



Three Quarter North

Sunday, November 18 @ 2 pm



Americana, bluegrass, folk, and original songwriting.

Mundo Nuevo

Sunday, December 9 @ 2 pm



Warm and wonderful sounds from the
Latin American songbook.

Suburban Sounds Holiday Concert

Sunday, December 23 @ 2 pm

Get in the holiday spirit!

Misty Blues

Sunday, January 6 @ 2 pm



An acclaimed Blues band from the Berkshires comes to
GPL to rock the library!

**GPL SUNDAY
CONCERT
SERIES**
2018/2019

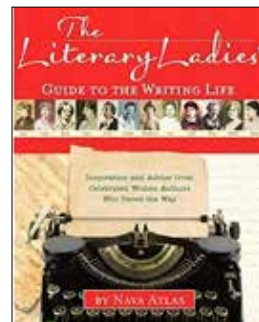
Getting Your Words into the World: A Writer's Workshop

Saturday, November 17 @ 10:30 - 12:30 pm

Writing for your own pleasure and of those who know and love you is a life-affirming thing. But what if you want to get your words out into the wider world, to create a book that is published and read by a wider audience?

These days, it's critically important for women's voices to be heard. This workshop (open to men as well!) will explore the avenues available, as well as how to navigate the broader terrain of publication and self-promotion.

Your instructor is acclaimed author Nava Atlas, author of *The Literary Ladies Guide to the Writing Life* and several award-winning cookbooks, including *Wild About Greens*. Nava will have copies of her books to sign and sell at the end of the workshop. ③



Volunteer Book Discussion Leader Needed!

You love to read. You're part of a book club or two.

And we want you!

We're looking for a volunteer willing to lead monthly, daytime book discussions at two assisted-living facilities in Guilderland. We'll help you choose and obtain copies of books and create a schedule. You'll enjoy the camaraderie that comes from discussing good books with avid, engaged readers.

This is a casual, relaxed volunteer effort requiring no professional background – just a love of books and a willingness to talk about them!

If you're interested, please contact Outreach Librarian Ann Wemple-Person at wemplea@guilderlandlibrary.org, or 518-456-2400 x 244.

Holiday Bus Trip!
Saturday, December 1, 2018
Purchase tickets at www.guilderlandlibrary.org/nyc

ADULTS

Consumer Health

Mindful Eating: A CDPHP Program

Wednesday, November 7 @ 6:30 pm

Mindful eating is the key to healthy eating. Join us to explore a three-step process for practicing mindful eating.

You'll evaluate your own mindless eating triggers and develop effective strategies to overcome them. ③



End-of-Life Doula Training

With Jennifer Hoit, RN

Tuesdays @ 6:30 - 8:30 pm: November 13 and 20

Are you a non-medical person who is interested in improving your family members' or community members' end-of-life experience? Or perhaps you're a healthcare professional who wants to hone your skills in caring for the dying? This four-hour training session will introduce you to the concept of End of Life Doulas.

You may know the term "doula" to represent someone who is trained to assist another woman during childbirth and who may provide emotional, physical and spiritual support to the family after the baby is born.

An End of Life Doula uses very much the same philosophy. Even with the wonderful services of hospice care, time constraints and insurance restrictions can lead to gaps in care, support, and teaching for patients and their families. An End of Life Doula can help bridge that gap.

Presenter/trainer Jennifer Hoit has ten years of experience in homecare nursing, and currently works for Eddy Senior Care PACE in Schenectady. ③

Healthy You, Healthy Planet – positive solutions for uncertain times

Tuesday, November 27 @ 7 - 8:30 pm

For anyone feeling powerless and uncertain about our planet's future, author, researcher, and former UAlbany Professor Maia Boswell-Penc has a message of hope and empowerment, stressing self-care and environmental justice in the face of a changing climate.

This talk will discuss the ways that you as an individual can have a positive impact on the climate.



Winter Reading Challenge 2019 is coming!

Can we read 2,000 books during the month of January? Last year we blasted past our goal of 300 books by reading 1,577! Let's beat that!

Keep an eye on our social media pages as we get closer to January, and be sure to create your own personal account on Beanstack: guilderlandlibrary.beanstack.org/reader365!



