Live Long, Die Short: A Guide to Authentic Health and Successful Aging

Author Talk with Dr. Roger Landry
Thursday January 10, 2pm – Main Library, Costin Room

Dr. Roger Landry will be giving a talk followed by a book signing. His book is the basis for our Healthy Living Series 6-part program Live Long, Die Short (details on page 2). Dr. Landry is a preventive medicine physician who specializes in building environments that empower older adults to maximize their unique potential.

SUNDAY CONCERT SERIES:
Calyx Piano Trio
Sunday January 6, 3pm – Main Library, Costin Room

The Calyx Piano Trio will be performing the music of Beethoven, Beach and Tailleferre. Formed in 2001, their name comes from the botanical term meaning the sepals of a flower, often in multiples of three, that encase a flower bud. Catherine French, violin, Jennifer Lucht, cello, and Nina Ferrigno, piano, the group’s bright and accomplished musicians, have earned Calyx the reputation of defying stereotypes with a repertoire that combines classical masterworks with original pieces by living composers.

Funding for this newsletter is provided by The Friends of the Framingham Library.

Funding for Library programs and refreshments is provided in part by the Friends of the Framingham Library.

Additional refreshments generously provided by Trader Joe’s.

COMING FEBRUARY 1-11
Adventures in Lifelong Learning: The Renaissance in Europe (Session 2)
February 1, 9:30am – Main Library

Healthy Living Series: Stretch and Meditate with Laila Vehvilainen
February 8, 1pm – McAuliffe Branch Library

Films Around the World: Aftermath (Poklosie)
February 11, 2pm – Main Library

This new year is going to be an exciting one for the Library and our Community!

There are lots of new Library happenings in the months ahead. Learn about our new space, our improved space, and how we will be seeing you out in the Community, on page 3.

NOTE: Watch for big things!
**TEC talks**

**eBooks and More**

**Framingham Community Song Circle**

**Saturdays at 3-4:45pm**

- January 12 – Main Library, Costin Room
- February 16 – McAuliffe Branch, Community Room
- March 16 – McAuliffe Branch, Community Room

Everyone can sing!

Come join us in singing old favorites and learning new songs too. Folk music from many traditions, the 60s folk revival, rounds, hymns, gospel and more. Bring your instrument and play along! Kid-friendly, and refreshments provided.

**FILMS**


Wednesday January 23, 2-4pm – McAuliffe Branch Library, Community Room

When ‘Lady’ Sandra Abbott discovers that her husband of 40 years is having an affair with her best friend, she seeks refuge in London with her estranged, bohemian sister Bif. The two could not be more different, but different is just what Sandra needs at the moment. Reluctantly letting Bif drag her along to a community dance class, she starts finding her feet and romance as she meets her sister’s colorful friends. A light British comedy.

**FRIDAY NIGHT FLICKS:** *First Man* (2018) 2 hr. 22 min. Rated PG-13

Friday January 25, 7pm – Main Library, Costin Room

*Enter on the Lexington Street side from 6:30-7:15pm.*

First Man looks at the life of astronaut Neil Armstrong and the legendary space mission that led him to become the first man to walk on the Moon. Starring Ryan Gosling, Claire Foy and Jason Clarke.

**MONDAY MATINEE:** *The Old Man & the Gun* (2018) 1 hr 33 min. Rated PG-13.

Monday January 28, 2pm – Main Library, Costin Room

Based on the true story of Forrest Tucker and his escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Starring Robert Redford, Sissy Spacek and Casey Affleck.

**Healthy Living Series Classes**

Sponsored in part by a grant from the MetroWest Health Foundation

**Stretch and Meditate with Laila Vehvilainen**

Tuesdays January 15, 22 and 29, 1-1:45pm – McAuliffe Branch

**Live Long, Die Short with Laila Vehvilainen and Linda Bellefeuille**

Fridays January 4 and 11, 2-3:45pm – Main Library, Costin Room

**Cultivating Resilience and Successful Aging – Workshop and Exercise Program.** Laila Vehvilainen will lead a workshop from 2-3pm which will be followed by a Chi Gong exercise class taught by Linda Bellefeuille for 45 minutes.

