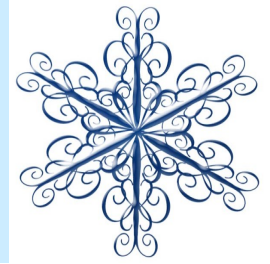




The Cedar Grove Public Library July 2020 Calendar of Events

Like us on Facebook



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Keep reading, earn rewards & get prizes. Our Virtual Summer Reading Program is off to a good start. Look out for some cool programs & fun events. The address to our Beanstack site (where you can participate in our summer reading challenge) is: https://cedargrovenj.beanstack.org</p>			<p>1 10:30a Tai Chi Class (on Zoom) 3:30p Bingo w/Miss Natalie (on Facebook Live)</p>	<p>2 10a Storytime (on Zoom) 11a Strength Training (on Zoom) 3p Book Club Discussion (on Zoom)</p>	<p>3 LIBRARY CLOSED HAPPY FOURTH!</p>	<p>4 </p>
<p>5 *A Monday Watercolor Class may be canceled. For information contact falcone@palsplus.org</p>	<p>6 *10a Watercolor Class (on Zoom) Overbrook Writers @7p (on Zoom)</p>	<p>7 10a Chair Yoga (on Zoom)</p>	<p>8 10:30a Tai Chi Class (on Zoom) NJ State Library Webinar "Social Security 101" 12 to 1:30p 3:30p Bingo w/Miss Natalie (on Facebook Live)</p>	<p>9 10a Storytime (on Zoom) 11a Strength Training (on Zoom) 6pm Library Board Meeting</p>	<p>10</p>	<p>11</p>
<p>12</p>	<p>13 10a Watercolor Class (on Zoom) Overbrook Writers @7p (on Zoom)</p>	<p>14 10a Chair Yoga (on Zoom) 3p Children's Program Snakes-n-Scales on Zoom (See the reptiles!) 4p Senior Care Discussion (on Zoom)</p>	<p>15 10:30a Tai Chi Class (on Zoom) 3:30p Bingo w/Miss Natalie (on Facebook Live)</p>	<p>16 10a Storytime (on Zoom) 11:00a Strength Training (on Zoom) 7p College Planning Virtual Discussion Register at cbrg.info</p>	<p>17 Music with Miss Lynne @11a (on Zoom)</p>	<p>18 </p>
<p>19</p>	<p>20 10a Watercolor Class (on Zoom) Overbrook Writers @7p (on Zoom)</p>	<p>21 10a Chair Yoga (on Zoom)</p>	<p>22 10:30a Tai Chi Class (on Zoom) 3:30p Bingo w/Miss Natalie (on Facebook Live)</p>	<p>23 10a Storytime (on Zoom) 11a Strength Training (on Zoom) Food Presentation With Maryann Mistretta 7pm on Zoom</p>	<p>24 11a Wiggleworm Dance Party (on Zoom)</p>	<p>25</p>
<p>26</p>	<p>27 10a Watercolor Class (on Zoom) Overbrook Writers @7p (on Zoom)</p>	<p>28 10a Chair Yoga (on Zoom) Kids Sciencetellers Video Party on Zoom at 3p</p>	<p>29 10:30a Tai Chi Class (on Zoom) 3:30p Bingo w/Miss Natalie (on Facebook Live) 2pm Movie Discussion (on Zoom) Ladies in Lavender</p>	<p>30 10a Storytime (on Zoom) 11a Strength Training (on Zoom) 7p Open Mic Night Show us what you got! (No comedy, please)</p>	<p>31 Music with Miss Lynne @11a (on Zoom)</p>	<p><u>Yoga</u> Every Wed. Evening & Sat. Morning Stacy Valdes-Davis will be posting on her YouTube Channel at https://www.youtube.com/watch?v=W-yxwxjflUg</p>



Special Events July 2020



Book Club Meet Up

Thursday, July 2 @3pm

Contact falcone@palsplus.org for zoom meeting link

NJ State Library Webinar

“Social Security 101 “ Wednesday, July 8 @12 pm
Join us as Jarika Walker from the Social Security Administration will discuss all things Social Security in a FREE webinar. Below is the link to register.