Tai Chi/QiGong with Rich Goodhart

Thursdays @ 11 am: November 8 and 15, December 13 and 27

Our recent Tai Chi/QiGong class was so popular, we're adding it as a twice-monthly recurring series, in collaboration with our program partner, the Albany Guardian Society!

Tai Chi is a form of gentle exercise that emphasizes deliberate, careful, almost dance-like movements. Developed more than 1,000 years ago in China, the practice helps strengthen and relax muscles and joints. Even more important: studies have found it to be excellent for fall prevention. ③

Rich Goodhart is a longtime practitioner of Tai Chi, and has taught at both the Omega Institute and the Kripalu Center, in Lenox, MA.

Cookbook Club

Meet each 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 perhaps meet a few along the way!) After each meeting, a lucky person gets to take home a copy of the "book of the month!"



Cravings: Hungry for More, by Chrissy Teigen

Wednesday, November 14 @ 7 pm

This month's selection will be chock full of yummy comfort foods. Chrissy Teigen's second cookbook will leave you craving for more! ③

Cookie Exchange!

Wednesday December 12 @ 7 pm

We're celebrating the Holiday Season with a cookie exchange. Choose your recipe(s) from either *The Perfect Cookie: your ultimate guide to foolproof cookies, brownies & bars*, by America's Test Kitchen, or *Holiday Cookies: showstopping recipes to sweeten the season*, by Elisabeth der Nederlanden. ③

ADULTS

Book Discussions

Night Owls

Led by Librarian Maura Powers-Smith

Mondays @ 7:30 pm

November 5: *Manhattan Beach*, by Jennifer Eagan

December 10: *Radium Girls*, by Kate Moore



Day Larks

Led by Librarian Maura Powers-Smith

Mondays @ 2 pm

Not a night owl? We're adding an afternoon session – called **Day Larks** – to meet the demand for this popular book club! We'll be reading the same books as Night Owls. Come to whichever session works best for you.

November 5: *Manhattan Beach*, by Jennifer Eagan

December 10: *Radium Girls*, by Kate Moore

Great Books

Led by Facilitator Sue Klug

Thursdays @ 7 pm

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

December 6: *The Alchemist*, by Paulo Coelho

Drop-in Genealogy with Lisa Dougherty

Wednesdays @ 6 pm: November 14 and December 12

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. Bring your questions and "brick walls" for help in finding solutions.



Genealogy: Exploring Your German Heritage with Christopher White

Saturday, November 17 @ 2 pm

Local Genealogist Christopher White will share tips for researching your German heritage and provide insight on the history of German immigration to the Albany area.

Money Matters

How to Start and Run a Successful Business

Thursday, November 29 @ 6:30 pm

Are you looking to start or grow your own business? Learn what you need to know to start and run a successful business in a free workshop brought to you by the Community Loan Fund of the Capital Region in partnership with the Library.

Topics include: working for yourself; start-up considerations for your area; and business planning. ③



Guildercrafts

Quilting Class: Easy Pillowcase for Beginners

Thursday, November 15 @ 6:30 pm

Try your hand at an easy project that you can finish in one sitting: A hand-made pillowcase! Please bring your own sewing machine and this material: Pillowcase Body fabric- 1 1/8 yards directional or non-directional • Pillow case band fabric- 3/8 yard • Optional Pillow case trim- 1/8 yard or cut one 1 1/2" by 40" strip ③

Flower Camp: Thanksgiving Edition!

Tuesday, November 20 @ 3:30-5 pm

This hands-on, all-ages flower workshop guides you to create a one-of-a-kind fresh flower arrangement. Led by Jean Dearstyne, aka the "Flower Petaler," instruction includes the principles of preparation, design and color. You'll create a lovely Thanksgiving arrangement using "rescued flowers" donated by Trader Joe's.

All materials are provided. Registration is limited to 15; a parent/child team counts as one individual. ③ or ④

Learn to Crochet in the Round!

Tuesday, December 4 @ 7 pm

We will be making hats for the Little Hats, Big Hearts program (see below). All supplies will be provided. Participants must have knowledge of basic crochet, i.e. chain stitch, single crochet, double crochet.

