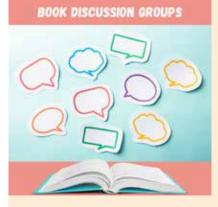


VOLUME 29, ISSUE 5 GL

GUILDERLANDLIBRARY.ORG

NOVEMBER 2021



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.

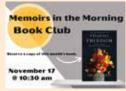


Night Owls Mondays @ 7:30 pm

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**—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

kanopy

Films that matter

CURRENT HOURS

Monday—Thursday Friday Saturday Sunday	9:30 am-6 pm 9:30 am-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, vou'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



Medicare 101:

Update for 2022

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

Computer

Coach

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:

for your 1:1 session! [R]

- 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

Meet with an Apple

expert online

Phones, iPads, cbook, and more

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

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

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.



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 **nicholsonl@** guilderland library.org or 518.456.2400 ext. 112.

