

## Health and Wellness

Health and wellness programs are made possible thanks to donors to the Library's *Noreen L. Papa - Mothers: Live Your Life fund.*



### **Chair Yoga** with Valerie Rich



Ever wanted to try a Yoga class but have some restrictions or injuries? In this introductory Chair Yoga session you will be guided through a relaxing and recharging Yoga class that is suitable for everyone and all abilities. Chair Yoga offers support in the Yoga poses and all the benefits. In this introductory class the student will explore traditional Yoga poses breathing instruction and a short guided meditation. Classes will continue on the first Wednesday of the month.

**Wednesday, January, 1 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

### **Mindfulness and Meditation** with the Community Mindfulness Project

Join us for a new series of one-hour Meditation classes led by the **Community Mindfulness Project**, a local, secular meditation group dedicated to the study and practice of mindfulness meditation for people of all religious backgrounds. CMP's teachings draw from a variety of meditation traditions, and in addition to regular, dedicated practice the group supports new and veteran practitioners. Classes will be held on the second and fourth Fridays of the month from January 22nd.

**Monday, January 22, 6:30 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

### **3 Vital Ingredients To Living A Luminous Life** with Salona Carlisle



**Salona Carlisle** will present this interactive and inspiring workshop. Through learning simple lifestyle practices and mindset shifts, attendees will walk away from this experience with skills to navigate a life that is fueled with aliveness, joy and lasting fulfillment.

As a self-realization coach and transformational guide, Salona Carlisle guides others on the journey to radical self-love and back to their essential wholeness.

**Monday, January 8, 7 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

### **Energy Healing Techniques for Everyday Life** with JoAnn Inserra Duncan



**JoAnn Inserra Duncan** will present some simple techniques for everyday life to stay grounded, centered and protected. These simple tools can help reduce anxiety, improve focus and concentration and help you understand what triggers there are in your life that affect your energy and well being.

Learn how our negative thoughts can be shifted to positive thoughts and help our physical, mental/emotional and spiritual well being. JoAnn is a Reiki Master and founder of Turning Point Healing Arts & Education Center.

**Monday, January 29, 7 p.m.**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Exhibit

### **Images in Dimension: 3D Mixed Media Photo Collage** by Debra Schaffer

Debra Schaffer will exhibit her 3-dimensional multi-media, photographic collages of everyday scenes like the hustle and bustle of markets and streetscapes.

**January 3 - 30**  
**Reception, Saturday, January 6, 2 - 4 PM**  
No registration

MAKING  
  
STEAM  
@ ridgefield library

## Making STEAM

### **Intuition** with Richard Fabbri

Physicist **Richard Fabbri** will share an analysis of intuition from nature that can predict outcomes in diverse areas such as sports (predicting the baseball World Series), people (finding and sustaining new hires in Human Resources) and investing (evaluating hedge funds). He will discuss how intuition can be acquired from real data, just as we humans unconsciously intuit by learning from many data sources.

**Thursday, January 11, 7 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## ARTalk

### *A Virtual Stroll Through the Cloisters*

with Dr. Michael Norris



**Michael Norris** spent twenty years at the Met's Cloisters Museum and the Metropolitan Museum of Art as a museum educator. For this talk, Norris will take us on a virtual tour that includes the origins of this unique medieval art museum as well as masterpieces there such as the Unicorn

Tapestries. The Met's Cloisters is on four acres overlooking the Hudson River in Manhattan's Fort Tyron Park and is dedicated to medieval art, architecture and gardens through more than 2,000 artworks and architectural elements. Norris received his Ph.D. in art history from the University of California.

**Sunday, January 7, 2 PM**

Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Author Talk

### *The Lofrisco Family Cookbook*

with Anthony Lofrisco



**Anthony LoFrisko** takes readers back to a time when recipes included instructions like "a handful of this," and magnificent meals could be thrown together with whatever ingredients were in the fridge. He intersperses recipes for such Italian

classics as lasagna and chicken cacciatore with reminiscences of his childhood days in Brooklyn, where food was always the center of attention and "mama ruled the kitchen."