**Poetry Workshop**

Tuesdays January 22 and 29, 7-9pm – Main Library, Trustees Room

Led by Alan Feldman, Professor Emeritus at Framingham State Univ.

This drop-in class welcomes serious poets of all ages and levels of experience who would like to participate for one or more sessions. We begin with a discussion of a topic in poetry leading to a brief in-class assignment. Poets who wish to have their work discussed should bring copies.

**Watch Shelf Life, our half hour talk show on the Government Channel.**

Check your local listings for show times. You can also view previous episodes on our website.

**BOOK SALE!**

Saturday January 19 – Main Library

9:30am-3pm: Open to Friends Members
10am-3pm: Open to the Public

Most Books $1.00 or less, Children’s $.50 or less, single DVDs $2.00

**3 Rooms + the lobby chock full of books**

This month we have a special selection of paperback books at $2.00 each in the lobby. We are also featuring CDs at 2 for $1.00 for singles and $2.00 for multi CD sets. We have a huge children’s section, books of all genres, and a selection of foreign books and movies.

Because of your support of the Friends, we are able to provide free movies, concerts, programs, museum passes, audio books, CDs, Children’s Room apps and more.

Thank you to Eversource for joining as a new corporate member.
**Coming Your Way in 2019!**

The Framingham Public Library is excited about three brand new spaces and experiences that will be available to the public early this year.

In the past year the Library and the Framingham Public Library Foundation have been hard at work on a number of innovative and impactful projects that, with the help of the community, are set to launch in the next few months.

**Experience Our State-of-the-Art Costin Room**

Beginning early in the new year, the aging equipment in the Costin Room will be updated with a state-of-the-art projector, new projection screen and advanced sound technology. New seating will further enhance this premier event venue. The installation of cameras and a control room with recording and broadcasting equipment will help us share more of our world class musical performances, lectures, children’s programming and instructional programming on our website and local television.

**Innovate, Create and Collaborate in Our Makerspace**

Opening in the next couple of months, our re-imagined Children's Craft Room will become our new Makerspace, an interactive creation zone brimming with resources for all ages. Our Makerspace will have the tools and materials you need to explore your creativity and curiosity, including a 3D Printer, robotics kits, coding and design software, iPads, wide scale laminator, wide format printer, film to digital converter, photography supplies, sewing machine, felting and textile crafts, knitting needles and yarn, art supplies, hand tools, and more!

**Get on Board Our New 21st Century Bookmobile**

Our fully accessible Bookmobile is currently being readied and will hit the road during National Library Week, April 7-13! This will be a true library on wheels with technology, programming, research help, and of course books, movies and music! We are so excited to bring the Library to schools, senior centers, daycare centers, homebound patrons, neighborhoods and special events all over the City.

All this and much more is in the works here at the Library! It’s all about listening to our community, meeting its needs, and creating a great Library for a great City.

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**The Homework Center**

The Homework Center Program provides free tutoring, homework and school project help to all Framingham students K-12. We are open Monday through Thursday 2:30-5:30pm.

For more information and to schedule tutoring, please contact Jgatlin@minlib.net.

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**LVM Literacy Unlimited**

Are you interested in tutoring with Literacy Unlimited? Come to an information session to find out more about our adult tutoring program!

**Thursday January 17, 10am-12noon, Framingham Main Library, Trustees Room.**

Training for ESOL (English for Speakers of Other Languages) will meet Thursdays, January 24 to February 28, 10am-1pm in the Trustees Room.

We require registration for the 6-week tutor training. Please see the website https://framinghamlibrary.org/literacy/our-program/become-a-tutor/ for more information and to register.

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**Citizenship Corner News**

**Are you interested in becoming a citizen?**

Come to a workshop on **Tuesday January 15, 7-8:30pm** in the Citizenship Corner (Framingham Main Library, 3rd floor). We will review eligibility to apply, documents needed to complete the application, how to file your application, and more!
YOUNG ADULTS
PROGRAMS FOR GRADES 6-12

AniManga Club
Saturday January 5, 1:30-3:30pm – Main Library, Children’s Program Room
AniManga club is for everyone who enjoys all things Anime and Manga. We’ll be watching an assortment of your favorite anime TV shows, and eating some delicious Japanese snacks.

