

Rhythms of Life Film and Drumming Experience with Craig Norton



Rhythms of Life explores the questions, how does drumming make you feel and how does rhythm affect us. The film features inspiration from internationally recognized drum circle leaders, music therapists, professional musicians and lots of people who love to drum. With an emphasis on

the wellness aspects of music, there are drummers talking about their healing journeys. The film was produced by CT native, **Craig Norton** who has performed children's drumming programs annually at the Ridgefield Library. He is a professional drum circle facilitator, photographer, filmmaker, and arts educator.

Sunday, February 2, 2 PM

Please register at ridgefieldlibrary.org

Ridgefield Wildlife Awareness Night



Ridgefield Animal Control, Woodcock Nature Center and the Ridgefield Library are co-sponsoring the first ever *Wildlife Awareness Night* at the Ridgefield Library. **Jennifer Bradshaw**, *Animal Care Manager at Woodcock Nature Center*, and Officer Zulkeski of *Ridgefield Animal Control* will team up to

educate the community on how to co-exist with wildlife, how to properly handle injured wildlife situations, and provide proper contact info for all wildlife and animal-related scenarios. Come see a live bird of prey, mounted specimens, skulls, furs, and more. There will also be information packets available.

Thursday, February 6, 7 PM

Please register for workshop at ridgefieldlibrary.org

Film Screening & Discussion: The Devil We Know with Anne Hulick



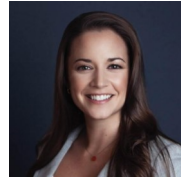
Join us for a screening of the award-winning documentary *The Devil We Know*, which will be followed by a short presentation and Q & A with CT PFAS expert **Anne Hulick** of Clean Water Action. *The*

The State of CT is currently considering policy for protecting our drinking water from this class of chemicals, known as PFAS, and lawmakers need to hear from us about the issue. Join us to learn about the risks these chemicals pose, how other states are protecting drinking water, and the presence of this chemical in CT's waterways. This screening is co-sponsored by the Ridgefield Library, Norwalk River Watershed Association, Woodcock Nature Center, Clean Water Action, RACE, and Ridgefield Conservation Commission.

Tuesday, February 11, 6 PM

Please register at ridgefieldlibrary.org

Work/Life Balance with Christina Dufour



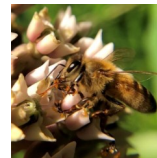
Today's fast-paced modern workforce has taken its toll on the American people. Not having Work-Life Balance is the biggest career regret U.S. workers experience, according to LinkedIn. It's time we take a look at our 'traditional lens' of this lifestyle concept and discover the clues to

what's holding us back from feeling that a sense of balance can be a part of our everyday experience. Here to share a new lens and journey into a perception of connection, **Christina Dufour** will guide you through what it means to live from the inside-out and show you how to utilize a pathway to inner balance.

Monday, February 3, 7 PM

Please register at ridgefieldlibrary.org

Pollinator Pathway: "Bee" On It! with Kitsey Snow and Louise Washer



The Caudatowa Garden Club and the Library present *The Ridgefield Pollinator Pathway: "Bee" On It!* Kitsey Snow and Louise Washer will talk about how the Pollinator Pathway was formed in Wilton and Ridgefield two years ago, and how it

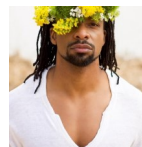
has since spread to over 75 towns in CT and NY. It will include a discussion of what threats pollinators face, how their populations have declined in recent years, and what we can all do in our own yards and towns to support them. The idea is simple: Plant Natives, Avoid Pesticides, and Rethink Your Lawn.

Tuesday, February 11, 11 AM

Please register at ridgefieldlibrary.org

Poetry Reading

with Jericho Brown @ The Aldrich



Join us for a reading and Q&A with acclaimed poet, Jericho Brown at **The Aldrich Contemporary Art Museum**. Copies of his latest poetry collection *The Tradition* will be available for sale and signing at the event thanks to Books on the Common.

Jericho Brown is the recipient of fellowships from the Guggenheim Foundation, the Radcliffe Institute for Advanced Study at Harvard, and the National Endowment for the Arts. He is also the winner of the Whiting Writer's Award.

