



George H. & Ella M.
Rodgers Memorial
Library

December 2016 Newsletter



Library Closings

Wednesday, November 23: Close at 5PM

Thursday, November 24: Closed

Friday, November 25: Closed

Saturday, November 26: OPEN

Saturday, December 24: Closed

Monday, December 26: Closed

Saturday, December 31: Closed

Monday, January 2: Closed

Open Sundays 1-5PM starting Jan 8

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The Most Effective Exercises

Thursday, December 1, 11AM

Thursday, December 1, 7PM

This presentation is designed to introduce you to a series of exercises you have probably never seen, exercises specifically chosen to strengthen and balance your body's muscles based on the needs of people in our society today. You will learn exercises for your eyes, hands, upper back, neck, abdomen, and buttocks. You will learn the importance of doing exercises



which properly balance your body's muscle system, not just strengthen what you think is important or what might look good to others. You will learn that your body has specific muscle balancing needs, and when these are not met, injury and illness are the outcome. If you truly want and need to be healthy, then this seminar is for you.

Presented by Dr. Ernest Caldwell, DC.

Pictures with Santa

Saturday, December 3, 9AM - 12PM

Santa will be visiting the library again this year. Stop by to have a picture taken with the big guy himself, then stop by the children's room to do a craft and borrow some books.



Genealogy Club: Looking Back and Moving Forward

Friday, December 9, 1:30PM

Join us as we look back on the triumphs and brick walls of the past year in your genealogy research. Share what worked and what stumped you, and maybe others can benefit from your success to move beyond any road blocks. We will also discuss the year to come and topics you would like to explore, as well as any ideas for speakers you would like to invite to future meetings.



All are welcome.

Developing the Skill of Self-Compassion

Tuesday, December 13, 7PM

Self-compassion is not always easy to practice. In fact, we sometimes treat ourselves worse than we'd ever treat a friend. Fortunately, we can develop our ability to treat ourselves kindly. Join us for an interactive discussion where you'll discuss what gets in the way of self-compassion and ways to foster your ability to be kind to yourself.



Presented by Master Life Coach Diane MacKinnon, M.D. Registration requested, walk-ins welcome.

Holiday Floral Centerpiece Workshop

Thursday, December 15, 7PM

Darlene from Anne's Florals and Gifts of Hudson will be at the library to teach attendees to make a beautiful centerpiece for your holiday table. The centerpiece will be made of long lasting materials so you can use it for this year's celebration.

There will be a \$30 materials cost for this workshop. So the correct amount of materials can be provided, advanced registration is required by Thursday, December 8. [Register online](#) or by phone. This workshop typically fills up quickly!



Girls Who Code

Mondays, 3-5PM

The Rodgers Memorial Library has partnered with Girls Who Code and is now an official Girls Who Code Club!



The Club is open to all girls in grades 6 -12, and meets once a week on Mondays for two (2) hours. Note that participants will be involved in an ongoing project which will take a number of weeks to complete. (We will not meet on days the library is closed.)

With jobs in computer-related fields projected to increase to 1.4 million by 2020, GWC is committed to closing the gender gap in technology by building the largest pipeline of future female engineers in the United States.

The GWC curriculum is designed for students with a wide range of computer science experience: for students with ZERO computer science experience all the way up to activities that introduce college-level concepts. Learn more about GWC, their mission, and their history by visiting the [Girls Who Code website](#).

Bring your own laptop or feel free to use one of ours. All materials and light refreshments will be provided.

Art Exhibit: Debbie Auclair, Patti Ferron and Madeleine LaRose

Through the month of December

The community room exhibit this month features art in several different media by three local artists.

On Saturday, December 3, from 1:30-4PM join the artists for a reception celebrating the exhibit of their work in the Community Room. Refreshments will be served.



Holiday Music Sing-Along

Tuesday, December 20, 3-4PM

Enjoy caroling? Join us for a holiday music singalong. Don't worry if you think you're a horrible singer - if you have fun singing, join in! No one will be listening to you because everyone sings together. Drop in any time. Lyrics will be provided and holiday treats will be served!