Doggo Donations
Thursday January 24, 3-4:30pm – Main Library, Costin Room
Thursday January 31, 3-4:30pm – McAuliffe Branch Library, Community Room
The Framingham Public Library loves animals, and we love giving back to the community. We’ll be hosting two programs, one at each FPL location, where Framingham teens can make homemade dog and cat toys to be donated to Buddy Dog Humane Society in Sudbury.

Video Game Hangout
Thursday January 17, 3-5pm – Main Library, Costin Room
Video games and snacks, what more could you want!

BOOK CLUBS

MAIN LIBRARY

The Newcomers by Helen Thorpe
Tuesday January 8, 7-8pm – Main Library, Trustees Room
Join us for a discussion of this celebrated novel from the award-winning author of Soldier Girls and Just Like Us. The Newcomers is an “extraordinary” (The Denver Post) account of refugee teenagers at a Denver public high school and their compassionate teacher and “a reminder that in an era of nativism, some Americans are still breaking down walls and nurturing the seeds of the great American experiment” (The New York Times Book Review).

Doomsday Book by Connie Willis
Wednesday January 9, 7-8pm – Main Library, Trustees Room
Kivrin time travels to the Middle Ages during the onslaught of the Black Death, but becomes stranded there due to a strange link between past and present. As her colleagues scramble to rescue her, she becomes a symbol of hope to the people of that time. Led by Marcy Maiorama.

MINDFULNESS

The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer
Saturday January 12, 10am – Main Library, Trustees Room
This outstanding book seeks to free us from habitual thoughts and emotions. The author writes that our inner narration provides only the semblance of control of our world. Do you dare to be fully conscious without buffering what is outside of you? Join our book discussion, followed by a short meditation. Led by Harriet Weiner.

MCAULIFFE BRANCH

The Circle by Dave Eggers
Thursday January 17, 10-11am – McAuliffe Branch, Community Room
This novel depicts the life of a young worker at a fictional San Francisco-based technology company in the near future, as she faces doubts about her vocation, due to the company’s seemingly well-intentioned innovations revealing a more sinister underlying agenda. Dave Eggers is the celebrated author of A Hologram for the King and other bestselling books. Led by Brigitte Griffin.

Drop-in Resume Help
Tuesdays January 8, 15, 22 and 29, 10am-12:30pm – Main Library
Get expert help with resumes, cover letters and job-search strategies.

Journal Writer’s Group
Tuesdays January 8, 15, 22, and 29, 7-8pm – Christa McAuliffe Branch, Community Room
Drop-in or join the group as we discuss and discover the many ways to journal for personal growth and enrichment.

Community Puzzle Swap!
Monday January 14, 7-8pm – McAuliffe Branch, Community Room
What to do with jigsaw puzzles you’ve completed? Swap them! Bring your puzzles to exchange with others. No puzzle to swap? Come anyway; we always have extras for you to try. Primarily 500+ pieces, but all ages and levels welcome.

Veterans Coffee Hour
Friday January 18, 9:30-10:30am – McAuliffe Branch, Craft Room
Monthly Event
All Vets are welcome to join us for free coffee and light refreshments.

Ongoing Food Drive at the Main Library
Please consider donating to our food drive to support the Hope Worldwide Framingham Food Pantry! If you prefer to write a check, you can mail it to: Hope Worldwide Food Pantry, 214 Concord St., Framingham, MA 01702. THANK YOU!
Main Library Special Events

Dads, Donuts and Discoveries
Saturday January 5, 10-11am, Costin Room. All ages.
Bond with your dad (and with donuts) through stories and songs and while discovering new friends and activities. Mothers, siblings and other family members welcome!

Movie Matinee: Teen Titans Go! To the Movies (2018) 84 minutes, rated PG for action and rude humor.
Saturday January 5, 2-4pm, Costin Room. All ages at parents’ discretion.
The Teen Titans set out for Hollywood stardom and are sidetracked by a villain intent on world domination.

Origami Club
Wednesdays January 16 and 30, 4:15-5pm, Children’s Craft Room. Ages 7+. We will be folding a variety of animals and geometric shapes. Led by Lucas Gustafson, a high schooler who started folding at the age of 6 and is a longtime member of the Origami Club at MIT.

