

The Cedar Grove Public Library

OCTOBER 2021 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Music with Miss Lynne @11 am Kids Chess @3:45 pm Registration Required	2 Open 9am-1pm 		
3	4 10am Watercolor Class (on Zoom) w/Jane Cardio/Strength Training / Leena (on Zoom) @2:30 pm 7pm (on Zoom) Author Therapist, Diane Lang 7-8pm Overbrook Writers (on Zoom)	5 10:30 am Chair Yoga with Penny (on Zoom) 	6 9am Yoga Class with Joie (on Zoom)	7 10am Story Time (on Zoom) 11am Strength Training with Leena (on Zoom)	8 Music with Miss Lynne @11 am Feel Good Friday (on Zoom) Brain Health @11 am	9 Open 9am-1pm 
10	11 LIBRARY CLOSED	12 10:30 am Chair Yoga with Penny (on Zoom)	13 9am Yoga Class with Joie (on Zoom) Virtual Webinar "Planning for College" @7 pm Register at cbrg.info	14 10am Story Time (on Zoom) 11am Strength Training with Leena (on Zoom) Library Board Meeting @6 pm	15 Music with Miss Lynne @11 am 12pm Cedar Readers Book Club I	16 Open 9am-1pm 
17 	18 10am Watercolor Class (on Zoom) w/Jane Cardio/Strength Training w/Leena (on Zoom) @2:30 pm 7-8pm Overbrook Writers (on Zoom)	19 10:30 am Chair Yoga with Penny (on Zoom) 	20 9am Yoga Class with Joie (on Zoom)	21 10am Story Time (on Zoom) 11am Strength Training with Leena (on Zoom) 6:30 pm Cedar Readers Book Club II	22 Music with Miss Lynne @11 am 	23 Open 9am-1pm Buster's Book Debut! @1:30 pm
24 United Nations Day 	25 10am Watercolor Class (on Zoom) w/Jane 7-8pm Overbrook Writers (on Zoom)	26 NO CHAIR YOGA Wellness Challenge (on Zoom) for Adults @10:30 am	27 9am Yoga Class with Joie (on Zoom) 	28 10am Story Time (on Zoom) 11am Strength Training with Leena (on Zoom) 3:30 pm Halloween Bingo for Kids	29 Music with Miss Lynne @11 am 6pm Murder Mystery (on Zoom) Registration Required Halloween Story Walk	30 Open 9am-1pm Halloween Story Walk 
31 Happy Halloween!! Halloween Story Walk	 by Linda Williams. Illustrated by Megan Lloyd					



Special Virtual Events in October 2021

Turning Your Setbacks into Advantages
Monday, October 4 @7 pm (on Zoom). Speaker, Diane Lang Author, Life Coach & Therapist will discuss the topic of “Turning Setbacks into Advantages.” Learn ways to handle setbacks, cultivate renewed personal growth and enable recovery from life’s challenging events. Email falcone@palsplus.org for meeting link.

Overbrook Writers (on Zoom)
Mondays, October 4, 18 & 25 from 7 to 8 pm (A writing support and discussion group). Regardless of whether you write in a notebook or type on a computer, come meet other local writers, discuss the craft, and learn more about the tools that are out there. Email: marrin@palsplus.org for the meeting link. No class October 11.

Feel Good Friday Brain Health
Friday, October 8 @11 am on Zoom.
Explore some ways to maintain brain health. Topics will include the value of crossword puzzles, Sudoku, eating healthy and more! Email librarian@caldwellpl.org for the Zoom meeting link. Sponsored by FEMA Hope and Healing Program/RWJ Barnabas Health.



College Workshop
Wednesday, October 13 @7 pm
Parents/Teens find out more about important topics. To register go to cbrg.info

Library Board Meeting
Thursday, October 14 @6 pm—Public is welcome

Murder Mystery
Friday, October 29 @6 pm (on Zoom)
“A Murder of Crowes,” a last minute change to the will...a mysterious death.
A fun, whodunit where everyone participates! Email: marrin@palsplus.org for more details.
Registration required by Thurs., October 21.
Limited Seating.

