LOOKAHERE Framingham Dok here first. www.framinghamlibrary.org



How to Speak with Your Healthcare Providers About Cannabis

with Dr. Uma Dhanabalan, Founder & CEO of Global Health and Hygiene Solutions, LLC



Wednesday June 20, 7:00pm – Main Library, Costin Room

Are you using or curious about using cannabis in your wellness, pain or health care management? Nervous to approach the subject with your doctors and other health care providers? You won't be nervous anymore after Dr. Uma empowers you with strategies and ideas for opening the dialogue about cannabis with your traditional health care providers.

Celebrating the 100th Birthday of Leonard Bernstein

with Gil Harel, Ph.D., Brandeis University



Tuesday June 12, 7:00pm – Main Library, Costin Room Leonard Bernstein's name is one that

for many listeners conjures up the essence of the 20th century American soundscape. From the operetta *Candide* to the celebrated music of *West Side Story*, this program will analyze his life and works.

SUMMER MUSIC SERIES: Kristen Graves

Wednesday June 13, 7:00pm – Main Library, Costin Room

Kristen Graves is a singer/songwriter and humanitarian from Fairfield, Connecticut who was recently listed as part of the "new generation of folk music" in *The New*

York Times and had a recent mention in Rolling Stone for her participation in the compilation album, Buy This Fracking Album, produced by Movement Music Records. Refreshments.

Lifelong Learning Lectures Spring 2018

This free lecture series is a partnership of Framingham State



Framingham State University and Framingham Public Library. The series is sponsored by

a grant from The Joseph L. and Ray L. Freund Foundation, courtesy of Elizabeth F. Fideler. Refreshments.

Thursday June 7, 7:00pm – Costin Room, Main Library (rescheduled from March 22)

Celebrating Jane Austen on the 200th Anniversary of Her Death Guest Speaker: Dr. Cheryl Nixon, PhD, Associate Provost, UMass Boston

COMING JULY 12

FIRST IN OUR SUMMER SERIES! Outdoor Summer Jazz Show featuring the Joe Raia Band Thursday July 12, 6:30pm – Christa McAuliffe Branch

June 2018 Vol. 4 | No. 6

Main Library

49 Lexington Street I 508-532-5570 Monday-Thursday 9-9 Friday-Saturday 9-5 I Sunday 1-5 *through June* 17

Christa McAuliffe Branch Library

746 Water Street I 508-532-5636 Monday-Thursday 9:30-9 Friday-Saturday 9:30-5 I Sunday 12-4 *through June* 17

Summer Hours

Both Libraries will be closed on Sundays starting June 24.



Want to learn to play guitar? Need some binoculars for bird watching? How about relaxing and watching a movie on Netflix? Our new Library of Things has all this and more. Check us out at www.framinghamlibrary.org/ browse/library.ofthings/.

Watch *Shelf Life*, our half hour talk show on the Government Channel. Check your local listings for show times or go to our website.



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.

Framingham Artists' Guild Art Reception

Monday June 4, 5:30-7:00pm -Main Library, Lobby Gallery The Framingham Artists' Guild is presenting a members' art exhibit during June in our Lobby Gallery. Please join us to meet artists and enjoy some refreshments during our opening reception.

NEW PROGRAM! Framingham Community Song Circle

Saturday June 9, 3:00pm – Main Library, Costin Room 🗸 Everyone can sing! Come

share your traditional folk songs. Grab your guitar, ukulele, drum or tambourine, and bring the family—this program is for all ages! Refreshments.

Monday June 11, 7-8:00pm -Community McAuliffe Branch, Puzzle Swap! Community Room What do you do with jigsaw puzzles you've

completed? Swap them! Bring your puzzles to exchange with others. Primarily 500+ pieces, but all ages and levels are welcome. Bring what you have; reuse, recycle!

Ongoing Food Drive at the Main Library H®PE

Please consider donating to our *wo* 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!

Healthy Living Series Classes

Sponsored in part by a grant by the MetroWest Health Foundation FOUNDATION

METROWEST HEALTH

Chair Yoga with Vicki Brunelle Tuesdays June 5, 12, 19 and 26, 2-2:45pm – McAuliffe Branch

Low Impact Exercise

with Laila Vehvilainen NOTE: Linda Bellefeuille will be substituting for Laila on June 6 & 13 Wednesdays June 6, 13, 20 and 27, 3:15-4:00pm – Callahan Center

Bi-Lingual Zumba (Portuguese) with Sandra Thorbjornsen

Fridays June 1, 8 and 22, 2-2:45pm Main Library, Costin Room

Let's Talk Nutrition with Jane Polley Tuesday June 5, 3-4:00pm – McAuliffe Branch and Friday June 22, 1-2:00pm – Main Library, Costin Room

FECtalks

How to Market Your Small Business

Thursday June 14, 7:00pm -Main Library, Costin Room A beginners guide to tools and tips on how to market your small business. Learn about programs and apps you can use as well as best practices for creating marketing materials. Topics will include logos, print materials, digital media, social media and more.

