

# The Cedar Grove Public Library

## OCTOBER 2022 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Open 9am-1pm 
2	3 10am Watercolor Class w/Jane 6:45 Guided Meditation 7-8pm Overbrook Writers (on Zoom)	4 10:30 am Chair Yoga with Penny (on Zoom) 1pm Diamond Art Registration Required	5 9am Yoga Class with Joie (on Zoom) Early Evening Movie "Father Stu" 5:15 pm (Rated R)	6 10am Story Time 10am Strength Training with Leena (on Zoom) 1pm Movie: <i>The Lost City</i> Virtual Webinar "Planning for College" @7 pm Register at <a href="http://cbrg.info">cbrg.info</a>	7 Music with Miss Lynne @11 am Kids Chess @3:45 pm	8 <b>LIBRARY CLOSED</b>
9	10 <b>LIBRARY CLOSED</b> 	11 10:30 am Chair Yoga with Penny (on Zoom) 6:45 pm Readers of the Grove Book Club	12 9am Yoga Class with Joie (on Zoom) 	13 10am Story Time 10am Strength Training with Leena (on Zoom) 1pm Movie: to be announced 4pm Virtual Author Talk: <i>Not Nice: Stop People Pleasing, Staying Silent, &amp; Feeling Guilty</i> 6 pm Library Board Meeting	14 <b>NO MUSIC</b> Kids Chess @3:45 pm 	15 Open 9am-1pm 
16  	17 10am Watercolor Class w/Jane 3:30 pm Read to a Dog 6:45 Guided Meditation 7-8pm Overbrook Writers (on Zoom) 7 pm Declutter for Fall with Jamie Novak on Zoom	18 10:30 am Chair Yoga with Penny (on Zoom) Culinary Club meet up offsite. Details on back. 7pm Virtual Author Talk: <i>Where the Children Take Us</i>	19 9am Yoga Class With Joie (on Zoom) Virtual Webinar "Planning for College" @7 pm Register at <a href="http://cbrg.info">cbrg.info</a>	20 10am Story Time 10am Strength Training with Leena (on Zoom) 1pm Movie: <i>Fall</i> 6:30 pm Cedar Readers Book Club II 7:00pm Mediumship In the library	21 Music with Miss Lynne @11 am 12pm Cedar Readers Book Club I Kids Chess @3:45 pm	22 Open 9am-1pm 
23 	24 10am Drop In Art 3:30 pm Read to a Dog 7-8pm Overbrook Writers (on Zoom) <b>United Nations Day</b>	25 10:30 am Chair Yoga with Penny (on Zoom) 7 pm Virtual Author Talk: <i>The Diamond Eye</i>	26 9am Yoga Class with Joie (on Zoom) 11am Sewing Class Make a Fall Table Runner. 7:30 pm Historical Society Meeting	27 10am Story Time 10am Strength Training with Leena (on Zoom) 1pm Movie: <i>Munsters</i> 3:30 pm Halloween Bingo for Kids Registration Required	28 Music with Miss Lynne @11 am Kids Chess @3:45 pm	29 Open 9am-1pm  
30	31 <b>Happy Halloween!!</b> 10am Drop In Art 7-8pm Overbrook Writers (on Zoom)	 <b>Descriptions of events on back.</b>  				



## Special Events in October 2022

### Overbrook Writers (on Zoom)

Mondays, October 3, 17, 24 & 31 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](mailto:marrin@palsplus.org) for the meeting link. No meeting October 10.

### College Workshop (Webinar)

Thurs., October 6 & Wed., October 19 @7 pm  
Parents/Teens find out more about important topics pertaining to college admission.  
To register go to [cbrg.info](http://cbrg.info)

### Library Board Meeting

Thursday, October 13 @6 pm—Public is welcome

### Declutter for Fall

Monday, October 17 @7pm on Zoom  
Join Author of Keep This, Toss That and organizer Jamie Novak for this virtual program when she reveals 11 quick ways to simplify your home life.  
For the Zoom link, email [falcone@palsplus.org](mailto:falcone@palsplus.org).

