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ADULT PROGRAMS

November/December, ART EXHIBIT: GROUP SHOW Featuring Diane Alec Smith, the late Jacqueline Penney who inspired Diane years ago, as well as some of Diane's students who have been inspired by her! All paintings available for purchase.

Sunday, Nov. 6, 2pm, ANNUAL FALL CONCERT. Registration required. At just 22 years old, Risa Hokamura is on the short-list of becoming one of the world's great violinists. She picked up the instrument at the age of 3 and by 10 was already capturing top prizes at competitions in her native Japan. In 2018 at the age of just 17, she earned international attention by winning First Prize in the Young Concert Artists International Auditions. A meet the artist reception will follow in the Upstairs Gallery.

Wednesday, Nov. 9, 6:30pm, CHILD OF THE HOLOCAUST. Registration required. Dr. William Reszelbach is a child of Holocaust survivors. His mother was hidden underground in Poland for years while his father was forced to suffer in four separate concentration camps. Dr. Reszelbach will share the memories and lessons his parents passed down to him so the world will never forget this dark period in history.

Thursday, Nov. 10, 10am, Documentary Discussion - LIFE ITSELF via zoom. World-renowned film critic and social commentator Roger Ebert had a life that was equal parts inspiring and entertaining. Explore Ebert's legacy, from his Pulitzer Prize-winning film criticism at the Chicago Sun-Times to becoming one of the most influential cultural voices in America. Watch the documentary *Life Itself* beforehand.

Saturday, Nov. 12, 11am, MEDICARE CHANGES in 2023. Registration required. It is important to know your Medicare options to fit your coverage needs, reduce prescription coverage, save money on healthcare expenses and access healthcare providers. Learn how the changes in Medicare can directly affect your coverage.

Saturday, Nov. 12, 2pm, John Lazzaro Author Talk. Registration required. *The Walls Still Talk: A Photographic Journey through Kings Park Psychiatric Center* is a photographic coffee table book, which takes readers on a visually haunting journey through the abandoned Kings Park Psychiatric Center. The author will share how he received access and then discuss the photographs captured.

Tuesday, Nov. 15, 10am, MILL ROAD PRESERVE (Mattituck). Registration required. This 27-acre parcel owned and maintained by the Town of Southold is one quarter mile south of The Old Mill Inn. The trailhead and parking lot are on the east side of West Mill Road in Mattituck. Well-groomed and marked, the two main trails wind through about 9 acres of grassland/shrubland and 18 acres of mature woodland. Meet at the preserve.

Tuesday, Nov. 15, 10am, Cutchogue New Suffolk Writers' Group via zoom. Do you enjoy writing fiction, non-fiction, and/or poetry? Meet with other amateur writers for inspiration, motivation, and thoughtful critique. This peer-led group, provides informal guidelines for timed readings and constructive comments. Led by Parnel Wickham.

Tuesday, Nov. 15, 4pm, INTRO TO LIBBY: Goodbye OverDrive App! Registration required. OverDrive is discontinuing the legacy OverDrive app in early 2023. Libby is OverDrive's new app for browsing and enjoying digital content from our library. It's time to give Libby a try! Join us for an overview! Info will also be provided on how to sign up for one-on-one Libby training with an Overdrive representative for seamless transition!

Thursday, Nov. 17, 12pm, Pancreatic Cancer Awareness via zoom. Registration required. Pancreatic cancer begins when abnormal cells in the pancreas grow out of control and form a tumor. Aaron Sasson, MD, Surgical Oncology Division Chief at Stony Brook Medicine, will discuss risk factors, prevention, strategies for early detection in people at high risk, surgical management and treatment options. Dr. Sasson will answer questions.

Friday, Nov. 18, 6-7:30pm, ACOUSTIC JAM SESSION. Bring your instruments, tapping feet, and listening ears! Musicians of all ages, styles of music, levels of ability, and audience members are welcome. Sponsored by the Friends of the Library.

Sunday, Nov. 27, 1:30-3:30pm, Holiday Pet Photos. Registration required. Fee: \$10. Judy McCleary of The Puparazzi Pet Photography will take holiday photos of your pet in front of a winter scene. Receive a printed & digital copy.