Online Privacy & Security Basics

Thursday June 28, 7:00pm -Main Library, Costin Room Learn about tools you can use and steps you can take to protect yourself online. We will walk you through creating passwords, safe web browsing, mobile security, and email security.

2018 Adult Summer Reading

Why should kids have all the fun? Adults are invited to participate in our Adult Summer Reading program starting Saturday June 30.

Get your "Libraries Rock" T-shirt when you sign up. For each book you read you may enter a raffle ticket. Read any book or audiobook of your choice. There will also be a chance to earn additional raffle entries through activities

such as visiting our displays, reviewing your favorite book, or playing a word game.

Drawings will be held weekly for prizes such as \$25 gift cards to SKM Collection, Volturno's, Depot 417, Roche Bros, a massage at Body n' Beyond Massage Therapy and coffee from Hogan Brother's Gourmet Coffee. The grand prize is a \$75 gift card to Amazon donated by the Friends of the Framingham Library.

For more information: Call 508-532-5570

Adult Summer Reading Kick-off Saturday June 30, 1-3:00pm -Main Library, Costin Room

Join us as we "Kick-off" the Adult Summer Reading program with Open Mic performances by students of Centre Music House. Bring your family and friends for an exciting afternoon! The Framingham Public Library is pleased to partner with Centre Music House to build community relationships through our programs.

x4351 or visit www.framinghamlibrary.org/adultsummerreading

FRIDAY NIGHT MOVIE: Three Billboards Outside Ebbing, Missouri

(2017) 115 min. Rated R. Friday June 1, 7:00pm – Main Library, Costin Room *Enter* on the Lexington Street side between 6:30-7:15pm. A mother personally



challenges the local authorities to solve her daughter's murder when they fail to catch the culprit. Starring Frances McDormand and Woody Harrelson.

MCAULIFFE'S REEL LIFE MOVIES PBS's POV Movie Series: The Grown-Ups by Maite Alberdi

Friday June 15, 7-9:00pm – McAuliffe Branch. Community Room Doors open at 6:30pm.



In a school for individuals with Down Syndrome, four middle-aged friends yearn for a life of greater autonomy in a society that marginalizes them as disabled. Winner, Best Female-Directed Film at the 2016 International Documentary Film Festival Amsterdam. A co-presentation with Latino Public Broadcasting (LPB).

MONDAY MATINEE: The Greatest Showman Monday June 18, 2:00pm Main Library, Costin Room (2017) 105 min. Rated PG. Celebrates the birth of show



business, and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Starring Hugh Jackman and Michelle Williams.

`elebrate '88: • • • 30th Anniversary Film Celebration!

All ages event (some movies rated R) The last Wednesday of every month, 7-9:00pm – Main Library, Costin Room On Wednesday June 27, we'll be "drawn" to solve a murder in the Robert Zemeckis classic, Who Framed Roger Rabbit (PG).

Veterans Coffee Hour

Friday June 15, 9:30-10:30am -McAuliffe Branch, Community Room *Monthly Event*

All Vets are welcome to join us for free coffee and light refreshments.



BOOK CLUBS

MAIN LIBRARY

Ordinary Grace by bestselling author William Kent Krueger

Tuesday June 5, 7:00pm – Main Library, Trustees Room

Looking back at a tragic event that occurred during his thirteenth year, Frank Drum explores how a complicated web of secrets, adultery, and betrayal shattered his Methodist family and their small 1961 Minnesota community. Nancy Coville Wallace will lead the discussion.

SCI-FI

Armada by Ernest Cline

Wednesday June 13, 7-8:00pm - Main Library, Homework Center High school senior Zack is staring out the classroom window when he sees something incredible: a spaceship that looks exactly like the one in a massively popular video game called Armada. Against the ensuing alien invasion of Earth, only Zack and his fellow gamers possess the skills to fight back.

