

## Health and Wellness



The Noreen L. Papa—Mothers: Live Your Life series continues with programs to promote health and wellness.

### Chair Yoga with Liz Wendell

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 of practicing these poses. In this introductory class, the student will explore traditional yoga poses, breathing instruction, and a short guided meditation. Classes will continue on the first and third Wednesdays of the month.

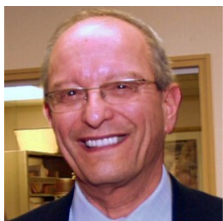
**Wednesday, December 4 & 18, 1 PM**  
 Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

### Mindfulness and Meditation with the Community Mindfulness Project

Join us for an ongoing 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 are held on the second and fourth Mondays of the month.

**Monday, December 9 & 23, 6:30 PM**  
 Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

### Reducing the Harmful Effects of Stress with Dr. Edward Markowitz



Join us for a talk about *Reducing the Harmful Effects of Stress* presented by **Dr. Edward Markowitz**, Clinical Director, Advanced Wellness and Injury Center, and Certified Wellness Instructor by the Foundation for Wellness Professionals

Dr. Markowitz will discuss the most common stress related symptoms and disease, the different types of hidden stressors in today's environment, how your diet can help or hurt, simple relaxation techniques you can use immediately, how stress effects hormonal balance, and more!

**Monday, December 16, 7 PM**  
 Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

### Anxiety: Signs, Symptoms, & Strategies for Helping Teens and Children Cope



**Elizabeth Ortiz-Schwartz, M.D.**, psychiatrist from Silver Hill Hospital, will describe common anxiety disorders among children and teens, as well as strategies for helping children cope effectively with anxiety.

The *Parenting the #Selfie Generation* series of programs and workshops is a community-wide collaboration with Ridgefield Public Schools, Ridgefield Council of PTAs, Ridgefield Library, Ridgefield Youth Commission, Books on the Common, Project Resilience, Town Vibe, and Silver Hill Hospital.

**Thursday, December 5, 7 PM**  
 Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

### 3 Simple Tips for Eating Through the Holidays So That You Can Have Guilt-free Fun with Dr. Brittny Howell



**Dr. Brittny Howell** will walk participants through a simple and nutritious way to enjoy the holidays so that they can have guilt-free fun. Dr. Brittny Howell is a mother of three, and a proud Ridgefielder. She is also a nutrition coach and a board-certified vascular surgeon who has taken care of thousands of patients. "I won't prescribe

pills, quick fixes, or hacks. Instead, I'll prescribe food...sprinkled with positivity and persistence," she says.

**Tuesday, December 10, 7 PM**  
 Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

### Poetry on the Path with Barb Jennes



Divorce, empty nesting, career change, illness, loss... when life deals you a tough transition, turn to the proven, healing power of poetry. In each session of this bi-monthly workshop, participants will read and discuss a series of specially selected poems, then reflect/respond in poem or prose pieces of their own.

Attendees will give and get support from a compassionate community of others facing change. This ongoing workshop is led by poet and educator **Barb Jennes** and usually takes place on the 2nd and 4th Thursday of the month.

**Thursday, December 12 & 19, 10:30 AM**  
 Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## From 5th Grade to College: Planning, Parenting, and Partnering Your Way to a Healthy and Successful Journey for Your Child

with Matt Byrnes



Join **Matt Byrnes**, Head of Wooster School, for wine, cheese, and a conversation about how to better understand what success in college means, how the process works, and how we can best manage the journey through adolescence and school to a successful outcome. In the search for that

success and in the service of healthy human development, he will discuss how can we all be more positively proactive and intentional in our parenting, in partnering with schools, and in managing a healthy college search process. Parents of children at any point in the school journey, even those currently in college, are invited to attend.

**Wednesday, December 11, 7 PM**

Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Unlocking Creative Channels For Your Business Success

with Mona Thorpe



Richard Branson, Mark Zuckerberg, Bill Gates, and Jeff Bezos all have one thing in common, minds full of unstoppable creative ideas that are put into action. In this discussion you will learn how a finely tuned thought process can unlock your creative channels for success in business. Come and

learn how to tap your own business potential!

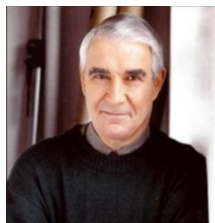
**Mona Thorpe** is the co-author of *Conversations on Success* Vol. 6, a book dedicated to providing success strategies for those looking to achieve business and personal goals, and is also the author of a six-step success strategy process that is the core foundation for helping her clients succeed in their endeavors. She is the founder of Success 411.

