

COLD SPRING HARBOR LIBRARY NEWSLETTER 95 Harbor Road | Cold Spring Harbor NY 11724 | 631.692.6820 | cshlibrary.org

FALL FESTIVAL Saturday, October 12, 11:00am-2:00pm

Our Fall Festival returns with something for everyone! Kids can decorate a pumpkin and enjoy making harvestthemed crafts. Create your own life-size scarecrow (please see separate registration). Enjoy snacks and cider while listening to live bluegrass music! Stop by to see the farm animals for a fun seasonal photo! Registration requested.

OUTDOOR MOVIE: THE BAD GUYS Monday, September 30, 6:30pm

Join us to watch a movie under the stars! We are showing *The Bad Guys* (PG; 100 min), based on the best-selling book series! Refreshments will be served. Registration requested.

DONATION DRIVES September – Northport VA Medical Center

Please drop off DVDs (movies, TV shows, documentaries) in our Lobby bin to show appreciation for our honored vets!

October - Helping Hand Rescue Mission

As part of the Great Give Back, we will be joining other Long Island libraries by participating in a month-long food drive event. Please drop off food items in our Lobby bin to provide for local families in need, in time for Thanksgiving. Items should be nonperishable and shelf-stable. Serving the communities of Cold Spring Harbor, Lloyd Harbor & Laurel Hollow.

Library Hours

Monday-Thursday 9:30am - 9:00pm Friday & Saturday 9:30am - 5:00pm Sunday (Sept 8, 2024-June 8, 2025) 1:00-5:00pm

The Library Will Be Closed Monday, September 2 (Labor Day)

Library Board Meetings

All are welcome. Monday, September 9, 7:00pm Monday, October 7, 7:00pm



Programs for Adults

Register for adult programs online, at the Circulation Desk, or by phone at (631) 692-6820. Programs are in person at the Library and registration is required, unless otherwise noted. Library programs with class or materials fees are non-refundable and make-up classes are not permitted.

MEDICARE BASICS Thursday, September 5, 2:00pm

A volunteer from RSVP (Retired Senior Volunteer Program) will talk about HIICAP (Health Insurance Information Counseling and Assistance Program). This is a Medicare basics presentation, and is designed for Medicare-eligible people who want a better understanding of Medicare-Parts A, B, C & D, and the options available, such as the Medicare Savings Program, Extra Help, and EPIC.

A WRITER'S WORKSHOP Tuesdays, September 10-October 29, 7:00-9:00pm Virtual

No matter where you are in your creative journey, now is the perfect time to join a writing workshop. Through instruction, story prompts, and gentle critiques, author and publisher Debby Peoples will help you hone your skills and gain confidence in your writing ability. Limit: 14. Fee: \$104, payable by credit card only.

POP ART PET PORTRAITS Tuesday, September 10, 7:00pm

Join artist Danielle as she guides you through the process of painting your pet. Leave with a framed picture, ready to display! If you do not have a pet, photos of flowers, butterflies, etc., will be available to work from.

CHOCOLATE-DIPPED APPLES Saturday, September 14, 11:00am

Learn how to properly stick, dip, and decorate apples. You will have your choice of toppings to use, and you'll go home with a festive fall treat!

OKTOBERFEST CONCERT WITH NOW & THEN Sunday, September 15, 2:00pm

Now & Then returns with an Oktoberfest concert, auf Deutsch (in German). Their extensive repertoire includes Muss i denn, Du liegst mir im Herzen, Ein Prosit, Mein Vater war ein Wandersmann–just to name a few. Join us for an hour filled with the songs you would hear in the beer halls of Munich!

WHAT THE HECK ARE WHOLE GRAINS? Tuesday, September 24, 7:00pm Virtual

What are whole grains, and do I need to add them to my diet? Most Americans are not getting enough fiber. By eating whole grains, you not only get more fiber, but also very important vitamins and minerals. We'll look at how to read labels for whole grains, what they are, and benefits to consuming them. Via Zoom with Donna Ingram from Cornell Cooperative.

LEARN TO PLAY MAH JONGG Fridays, September 27-November 1, 10:00am-12:00pm

Take your seat at the table! Cathy Crocetti will return to CSH Library to lead you through the mechanics and strategies of this exciting Chinese tile game that is growing in popularity. You will need to purchase (and bring to every class) a 2024 National Mah Jongg League card, which is available for purchase online. No prior experience necessary. Fee: \$45.