MINDFULNESS

Meditation for Fidgety Skeptics by Dan Harris

Monday June 18, 7:00pm – Main Library, J Program Room With the success of his latest book, and after 10% Happier, his podcast of the same name and his app, how has Dan Harris evolved? What has he learned and what will he suggest for those still struggling with a meditation practice? Join us for a book discussion followed by a short meditation.

MCAULIFFE BRANCH

Yes, Chef: a Memoir by Marcus Samuelsson

Thursday June 21, 10-11:00am – McAuliffe Branch, Community Room This story chronicles world-renowned chef Marcus Samuelsson's remarkable journey from Ethiopia to Sweden, and his adopted grandmother's kitchen, to some of the most demanding and cutthroat restaurants in Europe to an acclaimed New York City culinary career. "A delicious read.'

Seed Lending Library

Seeds have gone so fast we had to order some more! Both Libraries are now restocked. There will also be seedling giveaways on Saturdays this month.

Join the Main Library Knitters every Wednesday and the 2nd & 4th Saturday of every month, 10-11:00am! Beginners welcome.

BOOK SALE!

Saturday June 16 -Main Library Bag Room will be open

9:30am-10:00am: Friends Members 10:00am-3:00pm: Open to the Public

Most Books \$1.00 or less, Children's \$.50 or less, single DVDs \$3.00. June is our last sale until September

so stock up on all your summer reading. This month's special will be Beach Reads-

Buy One book for \$1.00 Get One Free in the BOGO bookcase in the book room.

We will have a large selection of Summer Reads from your favorite authors at \$2.00 each, plus a vast children's section, books of all genres, and a selection of foreign books and movies.

Book donations are needed and gratefully accepted during the sale or at the Library during the week.

(Brown Bag Brain Boost)

Join us from 12-1:00pm one Friday a month for an educational and entertaining free lunch time program featuring speakers from local businesses and organizations. Guests are welcome to bring their lunch; refreshments will be provided. Main Library, Costin Room. JUNE 1: HOW TO STAY ACTIVE AND HEALTHY Presented by Alison Holland, Home Helpers of Metrowest JULY 13: QI GONG Presented by Brenda Scott

Drop-in Resume Help

Tuesdays June 5, 12, 19 and 26, 10:00am-12:30pm - Main Library

Get expert help with resumes, cover letters and job-search strategies.

Adult Coloring Night

First and Third Thursdays of the Month, 6:30-8:30pm – Main Library, Homework Center Join us for coloring, tea, and music. We provide colored pencils and coloring pages, or bring your own materials.



Video Game Hangout

Saturday June 23, 2:30-4:30pm -Main Library, Costin Room Video games and snacks, what more could you want !?

AniManga Club

Friday June 29, 1:30-3:30pm -Main Library, Costin Room AniManga club is for everyone who enjoys all things Anime and Manga.

Summer Reading

Summer Reading is almost here! To sign up, come to the Library starting in mid-June, enter your name in our



book, and grab a few reading slips. When you finish them, bring them back and enter one of our prize drawing raffles. Also, be on the lookout for our summer events. We'll be holding DIY book planter and bath bomb crafts, a Nerf Carnival, a Rock Band/Karaoke party, and more, in addition to our regular monthly AniManga Club and Video Game Hangout! There will be something happening all summer long here at FPL.

Message from the Framingham **Public Library Foundation**

Can you help us get a new Bookmobile on the road? Generous businesses and individuals have already donated \$125,000. But, before we can get the Bookmobile on the road, we need to close a fundraising gap of \$25,000.

You can donate by credit card or PayPal at www.fplf.org/donate-now or by check payable to the Framingham Public Library Foundation, 49 Lexington Street, Framingham, MA 01702.

Journal Writer's Group

Tuesdays June 5, 12, 19 and 26, 7-8:00pm -McAuliffe Branch Discover ways to journal for personal growth and enrichment.

Homework Center News

Coming soon to the Homework Center! Sports analytics—it's more than you think! But, mostly it's FUN! Watch the Library website for more information. The Homework Center provides free tutoring, homework and school project help to students K-12. For questions and to register please contact Jgatlin@ minlib.net.



DAN HARRIS

KRUEGER

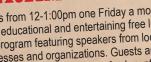


For more information please visit our website: www.framinghamlibrary.org



FRIENDS of th

FRAMINGHAM LIBRARY



DISCOVER GROW CREATE! CHILDREN'S PROGRAMS JUNE 2018

Main Library Special Events

Movie Matinee: Lego Ninjago Movie

(Rated PG; for some mild action and rude humor)

Saturday June 2, 2-4:00pm, Costin Room. All ages at parents' discretion. Shunned by everyone for being the son of an evil warlord, a teenager seeks to defeat him with the help of his fellow ninjas.