Experienced crocheters/knitters who'd like to donate hats to the cause are welcome to join us. ③

Little Hats, Big Hearts

Hats are due by Friday, December 14

One in 100 children is born with a congenital heart defect. To raise awareness, the American Heart Association collects handmade red hats and donates them to newborns at local hospitals in February, American Heart Month.



New this year: They will also collect and donate child-sized hats to shelters and day care centers. Feel free to make your own hats, or if you need a pattern, visit www.heart.org/littlehatsbighearts

Paint and Sip

Thursday, December 13 @ 7 pm

Enjoy a glass of wine, crackers and cheese while you create a work of art. Follow our instructor's step-by-step directions to create a lovely landscape, or just do your own thing. You must be 21+ to attend this event; limited to 20 participants. ③

ADULTS

TECH IT OUT!

Tech Time! With Teen Tech Volunteers

**Tuesdays @ 3:30 - 5 pm: November 6, 13, 20 & 27, and
December 4, 11 & 18**

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

Can't make Tuesday afternoons? We have other dates and times available with our adult computer coaches. Call us for more information.

eBook Office Hours

Wednesdays @ 2 - 3:30 pm

November 7, 14 & 28, and December 5, 12 & 19

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

Try It Before You Buy It for the Holidays

Friday, November 9 @ 2 - 4 pm

This holiday season, are you thinking about gifting a Roku, Apple TV, or Amazon Fire stick? How about Amazon Alexa, or a HDTV antenna? Come to the Library and "try it before you buy it"!

We'll have gadgets from our collection set up for you to try, and staff will be on-hand to answer simple questions. Drop by any time between 2 pm and 4 pm!

Please note that this is not a class or a formal presentation; rather, it is a self-guided demonstration of our gadgets with help from our staff.

Community Artbook Project

Through January 2019

Registration is open now! Participation is limited to 50 artists. This project invites you to fill a notebook with your art for inclusion in the library's collection! Register at the information desk, receive a notebook to fill with your art. Return your completed artbook by January 1st 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! ③

MOVIES
AT THE
LIBRARY

MOVIES
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LIBRARY

Won't You Be My Neighbor?

Saturday, November 10 @ 1 pm

This moving documentary takes a fittingly patient and honest look at the life and legacy of Fred Rogers, a television pioneer whose work has enriched generations. (2018) PG-13
• 1 hr, 34 mins • MLUSA



A Very Long Engagement ("Un long dimanche de fiançailles")

In French, with subtitles

Sunday, November 11 @ 2 pm

To mark the 100th anniversary of the end of World War One, we're screening this wonderful, French-language drama about a young woman's search for her fiancé, who has disappeared from the trenches of the Somme during what was then known as The Great War. (2003) Rated R • 2 hrs, 13 mins • MLUSA



GPL Pop-Up Library!

@ Crossgates Mallwalker's Breakfast & Capital Region's Military Awareness Day

Crossgates Mall

Friday, November 2, 8:30 am - 4 pm

Staff from GPL will have a table at Crossgates Mall in the early morning to greet all of the mallwalkers. Be sure to stop and visit with us - and grab a free book, too! Then stick around for the Capital Region's Military Awareness Day which honor our military community and families. There will be information about job and education opportunities, recruitment, and health resources. Join us and get connected with some great organizations and services.

The Albany County Honor a Living Veteran award ceremony will be held at this event at 10:30 am.

No-Sew Blanket Fundraiser!

Wednesday, November 28 @ 6 pm - 9 pm

Make a fleece blanket with no sewing required!

Bring scissors and two yards of fleece, and we'll teach you to make a blanket, which will be donated to local homeless shelters. ③

Tweens & Teens

Build It/Make It Club

Tuesdays @ 7 pm: November 6 & December 4

Each month we'll have free time to make a quick craft project and build with our LEGOs and KEVA Planks. Grades 6 - 12.

All Ages

Decorating Gorgeous Gourds!

Saturday, Nov 17 @ 11 am

Families are invited to paint a gourd to take home and display for the holidays and beyond. (The gourds are all fairly big and varying interesting shapes; one gourd per family, please!) Only one person from each family needs to register. ④

Hour of Code – Open Coding

Friday, December 7 @ 3:30 pm

Open to all ages. Play around with the Hour of Code website or continue your projects from school or the Library's introduction session.

