



The 2018 Upper Hudson Library Expedition

September 1 - November 30

Road trip! The Upper Hudson Library System is a network of 36 unique public library locations in Albany and Rensselaer counties. Each library has its own unique character and offers a variety of programs and services.



The 2018 UHLS Library Expedition offers the chance to visit as many of the libraries as possible and earn prizes.

Open to explorers of all ages, this self-paced journey will take place from September 1 through November 30. Register as an individual, a family, or a group.

Prizes are earned for visiting 5, 15, 25, and 36 library locations - visit them all and become a "36er."

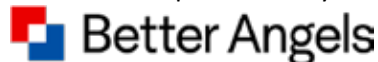
Stop in the library to register, pick up your map and hit the road! ③ or ④



Be sure to see "Family Camp with Pete the Cat" on page 6. It's our first expedition event, and there will be s'mores!

Bridging the Partisan Divide

There is a lot of stress these days among family members and friends who are divided politically, and the current polarized public conversation doesn't help. We invite you to join us for two events, led by Better Angels, a bipartisan citizen's movement dedicated to unifying our divided nation. Trained moderators keep the mood constructive, and there is no debate or persuasion; instead, the focus is on understanding. We hope the programs will generate more respectful conversations, foster a search for common ground, and affirm the importance of our relationships with one another.



Better Angels: Skills Workshop

Saturday, September 22 @ 2 - 4:30 pm

Learn effective ways to communicate with others with different political views. After a presentation by the moderator, you will have an opportunity to practice conversation skills with participants from your side of the political spectrum. ③

Better Angels: Red/Blue Workshop

Saturday, October 27 @ 9:30 am - 4:30 pm

This all-day workshop invites equal numbers of people from either side of the political divide to work on methods for understanding each other's values and positions and, possibly, identifying common ground. Participants will debunk stereotypes, share what's most important to them, listen respectfully, and ask and answer clarifying questions. ③

Please note: The Red/Blue workshop requires an equal number of participants who are "Red" (tend to vote as a Republican) or "Blue" (tend to vote as a Democrat), and an equal number of Observers. The overall registration is limited; first-come, first-served. After registering online, you'll be notified whether you will be a participant or an observer.



GPL Sunday Concert Series Resumes!

Jeanne O'Connor and the New Standard

Sunday, October 21 @ 2 pm



Six superb musicians breathe new life into 60s and 70s standards.

New Operating Hours

Starting September 4, we will open at 9:30 am on weekdays and Saturdays, and close Fridays at 7 pm

Our regular operating hours are:
Monday - Thursday: 9:30 am - 9 pm
Friday: 9:30 am - 7 pm
Saturday: 9:30 am - 5 pm
Sunday: 1 pm - 5 pm



ADULTS

Our World Remade A Scholar-Led Reading and Discussion Series about World War I

Orientation

Wednesday, September 12 @ 6:30 - 7 pm

Please note: This first meeting on September 12 is a 30-minute introductory session; you will get books and a syllabus to follow. All subsequent meetings will last 90 minutes. Registering for this first session enrolls you in all six classes. Register online or by calling 518-456-2400 x 3.

Classes

Wednesdays @ 6:30 - 8 pm

September 26, October 3, 17, & 24, and November 7 & 14

November marks the 100th anniversary of the end of World War I. How do we begin to make sense of The Great War – often referred to as “The War to End All Wars” – and its aftermath? Rick Fogarty, PhD, History Professor at University at Albany, will lead this program; you will read and discuss texts over six themed sessions, to understand how the Great War remade the world, not only during the terrible years of 1914-1918, but also in the years that followed. This is an excellent opportunity to study a pivotal time in history, guided by a distinguished professor. ③

Film: A Very Long Engagement

Sunday, November 11 @ 2 pm

A screening of the film, “A Very Long Engagement,” a moving, French-language drama about a young couple during World War I. Sunday, November 11 marks the centennial of the end of World War I. *Subtitled.*

This series was made possible through a grant from Humanities New York.

Duke Ellington: American Genius

Saturday, October 20 @ 2 pm

It is no secret that Duke Ellington is revered for his musical genius, and has inspired generations of musicians from amateurs to jazz legends such as Charles Mingus and Miles Davis. Less well documented and understood is how the Ellington legacy extends far beyond the jazz idiom. Ellington expert Bill Saxton surveys three often unexplored ways the Ellington legacy prospers, featuring musical clips.

