

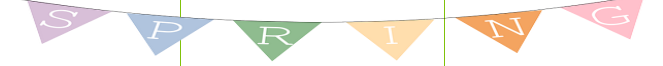







MARCH 2022 CALENDAR



Cedar Grove Public Library - 973-239-1447

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
		1 Chair Yoga @10:30 am (on Zoom) w/Penny Table Top Gaming 1 to 3 pm Registration Required	2 Yoga @9:00 am (on Zoom) w/Joie Read Across America	3 10 am Story Time (on Zoom) Senior Strength Training @11 am (on Zoom) w/ Leena	4 11am Music w/ Miss Lynne (on Zoom) Chess for Kids @3:45 pm Registration Required	5 Open 9 - 1
6	7 Watercolor Class @10 am (on Zoom) Overbrook Writers @7 pm (on Zoom)	8 Chair Yoga @10:30 am (on Zoom) w/Penny Table Top Gaming 1 to 3 pm Registration Required College Planning @7pm Register at cbrg.info	9 Yoga @9:00 am (on Zoom) w/Joie	10 10 am Story Time (on Zoom) Senior Strength Training @11 am (on Zoom) w/ Leena 6pm Library Board Mtg. Public is welcome to attend.	11 Webinar on Diabetes by Braven Health @9:30 am 11am Music w/ Miss Lynne (on Zoom) Chess for Kids @3:45 pm Registration Required	12 Open 9 - 1
13 	14 Watercolor Class @10 am (on Zoom) Senior Cardio/Strength Training @4 pm (on Zoom) w/Leena Overbrook Writers @7 pm (on Zoom)	15 Chair Yoga @10 :30am (on Zoom) w/Penny Table Top Gaming 1 to 3 pm Registration Required	16 Yoga @9:00 am (on Zoom) w/Joie	17 10 am Story Time (on Zoom) Senior Strength Training @11 am on Zoom) w/ Leena 	18 11am Music w/ Miss Lynne (on Zoom) Cedar Readers Book Club I @12:00 am Chess for Kids @3:45 pm Registration Required	19 Open 9 - 1
20 	21 Watercolor Class @10 am (on Zoom) Overbrook Writers @7 pm (on Zoom)	22 Chair Yoga @10:30 am (on Zoom) w/Penny Table Top Gaming 1 to 3 pm Registration Required	23 Yoga @9:00 am (on Zoom) w/Joie Historical Society @7:30 pm	24 10 am Story Time (on Zoom) Senior Strength Training @11 am (on Zoom) w/ Leena Rosemary Capiello @7 pm (on Zoom) Activing Healing	25 11am Music w/ Miss Lynne (on Zoom) Chess for Kids @3:45 pm Registration Required	26 Open 9 - 1
27	28 NO WATERCOLOR Senior Cardio/Strength Training @4 pm (on Zoom) w/Leena Overbrook Writers @7 pm (on Zoom)	29 Chair Yoga @10:30 am (on Zoom) w/Penny College Planning @7pm Register at cbrg.info Table Top Gaming 1 to 3 pm Registration Req.	30 Yoga @9:00 am (on Zoom) w/Joie	31 10 am Story Time (on Zoom) Senior Strength Training @11 am (on Zoom) w/ Leena		

Children's Programs



Grab-and-Go Craft Bags

Each week we will have a new bag available for pick-up 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 w/ 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! Email cheetham@palsplus.org for the invite.

Music with Miss Lynne

All Fridays in March @11 am (on Zoom)
Join us for a fun, interactive music enrichment program. Please email Miss Natalie at cheetham@palsplus.org to register for the Zoom invite.

Kids' Chess

Fridays in March @3:45 pm with Instructor, John Hagerty
Ages 6-13 Registration required.

Table Top Gaming at the Library (Adults & Kids)

Tuesday Afternoons from 1 to 3 pm; Thursday evenings from 5:30 to 7:30 pm. Take a break and come to the library between the designated hours listed and enjoy board games, card playing, puzzles, etc. Playing cards and board games will be available for use in the library during this period. Space is limited, to reserve a table for the full two hours on a specific Tuesday email marrin@palsplus.org or for a specific Thursday email conlon@palsplus.org. If you wish to know what games we have, or if you wish to suggest a game, please feel free to reach out to either email.
Open to all age groups.

Cedar Grove Historical Society
Meets Wednesday,
March 23 @7:30 pm in the library.

ADULT EVENTS

Overbrook Writers (on Zoom)

Mondays, March 7, 14, 21, 28 @7 to 8 pm
(A writing support & discussion group). Regardless of whether you write in a notebook or type on a computer, meet other local writers, and discuss the craft.
Email: marrin@palsplus.org for meeting link.

Planning for College (Virtual)

Tuesdays, March 8 & March 29 @7 pm.
Go to cbrg.info to register
for a free virtual workshop which will include understanding Financial Aid Forms, what college is the best "fit" and how to find that school, and more.

Watercolor Classes (on Zoom)

Mondays March 7, 14 & 21
@10 am on Zoom with Jane.
No Class Monday, March 28

Chair Yoga (on Zoom)

Tuesdays in March @10:30 am w/Penny
Stretches done in a chair or
using a chair as support.

Yoga (on Zoom)

Wednesdays @9 am w/Joie (on Zoom)
Have a mat and water on hand and start your day
stretching using gentle poses.

Senior Strength Training (on Zoom)

Thursdays in March w/Leena (on Zoom)
Cardio, Strength and Stretch to a more fit,
healthier you! Afternoon Cardio/Strength,
Mondays, March 14 & March 28 @4 pm

Cedar Readers

Book Club I & II (on Zoom)

Cedar Readers II Meets
Thursday 3/24/22 @6:30 pm to
discuss "The Four Winds"
by Kristin Hannah.

Cedar Readers I Meets
Friday 3/18/22 @12:00 am to
discuss "50 Words for Rain"
by Asha Lemmie Cummins.



SPECIAL EVENTS



Learn More About Diabetes

Friday, March 11 @9:30 am (on Zoom)
This comprehensive, interactive presentation will help you learn about the various types of diabetes, prevention of and resources available to support folks who have diabetes. Knowing the ABC's of diabetes and understanding your numbers is crucial in prevention and controlling the disease.
Email falcone@palsplus.org for meeting link.
Presented by Vincent Smith of Braven Health.

Understanding and Activating Healing

Thursday, March 24 @7 pm (on Zoom)
Understanding and Activating Healing
What is true healing? How can we help our bodies heal from illness and injury? How can we transcend and/or transform issues (mental-emotional-physical), repetitive patterns, addictions, habits etc...
Email falcone@palsplus.org for the meeting invite.
This class is for anyone who would like to understand healing on a more dynamic and comprehensive level.

7 Things You Forget to Organize Every Spring

Thursday, March 31 @7 pm with Jamie Novak.
Ready for a tidy home in the new year? Join bestselling author and expert organizer Jamie Novak for this virtual program when she reveals the seven spots we all overlook when it comes to decluttering. Learn what to do first and how to stay motivated, plus join Jamie for a tiny tidy up session live during the program.

Library Board Meeting

Meets Thursday,
March 10 @6:00 pm
Public is welcome to attend.

Zoom Meeting Links

For links to Watercolor, Chair Yoga,
Yoga & Strength Training email
falcone@palsplus.org