CHILDREN

Get out the Vote, Kid-Style!

Vote for Your Favorite Elephant & Piggie Book

October 22 to November 6

Which of these two Elephant & Piggie Books is your favorite: Should I Share My Ice Cream OR Happy Pig Day? Polls are open for voting in the Children's area through the actual Election Day, November 6. Come in and cast your ballot for your favorite! All grades welcome.



GPL Kids Vote, Too! Party

Tuesday, November 6 @ 2 - 3:30 pm

It's Election Day! Come learn about how voting works, and get your chance to vote for your favorite pet. We'll watch a short video, read a book, make a craft, and eat a fun "patriotic" snack. Grades PreK - 2. ④

Family Film



INCREDIBLES 2

Tuesday, November 20 @ 6:30 pm

The Parr family of superheroes is again up to its antics, giving us a movie that is both delightful as an animated feature, but really, *really* delightful as a superhero picture.

Rated PG • 118 mins • 2018 • MLUSA

Board of Trustees

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Board meetings are held in the Library's Tawasentha Room at 7 pm.
• November 15, 2018
• December 20, 2018

Mark Curiale, *Newsletter Editor*
pio@guilderlandlibrary.org

The *Guilderland Library News* is a bi-monthly publication available at the library and online at www.guilderlandlibrary.org.



Living in Space

Thursday, November 8 @ 3:30 pm

It's time for an out of this world adventure! Explore what it's like to live in space! Adventurers from Mad Science will take us on a journey to outer space where we'll investigate astronaut training, mobility, and life support! We'll also form our very own ground control and space mission team to make space station repairs! For grades 3 - 5. ④

Video Games

Thursday, December 13 @ 3:30 pm

It's time for a virtual adventure! Join us as we unleash our brand new Nintendo Switch consoles and hook up the Wiis for some head-to-head fun! Mario Kart 8. Arms. 1-2-Switch. Who knows what we'll play!

Bring your hand-held consoles and games to play with others too! For grades 3 - 5. ④

CHILDREN

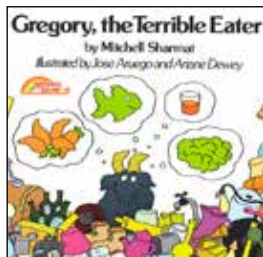
WMHT Family Literacy

Join us for a morning of family literacy fun with Barbara Lukas, from local public television station WMHT. Programs are full of fun and encourage a love of learning and reading. Grades PreK - 2, with an adult caregiver. ④

Gregory the Terrible Eater

Saturday, November 10 @ 10:30 am

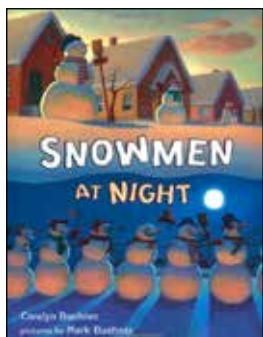
Find out what happens when a young goat eats too much food... then create a goat hat to take home along with your own copy of the book!



Snowmen at Night

Saturday, December 8 @ 10:30 am

Have you ever built a snowman and discovered the next day that his grin has gotten a little crooked, or his tree-branch arms have moved? Have you wondered, "What do snowmen do at night?" We will explore this classic tale and create our own magical snowmen to take home.



Family STEAM Nights



Local schools and college's science departments will be here with fun, hands-on science activities for kids! Grades 3 – 6, with their families. ④

Monday, November 5 @ 6:30 pm
Siena College Physics Department

Monday, December 3 @ 6:30 pm
UAlbany Society of Physics Students

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

November 19: The Glow Show

December 17: The Science of Toys



Thursday, December 6 @ 3:30 pm

Come learn about Hour of Code events and then practice coding your own game! For grades 3 - 5. ④



Project Picture Book!

Second Friday of the Month @ 3:30 pm

Kids' Clubs

Little Lego Club

Mondays @ 3:30 pm: November 5 and December 3

Start exploring with Lego blocks and begin to create. Engage your natural curiosity. Use your imagination to build your own creation or construct with friends. The library has a rich assortment of bricks along with Duplo. Grades K - 3.