Drop-in Genealogy Help with Lisa Dougherty

Wednesdays @ 6 pm: September 12 & October 10

Professional genealogist Lisa Dougherty is available for free family history consultations and advice on a drop-in basis from 6 - 8 pm the second Wednesday of each month.



Beginning English for Speakers of Other Languages

Registration: Wednesday, September 12 @ 6 - 8 pm

First class: Monday, September 17 @ 6 - 8 pm

This beginning-level class focuses on basic skill areas: listening, speaking, reading, and writing. Vocabulary and grammar will focus on practical language designed to help students effectively navigate everyday situations. Your presenter is a trained volunteer with Literacy New York.

If you are new to the group, please plan to come to the September 12 registration day. Space is limited. ③

RAD Self Defense for Women Ages 16+

October 15, 16, and 23* @ 5:30 - 9:30 pm

Officers from the Guilderland Police Department will be at GPL for this Rape Aggression Defense (RAD) program for women. The RAD course is a total of 12 hours long and is divided into 3 four-hour sessions.

It begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. It is not your typical self-defense course, where the student learns how to punch or kick through repetition; rather, it is designed for the student to survive attacks.

This program is for women 16 years of age and older. No experience necessary. Seats are limited.

***You must register for all 3 classes. ③**



A Walk in the Park: Tips for Visiting Disney

Tuesday October 16 @ 6:30 pm

Are you feeling overwhelmed planning your trip to Disney? Get expert advice on how to maximize fun and minimize stress with Colleen Parisi, who has years of experience helping people get the most of their Disney vacations. ③



Community Artbook Project

October 2018 – January 2019

Calling all creatives! This project invites you to fill a notebook with your art for inclusion in the library's collection! Register at the library starting on October 1 and receive a notebook to fill with your art. Return your completed artbook by January 1 and it will be added to the library's circulating collection. Your book will be shelved in the library, searchable in our catalog, and able to be checked out! We will also digitize the notebooks for an online gallery on our website. ③

ADULTS

GPL Pop-Up Library!

@ Beekman 1802 Harvest Festival Sharon Springs, NY

Saturday, September 15 @ 10 am – 5 pm

Our friends from Beekman 1802 have invited us to this year's Harvest Festival in Sharon Springs and we couldn't be happier. Stop by our tent for crafts, storytimes, and lots of fun! The great staff from the Sharon Springs Free Library will also be there to share in the festivities.

@ Capital Region Apple & Wine Festival Altamont Fairgrounds

Sunday, September 16 @ 10 am – 5 pm

We'll be at the Capital Region Apple & Wine Festival, so stop by our booth and grab some free books! Need help downloading library e-books? We can help. We'll even have some crafts for kids. See you there.

@ Ladies Night Out Western Turnpike Golf Course

Tuesday, October 2 @ 5 pm – 7:30 pm

This health and wellness event is sponsored by the Guilderland Chamber of Commerce, and will be held at the Western Turnpike Golf Course Ballroom. GPL will have free books to give away, consumer health resources, and a special raffle basket, too – don't miss the fun.

@ Guilderland Farmers Market: Harvest Festival Route 155 & Western Avenue, Guilderland Saturday, October 6

We're thrilled to be part of this community event and show our support for local and regional farmers, crafters, artists, and food artisans.

@ Albany County Cares: Live Life Local Crossgates Mall

Saturday, October 13 @ 10 am – 3 pm

This event is an opportunity for residents from the Capital District to learn about businesses and local non-profits – such as GPL – that represent Albany County's diversity.

@ Mall-o-ween! Crossgates Mall

Wednesday, October 31 @ 3 pm – 6 pm

We're celebrating Halloween at Crossgates! Check out the trick or treating candy stations throughout the mall, at participating stores, and at the library's table. Just look for our "We Have Candy" pumpkin sign.



Celebrating LGBT History

October is LGBT History Month, a month-long annual observance of lesbian, gay, bisexual and transgender history, and the history of the gay rights and related civil rights movements. Join us for two excellent programs to celebrate.



Gay and Lesbian Rights in the Twentieth Century United States: How We Got to Today

Thursday, October 18 @ 7 - 8 pm

Most Americans rightly view the changing status over the last two decades of gays and lesbians in the United States as nothing short of remarkable. They are not wrong to think this! Carl Bon Tempo, Associate Professor of History at University at Albany, will explore the longer story of gay and lesbian rights in the United States, from the late 19th century to the present. What emerges from that history is a more nuanced – and interesting – understanding of how we got to today.