Tickets are \$12/10.80 for Aldrich Member and can be purchased at The Aldrich website or at the door if still available on the night of the event.

Thursday, February 13, 7 PM @ The Aldrich

For tickets visit Aldrichart.org

Muse and Music Evening Cabaret



Come in from the cold for a festive evening of songs, stories and more. The *Muse & Music Evening Cabaret* will spotlight a variety of new works from area writers affiliated with the Westport Writers' Workshop, plus a blend of original music from Austin Scelzo and Gerry O'Hara, of the Angry O'Haras bluegrass band, and local singer-songwriter and author Chris Belden. The event is hosted by the Library and sponsored by Word for Words.

Friday, February 7, 7 PM

Please register at ridgefieldlibrary.org

ARTalk: The Joys and Perils of Independent Filmmaking with Megan Smith-Harris



Award-winning filmmaker and Director of the Ridgefield Independent Film Festival will share clips from her documentary films along with humorous behind-the-scenes anecdotes about the perils, joys, and challenges of documentary filmmaking. She will also describe the steps to fund a film, as well as how to market and promote it once it's completed.

Sunday, February 9, 2 PM

Please register at ridgefieldlibrary.org

Parent Circles

with Doug Barille, LCSW



Join us for facilitated education and discussion groups that will help you manage this challenging parenting period. Workshops are for parents with children in grades 5 & 6 and grades 8 & 9. This series is co-sponsored by Ridgefield Library, Ridgefield Community Coalition Against Substance Abuse, and

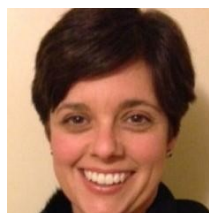
Ridgefield Council of PTAs.

Sessions in February, March, April, and May

For a full listing and to register visit ridgefieldlibrary.org

Turning Letdowns Into Liftoffs

with Tracey Masella, LCSW



Tracey Masella, LCSW, will talk about failure and disappointment and how to help children and teens grow from mistakes. 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, February 27, 7 PM

Please register at ridgefieldlibrary.org

Skillsbox: Simple Steps for Starting Your Business



Want to start a business but don't know where to begin? This 6-part workshop, conducted by a team of professionals from SCORE's Norwalk and Western CT Chapters, will give you the boost to get you on your way! By registering for the first class on February 18 you will automatically be registered for all sessions. Check-in is at 5:45 PM.

Tuesday, Feb. 18, 25, March 3, 10, 17, & 24, 6 PM

Please register at ridgefieldlibrary.org

Artificial Intelligence and the Future of Flavor & Food Innovation with Dr. Robin Lougee



Few people are aware of the unique creative challenges facing professional product developers in flavor and food product companies. In this presentation, Dr. Lougee, Senior Research Scientist at the IBM TJ Watson Research Center, will share some of the experiences and lessons learned from research to pioneer the application of AI to flavor and food development.

Thursday, February 20, 7 PM

Please register at ridgefieldlibrary.org

Meet Your Legislators



Meet Your Legislators with State Representatives **John Frey** and **Kenneth Gucker** and State Senator **Will Haskell**.

What's happening at the Connecticut State Capitol? Where do your legislators stand on the issues important to you? Presented by the

League of Women Voters of Ridgefield and the Library.

Saturday, February 22, 10:30 AM

Please register at ridgefieldlibrary.org

Census 2020—Information Session

with Yvette Trujillo Rose




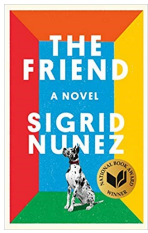


Join us for an informational session about the United States Census 2020. Yvette Trujillo Rose, Partnership Specialist with the New York Region of the U.S. Census Bureau, will discuss the Census and be on hand to answer questions.

Saturday, February 29, 11 AM

Please register at ridgefieldlibrary.org

Library Book Groups - New Readers Welcome!