**Wednesday, December 18, 7 PM**

Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Dramatic Reading: The Lady and the Lapdog by Anton Chekhov

with Alan Sklar



Join us for a reading of *The Lady with the Lapdog* by Anton Chekhov with acclaimed voice actor Alan Sklar. *The Lady and the Lapdog* is a tale of two adults, both in unsatisfying marriages, who meet at a resort on the Black Sea and fall in love—experiencing true love for the first time in their lives.

**Alan Sklar** has been a free-lance voice actor for over twenty years, voicing radio and TV commercials, narrating over 200 audiobooks and working on numerous corporate video projects.

**Tuesday, December 17, 7 PM**

Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Language & Culture

### Caffe Italiano: Italian Conversation

Drop in on an Italian conversational group looking to practice the language while meeting new people. All levels welcome, with the goal to speak Italian the whole time. First Saturday of the month.

**Saturday, December 7, 12 PM**

Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

### Lunchtime Language: French

with Anette Roth

Through simple texts, poems, songs, videos and more, learn more about the language and culture, improve your basic language skills, and meet new friends.

**Wednesday, December 11, 12 PM**

Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Medicare Workshops



Ridgefield Social Services is once again offering free confidential Medicare prescription drug counseling sessions during Medicare's Open Enrollment period (October 15

through December 7) at the Ridgefield Library.

**Tuesday, Dec. 3, Thursday, Dec. 5, 10 AM–1 PM**

For an appointment call Karen at 203.431.2754 or email [municipalagent@ridgefieldct.org](mailto:municipalagent@ridgefieldct.org)

### Italian Film: Ginger and Fred

Come join us and watch an Italian movie (with English subtitles). A discussion will follow for those looking to stay and practice their Italian. *Ginger and Fred* (Rated PG13, 127 mins).

**Wednesday, December 18, 4 PM**

Please register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Library Book Groups - New Readers Welcome!

### NONFICTIONEERS

Tuesday, December 3  
7:00 PM

***Becoming*** By Michelle Obama

In her memoir, a work of deep reflection and mesmerizing storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her—from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it—in her own words and on her own terms.

### Poetry Discussion Group

Friday, December 27  
1 PM

***Selected Poems***  
by Howard Nemerov  
led by Dr. Alan Holder



**The following book groups do not meet in December. Be sure to get reading for the January discussions!**

### MURDER BY THE BOOK

Thursday, January 2  
10:30 AM

***Where the Crawdads Sing***  
by Delia Owens



For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. She's

barefoot and wild; unfit for polite society. Drawn to two young men from town, who are each intrigued by her wild beauty, Kya opens herself to a new and startling world—until the unthinkable happens.

### FOUNDERS HALL BOOK DISCUSSION

Thursday, January 9  
3:00 PM

***The Woman's Hour***  
by Elaine Weiss

**BOOKS & BREAKFAST**  
Monday, January 13  
10:30 AM



Join us for an informal book chat led by Dorothy Pawlowski.  
**Breakfast is served!**

### CRITICS' CIRCLE BOOK GROUP

Tuesday, January 21  
7:00 PM

***Ask, Again Yes***  
By Mary Beth Keane

*Ask Again, Yes* is a deeply affecting exploration of the lifelong friendship and love that blossoms between Kate Gleeson and Peter Stanhope, born six months apart. One shocking night their loyalties are divided, and their bond will be tested again and again over the next 40 years.

### A.M. BOOK GROUP

Wednesday, January 22  
10:00 AM

***Speak, Memory***  
by Vladimir Nabokov

The Nabokovs were eccentric, liberal aristocrats, who lived a life immersed in politics and literature on splendid country estates until their world was swept away by the Russian Revolution. Nabokov's memoir is an account of a loving, civilized family, of flight from Bolshevik terror, education in England, and émigré life in Paris and Berlin.

### FOOD FOR THOUGHT: A CULINARY BOOK DISCUSSION

Monday, January 27  
2:00 PM

***Hippie Food: How Back to the Landers, Longhairs, and Revolutionaries Changed the Way We Eat***  
by Jonatha Kaufman

An entertaining fusion of Tom Wolfe and Michael Pollan—that traces the colorful origins of once unconventional foods and the diverse fringe movements, charismatic gurus, and counter-culture elements from the 1960's and 1970's that brought them to the mainstream and created a distinctly American cuisine.

### LIVE IN HD @ RIDGEFIELD PLAYHOUSE

Metropolitan Opera, National Theatre of London, and the Bolshoi Ballet on the big screen! Ridgefield Library cardholders now receive the Playhouse membership rate of \$20 for these events.

