



THOMAS
MEMORIAL
LIBRARY

NEWS & EVENTS FOR ADULTS

JANUARY
2024

FIRESIDE WRITING @TML

Thursdays in January
5:30 - 6:30 pm

Is writing more one of your goals for the new year? Looking for a comfortable and cozy spot to join other writers? Come to TML's brand new Fireside Writing program! Starting in January 2024, Fireside Writing gives you the space and opportunity to work alongside fellow writers and reach your writing goals. Bring your laptop or your favorite notebook and join us by the fire for tea and quiet writing time! Meets weekly on Thursday evenings from 5:30-6:30pm.

All are welcome!

BIG CONVERSATIONS IN 10 SHORT MINUTES

Thursday, January 18
6:30 - 7:30 pm
via Zoom



At virtual gatherings throughout the winter, you have the chance to meet people from other communities across the state for conversations that are as engaging as they are brief. Each event will randomly pair participants with partners for 10-minute (non-political) conversations focused on simple, intriguing prompts. Attendees will get to have three separate conversations with three other strangers from across Maine.

Please register on the library's website.

PUTTING FOOD ON THE TABLE FIGHTING LOCAL HUNGER

with Don Morrison
of Wayside Food Programs

Tuesday, January 23
6:30 - 8:00 pm
in person & via Zoom



Wayside Food Programs has been increasing access to nutritious food for our neighbors in Southern Maine since 1986. Their Food Rescue program not only feeds people, but also keeps millions of pounds of food waste out of landfills each year. Don Morrison, Operations Manager of Wayside Food Programs, will walk us through what it takes to keep Wayside's multi-faceted day-to-day operations running smoothly to not only fight local hunger, but also to use food as a tool to strengthen community. Learn what makes their approach unique, and how you can help. *Please register on our website if you would like to attend via Zoom.*

(ALMOST) EVERYTHING YOU EVER WANTED TO KNOW ABOUT OCEAN PLASTICS

with Ecomaine and the
Cape Elizabeth Recycling Committee



Thursday, January 25
6:30 - 7:30 pm
in person & via Zoom

That there are *trillions* of pieces of plastic trash in our oceans, either floating at the surface, or as microfibers throughout the depths. These tiny plastic particles are a great concern for our environment and our health, as microplastics have even found their way into the human bloodstream. Learn about technologies that help address the problem, as well as ways to minimize your own plastic pollution. *Please register on our website if you would like to attend via Zoom.*

WHAT'S UP WITH YOUR PELVIS? PELVIC HEALTH

with Pelvic Floor Specialist,
Jessica Clark, PT

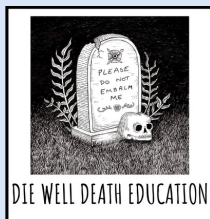
Wednesday, January 31
11:30 am - 1:00 pm

Your pelvis is pretty incredible as well as very important to your overall health and comfort! Learn about pelvic floor muscles, common issues related to them and how they function best. Gain the confidence, comfort and control that comes from a healthy pelvic floor! You'll leave with a better idea of healthy habits for pelvic health and a greater understanding of what can help when things are not feeling well.

All are welcome!

RECURRING EVENTS

*Find details about
our regularly occurring events
on the other side of this page.*



TALKING ABOUT DEATH

two monthly programs led by
Leona Oceania of
Die Well Death Education

No registration necessary--
visit our website
for more information!

Death Education Series: Session Three

Tuesday, January 2, 6:30 - 8:00 pm

In this fourth session we'll be focusing on legacy work. Legacy work is not about dying and death, it is about life and living; and creating your own legacy for your family, friends, and loved ones. (It is not necessary to have attended previous sessions.)

Pond Cove Death Café

Tuesday, January 16, 6:30 - 8:00 pm.

A monthly group-directed conversation about death with no agenda, objectives, or themes - with cake! (not a grief support or counseling session)

WRITING A LEGACY LETTER SHARING YOUR VALUES WITH LOVED ONES

with Jay Sherwin

Saturday, January 6
10:00 - 11:30 am



A legacy letter (also called an "ethical will") is a written document that allows you to share your life lessons, express your values and transmit these ideas to future generations. Writing one is a rewarding experience that creates an enduring gift for your family, friends and loved ones. This workshop is designed to introduce the concept of legacy letters and to help you craft your own legacy letter. It includes discussion and a few brief writing exercises.

Please register on the library's website.

COMMUNITY
ART
BOXES

ERASER STAMPING WORKSHOP

Saturday, January 27
11:30 am - 12:30 pm

Carve your own reusable stamps from rubber erasers and make art with us! Your stamps can be used to create artwork for display, as well as for cards, gift tags, journals, and more!

Please register on the library's website.

Thank you to TMLF for helping to make our programs and events possible! Scan the code below to learn more about them, or visit their website at ThomasMemorialFoundation.org



DO YOU WANT TO CONNECT WITH OTHERS?

LEARN MORE ABOUT OUR RECURRING GROUPS!

Fika (Coffee Break)

Wednesday - Saturday, 10:00 - 11:00 am (via Zoom)

When physical distancing was necessary during the global pandemic, we began this virtual group to help people make essential social connections, and we have kept it up ever since! Come take a daily virtual coffee break with folks near and far to share thoughts and ideas, stories and laughter, and gain different perspectives. Join us anytime Wednesday through Saturday at 10:00 am or coffee, tea, and engaging conversation – no agenda, just connecting with other kind, curious and friendly human beings. Please register on the library's website and we'll send you a Zoom link to join!

Guerilla Poetry Whoop

2nd Thursday, 6:30 - 7:30 pm (via Zoom)

Guerrilla poetry involves publishing poetry in unexpected and unconventional ways in unexpected and unconventional places.