Monday, Nov. 28, 1-4pm, CPR Certification Course. Registration required. Fee: \$50. Class minimum, please register early. American Heart Association Basic Life Support for Adult/Infant and Child CPR, foreign body airway obstruction in conscious and unconscious patients, use of barrier protection (pocket masks), bag valve mask ventilation (BVM's) and the use of the AED are covered in this course. There is a written and skills evaluation for this program. Please wear comfortable clothing.

Tuesday, Nov. 29, 6:30pm, ESTATE PLANNING 101. Registration required. A basic estate plan typically involves four documents: A Last Will and Testament, Power of Attorney, Health Care Proxy, and a Living Will. Learn about these documents with Erik J. McKenna, Esq., attorney and educator. Please feel free to bring your questions.

Thursday, Nov. 30, 4-5pm, Drawing Class: What's My Line? via zoom. Registration required. Have you ever said, "I can't draw a straight line?" For anyone who enjoys drawing, this workshop will show you simple techniques to improve your observational drawing skills. In this relaxed session, learn contour drawing skills guaranteed to improve your drawing in one hour! Supplies needed: mirror, three sheets of paper, pencil, sharpener, eraser. Instructor: Joyce Raimondo from the Pollock and Krasner house in East Hampton.

Saturday, Dec. 3, 9am-3pm & Sunday, Dec. 4, 1-3pm, (BOGO all day Sunday). 4th ANNUAL JEWELRY & ACCESSORIES SALE. This popular sale will feature ALL NEW stock and Seasonal wares. Jewelry donations will be accepted at the Library from now until late November. Stay tuned for further details. Sponsored by the Friends of the Library.

ADULT WELLNESS CLASSES (All Classes in Person)

Wednesdays, Nov. 2-Dec. 7, 11am-12pm (no class 11/23), NEW STANDING CHAIR YOGA. Registration required. Fee: \$35 (5 classes). We integrate breath work with gentle stretches without the stress of having to get up and down off the floor. Please bring a yoga mat and a small throw or beach towel.

Thursdays through Dec. 8, 9:45am (no class 11/24), New Walk15/Low Impact. Registration required. Fee: \$35 (5 classes). Get Fit and Keep Fit with this class! Walk 15 is designed to keep adults moving! Benefits include balance, endurance, functional power, and weight loss! Cover approximately a 5K (3.5 miles) in one hour, while having fun to great music. All fitness levels welcome. Basic walking steps for a cardio/aerobics workout.

Thursdays through Dec. 8, 11am (no class 11/24), TAI CHI & QIGONG. Registration required. Fee: \$35 (5 classes). Tai Chi combines balance training, inner and outer body strength, mind focus, and provides a means to meditation and stress reduction. Qigong is an ancient Shaolin (Chinese) form of simple, easy to follow, exercises, that channel your own inner energy toward well-being and self-healing, and provides the natural foundation for Tai Chi practice.

Fridays through Dec. 9, 11am-12pm (no class 11/11 & 11/25), **Chair & Restorative Yoga**. Registration required. Fee: \$35 (per 5 class session). Yoga engages your mind, body, and spirit, helping to increase balance, flexibility, strength, and stamina while decreasing stress, muscle tension, and blood pressure. Please bring a yoga mat and towel.

Saturdays through Dec. 3, 9:45am (no class 11/5), **ZUMBA® GOLD**. Registration required. Fee: \$35 (5 classes). Zumba Gold modifies the moves and pacing to suit the needs of the active mature participant or beginner. Zesty Latin music, easy to follow moves.

CHILDREN'S PROGRAMS (All Abilities Welcome)

Tuesdays, Nov. 8 - Nov. 29, 9:30-10:30am, **TOTS, TOYS & TALES**. Ages 0-36 months with parent/caregiver. Registration required. Join Ms. Christine for toddler play, stories, fingerplays and songs. A great time to meet and have fun with your best friends.