Safe and Seen: How to Support Your LGBTQ Friends and Family, with Lyndon Cudlitz

Monday, October 29 @ 7 pm – 8:30 pm

As awareness and acceptance around gender and sexuality grows, more youth and adults are questioning, disclosing, and embracing their LGBTQ identities. For parents, families, and friends, this can be both joyous and stressful. Many do not always know how to best support LGBTQ friends & family or what they need to thrive.

Whether you're struggling or feeling very supportive, this presentation provides an opportunity to learn more about LGBTQ identities and a space to ask tough questions. Seats are limited. This program is geared towards adults. ③

You're A Quizzard, Harry: Potter Trivia for Teens and Adults

Friday, October 12 @ 7 - 9 pm

Grab your remembrall, get ready to pass your O.W.L.s and N.E.W.T.s, and join us for an after-library-hours night of fun at our third HP Trivia Event! Celebrate the 20th anniversary of Harry Potter and the Sorcerer's Stone by competing in several grueling rounds of Harry Potter trivia – for grown-ups! Winners will have first pick from a slew of great prizes. Teams of 1 - 5 players. Ages 14+, please. Only one member of your team needs to register. If registering online, please indicate in the notes field the number of people on your team. ③

ADULTS



Cookbook Club

You like to cook?! We do too! The Guilderland Cookbook Club will gather every month to sample dishes from a selection of books chosen by our staff. Come to the Information Desk to look through the current cookbook and choose your recipe(s). On the night of our meeting, bring a sample of the dish you prepared for everyone to taste. We'll talk about the authors and their motivations (and maybe meet a few along the way!). You can learn about cuisines from different cultures, or from different cooking genres. After each meeting someone will go home with a copy of the book of the month.



The Great British Bake Off: Big Book of Baking

Wednesday, September 12 @ 7 pm

This month's selection will transport you to a tent in a meadow somewhere in England. On your marks, get set, and bake! This is your chance to be star baker. ③

Our Syria or Persiana

Wednesday, October 10 @ 7 pm

This month we will explore some wonderful Middle Eastern cuisine from Syria and Iran, and share at the Cookbook Club table. Come join us and savor the aromas! ③

Consumer Health

A Change for Good: A CDPHP Program

Wednesday, October 17 @ 6 - 7 pm

Whether your goal is to start a healthy habit, save money, perform better at work, or end self-defeating behavior, this workshop will help you implement positive personal change for life. Change does not depend on luck or willpower; it is a process that can be successfully managed. Presented by David Przybylo, MS, CHES. ③



Flu Vaccine Clinic with Rite Aid Pharmacy

Thursday, October 25 @ 4 - 7 pm

Stay healthy this winter! Pharmacists from Rite Aid will hold a drop-in clinic at the library from 4 - 7 pm for a drop-in clinic to administer flu vaccines. Besides the regular vaccine, they will have the high-dose option for people ages 65 and older; and for the first time, the pharmacists will be able to vaccinate any child age 5 or older. Please bring your insurance card with you. If you do not have insurance, a vaccine costs \$31.99.

TECH IT OUT!

Tech Time!

Tuesdays @ 3:30 - 5 pm

Get tech help one-on-one from a Guilderland National Honor Society student! 45-minute sessions can be scheduled Tuesdays in the fall. ③

eBook Office Hours

Wednesdays @ 2 - 3:30 pm

September 5, 12, 19 & 26, and October 10, 17, 24

Want to get free library books or magazines on your iPhone or Kindle? Ask us how! Sign up today for a one-on-one session with a staff expert. ③

Please bring your library card and your device to the appointment. Devices we can help you with:

- Kindle and Kindle Fire • Nook • Laptops
- iPhone or iPad • Android tablets

"Not Enough Characters": Internet Password Workshop

Tuesday, September 25 @ 6:30 - 8 pm

Sarah McFadden from Cornell Cooperative Extension will teach you the best practices for creating strong passwords, how to keep track of them, and how to keep your password away from bad people online. ③

Start Your Blog!

