

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.



Tell Me More with Kelly Corrigan



Join us for an inspirational evening with acclaimed speaker and best-selling author **Kelly Corrigan** as she shares her experiences as a cancer survivor and as a mother, wife and daughter. She will also share wisdom from her just released book *Tell Me More: Stories About the 12 Hardest Things I'm Learning to Say*.

Thursday, March 8, 7 PM
@ Ridgefield Playhouse
Register at ridgefieldlibrary.org

Chair Yoga with Valerie Rich

In this introductory Chair Yoga session, led by **Valerie Rich**, you will be guided through a relaxing and recharging Yoga class that is suitable for everyone and all abilities.

Wednesday, March 7, 1 PM
Register at 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** on the second and fourth Mondays of the month through June.

Monday, March 12 & 26, 6:30 PM
Register at ridgefieldlibrary.org

What Are Probiotics and Should I Use Them?

with Dr. Abigail Egginton



Probiotics, those beneficial bacteria we can take in food and supplements, seem to be showing up more and more in conversation and on store shelves. Understanding our microbiome and how best to support it is an exploding area of health research. Come learn what we know and what we don't yet

know about probiotics and what you should consider when choosing a probiotic supplement.

Monday, March 5, 7 PM
Register at ridgefieldlibrary.org

What Is Ayurvedic Medicine?

with Dr. Somesh Kaushik

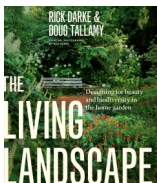


Ayurveda is thought to be the world's oldest healing system and is referred to as "mother of all sciences." It encompasses life in its totality and epitomizes a true body-mind approach to health and wellness. Ayurveda defines health as a balance of body, mind, and spirit. Imbalance results in disharmony and illness can result. Come find out how Ayurveda can work with allopathic medicine to achieve balance and harmony; the science behind naturopathy (natural therapy) and how it integrates with Ayurveda, ways to determine if you are out of balance, simple things you can do to achieve balance and harmony in your life.

Monday, March 19, 7 PM
Register at ridgefieldlibrary.org

Environmental

A Living Landscape with Doug Tallamy



The Ridgefield Garden Club, the Ridgefield Library and the Norwalk River Watershed Association present *A Living Landscape: Discovering the Potential of Home and Public Gardens* with author Doug Tallamy.

Tuesday, March 27, 10 AM
Register at ridgefieldlibrary.org

Using Water Wisely with Twig Holland

Twig Holland from Aquarion Water Company, which supplies water to much of southwestern Fairfield County, will discuss the need for water conservation to ensure everyone uses water wisely. This presentation will focus on the factors that led to the severe drought conditions of 2016 and offers suggestions for preserving this critical resource.

Thursday, March 22, 7 PM
Register at ridgefieldlibrary.org

WOMEN'S HISTORY MONTH

Ridgefield Library and the League of Women Voters Present:

Someone Must Wash the Dishes

with Michele LaRue

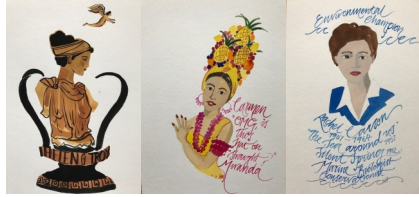
This satiric "An Anti-Suffrage Monologue" written by Marie Jenney Howe, a prominent pro-Suffragist and Unitarian minister, was published in 1913 by the National American Woman Suffrage Association, a precursor of the League of Women Voters. The play is directed by the late Warren Kliever.

Saturday, March 3, 1 PM

Register at ridgefieldlibrary.org

My Iconic Women

by Hazel Jarvis



My Iconic Women features 65 gouache paintings of noteworthy women from Joan of Arc to Dolly Parton!

Runs through March 27

**Reception: Saturday, March 3,
2:30 - 4:30 PM**

Book Discussions:

Book of Ages by Jill Lepore

Wednesday, March 7, 7 PM
Register at ridgefieldlibrary.org

Founders Hall Book Discussion:

Hidden Figures

by Margot Lee Shetterly

Wednesday, March 8, 3 PM
For members of Founders Hall.

PANEL DISCUSSION

Meet Your Legislators with John Frey,
Michael Ferguson and Toni Boucher

Join us for an afternoon program with State Senator **Toni Boucher** and State Representatives **John Frey** and **Michael Ferguson**.

What's happening at the Connecticut State Capitol? Where do your legislators stand on the issues important to you? Our legislators will provide interesting insight into the current legislative session and discuss the bills before the current session that are of particular interest to the League and their constituents. A question and answer period will follow. This program is presented by the Library and the League of Women Voters.