EMPIRE SAFETY COUNCIL DEFENSIVE DRIVING Saturday, September 28, 10:00am-4:00pm

Register in person at the Circulation Desk and pay the course fee at time of registration. Nonrefundable course fee: \$33; checks and money orders made payable to: Empire Safety Council. Cash (in the exact amount) is accepted. Remember to bring your NYS driver license and a bag lunch on the day of the class.

ST. FRANCIS OUTREACH BUS Tuesday, October 1, 10:00am-2:00pm

The St. Francis Outreach Bus will be parked in the Library's parking lot. Your visit will include a brief cardiac history, blood pressure, and a simple blood test for cholesterol and diabetes for adults, aged 18 and older. Free flu shots will be available. Patient education and referrals are also provided. No appointment or registration is required.

Programs for Adults

BUILDING FOUNDATIONS OF CAREGIVING Thursday, October 3, 7:00pm

Building Foundations of Caregiving will explore the role of caregiver and changes they may experience, building a support team, and managing caregiver stress. Presented by the Alzheimer's Association.

LOW-MAINTENANCE INDOOR PLANTS & PLANT CUTTING SWAP

Tuesday, October 15, 2:00pm

Paul the Plant Man will discuss indoor houseplants that require minimal care. Come for your chance to win—Paul will be raffling off several plants. We will have a plant cutting swap at the end of the program—you are welcome to bring cuttings of your houseplants to share with others.



UNRAVELING THE MYSTERY OF DEMENTIA Tuesday, October 22, 2:00pm Virtual

Dementia is a complex and mysterious disease. With new research and advances in medicine, we are finally unraveling the mystery of this devastating condition. Symptoms may include memory loss, confusion, and difficulty with daily tasks. This workshop will offer an understanding of the many treatment options available to help manage these symptoms, and improve the quality of life for those living with dementia.

USING CHATGPT IN YOUR BUSINESS & PERSONAL LIFE Virtual Thursday, October 24, 6:00-8:00pm

Join us as we explore how you can use ChatGPT for trip planning, language translation, letter writing, and providing creative activity ideas for both children and adults. We will also consider how using ChatGPT to look at various unfamiliar topics can enhance conversations with clients, family, and friends.

Book Discussions



PAGE TURNERS

Wednesdays, 11:00am

Join librarians Allison and Jennifer for a monthly book group! Dive into a new read, and meet for an in-person book discussion. Books will be available at the Circulation Desk.

September 18 - The Women by Kristin Hannah October 16 - All the Colors of the Dark by Chris Whitaker

HEART OF THE HARBOR

Thursdays, 7:00pm Virtual

Join librarians Carolyn and Scott in exploring books in different genres each month. Books will be available at the Circulation Desk, and the discussion will take place via Zoom. **September 19** - Dark Matter by Blake Crouch

October 17 - Long Island by Colm Toibin

BEYOND THE BOOK Wednesdays, 6:30pm

Dive into your next read with The Whaling Museum's *Beyond the Book* club. We select texts that explore stories and history related to the museum's collection for a truly unique experience. Enjoy light snacks and drinks while you chat. Register on The Whaling Museum website, and check out your copy of the book at the Circulation Desk of the Library. Limit: 10. Please note: this program will take place at The Whaling Museum. **September 25** - *Moby-Dick* by Herman Melville **October 23** - *The Underworld*: *Journeys to the Depths of the Ocean* by Susan Casey

BOOK DISCUSSION COLLECTION

The Library has multiple copies of newer, popular fiction available for use with your own book discussion group! Check out this new addition to our collection, located in the Quiet Room.

Classes for Adults

Register for adult programs online, at the Circulation Desk, or by phone at (631) 692-6820. Programs are in person at the Library and registration is required, unless otherwise noted. Library programs with class or materials fees are non-refundable and make-up classes are not permitted.

Fitness, Health & Wellness Classes

A MATTER OF BALANCE

Wednesdays, September 11-October 30, 1:00-3:00pm

Are you concerned about falling? A Matter of Balance is an award-winning, evidence-based program designed to reduce the fear of falling through improved flexibility, balance, and strength. This 8-week program is free. Limit: 15.