**Tuesday, January 30, 7 PM**

Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Author Talk

### *Sunken Gold: A Story of World War I Espionage and the Greatest Treasure*

### *Salvage in History*

with Joseph Williamson



Ridgefield author **Joseph Williamson** tells the story of how a British ship, HMS *Laurentic*, laden with forty-four tons of Allied gold bound for the United States, is sunk off the coast of Ireland by Germany and the epic struggle by divers from the British Navy to recover the treasure.

**Joseph A. Williams** is the deputy director of the Greenwich, CT Public Library and the author of *Seventeen Fathoms Deep: The Saga of the Submarine S-4 Disaster*.

**Thursday, January 18, 7 PM**

Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Escape Room Fundraiser

### *Artifacts Through Time*

**ARTEFACTS THROUGH TIME:** An Escape Room is a popular An Escape Room Adventure & Fundraiser



immersive puzzle game where a group of participants are "locked" in a room and must work as a team to solve a series of clues and puzzles in order to find the answer, key, or solution to "escape" and win.

Spaces are filling up fast. Registration is \$25 per person. Each session can accommodate up to 8 individuals. Time slots are available for families, teens, and adults. Special employee team-building sessions are also available.

**Through January 17**

Information at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Tech Topics

### *Advanced 3D Modelling with Blender*

**Tuesday, January 9 @ 6:15 - 7:45 PM (part 1) - [Register](#)**

**Tuesday, January 23 @ 6:15 - 7:45 PM (part 2) - [Register](#)**

**Intro to iPad** - Do you have an iPad and are still struggling to learn all it can do? **Dawn DeCosta** of Tech Savvy brings her Apple experience to you in this hands-on class.

**Wednesday, January 10 @ 11 AM - 12 PM - [Register](#)**

**Adult Maker Group** - Come join our Adult Maker Group and tinker with us. This group is for those 18 years of age and older. New makers always welcome.

**Wednesday, January 10 @ 6:15 - 7:45 PM - [Register](#)**

**Wednesday, January 24 @ 6:15 - 7:45 PM - [Register](#)**

### *Downloading the Library's eBooks and eAudiobooks:*

**Bring Your Own Device** - Need help downloading the Library's eBooks or eAudiobooks to your phone or tablet?

**Thursday, January 11 @ 1:00 - 2:00 - Drop-in**

**3D Printing Orientation** - Are you interested in printing your own 3D design on the Library's Makerbot? We are now offering use of our 3D printer to Ridgefield Library cardholders.

Those who are under age 18 must come with an adult.

**Saturday, January 20 @ 10:00 - 11:30 AM - [Register](#)**

**Tuesday, January 30 @ 6:00 - 7:30 PM - [Register](#)**

**Intro to hoopla** - Learn the ins and outs of hoopla, a resource for Ridgefield Library cardholders for downloading eBooks, audiobooks, movies, music, TV shows, and comics.

**Wednesday, January 24 @ 1:00 - 2:00 PM - [Register](#)**

**Let's Talk Apps** - Whether you're new to the world of apps or an old hand, choosing from thousands of choices can be daunting. Join us as we offer some tips on how to select the best apps for your needs. We'll share some of our favorite apps and we hope you'll share yours.

**Monday, January 29 @ 1:00 - 2:00 PM - [Register](#)**

**Convert Your VHS Videos to DVD** - Check [ridgefieldlibrary.org](http://ridgefieldlibrary.org) for details and available timeslots.