Tuesday, Nov. 8, 5:30-6:30pm, **Full Beaver Moon Family Hike @ Down's Farm Preserve**. For families. Please register each family member separately as space is limited. Join us and a naturalist from The Group for the East End for a moonlit hike through the trails of Down's Farm Preserve. Learn the meaning of the Beaver Moon, hear lunar legends and explore animal adaptations. Listen for nocturnal animal calls and hear if they answer back. Rain date: Wednesday, Nov. 9, 5:30pm. Meet at 23800 Main Road, Cutchogue.

Wednesdays, Nov. 9 - Nov. 30, 10am, **Whimsical Wednesday Storytime**. Ages 2-5. Registration required. Join Ms. Mignon for stories, fingerplays, songs, scarf play, and more.

Wednesdays, Nov. 9 & 30, 4-5pm, **Reading Tutoring Sessions**. Grades K-4. Call to register your child for a 20-minute session. Eileen Quinn, a retired special education teacher will offer one-on-one reading instruction, encourage phonological awareness, reading comprehension and offer immediate positive feedback to increase reading performance.

Thursday, Nov. 10, 4:30-5:30pm, **Books & Bagels Book Discussion**. Grades 2-4. Please register. Join Ms. Mignon to discuss *Max & the Midknights - The Tower of Time*, by Lincoln Peirce. Everyone's favorite knight-in-train is back... to back! Max's twin is public enemy number one, and it is up to the Midknights to find her before time runs out!

Monday, Nov. 14, 6-7pm, **Fuzzy Slippers Storytime**. Grades 3 & 4. Please register. Join Ms. Mignon! Pick your favorite books, play movie bingo, bring your pillow for pillow fights, laugh with Twister, enjoy our donuts and milk bar and make beautiful fuzzy slippers.

Wednesday, Nov. 16, 5-6pm, **Reading To Ceili The Therapy Dog**. Grades K & up. Call the Library at 631-734-6360 to register for a 15-minute reading session with Ceili, our loveable golden-doodle therapy dog. Each date requires separate registration. Bring your favorite book from home or choose one from our shelves.

Thursday, Nov. 17, 4-5pm, **LEGO WITH A TWIST**. Grades 1-4. Registration required. Join Ms. Mignon to build Lego creations, try a Lego maze or play Lego games.

Friday Nov. 18, 4-5:30pm, **Friday Family Flicks: DC League of Superpets (PG)**. Register each family member. Children under age 10 must be accompanied by an adult or caregiver.

Saturday, Nov. 19, 11am, **Family Storytime with Ms. Christine: We Are Thankful!** For families. Please register each family member. Thanksgiving is a time to think about what we are most grateful for. Enjoy stories about gratitude, make a thankful wreath and enjoy a Thanksgiving guessing game.

Saturday, Nov. 19, 1pm, **Farm Tails**. Join us at **Browder's Birds Farm, Mattituck** for a unique story time experience. See their poultry, turkeys, ducks and sheep. Meet the new animals, French Toulouse Geese and Dexter Cattle. Collecting eggs following the story time for \$10/doz. (optional). Meet at 4050 Soundview Ave., Mattituck.

Monday, Nov. 21, 9:30-10:15am, **Fall Storytime Yoga** led by Ms. Mary. Ages 2-5 with parent/caregiver. Registration required. Listen to fall books while bending, stretching, balancing and learning basic yoga poses. Please bring a yoga mat or towel and water bottle.

Monday, Nov. 28, 10am, **Sensory Storytime**. Ages 2-5. Registration required. Ms. Joan will read interactive books, offer sensory and tactile bins, and share a craft to explore different textures. Your child will experience new sensory stimuli.

Monday, Nov. 28, 6-7pm, **PAJAMARAMA! Cold Turkey**. Ages 3-8. Registration required. Join Ms. Mignon for stories, making a craft and playing games. Please wear your pajamas and bring along your favorite stuffed animal.

Wednesday, Nov. 30, 4:30-5:30pm, **Woodland Creatures Craft**. Grades 1-4. Please register. Join Ms. Mignon for a reading of *The Busy Tree* by Jennifer Ward, then create woodland creatures - a bear, fox and deer, using wooden discs, and play woodland animal games.

