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.

Lifelong Learning Lectures Spring 2018

This free lecture series is a partnership of 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

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.

Did you know

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/libraryofthings/.

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

Be AMAZED Books are just the beginning!

CONNECT WITH US ON:

Framingham Public Library
Look here first.
www.framinghamlibrary.org

June 2018
Vol. 4 I No. 6

Main Library
49 Lexington Street I 508-532-5570
Monday-Thursday 9-9
Friday-Saturday 9-5
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
Sunday 12-4 through June 17

Summer Hours
Both Libraries will be closed on Sundays starting June 24.

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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 – McAuliffe Branch, Community Room
Community Puzzle Swap!
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
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! If you prefer food drive to support the Hope Worldwide

Healthy Living Series Classes
Sponsored in part by a grant by the MetroWest Health Foundation
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

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.

TECtalks

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.

Celebrate 88: 30th Anniversary Film Celebration!

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.

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.

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 cultish 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 LEARNING SERIES (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.

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

YOUNG ADULTS Grades 6-12

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 jagatlin@minlib.net.
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.

Main Library Ongoing Events

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

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

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

Weekly Story Time
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, ages 0-12.
Remember to start signing up at either Library for Libraries Rock, the 2018 Summer Reading Adventure on June 23 and thereafter. Find 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!