<https://www.njstatelib.org/event/webinar-social-security-101/>

Senior Care Lecture on Zoom

Tuesday, July 14 @4pm Free Webinar

“Caring for Senior Loved Ones during a Pandemic.”
Discussion will focus on the new challenges faced by seniors & caregivers during this difficult time.
To register copy/paste the link below to your browser:
<https://www.milvidlaw.com/webinar-registrations/cedar-grove-7-14/>

Healthy Pasta Alternatives (on Zoom)

Thursday, July 23 @7 pm for a free workshop. While there is value to traditional pasta, there are other alternatives. Discover healthy pasta options such as: brown rice noodles, quinoa or squash pasta, chickpea or lentil pasta, seaweed, buck wheat or Miracle Noodles, and more!

Movie Discussion on Zoom

View the Movie, “Ladies in Lavender” on *Kanopy (www.kanopy.com) then join us on zoom Wednesday, July 29 @2 pm for discussion. Critique the film, and share your thoughts. *Kanopy is a free streaming movie program available through your library.
E-mail falcone@palsplus.org for meeting link.

Virtual Open Mic (on Zoom)

Friday, July 30 @7 pm

Do you write music, poetry or short stories? Come show us what you got! Maximum 5 minutes. Want to perform? Contact marrin@palsplus.org to register by July 24. Original work only, no comedy please.

Our Beanstack Website:

<https://cedargrovenj.beanstack.org>.



Regular Programs at the Cedar Grove Public Library



Yoga

Every Wed. Evening & Sat. Morning Stacy Valdes-Davis will be posting on her You Tube channel at <https://www.youtube.com/watch?v=W-yxwxjflUg>

Strength Training

Join Instructor Lena Kalle on
Thursdays, July 2, 9, 16, 23, 30 @11a
Cardio, Strength & Stretch to a more healthier you!

Watercolor Class

*Mondays @11a, July 6, 13, 20 & 27 with Maryann Burton. Please note: One class may be cancelled. To check availability contact: falcone@palsplus.org

Overbrook Writers (on Zoom)

Mondays, July 6, 13, 20, 27 @7 to 8p
(A writing support and discussion group). Come meet other local writers, discuss the craft, and learn more about the tools that are out there.
Email: marrin@palsplus.org for meeting link.

Chair Yoga (on Zoom)

Tuesdays, July 7, 14, 21, & 28 @10a
Instructor, Anjum Desai.

Tai Chi (on Zoom)

Wednesdays, July 1, 8, 15, 22, & 29 @10:30a
Instructor, Miriam Shankman

College Planning Workshop

Thursday, July 16 @7pm
Help with financial forms, advice on making college affordable and other important topics. To register go to <https://cbrg.info/class-schedule/>



CHILDREN'S EVENTS!



Story Times Thursdays @ 10am

Stories, songs and fun on Zoom. Email Miss Natalie at cheetham@palsplus.org for the invite.

Story book STEM every Saturday hosted by Miss Natalie! Check out this activity on our Facebook Page.

Check Facebook for more fun throughout the month, including how to access three awesome Shadow Puppet workshops!

Kids Fairy Tale Bingo (on Facebook Live)

Every Wednesday in July @3:30p. All ages.
Play Bingo & have some fun with Miss Natalie!!!
Don't forget to follow the directions under our Facebook event listing to make your own board before tuning in to play.

Snakes-n-Scales on Zoom

Tuesday, July 14th @3p. Enjoy reptiles right from your living room, without worrying about cleaning up any accidents. Register by filling out the form under the Facebook event or email Miss Natalie for the link to the form.

Music with Miss Lynne

Fridays, July 17 & July 31 @ 11a. Music brings us together even when we are far apart. Join us for 30 minutes of songs on Zoom. Email cheetham@palsplus.org for the invite.

Wiggleworm Dance Party (on Zoom)

Virtual Wiggle Worms Dance Party:
Friday, July 24th @11am. Get on your dancing pants, (or stay in your pajamas) and get ready to dance along with Miss Natalie.
Email cheetham@palsplus.org for the invite.

Sciencetellers:

Dragons: Return of the Ice Sorceress Video Party on Zoom - July 28th @3p
Long, long ago two kids go on a daring adventure to find a dragon and save the kingdom from the Ice Sorceress! When things don't go as planned, however, they must turn to themselves (and to science!) for the answer. A fun fantasy adventure with dry ice effects! Visit our Facebook event listing to fill out a form to get the Zoom invite or email Miss Natalie for the link to the form.

Page Turner Adventures on Facebook:

We are partnering with the award-winning Page Turner Adventures to provide you with a whole summer's worth of entertainment. With comedy shows, author interviews, crafts, cooking, guest appearances and more, there's something for everyone! Join our closed Facebook group: Page Turner Adventures @ CGPL to get in on the fun!