Monday, October 22 @ 6:30 - 8 pm

Do you have a special talent or interest? Then why not start a blog?! Bring your laptop or tablet, and computer coach John Napoli will show you how to use WordPress and other free tools to build your own blog. Need to use one of our computers? Let us know when you register. ③

Book Discussions

Night Owls

Led by Librarian Maura Powers-Smith

Mondays @ 7:30 pm

September 17: *A Gentleman in Moscow*, by Amor Towles

October 8: *Killers of the Flower Moon*, by David Grann

November 5: *Manhattan Beach*, by Jennifer Eagan

Great Books

Led by Facilitator Sue Klug

Thursdays @ 7 pm

September 6: *The Sound and the Fury*, by William Faulkner

October 4: *Dune*, by Frank Herbert

November 1: *A Separate Peace*, by Jonathan Knowles

ADULTS

Money Matters

Creating Your Own Personal Pension

Wednesday, September 12 @ 6:30 - 8 pm

With many traditional pension plans closing or no longer an option, a wise retirement-income plan is essential. This class will help you understand how annuities, IRAs, 401(K)s, 403(b)s, and other investments can help you create your own "personal pension" and give you peace of mind about your future. Presented by Frank Finch, Principal of Life Stages Financial Group. ③

Getting Serious About Social Security

Thursday, September 13 @ 6 - 7:30 pm

Are you a pre-retiree, age 55+? Learn about making an informed decision about retirement. Topics include choosing the best time to collect benefits; navigating the "new" Social Security rules; the one question to consider before collecting; how to avoid critical filing mistakes. Presented by John N. Kalil, Jr., LUCTF, Financial Coach and President of Retirement Solutions, LLC. ③

Long Term Care: Preparing, Paying & Protecting

Tuesday, September 25 @ 6:30 - 8 pm

The New York State Partnership for Long-Term Care is a unique Department of Health program designed to assist New York residents in planning for the cost of long-term care. The Partnership between the DOH and private insurers allows individuals to protect their assets from Medicaid through the purchase of a Partnership-qualified, long-term care policy. Presenters include an attorney, an insurance broker, and the program manager for the New York State Partnership for Long-Term Care. ③

Parents & Caregivers

Baby & Me Brunch (Parent/Child Class)

Sunday, September 16 @ 1:30 pm

The first year of an infant's development is pretty amazing! Becky Morris & Kathleen Gates; Licensed Massage Therapists from Bodywork Professionals, will cover infant development, provide fun games, and bonding exercises. Parents will learn the importance of mindfulness and bringing that awareness to their daily routine.

This class is designed for ages birth - 6 months. Light refreshments will be served. ④



The Magic Years: Setting Routines

Thursday, October 25 @ 6:30 pm

Time Out for Parents: The Magic Years is a researched-based parent education program being offered by Cornell Cooperative Extension Albany County for parents/caregivers of children ages 0 – 4 years.

We'll explore how routines and consistency in the home can lead to positive behavior outcomes for your children. Learn how to set up (or better manage) routines surrounding bedtime, bathing, family meals and toilet training.

This program is for adults only. Please arrange childcare for children. ④

50+ Retirement Reimagined

Monday, September 17 @ 6:30 pm

Are you 50+? Whether you're already retired, about to make the move, or just checking out the possibility, this highly interactive workshop can help with the process by exploring topics such as: what does retirement mean to you?; the nine reasons to retire; using your age, work and life experience as an asset for future endeavors.

Presented by Dr. Tom Denham, of Careers in Transition. ③

Age in Place: Book Talk and Discussion

Thursday, September 27 @ 1 pm

Aging in place is a term used to describe a person living in the residence of their choice, for as long as they are able. Lynda Shrager will discuss her new book, *Age in Place: A Guide to Modifying, Organizing, and Decluttering Mom and Dad's Home*, which gives step-by-step instructions for modifications that can help seniors make their homes safer. Linda will sell and sign copies of her book. ③

Made possible through collaboration with the Albany Guardian Society and Community Caregivers

Downsize Now

Thursday, October 11 @ 7 pm

Learn how to prepare your home and your life for changes, relocations, new needs, other accommodations and the challenging process of sorting, downsizing and/or relocating.

Sheilah Sable is a member of the National Association of Senior Move Managers and the owner of Call Sheilah! an award-winning Personal Concierge business serving the Capital Region. ③

All Ages

STAR WARS COSPLAY 101

Sunday, October 14 @ 1:30 pm

Join us and together we can rule the (costuming) galaxy! Members of the Rebel Legion and 501st Legion are coming to our library to pass down their Star Wars costuming knowledge!