<p>NONFICTIONEERS Tuesday, February 4, 7:00 PM <i>Seneca Falls and the Origins of the Women's Rights Movement</i> by Sally G. McMillen</p> <p>In the quiet town of Seneca Falls, New York, over the course of two days in July 1848, a small group of women and men, led by Elizabeth Cady Stanton and Lucretia Mott, held a convention that would launch the women's rights movement and change the course of history. In <i>Seneca Falls and the Origins of the Women's Rights Movement</i>, Sally McMillen reveals, for the first time, the full significance of that revolutionary convention and the enormous changes it produced. The book covers 50 years of women's activism, from 1840 to 1890, and the astonishing advances made during this remarkable time period.</p>	<p>Norfolk's north coast, Ruth Galloway, a university lecturer in forensic archaeology, is asked to date them by DCI Harry Nelson. Are they the bones of the long-missing child called Lucy?</p>	<p>introduces readers to the fierce and unforgettable female divers of Jeju Island and the dramatic history that shaped their lives beginning during a period of Japanese colonialism in the 1930s and 1940s, followed by World War II, and the Korean War and its aftermath.</p>	<p>A.M. BOOK GROUP Wednesday, February 26 10:00 AM <i>The Pickup</i> by Nadine Gordimer</p> <p>The rebellious daughter of a rich white investment banker falls in love with a black mechanic – an illegal immigrant from an abysmally poor Arab country – and follows him to his primitive village, where she works to earn his strict Muslim family's respect. However, the couple soon clashes over his decision to emigrate again.</p>
<p>MURDER BY THE BOOK Thursday, February 6 10:30 AM <i>The Crossing Places</i> By Elly Griffiths</p>  <p>When a child's bones are found near an ancient henge in the wild saltmarshes of</p>	<p>BOOKS & BREAKFAST Monday, February 10 10:30 AM</p>  <p>Join us for an informal book chat led by Dorothy Pawlowski. Breakfast is served!</p>	<p>FOUNDERS HALL BOOK DISCUSSION Thursday, February 13 3:00 PM <i>The Wonder</i> by Emma Donoghue</p>	<p>FOOD FOR THOUGHT: A CULINARY BOOK DISCUSSION Friday, February 21 11 AM <i>Two for the Road: Our Love Affair with American Food</i> by Jane and Michael Stern</p> <p>Part memoir, part guidebook, part cookbook, and all parts hilarious, <i>Two for the Road</i> shares the lessons the Sterns have learned during thirty years of sampling regional fare on America's back roads.</p>
<p>NEW BOOK GROUP WORLD LIT NOW! Wednesday, February 12 10:30 AM <i>The Island of Sea Women</i> by Lisa See</p>  <p>This thoughtful novel illuminates a world where the women are in charge, engaging in dangerous physical work, and the men take care of the children. <i>The Island of Sea Women</i></p>	<p>CRITICS' CIRCLE BOOK GROUP Tuesday, February 18, 7:00 PM <i>The Friend</i> by Sigrid Nunez</p>  <p>When a woman unexpectedly loses her lifelong best friend and mentor, she finds herself burdened with the unwanted dog he has left behind. Her own battle against grief is intensified by the mute Great Dane traumatized by the inexplicable disappearance of its master.</p>	<p>POETRY DISCUSSION GROUP Friday, February 28 1 PM Title TBA led by Dr. Alan Holder</p>	

Tech Topics & STEAM Workshops

Instagram 101 with Kate Fitzpatrick
 Wednesday, February 5 @ 11:00–12:00 PM - [Register](#)
 Wednesday, February 19 @ 6:00–7:00 PM - [Register](#)

Help! Downloading the Library's eBooks and eAudiobooks—Bring Your Own Device
 Wednesday, February 5 @ 1:00–2:00 PM - Drop-in
 Thursday, February 13 @ 1:00–2:00 PM - Drop-in

Get Up and Get Moving—Health Aps - for seniors with Dawn DeCosta
 Monday, February 10 @ 3:00–4:00 PM - [Register](#)

iPhone Photos and Camera for seniors with Dawn DeCosta
 Tuesday, February 11 @ 10:00–11:00 AM - [Register](#)

Intro to Google Docs
 Tuesday, February 18 @ 12:00–1:30 PM - [Register](#)

3D Printing Orientation
 Thursday, February 27 @ 6:00–7:30 PM - [Register](#)

Convert Your VHS Videos to DVD - Check ridgefieldlibrary.org for details and available time slots.



