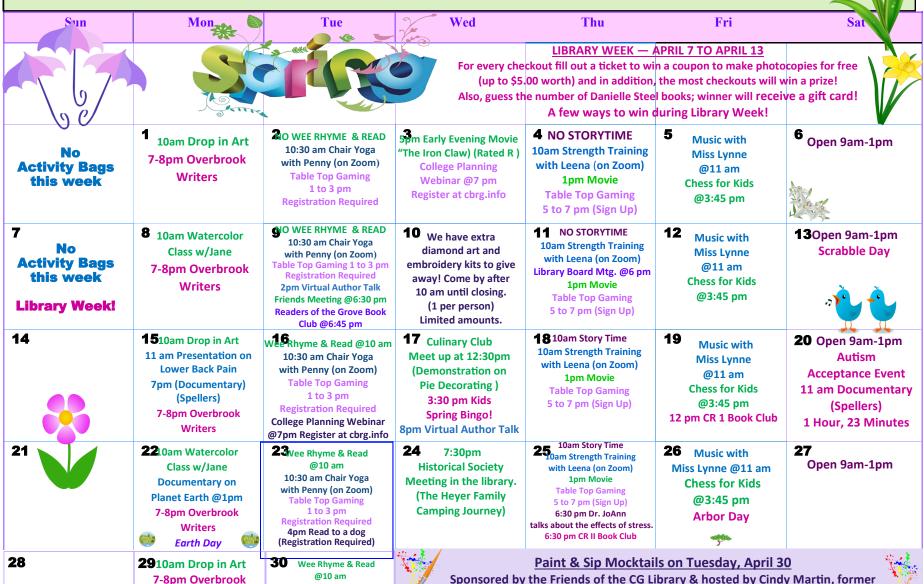


# The Cedar Grove Public Library **APRIL 2024 Calendar**



Sponsored by the Friends of the CG Library & hosted by Cindy Martin, former CG Art Teacher, who will teach us how to paint beautiful pieces of art! Adult/Child (5+)- \$40 (4:00 to 5:30 pm); Adult - \$25 (6:00 to 7:30 pm) To register go to: givebutter.com/sippaint—any questions email FriendsofCGPL@gmail.com—Help support the library!



10:30 am Chair Yoga

Writers



# Special Events in April 2024

Overbrook Writers in the Library & on Zoom Mondays, April 1, 8, 15, 22 & 29 @7 to 8 pm (A writing support & discussion group). For those of you meeting on Zoom, Email: marrin@palsplus.org for meeting link.

#### **College Workshops**

Wednesday, April 3 & Tuesday, April 16 @7 pm Parents/Teens find out more about important topics. To register go to cbrg.info

#### Scrabble Day—April 13

Scrabble Day is observed on Saturday, April 13.
Board games will be out in the Main Area of the
Library from 9am to 1pm for those wishing to play.
Simply email marrin@palsplus.org to schedule a
time to play a game or two!

#### **Let's Talk About Lower Back Pain**

Monday, April 15 @11 am with Total Recovery Physical Therapy of Little Falls. Topic of discussion will be how to manage lower back pain. Free workshop. Email falcone@palsplus.org for more info.

#### **Movie-Documentary**

Monday, April 15 @7 pm and Saturday, April 20 @11 am "Spellers" for Autism Awareness Month - Focuses on how non-verbal autistic individuals can communicate—inspired by the book "Underestimated". (1 Hour, 23 Minutes)

Earth Day Monday, April 22 @1 pm
Watch a Documentary entitled, "Earth,
One Amazing Day" narrated by Robert Redford &
experience the unexpected wonder of one full day
on earth. (1 Hour, 35 Minutes)

# **Dr. JoAnn- Stress Overload Syndrome**

Thursday, April 25 @6:30 pm

Learn how stress effects your body! Stress can cause sugar imbalances, high blood pressure, depression, skin problems, reproductive disorders and more!

Healthy snacks & refreshments will be served.

To register email: falcone@palsplus.org

# Regular Programs & Meetings April 2024

Watercolor Class in the Library
Mondays, April 8 and April 22 @10 am w/Jane
Drop in Art

Mondays, April 1, April 15 & April 29 @10 am

#### **Chair Yoga (on Zoom)**

Weekly Chair Yoga Tuesdays @10:30 am.
All sessions with Penny.
Classes use a chair for support & balance.
Senior Strength Training
Weekly Strength Training Thursday mornings,
@10 am with Leena.

Cardio/Strength for a more healthier you!

# Readers of the Grove Book Club Tuesday, April 9 @6:45 pm - Book Discussion on "I'm Glad My Mom Died" by Jennette McCurdy

#### **Early Evening Movie**

Wednesday, April 3 @5 pm "The Iron Claw"

The true story of the inseparable Von Erich brothers, who made history in the intensely competitive world of professional wrestling in the early 1980's.

Running Time: 2 Hours, 12 Minutes

### **Culinary Club**

Wednesday, April 17 @12:30 pm in the library.
Theme: Pie Decorating Demonstration

## **Library Board Meeting**

Thursday, April 11 @6 pm - Public is welcome to attend.

### **Book Clubs**

Cedar Readers I will meet on Friday, April 19 @12 pm and will be discussing The Lost Apothecary by Sarah Penner.
Cedar Readers II will meet Thursday, April 25 @6:30 pm to discuss Vigil Harbor by Julia Glass.

1 pm movie every Thursday
Pick up a listing or call the library for titles.

Historical Society Meeting
Wednesday, April 24 @7:30 pm
"The Heyer Family Camping Journey".

# **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 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. NO ACTIVITY BAGS

THE WEEKS OF APRIL 1 & APRIL 8

#### Wee Rhyme & Read

Tuesdays @10 am with Miss Natalie in the library.
(Recommended for ages 0 to 2.5 years old)
Songs, rhymes & short stories for your little learners.
NO WEE RHYME & READ Tuesdays, April 2 & April 9

#### **Story Time with Miss Natalie**

Thursdays @10 am in the children's area.
Join us for a fun-filled all-ages story time with
Miss Natalie. There'll be stories, songs, and more!
NO STORY TIMES Thursdays, April 4 & April 11.

## Spring Bingo on Wednesday, April 17

Spring has sprung and we are celebrating with bingo! Kids of all ages are invited to join us for some seasonal rounds of bingo featuring plants, bugs and birds in the children's section. No sign up necessary.

#### **Music with Miss Lynne**

All Fridays in April @11 am in the library.

Join us for a fun, interactive music enrichment program.

### **Friday Chess for Kids**

Ages 6-13 with Instructor, John Hagerty @3:45 pm. Learn new strategies and revisit some old moves as well.

# Read to a Dog

April dates to be determined

Therapy dogs will be in the library and want to be read to by young readers! Spots are limited. Registration required. To ensure your young reader has a 10 minute session, email marrin@palsplus.org or call the library.

Virtual Author Talks—April 2 & April 9 @2 pm & April 17 @8 pm Register at: LSC | Upcoming Speakers | Cedar Grove Public Library Webinars and Online Events