Learn the basics of how to make or commission a great Star Wars costume, how to create or where to purchase props, how to join the Rebels or 501st, and so much more!

If you have in-process costumes or props, bring them along to get tips from the experts. ③



Tweens & Teens

VolunTeen Program

We'll be accepting applications for October - November teen volunteers starting on Monday, September 10. Applications can be picked at the Youth Services Desk. Volunteers must be in Grades 8 - 12.

Strengthen Your College Application!

Tuesday, October 9 @ 7 pm

This interactive (and fun!) session will provide steps for students to take to immediately become stronger candidates for college acceptances and institutional scholarships.

Presented by Kelly Linehan, MA, a College Admissions Counselor and Associate Member of IECA as well as a National Board Certified Teacher. Grades 10 - 12 with a parent/guardian.

Creepy Halloween Luminaries

Wednesday, October 24 @ 6:30 pm

We'll create creepy, glowing mason jars just in time for Halloween! Grades 6 - 12. ④



Holiday Bus Trip!

Saturday, December 1, 2018

Purchase tickets at www.guilderlandlibrary.org/nyc

CHILDREN

Family STEAM Nights

First Monday of the Month @ 6:30 pm

Come see what the science departments at our local schools and universities are up to! There will be fun hands-on science activities for kids! Grades 3 - 6, with their families. ④

October 1: Shaker High School Robotics Club

November 5: Siena College Physics Department

December 3: UAlbany Society of Physics Students

Family Camp with Pete the Cat

Saturday, September 8 @ 11 am

Gather round the (fake) campfire for stories and songs all about camping and exploring. Pete the Cat will stop by and we'll read about his latest adventure. Play at our campsite, make s'mores in a cup, and explore our discovery stations.



Make this your first stop in the 2018 Upper Hudson Library Expedition (see page 1), and don't forget to have us stamp your map! ④

Library Club

Wednesdays @ 3:30 pm: September 26 & October 17

Join us for an after-school snack and we'll talk about our favorite books, plan future programs, and do a project to benefit the Library! Grades 3 - 5. ④

Project Picture Book!

Second Friday of the Month @ 3:30 pm

Join us for a fun read-aloud and a special art project related to the book! Be sure to dress for a mess! Grades PreK - 2. ④

October 12: Colorful Chameleons

November 9: Capture the Stars

December 14: Rainbow Fish Ornaments



Autumn Marketplace at the Library

Saturday • October 13 • 10 am - 4 pm

The Library will be closed on:

Labor Day Weekend

Saturday, September 1 – Monday, September 3

Veterans Day

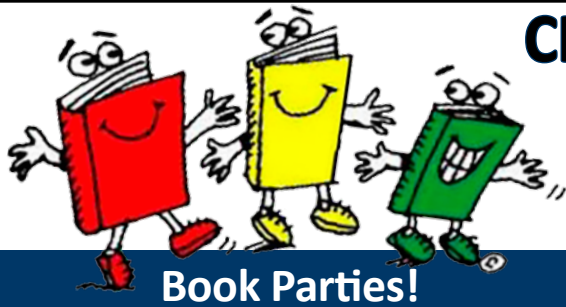
November 12, Monday (Observed)

Thanksgiving Eve

November 21, Wednesday: Close @ 2 pm

Thanksgiving Day

November 22 – Thursday

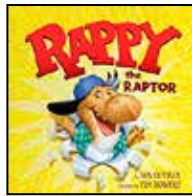


CHILDREN

Rappy Goes to the Library

Wednesday, September 26 @ 6:30 pm

When Rappy the Raptor's class goes to the library, it's all Rappy can do not to be noisy. Can he keep his rapping quiet, or will he start a book riot? To find out register, come to GPL to pick up your copy of the book to take home and read – then join us for a book party celebration! Grades 1 - 2. ④



Stick Dog Craves Candy!