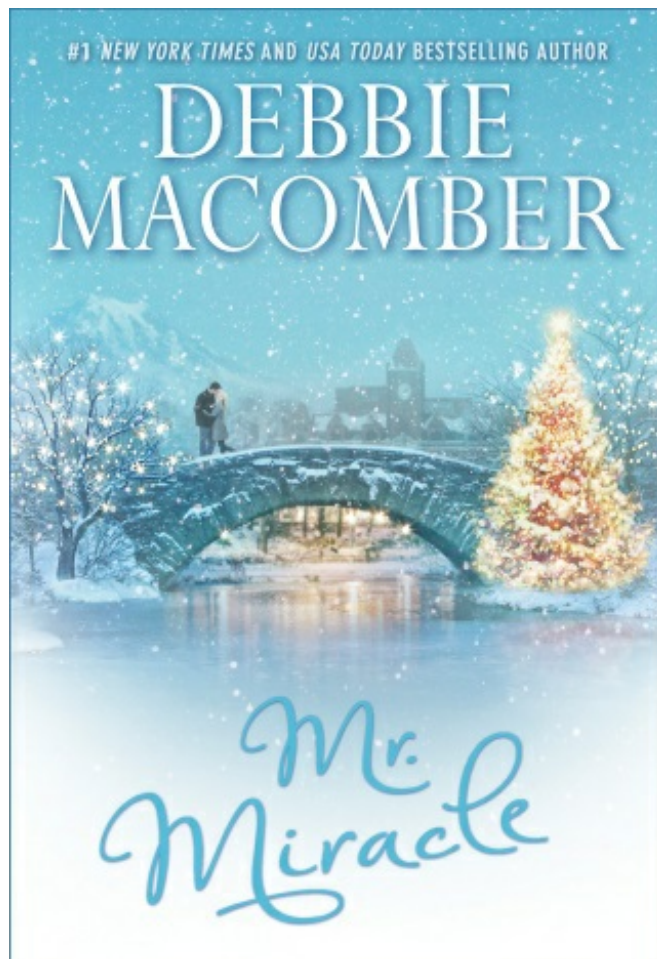
Christmas Film/Book and Potluck: Mr. Miracle

Tuesday, December 20, 11:30AM

Join us for a screening of Mr. Miracle followed by a pot-luck lunch and a discussion of the book and film. Copies of the book are available at the library. This event is in place of the regular book discussion this month. Everyone is welcome!

Let Amy know what you are planning to bring: email

amyfriedman@rodgerslibrary.org
or call (603) 886-6030.



Red Cross Blood Drive

Wednesday, December 28, 1-6PM

Did you know? One blood donation can save up to three lives! Be a hero: give blood.

The Red Cross will be holding a blood drive at the library. Call 1-800-REDCROSS (733-2767) to register or **register online** for a donation appointment.

We are also looking for people who would like to bring by some finger food during the drive to feed the donors. If you want to make something, drop it off on the day of the drive and help reward the donors for their valuable gift.



Second Hand Prose

Sunday, December 11, 11AM - 3PM
Hills Memorial Library

'Early Bird' admittance at 10AM Sunday granted to paid members of the Friends. You may become a member at the sale for as little as \$10. Please enter via the ramp at the rear of the building. DONATIONS of DVDs, CDs, and gently used books are NEEDED and may be brought to Second Hand Prose or to the Library during regular hours.

Please note that the Friends will NOT be having their Thursday edition of Second Hand Prose during the months of December, January and February.

Additional December Events

Evening Book Group
The Girl You Left Behind
Thu 12/1, 7PM

Beading Group
therovingbeaders.com
Thu 12/8, 6-8:45PM

Family Film
Finding Dory
Sat 12/10, 1PM

Free Film
Cafe Society
Mon 12/12, 2PM
Mon 12/12, 6:30PM

Genealogy Club
Fri 12/9, 1:30PM
Immunization Clinic
Fri 12/16, 1:30-3:30PM

Adult LEGO
Tue 12/27, 6PM

TT@YL
No meeting 12/28
Wednesdays, 2:15-4:30PM

Button Mashers
No meeting 12/29
Thursdays, 2:15-4PM

Analog Gaming
No meeting 12/29
Thursdays, 4-5PM

Drop In Stitchers
Fridays, 9:30-11:30AM