# Library Book Groups - New Readers Welcome!

|   |   |  |   |
|---|---|--|---|
| <p><b>NONFICTIONEERS</b><br/> <b>Tuesday, January 2</b><br/>                 7:00 PM<br/> <b>The Fall of the Ottomans:<br/>                 The Great War in the<br/>                 Middle East</b><br/>                 by Eugene Rogan</p> <hr/> <p><b>Next Month's Selection</b></p> <p><b>Tuesday, February 6</b><br/>                 7:00 PM<br/> <b>Wild Swans: Three<br/>                 Daughters of China</b><br/>                 by Jung Chang</p>   | <p><b>BOOKS &amp;<br/>                 BREAKFAST</b><br/>                 Monday, January 8<br/>                 10:30 AM</p> <div style="text-align: center;">  </div> <p>Join us for an informal book chat led by Dorothy Pawlowski</p>  | <p>her mother landed in prison and Paula in foster care. This emotionally resonant tale is about the endurance of love and the power of stories to shape and transform our lives.</p>  | <p>ever faced—the Great Depression—and how it transformed America's culinary culture. <i>A Square Meal</i> examines the impact of economic contraction and environmental disaster about how Americans ate then—and the lessons and insights those experiences may hold for us today.</p>                  |
| <p><b>MURDER BY THE BOOK</b><br/> <b>Thursday, January 4</b><br/>                 10:30 AM<br/> <b>The Cold, Cold Ground</b><br/>                 by Adrian McKinty</p> <hr/> <p><b>Next Month's Selection</b></p> <p><b>Thursday, February 1</b><br/>                 10:30 AM<br/> <b>A Morbid Taste for Bones</b><br/>                 by Ellis Peters</p> <p>Introducing Brother Cadfael, a monk, gardener, herbalist and former soldier in the Crusades who uses his varied life experience to get to the heart of murderous puzzles in 12th century England. <i>Also available as a downloadable eBook from hoopla.</i></p> | <p><b>FOUNDERS HALL<br/>                 BOOK GROUP</b><br/> <b>Thursday, January 11</b><br/>                 3:00 PM<br/> <b>Remains of the Day</b><br/>                 by Kazuo Ishiguro<br/>                 Open to all members of Founders Hall</p>   | <p><b>A.M. BOOK GROUP</b><br/> <b>Wednesday, January 24</b><br/>                 10:00 AM<br/> <b>Bleak House</b><br/>                 by Charles Dickens</p> <div style="display: flex; align-items: center;">  <p><i>Bleak House</i> is Dickens' classic satirical look at the legal system in London.</p> </div>  | <p><b>POETRY DISCUSSION<br/>                 GROUP</b><br/> <b>Friday, January 26</b><br/>                 1:00 PM<br/> <b>Collected Poems</b><br/>                 by Jane Kenyan<br/>                 Discussion led by Dr. Alan Holder. Program made possible thanks to the Friends of the Library</p> |
| <p><b>CRITICS' CIRCLE<br/>                 BOOK GROUP</b><br/> <b>Tuesday, January 16</b><br/>                 7:00 PM<br/> <b>The Opposite of Everyone</b><br/>                 by Joshilyn Jackson</p> <p>A fiercely independent divorce lawyer learns the power of family and connection when she receives a cryptic message from her estranged mother. Born in Alabama, Paula Vauss spent the first decade of life on the road with her mother, until</p>   | <p><b>FOOD FOR THOUGHT:<br/>                 A CULINARY BOOK<br/>                 DISCUSSION</b><br/> <b>Monday, January 22</b><br/>                 2:00 PM<br/> <b>A Square Meal: A<br/>                 Culinary History of the<br/>                 Great Depression</b> by Jane Ziegelman and Andrew Coe</p> <p>From the author of the acclaimed <i>97 Orchard</i> and her husband, a culinary historian, an in-depth exploration of the greatest food crisis the nation has</p> | <div style="border: 2px dashed black; padding: 10px;"> <p><b>LIVE IN HD @<br/>                 RIDGEFIELD<br/>                 PLAYHOUSE</b></p> <p>Metropolitan Opera, National Theatre of London and the Bolshoi Ballet on the big screen! Ridgefield Library card holders now receive the Playhouse membership rate of \$20 for these events. For a full listing visit - <a href="http://ridgefieldplayhouse.org">ridgefieldplayhouse.org</a>.</p> </div> |   |

## Parent Circles

**With Doug Barille, LMFT - Cosponsored by Ridgefield Coalition Against Substance Abuse**

**For 5<sup>th</sup> grade parents**

Topics include: understanding and parenting your changing adolescent, establishing and maintaining effective limits, navigating alcohol & drugs, technology & social media.

