

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:30PM Needleworkers at Night	2 10:00AM One-on-One Tech Help 2:00PM Drop-In Tech Help	3 9:30AM 50+ Job Seekers 2:00PM Drop-In Tech Help	4 10:00AM One-on-One Tech Help 7:00PM Pints + Pages Book Group	5 10:00AM Needleworkers	6 9:15AM Fiction Critique Group 10:00AM Bird Watching 2:00PM Drop-In Tech Help
8	9 10:00AM One-on-One Tech Help 12:00PM Cookin' the Books 2:00PM Drop-In Tech Help	10 2:00PM Drop-In Tech Help	11 10:00AM One-on-One Tech Help 7:00PM Author Talk: Kelly Jensen	12 10:00AM Needleworkers	13 2:00PM Drop-In Tech Help
15 6:30PM Needleworkers at Night	16 10:00AM One-on-One Tech Help 2:00PM Drop-In Tech Help 6:00PM Paying for College	17 9:30AM 50+ Job Seekers 2:00PM Drop-In Tech Help	18 10:00AM One-on-One Tech Help 7:00PM Novel Ideas	19 10:00AM Needleworkers	20 9:15AM Poetry Circle 10:00AM Managing Stress and Anxiety 10:00AM Used Puzzle Palooza 2:00PM Drop-In Tech Help
22 10:00AM Bookends Book Group	23 10:00AM One-on-One Tech Help 2:00PM Drop-In Tech Help 7:00PM Creative Writing Skills Group 7:00PM Game On!	24 2:00PM Drop-In Tech Help 7:00PM Craft & Chat	25 10:00AM One-on-One Tech Help 7:00PM Author Talk: Christina Brown	26 10:00AM Needleworkers	27 LIBRARY CLOSED
29 LIBRARY CLOSED	30 10:00AM One-on-One Tech Help 2:00PM Drop-In Tech Help	31 2:00PM Drop-In Tech Help 3:45PM Enabled Play			

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00AM One-on-One Tech Help 7:00PM Author Talk: William Landay	2 10:00AM Needleworkers 3:00PM Community Yoga with Chris Connolly	3 9:15AM Fiction Critique Group 2:00PM Drop-In Tech Help
5 6:30PM Needleworkers at Night	6 10:00AM One-on-One Tech Help 2:00PM Drop-In Tech Help 7:00PM Medicare 101	7 9:30AM 50+ Job Seekers 2:00PM Drop-In Tech Help	8 10:00AM One-on-One Tech Help 7:00PM Discovering American Drag	9 LIBRARY CLOSED 9AM TO 1PM 3:00PM Meditation with Chris Connolly	10 2:00PM Drop-In Tech Help 8:00AM TO 2:00PM Town Wide Yard Sale
12 7:00PM Streaming Services & Alternatives to Cable	13 10:00AM One-on-One Tech Help 12:00PM Cookin' the Books 2:00PM Drop-In Tech Help	14 2:00PM Drop-In Tech Help 7:00PM Craft & Chat	15 10:00AM One-on-One Tech Help 7:00PM Novel Ideas	16 10:00AM Needleworkers	17 9:15AM Poetry Circle 10:00AM Summer Reading Book Brunch 2:00PM Drop-In Tech Help
19 LIBRARY CLOSED	20 10:00AM One-on-One Tech Help 2:00PM Drop-In Tech Help	21 9:30AM 50+ Job Seekers 2:00PM Drop-In Tech Help	22 10:00AM One-on-One Tech Help 7:00PM Author Talk: Sasha Issenberg	23 10:00AM Needleworkers	24 2:00PM Drop-In Tech Help
26 10:00AM Bookends Book Group 7:00PM Hybrid DEI Discussion Group	27 2:00PM Drop-In Tech Help 7:00PM Creative Writing Skills Group	28 2:00PM Drop-In Tech Help	29 10:00AM One-on-One Tech Help	30 10:00AM Needleworkers	

6/20-7/1: FIRST FLOOR OF LIBRARY CLOSED FOR RENOVATIONS

KEY

Tech Help

Indoor Program

Book & Writing Groups

Virtual Program

Crafts & Interest Groups



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Wilmington
MEMORIAL Library

Community Starts Here

Adult Programs

May/June 2023

Most events require registration. Please register at wilmlibrary.org/events or call 978-658-2967.

The Wilmington Memorial Library is committed to making library services accessible to all users. Please inform library staff at access@wilmlibrary.org if you encounter any accessibility issues and notify us of any accommodations or auxiliary aids you need in order to use the library or its resources.

MAY IS MENTAL HEALTH AWARENESS MONTH

Don't Call Me Crazy: Starting the Conversation about Mental Health with Kelly Jensen

Thursday, May 11, 7pm

What does it mean to be crazy? Is using the word crazy offensive? What happens when a label like that gets attached to your everyday experiences? Join Kelly Jensen, editor of the book *(Don't) Call Me Crazy: 33 Voices Start the Conversation about Mental Health*, for advice on how to talk about mental health topics.

Sponsored by Wilmington Family Counseling.