RESTORATIVE YOGA WITH ALICE WEISER Mondays, September 9-October 28, 6:30pm (No class 9/23 and 10/14)

Join Alice Weiser for an hour of restorative yoga, the "yoga of stillness." Enjoy passive stretches supported by yoga props. Limit: 14. Non-refundable strengthen, using a chair for support and balance. class fee: \$60.

DANCE, BALANCE & STRETCH WITH LAUREN SINGER

Tuesdays, September 10-October 15, 10:00am

This energizing, no-partner class keeps it fun as you get fit, flexible, and more steady on your feet. Designed for all levels! Limit: 15. Non-refundable class fee: \$60.

YOGA FOR ALL LEVELS WITH NANCY KELLY Wednesdays, September 11-October 16, 10:00am

Students at all levels of yoga practice are invited to participate in this all-inclusive class. A certified and experienced instructor, Nancy Kelly modifies her teaching to match each student's abilities. Limit: 20. Non-refundable class fee: \$60.

CHAIR YOGA WITH ALICE WEISER Thursdays, September 12-October 31, 10:00am (No class 9/19 and 10/10)

Yoga instructor Alice Weiser will lead students through seated and standing poses to stretch and This class is suitable for beginners and those with limited mobility. Limit: 15. Non-refundable class fee: \$60.

Art Classes

Supply lists are available on the registration page to review before registration. All levels welcome!

DRAWING FOR THE PAINTER WITH MARIE SHEEHY-WALKER

Wednesdays, September 11-October 16, 10:00am-12:00pm

Learn drawing and composition techniques to enhance your paintings. Appropriate for all levels of experience. Limit: 10. Non-refundable class fee: \$150.

JOY OF PAINTING WITH PASTELS WITH MARIE SHEEHY-WALKER

Fridays, September 13-October 25, 1:00-3:00pm (No class 9/27 and 10/4)

Learn to paint with pastels with Marie Sheehy-Walker. Appropriate for both beginners and continuing students. Limit: 15. Non-refundable class fee: \$125.

WATERCOLOR WITH HELEN MURDOCK-PREP Mondays, September 9-October 14, 10:00am-12:00pm OR Wednesdays, September 11-October 16, 6:30-8:30pm

Come join us to learn about the wonderful world of watercolor! We will learn the techniques needed to make begutiful artwork out of this fun medium. All levels welcome. Non-refundable class fee: \$150.





Programs for Teens & Tweens

For kids in grades 6-12. Register for teen and tween programs online, at the Circulation Desk, or by phone at (631) 692-6820. Programs are in person at the Library and registration is required, unless otherwise noted. Visit our Teen Room! The Underground is where we have our makerspace, computers, board games, and more.

COLLEGE ESSAY WORKSHOP

Thursday, September 19, 7:00-8:00pm

For teens working on their college essay. Learn tips and strategies from Naushad Mehta of Inspired Essays. Write a college essay that will stand out!

ANIME MOVIE NIGHT: KIKI'S DELIVERY SERVICE Monday, September 30, 6:00-8:00pm

Enjoy pizza and a movie! Watch this classic Studio Ghibli movie in our Teen Room.

BRAIDED BRACELET CREATION & TRADE PARTY Tuesday, October 8, 7:00-8:00pm

Make your own braided bracelets using yarn and fall-themed charms. Feel free to bring some extras of your own to trade!

PUMPKIN DECORATING, RAFFLE & CONTEST Until Saturday, October 12, 10:00am

Donate a decorated pumpkin before our Fall Festival on October 12. Earn 1 community service hour, and your entry will enter you into a raffle and voting contest on that day for a chance at a prize!

HAUNTED GINGERBREAD HOUSE Monday, October 14, 6:00-7:30pm

Using candies and icing, decorate your very own spooky gingerbread house to take home.

TINY PUMPKIN DECORATING Thursday, October 17, 7:00-8:00pm

Paint and decorate small pumpkins to take home.

Community Service Opportunities

For teens in grades 7-12. Registration with a valid Cold Spring Harbor Library card is required.

VOLUNTEER ORIENTATIONS

Mondays, September 23 & October 21, 6:30-7:00pm

New volunteers must attend an orientation before they begin. Pick a date or arrange a separate time by contacting Teen Services. You will receive an orientation folder and we will address any questions you may have.