Dates and times (each circle has 3 sessions):

- Circle 5 (1): Tuesday afternoons, 1-2:30 on 1/23, 1/30, 2/6
- Circle 5 (2): Wednesday evenings, 7:30-9 on 1/24, 1/31, 2/7
- Circle 5 (3): Thursday mornings, 10-11:30 on 1/25, 2/1, 2/8
- Circle 5 (4): Tuesday mornings, 10-11:30 on 2/20, 2/27, 3/6
- Circle 5 (5): Wednesday afternoons, 1-2:30 on 2/21, 2/28, 3/7
- Circle 5 (6): Thursday evenings, 7:30-9 on 3/1, 3/8, 3/15

**Morning & afternoon sessions @ Ridgefield Library**  
**Evening sessions @ Town Hall Annex, 66 Prospect St.**

**Questions:** [doughbarille@comcast.net](mailto:doughbarille@comcast.net)

**Registration:** [www.ridgefieldlibrary.org](http://www.ridgefieldlibrary.org)

**For 8<sup>th</sup> grade parents**

Topics include: maintaining connection and influence during the high school years, anticipating risky situations and behaviors, providing the support your child needs to thrive.

Dates & times (each circle has 2 sessions):

- Circle 8 (1): Tuesday mornings, 10:00-11:30 on 3/27, 4/3
- Circle 8 (2): Wednesday afternoons, 1:00-2:30 on 3/28, 4/4
- Circle 8 (3): Thursday evenings, 7:30-9:00 on 3/29, 4/5
- Circle 8 (4): Tuesday afternoons, 1:00-2:30 on 4/17, 4/24

**For high school parents**

Topics include: parties and party culture, balancing autonomy and risk management, positive and negative indicators of teen functioning and warning signs, anxiety management.

Dates and times (each circle has 2 sessions)

- Circle H (1): Wednesday afternoons, 1:00-2:30 on 5/9, 5/16
- Circle H (2): Thursday evenings, 7:30-9:00 on 5/10, 5/17