Featured Events Calendar - February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Language: Italian Discussion 12 PM
2 Program: <i>Rhythms of Life Film and Drumming Experience</i> with Craig Norton 2 PM	3 Health and Wellness: <i>Work Life Balance</i> with Christina Dufour 7 PM	4 Nonfictioneers: <i>Seneca Falls and the Origins of the Women's Rights Movement</i> by Sally G. McMillen 7 PM	5 Tech Topics: <i>Instagram 101</i> with Kate Fitzpatrick 11 AM Health: <i>Chair Yoga</i> 1 PM Tech Topics: <i>Help Downloading eBooks</i> 1 PM Artists Way Study Group: <i>Reawaken Your Creative Self</i> 6:30 PM	6 Murder by the Book: <i>The Crossing Places</i> By Elly Griffiths 10:30 AM Panel: <i>Ridgefield Wildlife Awareness Night</i> 7 PM	7 Evening Cabaret: <i>Muse and Music</i> 7 PM	8 Field Trip: <i>Shutterbugs Photography Group</i> 9 AM
9 ARTalk: <i>The Joys and Perils of Independent Filmmaking</i> with Megan Smith-Harris 2 PM	10 Book Discussion: <i>Books and Breakfast</i> 10:30 AM Tech Tricks: <i>Using Your iPhone for Health and Wellness</i> with Dawn DeCosta 3 PM Health: <i>Mindfulness & Meditation</i> 6:30 PM	11 Tech Tricks: <i>iPhone Photos and Camera</i> with Dawn DeCosta 10 AM Presentation: <i>The Ridgefield Pollinator Pathway: "Bee" On It!</i> 11 AM Film Screening and Discussion: <i>The Devil We Know</i> 6 PM	12 Parent Circles: 5th & 6th Grade (1) World Lit Now!: <i>The Island of Sea Women</i> by Lisa See 10:30 AM Artists Way Study Group: <i>Reawaken Your Creative Self</i> 6:30 PM	13 Founders Hall Book Discussion: 3 PM Tech Topics: <i>Help Downloading the Library's eBooks and eAudio-books—Bring Your Own Device</i> 1 PM Reading: With Poet Jericho Brown @ The Aldrich 7 PM	14	15 Write In: <i>Fairfield County Writers Group</i> 1–4 PM
16	17	18 Tech Topics: <i>Intro to Google Docs</i> 12 PM Workshop: <i>Simple Steps For Starting Your Business</i> 6 PM Critics' Circle Book Group: <i>The Friend</i> by Sigrid Nunez 7 PM	19 Parent Circles: 5th & 6th Grade (1) Language: French with Anette Roth 12 PM Health: <i>Chair Yoga</i> 1 PM Italian Film and Conversation: 4 PM Tech Topics: <i>Instagram 101</i> 6 PM Artists Way Study Group: 6:30 PM	20 Parent Circles: 5th & 6th Grade (2) Artists Way Study Group: 6:30 PM Lecture: <i>AI and the Future of Flavor and Food Innovation</i> with Dr. Robin Lougee 7 PM	21 Food For Thought: <i>Two for the Road: Our Love Affair with American Food</i> by Jane and Michael Stern 11 AM	22 Panel: <i>Meet Your Legislators</i> with State Representatives John Frey and Kenneth Gucker and State Senator Will Haskell 10:30 AM
23	24 Health: <i>Mindfulness & Meditation</i> 6:30 PM	25 Workshop: <i>Simple Steps For Starting Your Business</i> 6 PM	26 AM Book Group: <i>The Pickup</i> by Nadine Gordimer 10 AM Parent Circles: 5th & 6th Grade (1)	27 Tech Topics: <i>3D Printing Orientation</i> 6 PM Parent Circles: 5th & 6th Grade (2) 1 PM Parenting: <i>Turning Letdowns Into Liftoffs</i> 7 PM	28 Poetry Book Discussion: 1 PM Table Top Games: <i>Games on Tap</i> 6:30 PM- Register	29 Presentation: <i>The United States Census 2020</i> 11 AM