Bookmarkers: with Haley Hein
Thursdays January 3 (Grades K-2) and January 17 (Grades 3-5), 7-7:30pm, Children’s Program Room.
Enjoy reading by meeting with friends to choose, read, and discuss books together. You’ll increase your comprehension, discuss what you know, and turn reading into a social activity that encourages more reading!

Winter Wonderland with Framingham High’s National Art Honor Society (NAHS)
Saturday January 12, 1-4pm, Children’s Craft Room. All ages.
Come join our winter wonderland! There will be art on display created by the members of NAHS along with activities and crafts for kids to create.

Makers’ Workshop with local author Brett Fleishman
Saturday January 19, 2-3:30pm. Ages 8-12.
Come learn about puns and how Brett employs them as ‘surprise endings’ in his poetry. You’ll learn about homonyms and puns, see them used in Brett’s poetry and then create your own punny poems!

Open LEGO
Saturday January 26, 2-4pm, Children’s Craft Room. Grades K+.
Drop in and make something creative with our supplied LEGOs. Look through our LEGO idea books to make something super exciting or design your own structure! Leave your name with the creation, and we’ll display it on top of our shelves for a month!

Mother Goose on the Loose!
Wednesdays, January 9-February 27, 10:15-10:45am, Children’s Program Room. Ages 0-3 accompanied by a caregiver. Pre-registration IS required. Please call 508-532-5570 x4.
Mother Goose on the Loose is an eight-week, thirty-minute program that uses rhymes, songs, puppets, instruments, and more to stimulate the learning process of babies and toddlers.

Christa McAuliffe Branch Special Events

Open Play
Saturday January 12, 10-11:30am, Craft Room. All ages.
Drop in and make something creative with Keva Planks, Legos, Magnatiles, and more!

Find more details on our website: www.framinghamlibrary.org/kids-teens/kids/
# Children’s Programs January 2019

**Main Library Ongoing Events**

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**Drop-In Baby Lapsit**

Fridays January 4 and 18 and Saturdays January 12 and 26, 10:30-11am, ages 0-2 accompanied by a caregiver.

Sing and play with rhyme, and puppets!

**Weekly Story Time**

Thursdays 10:15-10:45am, ages 3-5. Stories, school readiness activities, and a craft.

**Stories for Scooters**

Wednesday January 2, 10:15-10:45am, ages 0-3 accompanied by a caregiver.

Twenty fun-filled minutes of interactive tales and tunes with playtime afterward!

**Special Play Space Activities**

Thursdays 6-8pm and Fridays 11am-1pm, preschool ages.*

Play with the rotating stations in our new Play Space. Check out our Facebook page to discover which station we will showcase each week.

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**McAuliffe Branch Ongoing Events**

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**Drop-in Baby Lapsit**

Sundays January 13 and 27, 2-3pm, and Saturdays January 5 and 19, 3-4pm, all ages.

*Registration required. Call 508-532-5570 x4 or drop by to sign up for a 15 minute slot.

Improve your reading skills by reading aloud to your Book Buddy. Certified Reading/Therapy Dogs listen as children read.

**Mother Goose on the Loose! returns**

All in Children’s Program Room. (*Children’s Room)

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**Weekly Story Time**

Thursdays 10:15-10:45am, ages 3-5. Stories, school readiness activities, and a craft.

**Drop-in Baby Lapsit**

Mondays 10-10:20am, ages 2-4.

Stories, school readiness activities, maybe a craft.

**Book Buddy: Reading to Dogs**

Tuesdays 10-10:30am, ages 0-2 with an adult.

Sing and play with words, rhyme, and puppets!

**Weekly Story Time**

Mondays 10-10:20am, ages 2-4.

Stories, school readiness activities, maybe a craft.

**Drop-in Baby Lapsit**

Sundays January 13 and 27, 2-3pm, and Saturdays January 5 and 19, 3-4pm, all ages.

*Registration required. Call 508-532-5570 x4 or drop by to sign up for a 15 minute slot.

Improve your reading skills by reading aloud to your Book Buddy. Certified Reading/Therapy Dogs listen as children read.

All in Children’s Room. (*Craft Room)