Library Club

Wednesdays @ 3:30 pm: November 14 & December 19

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

Join us for a fun read-aloud and a special art project related to the book! Be sure to dress for a mess! This program is for kids in grades PreK-2. ④

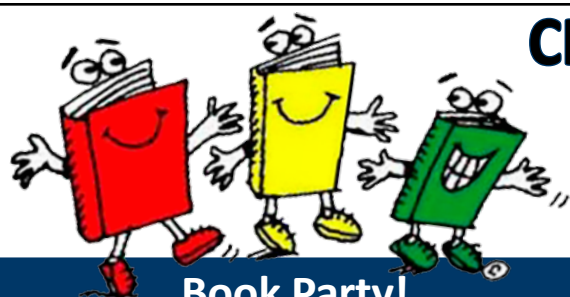
November 9: Capture the Stars

December 14: Rainbow Fish Ornaments

Read to Furry Friends

Wednesdays @ 6:30 pm: November 7 & December 5

Reading to a furry friend is a great way for readers to relax, have fun and practice their new skills. Bring your own book or choose one from the library.



CHILDREN

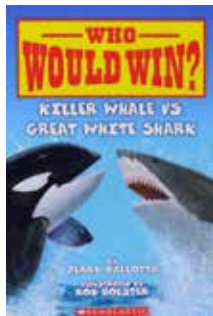


Book Party!

Who Would Win Series: Sharks vs. Killer Whales

Wednesday, December 12 @ 6:30 pm

What would happen if a killer whale met up with a great white shark? Which do you think would win? Pick up your copy of the book at GPL. Take it home to read (and find out who would win and why), and then come to our party to talk about the book, do some fun activities and share a snack! For children in grades 2 - 3, with a caregiver. ④



The TumbleBook Library has more than 1,100 titles for kids in grades K - 6, featuring talking picture books, read along-chapter books, National Geographic videos, and books in Spanish and French.

Access TumbleBooks at the Library, or at home on your computer or tablet. **Ask us how!**

"It's Never Too Cold for Ice Cream" Party with CMOST

Thursday, December 27 @ 3 pm

Join us for our annual ice cream making party with the experts from Children's Museum of Science and Technology (CMOST.)

After we learn about the science of making ice cream comes the best part... we get to eat the yummy results of our experiment! Grades 1 - 4. ④



The Nutcracker

Performed by the Marcus Rogers Dance Company

**Saturday, December 1 @ 3 pm, and
Sunday, December 2 @ 3 pm**

The Marcus Rogers Dance Company, a dance training school in Guiderland Center, is putting on their first season of "The Nutcracker," the story of a young girl's favorite Christmas toy that comes alive and whisks the her away to a magical kingdom populated by dolls.

This holiday classic is directed and choreographed by Marcus Rogers.

Recommended for children ages 5+.



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
guiderlandlibrary.beanstack.org**



The Library will be closed on:

Veterans Day

November 12, Monday (Observed)

Thanksgiving Eve

November 21, Wednesday: Close @ 2 pm

Thanksgiving Day

November 22 – Thursday

Christmas Eve

December 24 – Monday

Christmas Day

December 25 – Tuesday

New Year's Eve

Close @ 2 pm: December 31 – Monday

New Year's Day 2019

January 1 – Tuesday

Drop off your Box Tops!

Drop off your box tops at the Children's desk and support local Guiderland Schools! Box tops collected at the Library will be shared with participating schools in the Guiderland Central School District on a rotating basis.



Storytimes Educate



Baby Bookworms

Tuesdays @ 10:30 am

No Storytimes November 6 and December 25

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

Tuesdays and Wednesdays @ 10:30 am

No Storytimes November 6 & 21, and December 25 & 26

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

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

Thursdays @ 10:30 am

No Storytimes November 22 and December 27

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.

Siblings are welcome to attend. Older siblings should bring a stuffed animal with them.

New walkers up to 24 months old with a caregiver.

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.



3 Little Birds: Music & Movement

Fridays @ 10:30 am

No Storytimes November 23 and December 28

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!