Therapy and Other Drugs: Author Talk with Christina Brown

Thursday, May 25, 7pm

Christina Brown is a Licensed Mental Health Counselor, who works with adults diagnosed with substance use disorders. Her debut memoir *Therapy and Other Drugs*, provides a first-hand look at mental health, substance abuse, and healing from the therapist's perspective.

Managing Stress & Anxiety

Saturday, May 20, 10am

In this workshop Elizabeth Novacek from Be Inspired Counseling, will discuss some psychoeducation on how anxiety impacts us and how it can affect us physically, mentally, and behaviorally. We will go over some basic coping skills that can be used to help adults manage their stress and anxiety, including mindfulness and grounding techniques. *Sponsored by Wilmington Family Counseling.*

Community Yoga with Chris Connolly

Friday, June 2, 3pm

This will be a 60-minute gentle Kripalu yoga class, which includes breath work and stretching and leads into yoga poses. Class ends in a final pose of relaxation to integrate the body, mind, and spirit. Attendees should bring a yoga mat. Chris Connolly is a 500hr Kripalu Yoga Teacher, Reiki II Practitioner, and Level 1 iRest Yoga Nidra Teacher.

Meditation with Chris Connolly

Friday, June 9, 3pm

This will be a 60-minute practice that begins with breath work and stretching to prepare the body for either a seated posture or lying down on a yoga mat. We will also practice doing concentrative meditation, followed by a period of silence. Attendees can bring a yoga mat if they choose. If not, a chair will be provided.

Library of Things

Libraries aren't just for books! Check out telescopes, board games, hotspots, a tent, a metal detector, and more from our Library of Things. For more information and to see everything we offer, visit wilmlibrary.org/lot.



eNewspapers

Did you know we offer a variety of newspapers that you can access online? From *The Boston Globe* to *The New York Times*, there's something for everyone. Visit wilmlibrary.org/econtent/downloads for more information!

The Athletic

THESE ONES ARE NEW!

The New York Times

Cooking

Town Wide Yard Sale

Saturday, June 10, 8am - 2pm

•**Sellers:** Applications available on our website and at the library starting May 1. Deadline is **Saturday, May 27.**

•**Shoppers:** Maps of yard sale locations will be available at the library and at the Wilmington Market Basket courtesy counter starting **Saturday, June 3.**

Indoor/Outdoor Programs

Bird Watching in Wildwood Cemetery Saturday, May 6, 10am

Join Andrew Prazar from North Shore Nature Programs for a morning walk through the Wildwood Cemetery and learn some birding basics. *Outdoor program held at Wildwood Cemetery.*

Author Talk: William Landay Thursday, June 1, 7pm

Join author William Landay for a discussion of his newest book, *All That Is Mine I Carry With Me*, a suspenseful and powerful tale about loyalty, vengeance, and family. Landay is also the author of *Defending Jacob*, *The Strangler*, and *Mission Flats*.



Streaming Services & Other Alternatives to Cable Monday, June 12, 7pm

Do you want to know what's the deal with all these streaming services you keep hearing about? Come join Technology Librarian Brad as he presents alternatives to cable, such as Netflix and the library.

Used Puzzle Palooza

Saturday, May 20, 10am

Pick up some new-to-you puzzles at Puzzle Palooza! Donations to the



Friends of WML are greatly appreciated. **Puzzle donations are now being accepted.**

Medicare 101

Tuesday, June 6, 7pm

Learn the basics of Medicare with Community Development expert Gerald Lodge from Tufts Health. Gerald Lodge has spent over 30 years working in the Medicare Health Plan Industry.

Adult Summer Reading Book Brunch Saturday, June 17, 10am

Help kickoff the adult summer reading program by enjoying a light breakfast and listening to book recommendations presented by Library Trustee and host of *Book Stew* Eileen MacDougall.



Join the fun afterward by participating in the "Find Your Voice" summer reading program.

Tech Help

One-on-One, 10am

MAY

Tuesday: 2, 9, 16, 23, 30

Thursday: 4, 11, 18, 25

JUNE

Tuesday: 6, 13, 20

Thursday: 1, 8, 15, 22, 29



Drop-In, 2pm

MAY

Tuesday: 2, 9, 16, 23, 30

Wednesday: 3, 10, 17, 24, 31

Saturday: 6, 13, 20

JUNE

Tuesday: 6, 13, 20, 27

Wednesday: 7, 14, 21, 28

Saturday: 3, 10, 17, 24

Book & Writing Groups

Pints + Pages

Thursday, May 4, 7pm

A social book group geared towards readers in their 20's and 30's. Hosted by librarians from the Wilmington and Tewksbury Public Libraries.

Featured Title: *Ducks: Two Years in the Oil Sands* by Kate Beaton



Poetry Circle

Saturday, May 20, 9:15am

Saturday, June 17, 9:15am



Do you enjoy writing poetry? If so, this group is for you. Led by local writing enthusiast,

Barbara Alevras.

Hybrid DEI Discussion Group Monday, June 26, 7pm

This group meets quarterly and is for anyone who is concerned with Diversity, Equity, and Inclusion.

Virtual & In-Person.