### Culinary Club

Will meet Tuesday, October 18 @12:30  
in the library, then off to Casa Arturo Bistro in Little Falls for lunch. If you have any questions, email [joycefitz19@yahoo.com](mailto:joycefitz19@yahoo.com)

### RoseMarie Capiello

Thursday, October 20 @7 pm in the library.  
Join RoseMarie Capiello for a demonstration of mediumship. During the event RoseMarie will bring forth spirits who seek to make a connection with people in the audience.

### Late Morning Sewing Class

Wednesday, October 26 @11 am  
Learn to make a Fall Table Runner. It's easy, fun and then you get to take it home!

### Historical Society

Wednesday, October 26—Meets in the library @7:30 pm

## Regular Programs & Meetings October 2022

### Watercolor Sessions w/Jane

Mondays, October 3 & October 17 @10 am  
(New participants must register)  
NO CLASS MONDAY, OCTOBER 10

Drop in Art, Mondays, October 24 & October 31 @10 am  
No Registration for Drop in Art.

### Guided Meditation with Tori

Mondays, October 3 & October 17 @6:45 pm  
Meets in the library. *Relax, unwind, enjoy.*

### Chair Yoga (on Zoom)

Weekly Chair Yoga Tuesdays @10:30 am  
with Penny Prosperi. Instructor uses a chair for support.

### Yoga (on Zoom)

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

### Senior Strength Training (on Zoom)

Weekly Strength Training Thursdays @10 am.  
Cardio/Strength for a more healthier you!

**Note:** For Zoom meeting links to Chair Yoga & Yoga - Email [falcone@palsplus.org](mailto:falcone@palsplus.org)

### Early Evening Movie

Wednesday, October 5 @5:15 pm (Father Stu)  
Rated R - Running Time - 2 Hours, 4 Minutes

### Readers of the Grove Book Club

Tuesday, October 11 @6:45 pm to discuss The Bromance Book Club by Lyssa Kay Adams  
New members welcome.

### Cedar Readers Book Clubs I & II

Cedar Readers I will meet on Friday, October 21 @12 pm and will be discussing The Diamond Eye by Kate Quinn.  
Cedar Readers II will meet Thursday, October 20 @6:30 pm to discuss A Long Petal of the Sea by Isabel Allende. New members welcome.

Thursday Matinees @1pm on our big screen.  
Check our listing of movies at the library.

## Cedar Grove Public Library Webinars and Online Events

Enjoy a range of talks from bestselling authors. Brought to you in partnership with the Lib. Speakers Consortium.

[LSC | Cedar Grove Public Library Webinars and Online Events \(library.org/cedargrovelibrary\)](https://library.org/cedargrovelibrary)

## Children's Department

### Grab-and-Go Craft Bags

Each week we will have a new bag available for pickup at the library containing a craft and coloring page.

Bags are first-come; first served, so it's advised that you call the library to schedule pick-up.



### Story Time with Miss Natalie

Thursdays @10 am  
Join Miss Natalie in the Children's Section for stories, songs, and a fun craft!

### Music with Miss Lynne

Fridays in October @11 am  
Join us for a fun, interactive music enrichment program. NO MUSIC FRIDAY, OCTOBER 14.

### Kids Chess

Fridays in October @3:45 pm (ages 6-13)  
Instructor, John Hagerty will teach different strategic moves and revisit some old ones! NO CLASS OCTOBER 7

### Halloween Bingo

Thursday, October 27 @3:30 pm  
Join us behind the library for a few rousing rounds of Halloween BINGO (weather permitting)! Space is limited.  
Registration is required. Visit <http://bit.ly/cgplhalloweenbingo22> to sign up.



### Read to a Dog

During October, there will be a special doggie in the library that loves to be read to. Sign up required.

Dates to be determined.  
For information and to register  
Email [marrin@palsplus.org](mailto:marrin@palsplus.org)