Origami Workshop Series

Wednesday June 6, 4:15-5:00pm, J Craft Room. Ages 7+. We will be folding a variety of animals and geometric shapes. Led by

Lucas Gustafson, a middle schooler who is a longtime member of the Origami Club at MIT.

Bookmarkers with Haley Hein

Thursdays June 7 (Grades K-2) and 14 (Grades 3-5), 7-8:00pm, J 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! Come discuss the book chosen by the group.

Open LEGO

Saturday June 9, 2-4:00pm, J Craft Room. Grades K+. Make something creative with our supplied LEGOs! Use our idea books or design your own.



Father's Day Open Craft

Saturday June 16, 10:00am-3:00pm, J Craft Room. All ages. Drop in and make a heartfelt handicraft for your dad to celebrate him on his day! We supply materials and ideas; you supply the clever hands and the loving hearts.

Makers' Pop-Up Workshop

Friday June 22, 3-4:30pm, J Craft Room. Grades K+.

Get in the habit of making! This month we take off into summer with a hot air balloon! Makers will design a hot air balloon to take home and have, and enjoy a science experiment, too!

KEVA Plank Building

Wednesday June 27, 2-4:00pm J Craft Room. Grades K+.

Explore your artistic nature, problem solve and engage in play with the deceptively simple KEVA planks. Come amaze us with your creations!

Christa McAuliffe Branch Special Events

Truck Day/Libraries Rock Summer Reading Kickoff!

Saturday June 23, 10:00am-12noon – Christa McAuliffe Branch Library/Hemenway School Parking Lot. All ages.

Explore big trucks from the Framingham DPW, the Fire and Police Departments, and Access Framingham. There will also be an Ice Cream Truck! Also registration begins for the Summer Reading Adventure at McAuliffe and the Main Library!

Magical Mini Garden with Instructor Betsy Szymczak

Thursday June 28, 2-2:45pm, Children's Room. Ages 5+. *Registration required. Space is limited.* Children create a mini dish garden with soil, plants, and magical decorations. Plant and

gardening tips included. Sponsored by the Buxton Branch of The American Begonia Society.



Summer Reading Announcement

Remember to start signing up at either Library

for Libraries Rock, the 2018 Summer Reading

out how to earn a free t-shirt, and free chances

to win prizes at the end of the summer! Also

get the schedule of free events occurring

throughout July and August!

Adventure on June 23 and thereafter. Find

Main Library Ongoing Events

Stories for Scooters

Wednesdays 10:15-10:45am, ages 0-3. Twenty fun-filled minutes of interactive tales and tunes with playtime afterward.



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

Play Space Activities

Thursdays 6-8:00pm and Fridays 11:00am-1:00pm, Children's Room, preschool ages. Drop in to play with special rotating stations in our Play Space. Check our Facebook page to discover which station we will showcase each week. *Funded in part by a LSTA grant awarded from the MBLC*.

Dads and Donuts

Saturday June 2, 10-11:00pm, Costin Room, all ages. Bond with your dad through stories, songs and fun. Family members welcome!

Book Buddy: Reading to Dogs

Saturday June 2 and 16, 3-4:00pm and Sundays June 3 and 17, 2-3:00pm, 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 to your Book Buddy. Certified Reading/Therapy Dogs listen as children read aloud.

Drop-In Baby lapsit

Fridays June 8 and 22, and Saturdays June 16 and 30, 10:30-11:00am, ages 0-2 with caregiver. Come sing and play with words, rhyme, and puppets at baby lapsit time!

All in J Program Room unless otherwise indicated.

McAuliffe Branch Ongoing Events



Mondays 10-10:20am, ages 2-4. Stories, school readiness activities, and a craft.

Drop-In Baby lapsit

Tuesdays 10-10:30am, ages 0-2 with an adult. Come sing and play with words, rhyme, and puppets at baby lapsit time!

Book Buddy: Reading to Dogs

Saturdays June 2, 9 and 16, 10-11:00am, all ages.* *Registration required. Call 508-532-5636 x5 or drop by to sign up for a 15 minute slot.* Improve your reading skills by reading to your Book Buddy. Certified Reading/Therapy Dogs listen as children read aloud.

All in Children's Room (*Craft Room)