Saturday, March 24, 1 PM

No registration

LIVE MUSIC

Ridgefield Folk
with The Novel Ideas



The Novel Ideas represents a contribution to the country-folk scene that balances love-and-loss melancholy with thoughtful instrumentation and intricate vocal arrangements.

Free thanks to the Friends of the Library.



Sunday, March 25, 2 PM

Tickets given out at the door starting
at 1 PM, doors open at 1:30 PM

SKILLSBOX

These programs are part of the *Skillsbox: Tools for Business Success* series sponsored by Ridgefield Library, Ridgefield Chamber of Commerce, RECDC and

How To Build Your Network on LinkedIn

with Kate Fitzpatrick

Monday, March 12, 6 PM

Register at ridgefieldlibrary.org

Facebook 101 for Business

with Kate Fitzpatrick

Monday, March 26, 6 PM

Register at ridgefieldlibrary.org

Simple Steps for Starting Your Business: A Five-Part Series

Want to start a business but don't know where to begin? This 5-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!

Attendees are expected to attend all five sessions, and those who attend at least four classes will be given a certificate of class completion. Check-in is at 5:45 PM; the programs start promptly at 6:00 PM.

Tuesdays, Feb. 27, March 6, 13, 20 & 27, 6 PM

Register at ridgefieldlibrary.org



Library Book Groups - New Readers Welcome!

MURDER BY THE BOOK
Thursday, March 1
 10:30 AM
When the Bough Breaks
 by Jonathan Kellerman

Psychologist and frequent LAPD consultant Dr. Alex Delaware is called on to treat a reluctant 7-year-old eyewitness to a murder, bringing up memories of the case that led to his early retirement from private practice in this first of a long-running series.

NONFICTIONEERS
Tuesday, March 6
 7:00 PM

Einstein: His Life and Universe

by Walter Issacson
 (Chapter 1 - 11)

Tuesday, April 3 (to end)

By the author of the acclaimed bestsellers *Benjamin Franklin* and *Steve Jobs*, this is the definitive biography of Albert Einstein. How did his mind work? What made him a genius? Isaacson's biography shows how his scientific imagination sprang from the rebellious nature of his personality.

FOUNDERS HALL BOOK GROUP
Thursday, March 8
 3:00 PM

Hidden Figures
 by Margot Lee Shetterly
 Open to all members of Founders Hall

BOOKS & BREAKFAST
Monday, March 12
 10:30 AM



Join us for an informal book chat led by Dorothy Pawlowski

CRITICS' CIRCLE BOOK GROUP
Tuesday, March 20
 7:00 PM

The Women in the Castle
 by Jessica Shattuck

After the end World War II, three German women are thrown together in a struggle to survive. All are widows of men who paid with their lives in a failed assassination attempt against Hitler. From diverse backgrounds, all have survived the war through their grit and

survival instincts, but their war experiences have irrevocably changed them in very different ways

POETRY DISCUSSION GROUP

Friday, March 23

1:00 PM

Collected Poems

by Jane Kenyon

Discussion led by Dr. Alan Holder. Program made possible thanks to the Friends of the Library

FOOD FOR THOUGHT: A CULINARY BOOK DISCUSSION

Monday, March 26

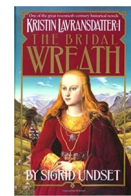
2:00 PM

My Kitchen Year: 136 Recipes That Saved My Life
 by Ruth Reichl

In the fall of '09, Gourmet magazine was abruptly shuttered by its parent company. No one was more stunned by this than beloved editor in chief, Ruth Reichl, who suddenly faced an uncertain professional future. As she struggled to process what had seemed unthinkable, she turned to the one place that had always provided sanctuary: the kitchen.

A.M. BOOK GROUP
Wednesday, March 28
 10:00 AM
The Bridal Wreath
 by Sigrid Undset

The first book in the Kristin Lavransdatter trilogy by one of the first female winners of the Nobel Prize for Literature. Written in the 20th century, the meticulously researched series shines a light on family dynamics, politics, religion and the lives of women in medieval Norway.



LIVE IN HD @ RIDGEFIELD PLAYHOUSE

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 - ridgefieldplayhouse.org.

PARENTING SERIES

How to Help Kids Survive and Thrive Through Divorce with Susan Gestal



Licensed professional Counselor **Susan Gestal** will highlight what parents can do to help minimize the affects of divorce on their children & ensure that they'll grow up to be happy, well-adjusted adults. This program is part of the Parenting the #Selfie Generation Series is a collaboration with Ridgefield

Public Schools and Council of PTAs, Ridgefield Library, Ridgefield Youth Commission, Books on the Common, Project Resilience, Town Vibe, and Silver Hill Hospital.