AFTER-SCHOOL & EVENING VOLUNTEERING

On Tuesdays, Wednesdays, and Thursdays, help our librarians with a variety of general tasks, including organizing our collections and preparing crafts. Register on select dates online.

CHILDREN'S CRAFT PROGRAM HELPERS

Check our online event calendar for individual dates assisting our children's librarians with craft and play programs.

AUTUMN LIBRARY DECORATIONS Wednesday, September 18, 6:30-8:00pm Create colorful, autumn-themed décor.



SPECIAL TEEN LIBRARY COUNCIL Monday, September 23, 7:00-8:00pm

Teens will provide their feedback to the Library and to staff from Project Excel. Let your ideas be heard as we shape Library programming, collection development, and more!

FALL FESTIVAL VOLUNTEERS Saturday, October 12, 10:45am-2:00pm

Volunteer at our 2nd Annual Family Fall Festival! You will also have time to break and enjoy the festival yourself.

TEENS READ TO KIDS: NOT-SO-SCARY STORIES Monday, October 14, 3:15-4:15pm

Read to kids! We will pair teen volunteers with storytime groups and read Halloween books.

TEEN ART COUNCIL: DAY OF THE DEAD PRINTS Sunday, October 20, 2:00-3:30pm

Explore the iconic Day of the Dead prints by Mexican illustrator Jose Guadalupe Posada, then create your own art inspired by his style and technique. Earn 1 hour of community service by temporarily donating your art for display in The Underground.

Programs for Children

For Pre-K to Grade 5. Register for programs online, at the Circulation Desk, or by phone at (631) 692-6820. Programs are in person at the Library and registration with a valid Cold Spring Harbor Library card is required.

1000 BOOKS BEFORE KINDERGARTEN

We are participating in an exciting and ongoing program that is part of a national initiative: 1000 Books Before Kindergarten. The goal of this program is to encourage parents and caregivers to read and share books with their infants, toddlers,

and preschoolers. Come into the Library to register and to receive your introductory packet.



For Preschool Children (Ages 2 & Up) with an Adult

BUS CRAFT

Wednesday, September 4, 4:00pm

Create your very own bus to take home!

MINI MASTERS: ALL ABOUT LINES WITH JACKSON POLLOCK Wednesday, September 11, 4:00pm For children ages 3-5 with an adult

Have fun exploring famous artworks and making your own in this program designed especially to support early childhood learning.

PJ STORYTIME

Monday, September 16, 6:30pm Join us for stories, songs, and more!



APPLE PRINTING

Monday, September 23, 4:00pm Using real apples, create your very own artwork!

LIL' ATHLETES PRESENTS: BASKETBALL Tuesday, October 1, 4:00pm Learn basketball and have fun!

MINI MASTERS: FROM LINES TO SHAPES WITH PIET MONDRIAN Thursday, October 10, 4:00pm For children ages 3-5 with an adult

Have fun exploring famous artworks and making your own in this program designed especially to support early childhood learning.

BOOK BUDDIES TEENS READ TO KIDS: NOT-SO-SCARY STORIES Monday, October 14, 3:30-4:15pm

Enjoy a Halloween storytime ... run by our teen volunteers! In this special program, our teen volunteers will pair up with children, select a Halloween book, grab a storytime mat, and have a reading session in a cozy library nook.

PAPER PLATE MONSTERS Tuesday, October 15, 4:00pm

Create your very own monster!



SPOOKY TREE CRAFT Friday, October 18, 2:00pm

Using paper, glue, and imagination, create your very own spooky tree.

MAKE A PUMPKIN COOKIE Thursday, October 24, 4:00pm

Using icing and candy corn, decorate a Halloween dessert to take home.

For School-Aged Kids

DESIGN A BOOKMARK Thursday, September 5, 4:30pm For kids in grades K-5 Get creative and create your very own bookmarks!

READ TO DOGS Mondays, September 9 & October 7, 6:00-7:00pm For kids in grades 1-5



Have a paw-some time and practice your reading skills by reading to a certified therapy dog! Each child will have 15 minutes to read to a dog.

ADVENTURES IN ART: SELFIE SCULPTURES Tuesday, September 10, 4:30pm For kids in grades K-5

Explore the painted self-portraits of artists like Rembrandt and Frida Kahlo, then discover the lifesize 3D portraits of Venezuelan-American sculptor Marisol. Then, create your own selfie sculpture inspired by what you've learned.

