FRIENDLY’S FUNDRAISER

Tues, Nov 13
5:00—9:00 pm

Please support The Friends of the Lodi Memorial Library.

When you eat at Friendly’s on Rt 46 East
In Elmwood Park and pay your bill, 10% of the evening’s receipts will be donated to The Friends of the Lodi Memorial Library.

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Please sign up for an e-mail version of this newsletter on our website at www.Lodi.BCCLS.org

OCTOBER IS NATIONAL HEALTH LITERACY MONTH
See Page 5 for a listing of our exciting programs
**CHILDRENS PROGRAMS**

**Minecraft**

**GRADES K - 5**

**MONDAYS**

10/01 & 10/15

4:00—5:00 pm

**HALLOWEEN PARTY**

Monday, Oct 29

4:30—5:30 pm

All Ages

Crafts, Food, Candy, Trick or Treat, and more!

Registration Required

**TWEEN DIY**

Bring & Paint Your Own Small Pumpkin

Grades 3-7

Thurs, Oct 11

4:00—5:00 pm

**Storytime**

Come to the Library every Friday to hear a story and to play together

Storytime

11:00 - 11:15 am

10/05 Alphabet

10/12 Numbers

10/19 Pumpkins

10/26 Halloween

followed by Playgroup

11:15 am — 12:00 Noon

**Crafty Wednesdays**

**CRAFTY WEDNESDAYS**

**WEDNESDAYS, 11:00—12:00 PM**

**AGES 2—4**

10/03 Cork Stamping—Cherries

10/10 Cork Stamping—Tree

10/17 Cork Stamping—Fish

10/24 Goldfish

10/31 Paper Plate Crabs

**S.T.E.A.M.**

(Science, Technology, Engineering, Art, Math)

Monday, Oct 22

4:00—5:00 PM

Grades Pre-K—3

**SPECIAL PROGRAM**

**Yoga Storytelling**

Wednesday, October 24

Session 1: 12:00—12:30 pm

Session 2: 12:30—1:00 pm

Kids explore their breath and body. They create yoga poses that help illustrate the story being told.

Registration Required

Presented by Fit Fund

**Crunchy Slime**

Registration Required

**Board Games**

**Play Games! Have Fun!**

**S.T.E.A.M.**

Wednesday

3:30—4:30 pm

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TEEN PROGRAMS

HALLOWEEN PARTY
Monday, Oct 29
4:30—5:30 pm
All Ages
Crafts, Food, Candy, Trick or Treat, and more!
Registration Required

TWEEN DIY
Bring & Paint Your Own Small Pumpkin
Thurs, Oct 11
4:00—5:00 pm
Registration Required

LODI LIBRARY ANIME CLUB
Anime, Discussions, Crafts, Japanese Snacks, & More
Grades 6—12
(1st Thursday of Every Month)
Thursday, Oct 4
3:30—5:30 pm
Come watch The Boy and The Beast
Registration Required

Make Your Own Nachos
Grades 6—12
Thursday, Oct 18
4:00—5:00 pm
Registration Required

BOOKSTERS
Teen Book Club
Grades 7—12
Thursday, Oct 25
5:00—6:00 pm
Snacks will be provided

VIDEO GAMES AVAILABLE FOR CHECK OUT AT THE LIBRARY
Wii
PS3 PS4
XBOX360
XBOX ONE

FREE E-BOOKS & E-AUDIOBOOKS

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**ADULT PROGRAMS**

**LIBRARY E-SOURCES**

- **E-Books & E-Audio Books**
  - Overdrive is back with a new app called Libby
  - Libby is more user-friendly and has expanded device compatibility

**E-SOURCES**

- **E-Books & E-Audio Books**
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**Tuesday Night Book Club**

- **Tuesday, Oct 9**
- **6:30—7:30 PM**
- **A Man Called Ove**
  - by Fredrik Backman
  - 352 pages

