 11 AM

Meditation

Guided Meditation  
for Self Healing with Patricia Anderson  
Tuesdays at 11 AM  
September 1, 8, 15, 22, 29

Watercolor Demos  
with Charles Van Horn  
Wednesdays at 1 PM  
September 2, 9, 16, 23, 30

How to be Happy  
When You’re Sad  
with Jane Smith Fisher  
Wednesday, September 9 at 7 PM

Following the loss of one family member after another, Jane’s grief was very deep. She needed to find a way to create a happy childhood for her young son and enjoy moments of happiness, if only in little pieces. As a result she’s learned to be happy and have fun...most of the time. Join Jane when she shares the concepts and strategies she’s developed in the face of adversity. It’s your right to be happy!

Book Discussions  
Listeners are welcome!

Hoopla Book Club  
with Lisa Jones  
Thursday, September 10 at 1 PM  
THE GOWN: A Novel of the Royal Wedding  
by Jennifer Robson

Talk About Books  
with Fran Cohen  
Tuesday, September 15 at 7 PM  
AKIN  
by Emma Donoghue

Great Performers

SOPRANO

ANNA NETREBKO: 21st Century Diva  
with Marc Courtade  
Friday, September 11 at 2 PM

Profiles

THE AUDACIOUS ADVENTURES OF NELLIE BLY  
with Dr. William Thierfelder  
Monday, September 14 at 2 PM

Nellie Bly was one of Joseph Pulitzer’s prize reporters and she spent years documenting the lives of America’s underclass. What really made her a household name was that she spent a lifetime doing things a “reserved” Victorian woman just wasn’t supposed to do. Learn all about her in this visual lecture.

Over...
Learn to Play Bridge for Beginners

with Anne Bass
Wednesdays from 10:30 AM to 12:00 Noon
September 16, 23, 30,
October 7, 14, 21
Space is limited for this workshop.
Register Today!

The Six Strangest Presidential Elections (So Far!)
with Martin H. Levinson, Historian
Monday, September 21 at 2:00 PM

A Virtual Lecture
America has had a history of bizarre presidential elections, starting at least as early as 1800, when our founding fathers proved themselves adept at bitter battles. Join historian Martin Levinson to discuss six of these contests. With another election just around the corner what could be more interesting?

Martin H. Levinson has written and lectured extensively on topics of historical interest. He holds a PhD from NYU.

Table Top Adventures
INTERESTING & DELICIOUS VEGETARIAN CUISINE
with Lucy Van Horn
Saturday, September 26 at 11:30 AM

We will once again virtually join Lucy in her kitchen. This time she will tempt our palates with stuffed portobello mushrooms, broccoli & walnut pesto, spinach salad with black beans & mango and a fruit and vegetable beverage. Learn more of Lucy’s fantastic cooking tips.

Taproot Workshops & Journal: Write Your Life
Fridays from 1:30 to 3:30 PM
October 2, 9, 23, 30, November 6, 13, 27, December 4, 11

Taproot is a not-for-profit organization that encourages amateur writers aged fifty-five and older to write their memoirs.

A Taproot form and a $70.00 check payable to Taproot Workshops Inc. are due at the library in person or by mail within 5 days of registering. The form is available to download when you register.

ANGELA LANSBURY
EVER JUST THE SAME, EVER A SURPRISE!
A Virtual Lecture
with John Kenrick
Monday, October 5 at 2:00 PM

News Currents
with Elinor Haber
Tuesday, September 29 at 2 PM

Join Elinor for an opportunity to participate in an informal exchange about topics of the day — the international, national and local scene. We’ll focus on trends that affect us now and in the future. Bring your thoughts, issues and ask a friend to join in the discussion.

The Grotesque 10:
AMAZING ARCHITECTURAL SCULPTURE FROM 10 AMERICAN COLLEGES & UNIVERSITIES
with Mathew Duman, Photographer & Author
Wednesday, September 30 at 7:00 PM

A Virtual Lecture
Armed with a camera, a sense of humor and frequent flyer miles, Mathew Duman embarked on a “grotesque safari”, traveling to 10 universities around the country to photograph the unique grotesques and gargoyles roosting on their academic buildings. This sculpture makes its home within a style of architecture known as Collegiate Gothic which was popular in the 19th and early 20th centuries. Mathew gives you a taste of the variety of ornament, history and humor these campuses have to offer in this illustrated lecture.