Programs for Children

PENCIL JAR WASHI CRAFT Thursday, September 19, 4:30pm For kids in grades 3-5 Create a pencil jar for back-to-school time!

CARAMEL APPLES Wednesday, September 25, 4:30pm For kids in grades K-5



Dip apples into caramel for a sweet treat!

SPOOKY VOTIVES Thursday, October 3, 4:30pm For kids in grades K-5

Create your very own spooky candleholders for the Halloween season!

ADVENTURES IN ART: SILLY SKELETONS Wednesday, October 9, 4:30pm For kids in grades K-5

Discover the work of José Guadalupe Posada, the Mexican illustrator famous for his Day of the Dead prints. Then, learn to create your own prints for the Halloween season.

CHAT & SNACK BOOK CLUB BUNNICULA: A RABBIT-TALE OF MYSTERY Wednesday, October 16, 5:00pm For kids in grades 3-4

Come on down and chat and snack! This month, we will be reading *Bunnicula*: A Rabbit-Tale of Mystery by Deborah Howe and James Howe. MONSTER PLANTERS Thursday, October 17, 4:30pm For kids in grades K-5 Create a spooky Frankenstein planter!



HAUNTED BIRDHOUSE Sunday, October 20, 3:00pm For children in grades 3-5 Create a birdhouse to use as spooky table décor!

RICE KRISPIES MONSTERS Monday, October 21, 4:30pm For kids in grades K-5

Create spooky treats using chocolate and Rice Krispies treats!

WITCH HAT COOKIE Wednesday, October 30, 4:30pm For kids in grades K-5



Create a spooky cookie that looks like a witch hat!

For Children of All Ages & Their Families

DROP-IN LEGO CLUB: SPACE SHUTTLE Saturday, September 14, 2:00pm

Get creative with our Legos! This month's theme is space shuttles.

LIFE-SIZE HUNGRY HUNGRY HIPPOS Saturday, September 21, 11:00am OR 2:00pm

Play life-size Hungry Hungry Hippos. Your child is the hippo and you steer them!

Storytimes

Children must be the appropriate age to attend. Register in advance with a valid Cold Spring Harbor Library card.

MOTHER GOOSE TIME For children 6-23 months with an adult A beginning storytime filled with rhymes, songs, fingerplays and more.

> **Tuesdays at 10:30am** September 10, 17, 24 October 8, 15, 22 **Wednesdays at 10:30am** September 11, 18, 25 October 9, 16, 23

TODDLER TIME For children ages 2-3 with an adult Enjoy a more advanced storytime with rhymes, songs, stories, and activities.



Thursdays at 10:30am September 12, 19, 26 October 10, 17, 24 Fridays at 10:30am September 13, 20, 27 October 11, 18, 25



Explore, Engage & Enjoy

EXHIBIT: THE ART OF MARIE SHEEHY-WALKER From September 9-October 31

Marie Sheehy-Walker is an artist native to Long Island and presently lives in Centerport. After receiving her BFA from Rosemont College, she studied at the Art Students League in New York City. Marie is a classical artist who works in pastel, oil, and watercolor. Marie's work can be viewed on her website at: www.mariesheehywalker.com.



OPERATION MEDICINE CABINET Wednesday, October 30, 10:00am-12:00pm

Safely dispose of expired or unwanted prescription drugs. Please note: Needles or liquid medications cannot be accepted. Please place medications only (without their container) in a plastic bag prior to disposal. This is a program through the Suffolk County Police Community Outreach Bureau.

CSH LIONS CLUB ANNUAL FISHING DERBY Saturday, September 7

Open to children up to and including 16 years old. Awards and refreshments! Registration will be from 9:00am to 12:00pm at Seafarer's parking lot, West Main St. (25A), Cold Spring Harbor. Weigh-in starts at 2:00pm. The entry fee is \$20; proceeds benefit the Cold Spring Harbor Library Children's Department and the Guide Dog Foundation. You are welcome to bring your own fishing pole and pail. For more information, email cshlions@gmail.com or call (516) 361-3002.

Cold Spring Harbor Library 95 Harbor Road Cold Spring Harbor, NY 11724

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