# Featured Events Calendar - January 2018

| Sun   | Mon   | Tue  | Wed  | Thu   | Fri   | Sat  |
|---|---|--|--|---|---|--|
| 31  | <p>1<br/><b>Library Closed:</b> Happy New Year!</p>   | <p>2<br/><b>Nonfiction-neers:</b><br/><i>The Fall of the Ottomans</i> by Eugene Rogan<br/>7 PM</p>   | <p>3<br/><b>Health:</b> <i>Chair Yoga</i> with Valerie Rich<br/>1 PM</p>   | <p>4<br/><b>Murder by the Book:</b> <i>The Cold, Cold Ground</i> by Adrian McKinty<br/>10:30 AM</p>   | <p>5</p>  | <p>6<br/><b>Artist's Reception:</b><br/>Debra Schaffer<br/><i>Images in Dimension</i><br/>2 - 4 PM</p> |
| <p>7<br/><b>ARTalk:</b> <i>A Virtual Stroll Through the Medieval Masterpieces of the Met's Cloisters</i> with Dr. Michael Norris<br/>2 PM</p> | <p>8<br/><b>Discussion:</b><br/><i>Books &amp; Breakfast</i><br/>10:30 AM<br/><br/><b>Seminar:</b><br/><i>3 Vital Ingredients To Living A Luminous Life</i> with Salona Carlisle<br/>7 PM</p>   | <p>9<br/><b>Tech Topics:</b><br/><i>Advanced 3D Modelling with Blender</i><br/>6:15 PM</p>   | <p>10<br/><b>Tech Tricks:</b><br/><i>Introduction to iPad</i><br/>11 AM<br/><br/>RVNA Blood Pressure Screening<br/>11 AM<br/><br/><b>Making STEAM:</b> <i>Adult Maker Group</i><br/>6:15 PM</p>  | <p>11<br/><b>Tech Topics:</b><br/><i>Downloading the Library's eBooks and Audiobooks</i><br/>1 PM<br/><b>Founders Hall Discussion:</b><br/><i>Remains of the Day</i> by Kazuo Ishiguro<br/>3 PM<br/><b>Making STEAM:</b> <i>Intuition</i> with Physicist Rich Fabbri<br/>7 PM</p> | <p>12</p>   | <p>13<br/><b>Field Trip:</b><br/><i>Shutterbugs Photography Group</i><br/>9 AM</p>                     |
| <p>14</p>   | <p>15</p>   | <p>16<br/><b>Critics' Circle Book Group:</b><br/><i>The Opposite of Everyone</i> by Joshilyn Jackson<br/>7 PM</p>  | <p>17</p>  | <p>18<br/><b>Author Talk:</b><br/><i>The Sunken Gold</i> with Joseph Williamson<br/>7 PM</p>  | <p>19</p>   | <p>20</p>  |
| <p>21</p>   | <p>22<br/><b>Food for Thought:</b><br/><i>Square Meal: A Culinary History of the Great Depression</i> by Jane Ziegelman and Andrew Coe<br/>2 PM<br/><b>Class:</b> Mindfulness and Meditation<br/>6:30 PM<br/><b>Meeting:</b><br/><i>Library Board</i><br/>7:30 PM</p> | <p>23<br/><b>Meeting:</b> <i>5th Grade Parent Circle (1)</i><br/>1 PM<br/><br/><b>Tech Topics:</b><br/><i>Advanced 3D Modelling with Blender</i><br/>6:15 PM</p>             | <p>24<br/><b>A.M. Book Group:</b> <i>Bleak House</i> by Charles Dickens<br/>10 AM<br/><b>Tech Tricks:</b><br/><i>Intro to hoopla</i><br/>1 PM<br/><b>Making STEAM:</b> <i>Adult Maker Group</i><br/>6:15 PM<br/><b>Meeting:</b> <i>5th Grade Parent Circle (2)</i><br/>7:30 PM @ Town Hall</p> | <p>25<br/><b>Meeting:</b> <i>5th Grade Parent Circle (3)</i><br/>10 AM</p>  | <p>26<br/><b>Poetry Discussion Group:</b><br/><i>Collected Poems of Jane Kenyan</i> with Dr. Alan Holder<br/>1 PM</p> | <p>27</p>  |
| <p>28</p>   | <p>29<br/><b>Tech Tricks:</b><br/><i>Let's Talk Apps</i><br/>1 PM<br/><b>Presentation:</b><br/><i>Energy Tools for Daily Living</i> with JoAnn Inserra Duncan<br/>7 PM</p>  | <p>30<br/><b>Tech Topics:</b><br/><i>3D Printing Orientation</i><br/>6 PM<br/><b>Author Talk:</b><br/><i>The Lofrisco Family Cookbook</i> with Anthony Lofrisco<br/>7 PM</p> | <p>31</p>  | <p><b>Exhibition:</b><br/><i>Images in Dimension: 3D Mixed Media Photo Collage</i><br/>by Debra Schaffer<br/><br/><b>On exhibit through January 27</b><br/><b>Reception: Saturday, January 6, 4 - 6 PM</b><br/><b>Lower Level Gallery</b></p>                                     |                                  |  |