TWEEN & TEEN PROGRAMS (Grades 5-12)

Friday, Nov. 4, 6-7pm, **SPHERO DERBY**. Registration required. Ready to roll? Let's race! Work in small teams to train your bots to be your stallions and run the obstacle course! Prizes awarded!! Learn simple coding concepts; no background knowledge required.

Monday, Nov. 7, 6-7pm, **Owl Ceramics**. Registration required. Who wants to make this charming owl? Alicia Mack demonstrates how to create a lovely wise owl you can fill. Creations will be glazed, kiln fired, and returned in a few weeks for you to enjoy.

Wednesday, Nov. 9, 4-5pm, **Scribblers Circle**. Registration required. Do you like to tell stories in words or pictures? Ms. Joan will show you how to create your own personalized scribblers' journal with colors, washi tape, and more! Then, fill your journal with story ideas, inspirational quotes, and doodles. Enjoy hot chocolate and snacks.

Wednesday, Nov. 16, 6-7pm, **North Fork College Bound**: A trio of fall Wednesday evening discussions. Finding the Right College(s) for Me. Registration required. Led by Bob McCaughey, Professor of History Emeritus Barnard College, Columbia University. Also available for free individual consultations with students and/or parents by appointment. Email Teens@cnsfl.org for appointments.

Thursday, Nov. 17, 6-7pm, **Traditional Flat Bread** (Grades 5-8). Registration required. Let's learn how to make this simple flatbread that puffs up like a pillow while you cook it. Then coat them with delicious ingredients such as cinnamon, sugar, Nutella, and more. You'll have as much fun making bread as you will eating it!

Wednesday, Nov. 30, 5-6pm, **Animal Action: Shrinky Dink the Shelter Animals**. Registration required. Help promote adoption and create adorable Shrinky Dink keychains of animals waiting for their forever home. Bring a photo of your own pet and make another one for yourself. This program earns 1 hour of community service.

TEENS CARE (Earn Minimum 1 hour of Community Service)

Sept. - Nov., **Cutchogue Pantry Drive**. Collect and donate personal care products OR non-perishable food items to our Food Pantry and receive 1 hour of community service for any 5 items. Please donate small or travel size personal care products only. Suggested personal care items include: soaps, shampoo or hair products, deodorant products, dental products, sanitary napkins, lotions, or shaving needs. Drop off items to a Librarian in the Children's room to receive community service.

Nov., **SHOE DRIVE**. In support of the Cutchogue East Elementary School fundraiser and Funds2Orgs efforts to work with developing countries, clean out your closets and send in shoes you've outgrown or no longer need. The library will be hosting a collection

box in the front circulation area. Please see a Children's Librarian to receive 1 hour of community service per donation. Let's help them reach a goal of 2500 pairs!

Kanopy Film Reviews - Love to watch movies? Check out our streaming platform, watch a film of your choice, and review for community service. Each review earns 3 hours of community service. Stop in the Teen room to pick up a copy of the review outline form or email Kristie at teens@cnsfl.org to receive a copy.

Book Reviews - Email to teens@cnsfl.org or drop off a hard copy at the Library. Please select New Teen Fiction from the Teen Room and write a book review to help future readers find something great to read. Each book read and review written earns a minimum of 3 hours of community service. A book review can be a written response, a drawing, etc., anything you are inspired to create.

Animal Toys & Treats - Drop off handmade treats and/or toys for cats and/or dogs for community service to Kristie in the Children's Room. All donations will be donated to the North Fork Animal Welfare League in Southold. Each donation receives 1 hour of community service. Please bring any community service forms to be filled out upon donation drop off.

OTHER EVENTS

Monday, Nov. 21, 6pm, **BOARD OF TRUSTEES MEETING**. For more information, please call the Library at 631-734-6360 or email us at cutclib@cnsfl.org.

Monday, Nov. 14, 3pm, **FRIENDS OF THE LIBRARY MEETING**. Meetings held in person. New members always welcome!



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