


















January 2024

Mark your calendar with these upcoming adult programs at the EPL. All events are free and open to the public. Please see our website for more information www.eldredgelibrary.org or call 508-945-5170

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Library Closed</i> HAPPY★NEW★YEAR	2	3 10:30 am Chatham Poets 	4 4:00 pm Challenged/Banned Book Discussion	5	6 1:00 pm Book to Film Discussion Group 
7	8 10:30 am Chatham Writers 	9 4:30 pm EPL Novel Writers Group 5:15 pm Reading in the Kitchen 7:00 pm The Spark Joy Lifestyle 	10 10:30 am Chatham Poets 8:00 pm Author Rebecca Serle 	11	12 10:30 am Memoir Group 	13
14	15 <i>Library Closed</i>	16 3:30 pm Chatham Great Books Discussion Group 4:30 pm EPL Novel Writers Group 	17 10:30 am Chatham Poets 2:00 pm What's so Funny about Aging? 	18 11:00 am Learn about Ebooks	19 10:30 am Memoir Group 	20
21	22 10:30 am Chatham Writers 	23 2:00 pm Retirement Planning with Rajiv Nagaich 3:00 pm FEPL Book Group 4:30 pm EPL Novel Writers Group 	24 10:30 am Chatham Poets 	25 11:00 am Learn about Ebooks 4:00 pm Challenged/Banned Book Discussion	26 10:30 am Memoir Group 	27
28	29 10:30 am Chatham Writers 	30 2:00 pm Food & Nutrition with Robert Lustig 4:30 pm EPL Novel Writers Group 7:00 pm Jane Oneail Presents Jackson Pollock 	31 10:30 am Chatham Poets 			



Event Details

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Thursday, January 4 and Thursday, January 25 at 4:00 pm Challenged/Banned Book Discussion

Are you curious, confused, or concerned about the recent increase in book challenges featured in the news? This is an opportunity to weigh in on what's happening across the country in both school and public libraries. **Registration is required with Tammy at tdepasquale@clamsnet.org.**

Saturday, January 6 at 1:00 pm Book to Film Discussion Group

This month's selection is *If Beale Street Could Talk* by James Baldwin. **Registration is required each month with Judy Lombardo at jlombardo@clamsnet.org.**

Tuesday, January 9 at 5:15 - 6:30 pm Reading in the Kitchen: A Cookbook Group

This month's selection is *The Blue Zones Kitchen* by Dan Buettner. **To register and receive information regarding logistics, please email Lorna at ldzialo@clamsnet.org.**

Tuesday, January 9 at 7:00 pm The Spark Joy Lifestyle - KonMari Method

Please join us for a virtual library collaboration to ring in the New Year and tackle one of the top resolutions - organize and declutter! Certified KonMari Consultant, Kerry Adams, will lead us through a presentation on what the KonMari Method is and how to successfully implement the method into your life. **This program will be virtual, registration is required at www.eldredgelibrary.org/programs.**

Wednesday, January 10 at 8:00 pm Author Rebecca Serle

Join us as we kick off the New Year talking to Rebecca Serle about her journey writing epic love stories to span generations. We'll chat with the author about her New York Times bestselling novels, *One Italian Summer*, *In Five Years*, *The Dinner List*, and many more. **This program will be virtual, registration is required at www.library.org/eldredgelibrary.**

Tuesday, January 16 at 3:30 pm Chatham Great Books Discussion Group

This group meets to talk about outstanding writings in history, literature, philosophy and other disciplines. **To join contact Rick Pike at fwchatham@yahoo.com.**

Wednesday, January 17 at 2:00 pm What's so Funny about Aging: Challenging Perspectives on Aging

Join us with Amanda Murphy, RN, HNC, as we laugh our way through the aging process together, nurturing our cardiovascular, immune, and musculoskeletal systems as well as our emotional and spiritual selves. **This program will be in-person, registration is recommended at www.eldredgelibrary.org/programs.**

Thursday, January 18 and Thursday, January 25 at 11:00 am Learn about ebooks

Learn how to download free ebooks and audiobooks from the CLAMS digital library through the Libby app. This program is virtual via Zoom, space is limited. **Please contact Amy Andreasson at 508-945-5170 or amyandreasson@clamsnet.org for more details and to join.**

Tuesday, January 23 at 2:00 pm Retirement Planning with Rajiv Nagaich

Start your New Year off right and learn how to avoid the hidden traps in retirement planning advice! Join Rajiv Nagaich for Your Retirement: Dream or Disaster? How to Avoid the Hidden Traps in Retirement Planning Advice. **This program will be virtual, registration is required at www.library.org/eldredgelibrary.**

Tuesday, January 23 at 3:00 pm Friends of Eldredge Public Library Book Club

This month's selection is *Tomorrow and Tomorrow and Tomorrow* by Gabrielle Zevin. Everyone is welcome! **If you have any questions or to join the group, please call Linda Nixon at 508-945-2094.**

Tuesday, January 30 at 2:00 pm Food and Nutrition with Dr. Robert Lustig

Dr. Robert Lustig presents *Metabocal: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine*. Launch your New Year healthy with a pediatric neuroendocrinologist who has long been on the cutting edge of medicine and science. **This program will be virtual, registration is required at www.library.org/eldredgelibrary.**

Tuesday, January 30 at 7:00 pm Jackson Pollock, Lee Krasner and Abstract Expressionism with Jane Oneail

Join us for an evening with art Historian Jane Oneail who will present on Abstract Expressionist artists Jackson Pollock and his wife, artist Lee Krasner. This program explores the relationships of the artists, their work, and the enduring legacy in this revolutionary movement **This program will be virtual, registration is required at www.eldredgelibrary.org/programs.**

Mondays, 10:30 am Chatham Writers Group

Members meet to explore writing genres & write a short fiction piece each week to share. **Contact John Chamberlain at chamberjh@gmail.com.**

Tuesdays, 4:30 pm EPL Novel Writers Group

Members with novels in progress meet to give positive feedback and focus on applying principles of successful writing. **Contact John Chamberlain at chamberjh@gmail.com**

Wednesdays, 10:30 am Chatham Poets

Open to poets of all levels. Members will offer guidance and feedback. **Contact Amy Andreasson at amyandreasson@clamsnet.org.**

Fridays, 10:30 am Chatham Memoir Group

Members meet to share and discuss a short memoir piece each week. **Contact John Poignand at pooh9137@gmail.com.**

***Our 4 writers groups meet at the Library, with an option to join via Zoom.**