Tuesday, October 23 @ 6:30 pm

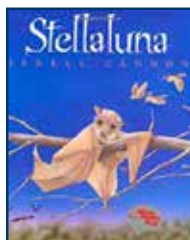
Stick Dog and the gang are on their usual hunt for food, but something unusual is going on... Little humans are dressed up as creepy witches and spooky ghosts and they are all carrying big orange buckets! Will Stick Dog's smarts, courage, and patience be enough to lead his buddies to the best treats ever? Register and come to GPL to pick up your copy of the book to take home and read – then join us for a fun book party! Grades 2 - 4. ④



Go Batty with Stلالuna

Saturday, October 13 @ 10:30 am

Join WMHT's Barbara Lukas for a morning of family literacy: books, crafts and fun learning about this classic children's book. Grades PreK - 2 with a caregiver. ④



Fall Little Lego Club

Mondays @ 3:30 pm: September 17 & October 8

Our popular Lego Club continues this school year. You will meet in the Story Hour room and use your imaginations for some creative play with friends. Bring your own bricks or create with ours. As usual, creations that you bring to show off will be kept separate from the library supplies. Grades K - 3. Siblings are welcome.

500 Books before Middle School

CHALLENGE ISSUED! Can YOU read 500 books before Middle School? Join the club to earn brag tags and other fun prizes! Grades K - 5.

Please register via Beanstack at www.guilderlandlibrary.beanstack.org



NEW

GPL

ADVENTURES

CREATE. PLAY. EXPLORE.

Building Challenges

Thursday, September 13 @ 3:30 pm

It's time for an adventure! Can you make a tower out of aluminum foil? How about a paper bridge that can hold 30 blocks? Or a structure as tall as you using only Popsicle sticks and clothespins?

Put your building skills to the test and show off your construction know-how! Grades 3 - 5. ④

Nature Hunt

Thursday, October 11 @ 3:30 pm

It's time for a nature-filled adventure! Come explore the outdoors around GPL and gather items to create your very own Nature Collage. Grades 3 - 5. ④

GPL Sprouts

featuring Mad Science of the Capital District

Third Monday of the Month @ 3:30 pm

This fall, GPL Sprouts is looking a bit different. We're very excited to offer a series of programs presented by Mad Science of the Capital District!

Grades PreK - 2 with a caregiver. ④

October 15: Lab Works

November 19: The Glow Show

December 17: The Science of Toys

Furry Friends

Wednesdays @ 6:30 pm: September 5 & October 10

Lassa, our new GPL furry friend dog, and Goose, our hairless cat, are waiting to listen to books that new readers will share with them.



Storytimes Educate



Baby Bookworms

Starts September 25

Tuesdays @ 10:30 am

A storytime full of songs and fun. Make a weekly date to build memories with your baby, lay a foundation for success with pre-literacy skills, and connect with other caregivers in the community. *Ages birth to 18 months and a caregiver.*

Toddler Time

Starts September 25

Tuesdays and Wednesdays @ 10:30 am

We will do a variety of fun activities to encourage early literacy and motor skills including: reading stories, singing, dancing, playing instruments, and creating crafts (both sessions will feature the same activities). *Toddlers 19 - 36 months with a caregiver.*

Preschool Drop-in Storytime

Starts September 26

Wednesdays & Thursdays @ 10:30 am

Early literacy skills promote success in school! Join us for stories, songs, and movement! *Ages 3 - 5 years with a caregiver. Younger siblings welcome!*



Wee Waddlers Rhyme Time

Starts September 27

Thursdays @ 10:30 am

Wee Waddlers Rhyme Time provides bonding and pre-literacy skills. We'll have music and movement, rhymes & bounces, puppets, read-alouds, toys, bubbles and more. *New walkers up to 24 months old with a caregiver. Siblings are welcome to attend. Older siblings should bring a stuffed animal with them.*



3 Little Birds: Music & Movement

Starts September 28

Fridays @ 10:30 am

Sing, dance and join our 3 Little Birds – Penny, Poppy & Pete – for a fun-filled class your whole family will enjoy! This program is dynamic and interactive, so come ready to participate in the fun. *Ages birth to 5 years with a caregiver.*

Not-So-Spooky Costume Party and Storytime

Wednesday, October 31 @ 10:15 am

You're invited to a special costume party and storytime full of songs, stories, and dancing! We'll end our party with a costume parade around the library. *Ages 19 months and up with a caregiver.*



Storytimes are designed to reinforce early literacy skills. Librarians may use a combination of stories, videos, singing, crafting, playing, puppets and movement to entertain and teach. Choose the Storytime that's best suited for your child's age!

AN IMPORTANT NOTE ABOUT STORYTIMES:

If the Guilderland Central School District is closed, or delays classes, Storytimes are not held on that day.

Children must be accompanied by an adult caregiver at all Storytimes.