



# GUILDERLAND PUBLIC LIBRARY

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GUILDERLANDLIBRARY.ORG

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## BOOK DISCUSSION GROUPS



### NEW Adult Book Discussions!

We're excited to announce two new book discussions for a total of **three** distinct virtual options! Be **sure to register** for a copy of the book and a link to the online discussion! Learn more at: [www.guilderlandlibrary.org/book-discussion](http://www.guilderlandlibrary.org/book-discussion).



### Night Owls

**Mondays @ 7:30 pm**

Led by Librarian Maura Powers-Smith Reading the most talked-about fiction and nonfiction titles.

**November 8:** *The Night Came with Many*

*Stars*, by Simon Van Booy

**December 13:** *Educated: A Memoir*, by Tara Westover

**January 10:** *The Hellfire Club*, by Jake Tapper [R]



### Memoirs in the Morning

**Wednesdays @ 10:30am**

Led by Librarian Josalyn Wilder Reading the best biographies of the moment.



**November 17:** *Finding Freedom:*

*A Cook's Story; Remaking Life from Scratch*, by Erin French

**January 19:** *Between Two Kingdoms: A Memoir of a Life Interrupted*, by Suleika Jaouad

**March 16:** *Maid: Hard Work, Low Pay, and a Mother's Will to Survive*, by Stephanie Land [R]

*Memoirs in the Morning* is also a community group on [goodreads.com](http://goodreads.com)—check us out!



### Green Reads

**Thursdays @ 6 pm**

Led by Librarian Maria Buhl in collaboration with Albany Guardian Society. A book and film discussion group on topics of nature, health, and the environment.



**December 9:** *Overstory*, by Richard Powers

**February 10:** *The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness*, by Sy Montgomery

**April 14:** *Honeyland*, a 2019 documentary [R]



### Kanopy is Here!

What film has the greatest car chase? What all-time-classic movie features Steve McQueen on a motorcycle, fleeing Nazis? What is the real story behind Ford vs. Ferrari? The answers are: "Ronin"; "The Great Escape"; and the documentary "The Carroll Shelby Story." What do these movies all have in common (besides moving vehicles)? They're on Kanopy, GPL's latest addition to its on-demand streaming services!



Kanopy has thousands of excellent, award-winning films and documentaries, along with instructional videos and foreign-language movies. One of Kanopy's best offerings is the Criterion Collection, a continuing series of important classic and contemporary films—the best award-winning early cinema, foreign cinema, and Hollywood films from around the world. Kanopy is super easy to use: just download the Kanopy app to watch on your mobile device, tablet, or television. Kanopy also works on desktops and laptops, both PCs and Macs.

Sign up with your library card and take advantage of this excellent free service available at your fingertips!  
[guilderlandlibrary.kanopy.com](http://guilderlandlibrary.kanopy.com)

# kanopy

Films that matter

## CURRENT HOURS

**Monday—Thursday.....9:30 am–9 pm**  
**Friday.....9:30 am–6 pm**  
**Saturday.....9:30 am–5 pm**  
**Sunday.....1–5 pm**

**Masks are required for all patrons ages 2+.**

**Available:** Browsing, reference, photocopying, print-on-demand, scheduled curbside, virtual programs. **Still to come:** meeting/study rooms, public computers, exhibits, car charging stations, hearing assistance technology, café.

ADULT PROGRAMS



**Overcoming Picky Eating & Raising Intuitive Eaters!**

**Thursdays, November 4 & 18 @ 7 pm**

*Is your child a picky eater?* Do you feel anxious about meal time, stressed when they won't try new foods, and worried about the lack of variety in their diet? If so, you're not alone!

In this virtual two-part series, we'll cover via Zoom:

- ▶ letting go of the stress and anxiety around feeding your picky eater
- ▶ making family mealtimes more peaceful by understanding what yours and your child's roles are at the table
- ▶ learning strategies to help your child build comfort around new foods without having to pressure, beg, or bribe them
- ▶ navigating how to handle sweets
- ▶ encouraging your child to trust their own body to guide their eating - the key to developing a lifelong healthy relationship with food

Put an end to mealtime battles and begin cultivating your child's desire for healthy foods - sign up today! *Presenter Mariel Baron is a Registered Dietitian and owner of Mariel Baron Nutrition, specializing in child and family nutrition.* [R]

**Medicare 101: An Update for 2022**

**Monday, November 8 @ 10:30 am**

This virtual program provides the latest information on Medicare and related health insurance, including Medicare Part A and Part B, Medigap/Medicare Supplement insurance, Medicare Advantage, and Medicare Part D prescription drug coverage. We'll also discuss programs that help with Medicare costs, including the Medicare Savings Programs, Extra Help/LIS and EPIC. Take this opportunity to get your Medicare questions answered! This program is made possible in partnership with the NY Statewide Senior Action Council. *Presented by Eric Hausman, an Independent Consultant specializing in Medicare Education and Training, who has conducted hundreds of presentations since 1998.* [R]



**[R] = registration required.** Unless otherwise noted, all programs will be held online. See the Events calendar at [www.guilderlandlibrary.org](http://www.guilderlandlibrary.org) to register. We'll email you the link in advance of the program.