**MOVIES AT THE LIBRARY**

- **Wednesdays**
- **1:00 pm**

  **10/03** Little Pink House
  **10/10** The Catcher Was a Spy
  **10/17** Hearts Beat Loud
  **10/24** Leave No Trace
  **10/31** Mama Mia! Here We Go Again

**Colorful Mornings**

- **Friday, Oct 5**
- **11:00 am**

**Thursday Night Coloring Club**

- **Thursday, Oct 25**
- **6:30 pm**

Please sign up for an e-mail version of this newsletter on our website at www.lodi.bccls.org
OCTOBER IS NATIONAL HEALTH LITERACY MONTH
In addition to offering reliable sources of health information, The Lodi Memorial Library is pleased to offer the following health and wellness programs

Please call to register

Chair Yoga (Adults)
Mondays, Oct. 1, 15, 22, 29, Nov 4, 12, 1:30-2:30pm: Finally, a yoga class for people suffering from joint pain and stiffness associated with conditions such as arthritis and fibromyalgia. In this class, students will use chairs rather than yoga mats. Presented by Renee Redding-Jones. Space is limited; call 973-365-4044 to reserve a spot.

Must register for each date individually
Sponsored by the Friends of the Lodi Memorial Library.

Home At Last (Adults)
Tuesday, October 9 2:30 pm: Sarada Chiruvolu will guide attendees on how to balance spiritual disciplines with everyday life. She will address common obstacles that most people face during meditation and gives simple techniques that one can use to progress in any type of spiritual practice and become more effective. She provides sign posts of progress based on her direct experience and talks about some essential tools one can use to enhance their practice.

Please call 973-365-4044 to reserve a spot.

Healthy Pita Bread Pizza Demo (Family)
Thursday, October 11 4:00 pm: As part of Health Literacy Month, Dietitian Julianne from ShopRite will show us how to make a delicious pizza at home using pita bread. Free samples given.

Please call 973-365-4044 to reserve a spot.

Meditation Class (Adults)
Wednesday, October 17, 11:00 am: Presented by Renee Redding-Jones. She also teaches our popular Chair Yoga class. With ample time to practice in this workshop, you will experience a variety of ways to meditate to help you determine what works best for you.

Please call 973-365-4044 to reserve a spot
Sponsored by the Friends of the Lodi Memorial Library.

Feng Shui - The Chinese Art of Harmonious Placement (Adults)
Saturday, October 20 2:00 pm: Find out what Feng Shui is, how it works, and how it can help you.

Please call 973-365-4044 to reserve a spot.
Sponsored by the Friends of the Lodi Memorial Library.

Yoga Storytelling (Children)
Wednesday, October 24, Session 1—12:00—12:30 pm
Session 2 12:30—1:00 pm
Kids explore their breath and body. They create yoga poses that help illustrate the story being told.

Please call 973-365-4044 to reserve a spot.
Sponsored by the Friends of the Lodi Memorial Library.

Secrets to Letting Go (Adults)
Tuesday, October 23, 6:00 pm: Learn simple methods to let go of emotional issues that are holding you back from being happy and successful both personally and professionally.
We offer a variety of one-on-one classes to help you become proficient in the electronic world.

Sessions last approximately one hour.
Tuesdays or Thursdays
Appointments must be made at least one week in advance.

Introduction to computers

Intro to Microsoft Word, Excel, Publisher, or PowerPoint

Searching the internet

Setting up an e-mail account

Setting up your e-reader to check out library e-books, e-audiobooks, and e-magazines

Using the library’s catalog

Using the library’s databases—
Rosetta Stone and/or Mango Language Learner
Ancestry.com
Learning Express Library
Ref USA
Friends of the Library

Whether you are a brand new patron of the Lodi Memorial Library or a long time user, you are invited to become a member of Friends of the Lodi Memorial Library.

Help with events and book sales
And support your library

Next Meeting – Oct 10 1:30 pm
Library Conference Room

If interested in joining, please ask for membership form.