Thursday, March 1, 7 PM
 Register at ridgefieldlibrary.org

ARTALK

What's Trending in the Arts in Fairfield County with David Green



David Green, Director of Programs and Membership for the Cultural Alliance of Fairfield County, will talk about current trends in contemporary visual and performing arts in Fairfield County and the impact the arts have on our economy.

ARTalks are co-sponsored by the Library and the Ridgefield Guild of Artists.

Sunday, March 11, 2 PM
 Register at ridgefieldlibrary.org

Featured Events Calendar - March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>Exhibition: My Iconic Women: Watercolors by Hazel Jarvis</p> <p>Exhibit through March 27</p> <p>Reception: Saturday, March 3, 2:30 - 4:30 PM Lower Level Gallery</p>			<p>1 Murder by the Book: When the Bough Breaks by Jonathan Kellerman 10:30 AM</p> <p>Presentation: How to Help Kids Survive Through Divorce with Susan Gestal 7 PM</p>	<p>2</p>	<p>3 Performance: Someone Must Wash the Dishes with Michele LaRue 1 PM</p> <p>Artist's Reception: My Iconic Women by Hazel Jarvis 2:30 PM</p>
<p>4 Workshop: Poetry Writing with Ira Joe Fisher 2 PM 3/4</p>	<p>5 Presentation: What Are Probiotics and Should I Take Them? with Dr. Abigail Egginton 7 PM</p>	<p>6 Skillsbox: Simple Steps for Starting Your Own Business 6 PM 2/5</p> <p>Nonfictioners: Einstein: His Life and Universe by Walter Issacson 7 PM</p>	<p>7 Health: Chair Yoga with Valerie Rich 1 PM</p> <p>LWV Book Discussion: Book of Ages by Jill Lepore 7 PM</p>	<p>8 Founders Hall Discussion: Hidden Figures by Margot Lee Shetterly 3 PM</p> <p>Special Program: Tell Me More with Kelly Corrigan @ Ridgefield Playhouse 7 PM</p>	<p>9</p>	<p>10 Field Trip: Shutterbugs Photography Group 9 AM</p> <p>Workshop: Poetry By Heart with Andrew Levine 3/6 10 AM</p>
<p>11 ARTalk: What's Trending in the Arts in Fairfield County with David Green 2 PM</p> <p>Workshop: Poetry Writing with Ira Joe Fisher 2 PM 4/4</p>	<p>12 Discussion: Books & Breakfast 10:30 AM</p> <p>Tech Topics: LinkedIn in with Kate Fitzpatrick 6 PM</p> <p>Class: Mindfulness and Meditation 6:30 PM</p>	<p>13 We Got Games: Table-top Gaming for Adults and Teens 6 PM</p> <p>Tech Topics: Blender User Group 6:15 PM</p> <p>Skillsbox: Simple Steps for Starting Your Own Business 6 PM 3/5</p>	<p>14 Tech Tricks: iPhone Photos and Camera with Dawn DeCosta 11 AM</p> <p>Making STEAM: Adult Maker Group 6:30 PM</p>	<p>15</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19 Presentation: What is Ayurvedic Medicine? with Dr. Somesh Kaushik 7 PM</p>	<p>20 Skillsbox: Starting Your Own Business 6 PM 4/5</p> <p>Critics' Circle Book Group: The Women in the Castle by Jessica Shattuck 7 PM</p>	<p>21</p>	<p>22 Tech Topics: Intro to Ancestry 1 PM</p> <p>Presentation: Using Water Wisely with Aquarian Water Company 7 PM</p>	<p>23 Poetry Group: Collected Poems of Jane Kenyon with Dr. Alan Holder 1 PM</p>	<p>24 Tech Tricks: 3D Printing Orientation 10 AM</p> <p>Workshop: Poetry By Heart with Andrew Levine 4/6 10 AM</p> <p>Discussion: Meet your Legislators 1 PM</p>
<p>25 Live Music: Ridgefield Folk with The Novel Ideas 2 PM</p>	<p>26 Food for Thought: My Kitchen Year by Ruth Reichl 2 PM</p> <p>Tech Topics: Facebook 101 for Business 6 PM</p> <p>Class: Mindfulness and Meditation 6:30 PM</p>	<p>27 Presentation: A Living Landscape with Doug Tallamy 10 AM</p> <p>Skillsbox: Simple Steps for Starting Your Own Business 6 PM 5/5</p>	<p>28 A.M. Book Group: The Bridal Wreath by Sigrid Undset 10 AM</p>	<p>29 Tech Tricks: 3D Printing Orientation 6 PM</p>	<p>30</p>	<p>31</p>