Regular Programs & Meetings October 2021

Watercolor Sessions w/Jane (on Zoom)
Mondays @10 am (CG Residents) - No Class October 11
Email falcone@palsplus.org for Zoom meeting link.

Chair Yoga (on Zoom)
Weekly Chair Yoga Tuesdays @10:30 am
With Penny Prosperi.

Instructor uses a chair for support.
No Chair Yoga Tuesday, **October 26**
Instead, join us for a **Wellness Challenge** on Zoom!
Prevention topics covered in a fun, Jeopardy game format such as health promotion, screenings, immunizations, diabetes, bone & joint health will be described as the audience responds in question format. Same meeting link & time (10:30am) as Chair Yoga.

Yoga (on Zoom)
Wednesdays @9 am with Joie
Have a mat ready and enjoy gentle stretches.
Various Yoga poses and meditation.

Senior Strength Training
Note new time on Monday Afternoons
October 4 & October 18 @2:30 pm.
Weekly Strength Training Thursdays @11 am.
Both classes with Leena.
Cardio/Strength for a more healthier you!

Note: For Zoom meeting links to Chair Yoga, Yoga, & Strength Training Sessions email falcone@palsplus.org

Cedar Readers Book Clubs I & II (on Zoom)

Cedar Readers I will meet on Friday, October 15 @12 pm and will be discussing **The Nazi Officer’s Wife** by Edith Hahn Beer.
Cedar Readers II will meet Thursday, October 21 @6:30 pm to discuss **Jackie and Maria** by Gill Paul.
E-mail falcone@palsplus.org for Zoom meeting link.

Children’s Department

Chess for Kids (ages 6-13) with John Hagerty
First Fridays of the month at 3:45 - 4:45
October 1, November 5 & December 3
Registration Required; Limited Seating

Grab-and-Go Craft Bags

Each week we will have a new bag available for pickup at the library containing a craft and several activities related to the week’s Story Time theme. Bags are first-come; first served, so it’s advised that you call the library to schedule pick-up.

Story Time with Miss Natalie on Zoom
Thursdays @10 am

“Zoom” into this fun-filled all-ages story time with Miss Natalie. There’ll be stories, songs, and more!
E-mail cheetham@palsplus.org for the invite.

Music with Miss Lynne
Fridays in October@11 am

Join us for a fun, interactive music enrichment program. Registration required for each individual session. Visit <http://bit.ly/cgplmusicfb> to sign up.



Outdoor Halloween Bingo
Thursday, October 28 @3:30 pm

Join us behind the library for a few rousing rounds of Halloween BINGO (weather permitting)! Masks are encouraged and social distancing rules apply. Space is limited. Registration is required. Visit <http://bit.ly/cgplhalloweenbingo> to sign up.

Buster’s Book Debut (Saturday, Oct. 23 @1:30 pm)
Join us, & Buster, the Golden Retriever in person as we celebrate Buster's book release! Buster's human, Christina, will read the book “Buster and the Brain Bully,” answer questions, and sign copies. Participants will get a goody-bag, including a craft & some tasty T-R-E-A-T-S! Books will be available to purchase, registration required.
To register, fill out this google form: <https://forms.gle/eydMbQ1s5FQzX72y6> Books can be purchased on amazon [here](#) and from the publisher [here](#).

Halloween Story Walk

Friday, October 29 to Sunday, October 31
Since our Story Walk last year got rained out, we are bringing it back again. Visit the library during Halloween weekend and stroll around the building while reading “The Little Old Lady Who Was Not Afraid of Anything” by Linda Williams. Send a picture of your kids (in or out of costume) in front of one of the posts to Miss Natalie at cheetham@palsplus.org to be entered into a drawing for a prize!