For a full listing, visit [ridgefieldplayhouse.org](http://ridgefieldplayhouse.org).

## Tech Topics & STEAM Workshops

***Staying Organized and On the Go*** with Dawn DeCosta  
Wednesday, December 4 @ 11:00 AM–12:00 PM - [Register](#)

***iPhone Photos*** - for seniors with Dawn DeCosta  
Thursday, December 5 @ 2:00–3:00 PM - [Register](#)

***3D Printing Orientation***  
Saturday, December 7 @ 10:00–11:30 AM - [Register](#)

***Facebook 101 For Business*** with Kate Fitzpatrick  
Monday, December 9 @ 6:00–7:00 PM - [Register](#)

***Help! Downloading the Library's eBooks and eAudiobooks—Bring Your Own Device***  
Thursday, December 12 @ 2:00–3:00 PM - Drop-in  
Monday, December 16 @ 1:00–2:00 PM - Drop-in  
Monday, December 30 @ 1:00–2:00 PM - Drop-in

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



***Make a Personalized Mug Using the Cricut Smart Cutting Machine***  
Wednesday, December 11 @ 3:00–4:30 PM - [Register](#)

@ ridgefield library

## Featured Events Calendar - December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <b>Medicare Workshop</b> 10 AM—1 PM <b>Nonfictioneers:</b> <i>Becoming</i> by Michelle Obama 7 PM	4 <b>Tech Tricks:</b> <i>Staying Organized and on the Go</i> with Dawn DeCosta 11 AM <b>Health:</b> <i>Chair Yoga</i> 1 PM	5 <b>Medicare Workshop:</b> 10 AM—1 PM <b>Tech Tricks:</b> <i>iPhone Photos</i> with Dawn DeCosta 2 PM <b>Presentation:</b> <i>Anxiety: Signs, Symptoms and Strategies</i> with Dr. Ortiz-Schwartz 7 PM	6	7 <b>Tech Topics:</b> <i>3D Printing Orientation</i> 10 AM <b>Language:</b> Italian Discussion and Holiday Brunch 12 PM
8	9 <b>Tech Topics:</b> <i>Facebook 101 for Business</i> with Kate Fitzpatrick 6 PM 10:30 AM <b>Health:</b> Mindfulness & Meditation 6:30 PM	10 <b>Presentation:</b> <i>Healthy Eating Through the Holidays</i> with Dr. Brittny Howell 7 PM	11 <b>Language:</b> French with Anette Roth 12 PM <b>Making STEAM:</b> <i>Make a Personalized Mug</i> 3 PM <b>Presentation:</b> <i>Parenting and Partnering Your Way to a Healthy and Successful Journey for Your Child</i> with Matt Brynes 7 PM	12 <b>Workshop:</b> <i>Poetry on the Path</i> with Barb Jennes 10:30 AM <b>Tech Topics:</b> <i>Help Downloading the Library's eBooks and eAudio-books—Bring Your Own Device</i> 2 PM	13	14 <b>Field Trip:</b> <i>Shutterbugs Photography Group</i> 9 AM
15	16 <b>Tech Topics:</b> <i>Help Downloading the Library's eBooks and eAudio-books—Bring Your Own Device</i> 1 PM <b>Presentation:</b> <i>Reducing the Harmful Effects of Stress</i> with Dr. Edward Markowitz 7 PM	17 <b>Dramatic Reading:</b> <i>The Lady with the Lapdog</i> by Anton Chekhov with Alan Sklar 7 PM	18 <b>Health:</b> <i>Chair Yoga</i> 1 PM <b>Italian Film and Conversation:</b> <i>Ginger and Fred</i> 4 PM <b>Presentation:</b> <i>Unlocking Creative Channels for Your Business Success</i> with Mona Thorpe 7 PM	19 <b>Workshop:</b> <i>Poetry on the Path</i> with Barb Jennes 10:30 AM	20	21 <b>Write In:</b> <i>Fairfield County Writers Group</i> 1—4 PM
22	23 <b>Health:</b> Mindfulness & Meditation 6:30 PM	24 <b>Library Closed</b>	25 <b>Library Closed:</b> Merry Christmas!	26	27 <b>Poetry Discussion Group:</b> Howard Nemerov with Dr. Alan Holder 1 PM	28
29	30 <b>Tech Topics:</b> <i>Help Downloading the Library's eBooks and eAudio-books—Bring Your Own Device</i> 1 PM	31 <b>Library Closes at 3 PM:</b> Happy New Year!				