**Fall & Early Winter Card Project**

**Through Saturday, November 6**

Our popular card project is back! Let's help support our friends at Community Caregivers as they serve the people around us. This can be an individual or family project—all ages are welcome to join the fun and spread the joy to someone who would appreciate a cheerful mailed greeting.

**Guidelines:**

- Create or repurpose card(s) no larger than 5"x 7."
- Optional: add an uplifting message and/or sign the card(s).
- Envelopes will be provided by Community Caregivers; they will address and mail all cards received.
- Drop off your card(s) in our lobby. **Thank you!**



**Preserving Apples Tuesday, November 9 @ 6:30 pm**

Enjoy the goodness of apples all year long! Learn how to preserve apples through canning, freezing, and dehydrating from our friends at Cornell Cooperative Extension! This Zoom program

presented by Food & Nutrition Educator Karen Roberts Mort includes a live demonstration of making and canning applesauce, plus directions for freezing and canning apple slices. Attendees will receive a bag of fresh Gade Farm apples, which can be picked up at GPL at a later date. [R]

**Computer Coach Mondays @ 6:30 pm**

*Are you getting the most out of your gadgets?* Maximize your use of Apple products through an individual hour-long session with Coach Robin!

Devices covered include:

- ▶ Macbook
- ▶ Macbook Air
- ▶ Apple TV
- ▶ Apple Watch
- ▶ iPad
- ▶ iPhone

Coach Robin can also assist with résumé preparation using our **Learning Express** tool. Register to receive the virtual link for your 1:1 session! [R]



**YOUTH PROGRAMS**



**Activity Kits**  
**Infants through Teens**  
 Our curbside kits for kids have been quite popular! In fact, some of the November kits are already "sold out." Check our online Events calendar often and register up to two weeks before a kit is ready for pick up. **[R]**

Currently available, as of this writing:

- **3D Paper Pumpkins—grades 3-5**  
 Registration starts Tuesday, November 2
- **Give Thanks—grades 6-12**  
 Registration starts Tuesday, November 2
- **My Feelings—ages 6-24 months**  
 Registration starts Tuesday, November 16

**Live Virtual Storytimes**

**Thursdays, November 4 & 18 @ 10:30 am**

Let's meet up online with Ms. Elisabeth for a live (and lively) Zoom session featuring books, songs and lots of fun! Prepare in advance with some easy homemade props for a more interactive experience! You'll find suggestions while registering on the Events tab of our website. **[R]**



**Picture Book Read Alouds**  
**Fridays**  
 Our **GPL Kids & Families Facebook page** features a fresh picture book read-aloud every Friday highlighting

holidays, fun days, culture & heritage, while enjoying excellent children's literature. We'll also post new content on our YouTube page.

**Discovery Pages**

[guilderlandlibrary.org/gplkids](http://guilderlandlibrary.org/gplkids)

Find new Discovery Pages featuring eBooks, audio books, crafts, music and more! Look for fresh content the second Wednesday of every month.

**Reading Challenge**

Pursue an attitude of gratitude this month! Enjoy seasonal book recommendations and activities cultivating a thankful mindset, while logging your reading and earning badges! All ages can sign in or create a Beanstack account at: <https://guilderlandlibrary.beanstack.org/reader365>



**ON THE CALENDAR**

**Closed for Veterans Day**  
**Thursday, November 11**  
**Board of Trustees Meeting**  
**Thursday, November 18 @ 6 pm**  
 Streamed live on **YouTube** and archived for later viewing. Public commentary may be submitted at any time to: [pc@guilderlandlibrary.org](mailto:pc@guilderlandlibrary.org)  
**American Red Cross Blood Drive**  
**Tuesday, November 23 @ 1-6 pm**



**Closing @ 2 pm for Thanksgiving Eve**  
**Wednesday, November 24**  
**Closed for Thanksgiving**  
**Thursday, November 25**  
 Best wishes for the holiday!



**How Did You Find It?**

**GPL's monthly podcast**  
**NEW: Friday, November 19**  
*Have you heard?* Librarian Kathleen Tyrrell drops a new episode of our monthly podcast, **How Did You Find It?**, the third Friday of each month. Listen on major platforms for GPL news and offerings, book reviews and broader topics of interest. We welcome your feedback and suggestions! Reach out anytime to: [podcast@guilderlandlibrary.org](mailto:podcast@guilderlandlibrary.org).



**Dial A Story**  
**For children and adults**  
 Unplug from technology and relax with a brief story using our Dial A Story line! Simply call **518.456.2400** and **press 5**, then choose 1 for an adult story; 2 for a children's story; and 3

for an international story. Check back often—enjoy a break!

**Exhibit Cases Available for Display**

The Halfmoon Button Club of the Capital District is displaying a beautiful collection of pieces incorporating unique buttons (pictured). The display cases next to them feature tiny art projects made by our patrons. If you would like to reserve GPL's exhibit cases, contact Luanne Nicholson at [nicholson@guilderlandlibrary.org](mailto:nicholson@guilderlandlibrary.org) or **518.456.2400 ext. 112**.