Fiction Critique Group

Saturday, May 6, 9:15am

Saturday, June 3, 9:15am

Our Critique Group is a great opportunity to meet other writers and get constructive feedback in a supportive environment. Led by Barbara Alevras.

Bookends

Monday, May 22, 10am

Monday, June 26, 10am

This book group discusses contemporary books both fiction & non-fiction. Led by Library Associate Rebecca.

May: *The Whalebone Theatre* by Joanna Quinn

June: *Hijab Butch Blues* by Lamya H.



Novel Ideas

Thursday, May 18, 7pm

Thursday, June 15, 7pm

Enjoy reading fiction?

Join the library's fiction book group led by Adult Services Librarian Erin.

Featured Title: *Still Life* by Louise Penny



Creative Writing Skills Group

Tuesday, May 23, 7pm

Tuesday, June 27, 7pm

Learn and apply creative writing tips, tools, and

techniques

shared by

published

authors and

other writing

experts. Led by Barbara

Alevras.



AROUND THE LIBRARY

Thank you to the Friends!



Funding for many library programs comes from the Friends book store sales, membership drives, and annual appeal funds. When you support the Friends, you support the library.



Book Store Next Door

Wednesdays & Saturdays, 10am-4pm

Shop for gently used books! Paperbacks \$1, Hardcover \$2. Good condition donations of up to 2 boxes accepted during open hours.

Redesign Update

From Library Director Tina Stewart:

We are excited to begin implementing our plans for the redesign of the first floor of the library at the end of May. This project was spearheaded with a \$100,000 grant award from the Cummings Foundation. Additional funding support is being provided by the Barbara Johnson Trust Fund, Friends of the Library, the Town of Wilmington and state aid grants.



There will be some disruption of service while old shelving is removed, painting is done, and new carpeting, shelving, and furniture is installed. Please check the library's website and social media for updates on closures and service changes during this time. **We expect the project to be completed by the end of July.** Thank you for your patience.

Virtual Programs

50+ Job Seekers

Wednesday, May 3 & 17, 9:30am

Wednesday, June 7 & 21, 9:30am

Join us in a professional forum for networking in a safe and comfortable environment. Each meeting features a new topic.

Discovering American Drag

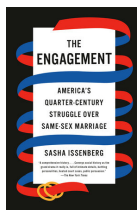
Thursday, June 8, 7pm



Matthew Wittmann, Curator of the Harvard Theatre Collection, offers a virtual look at the history of drag performance in the United States through photographs, ephemera, and a variety of other archival materials held by Houghton Library at Harvard University.

Author Talk: Sasha Issenberg - *The Engagement* Thursday, June 22, 7pm

On June 26, 2015, the U.S. Supreme Court ruled that state bans on gay marriage were unconstitutional, making same-sex unions legal across the United States. But the road to that momentous decision was much longer than many know. In his book, *The Engagement*, author Sasha Issenberg vividly guides us through same-sex marriage's unexpected path from the unimaginable to the inevitable.



National Park Service Series

Join us for lunchtime lectures featuring several National Park Service units in Massachusetts.

Explore The Saugus Iron Works National Historic Site

Wednesday, May 3, 12pm

Explore The Adams National Historical Park

Wednesday, May 10, 12pm

Explore The Springfield Armory National Historic Site

Wednesday, May 17, 12pm

Explore The Lowell National Historical Park

Wednesday, May 24, 12pm



Keep up-to-date with library events and announcements and sign up for our weekly newsletter!

Cookin' the Books



Tuesday, May 9, 12pm

Tuesday, June 13, 12pm

If you love to cook and enjoy talking about food & sharing recipes then this group is for you. Bring your dish to the meeting and enjoy sampling everyone's dishes! Led by Circulation Librarian Lisa.

May Cookbook: *Smitten Kitchen Keepers* by Deb Perelman

June Cookbook: *Turkey and the Wolf* by Mason Hereford

Needleworkers at Night

Monday, May 1 & 15, 6:30pm

Monday, June 5, 6:30pm

Can't make it to Needleworkers during the day? Stop by Needleworkers at Night instead! **Drop-in.**

Craft and Chat

Wednesday, May 24, 7pm

Wednesday, June 14, 7pm

Enjoy making a craft while socializing with others! Led by Rachelle Toth. **Ages 16+**

May Craft: Rainbow Cloud

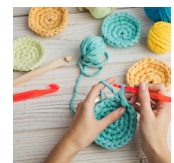
June Craft: Summer Banner



Needleworkers

Fridays, starting May 5 to June 30, 10am (Except June 9)

This is a social group for those who do any kind of needle craft. Bring your knitting, crocheting, quilting, etc. and enjoy some conversation. **Drop-in.**



Game On!

Tuesday, May 23, 7pm

Play a number of board games under the guidance of gaming enthusiast Scot Crispin. All are welcome. **Ages 12+**

Enabled Play

Wednesday, May 31, 3:45pm

Come play and learn with Alex from Enabled Play! Try the incredible platform and device that helps anyone access and control their technology in ways that work for them. *Geared towards kids, teens, and adults with disabilities, but anyone is welcome.*