A group of gorillas is called a band or a troop (less common is a "whoop" of gorillas.) **So what is a Guerilla Poetry Whoop, you ask?** An unconventional group of poets and poetry enthusiasts here at Thomas Memorial Library who gather regularly to share our favorite poems and poets with one another in a fun, relaxed atmosphere. In addition to reading and discussing poetry, we also brainstorm and collaborate on creative ways to put poetry out into the wider world for everyone to enjoy. Would you like to join our whoop? We meet every second Thursday of the month at 6:30pm via Zoom. Please register on the library's website so that we can send you the Zoom link to join. And please bring 2-3 favorite poems that you'd like to share with the group.

Eldering Conversation Group

Wednesdays, 1:00 - 2:00 pm (in-person & via Zoom)

While aging is familiar to us, the concept of "Eldering" may be new. Our Eldering group is a place to talk, to share, or to just listen to what neighbors, friends, and members of our community have to say about their experiences as we grow older. Please visit our website to register and join this lively group for our weekly discussion.

Songwriting Workshop, with Jud Caswell

1st Tuesday, 6:30-8:00 pm (in-person)

Whether you are a new writer, experienced writer, or want-to-be-a-writer writer, we hope you'll join us to bring in your work and get expert advice from award-winning songwriter, Jud Caswell. Participants in this workshop rave about Jud and about how much his advice is helping shape and improve their writing. Jud starts each session with a short discussion of a specific element of songwriting craft, then moves to sharing songs. Jud's feedback is focused on questions or concerns raised by the songwriter, with group discussion focused on issues of craft and technique. The goal of the workshop is to provide a safe place for songwriters to share and learn. Songwriters of all levels and abilities are welcome! Please register in advance on the library's website.

Afternoon Book Group

3rd Thursday, 3:00 - 4:00 pm (in-person & via Zoom)

Our adult book group is lead by Access Services Librarian **Kevin Goody**. Book selections are chosen by the group each month for the following meeting, and alternate between fiction and nonfiction titles.

Pod Complex: A Podcast Listening Club

1st Thursday, 5:00 - 7:00 pm (via Zoom)

Love the idea of a book club, but don't have the time for all that reading? Addicted to podcasts, but wish you had someone to discuss your favorite episodes with? Join us for Pod Complex, TML's Podcast Listening Club! Each month we'll feature a different podcast to listen to and dissect together. We'll explore a wide variety of podcasts on all different topics, in all different styles and then turn a critical eye on them as we discuss each month's fresh selection. Listen on your own time at home, or join us for the first hour as we listen together, with a lively discussion to follow in the second hour.

Big Little Lit: Children's Books for Grownups

3rd Wednesday of the month, 11:00 am - 12:00 pm (in person AND via Zoom)

Library Director Rachel Davis was TML's Children's Librarian for 27 years. Join her at this monthly book group for adults, featuring outstanding literature for children. The same qualities that make an excellent book for adults are also present in books written for children-- complex, beautifully written stories that speak to the universality of human experience. The only difference is that children's literature is firmly grounded in the immediacy of the experience of childhood. We were all children once--come explore childhood again as Rachel leads a monthly discussion on some of her favorite books.



THOMAS
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LIBRARY

NEWS & EVENTS FOR TWEENS & TEENS

JANUARY
2024



Tuesday, January 9
3:00 - 4:00 pm

Ages 11+

Please register
on our website

Are you ready to ring in the new year?

Explore your dreams for this year with vision boards, a fun and creative way to express yourself and envision the person you'd like to be. Whether you'd like to read more, play more, become stronger or kinder, there are a million possibilities for you in 2024. Join us for a special vision board session complete with tunes, snacks, and lots of pictures to cut up!



HOW COMICS ARE MADE

with artist **Ryan L. Higgins**

Saturday, January 13
1:00 - 2:00 pm

Ages 11+ From the initial story outline to the finished drawing, local comic creator Ryan L. Higgins will show older tweens and teens the process of turning your ideas into a comic book! Supplies will be provided.

Register on our website!



Ryan L. Higgins is the creator of the kid-friendly series "Lazer Brain Comics" and arguably one of the world's greatest amateur Donald Duck impressionists. He lives in Somersworth, NH.



#LIBRARYSQUAD

Ages 11 - 13

First Friday of each month
January 5: 2:45 - 3:45 pm

Library Squad is a community of library-loving middle schoolers that meets monthly, and whose opinions, ideas, and help form the foundation of our programming. Library Squad meets after school on the first Friday of each month from 2:45 - 3:45 at the library.

CALLING ALL WRITERS!

Are you a young writer looking for a way to practice your craft? Our new groups will focus on exploring the imagination through fiction, poetry, and creative nonfiction. Visit our website for more information!



Ages 10 - 12

First **Thursday** of each month
3:30 - 4:30 pm

This month: January 4
Next month: February 1



Ages 13+

Second **Saturday** of each month
2:00 - 3:00 pm

This month: January 13
Next month: February 10



TEEN LEADERSHIP COUNCIL

Last Friday of Each Month,
2:45-3:45 pm
This month: January 26

The Teen Leadership Council (TLC) is a group of young people who want to take a more active role in our library community. TLC makes book and informational displays, provides feedback on the direction of the Teen Space within the library, and even gets the chance to design and lead special programs.

Monthly meetings include snacks, social time, and fun. If you're interested in joining, email Megan Smith, msmith@thomas.lib.me.us, or stop by the downstairs desk and ask for an application!



TML TEEN ATELIER

Saturday, January 20
3:00-4:00 pm

Hey teens:
Get messy!
Get creative!

Visit the **TML Atelier**. Come spend an hour exploring your unique creativity using different mediums. **Registration required: sign up on our website!**



SILENT BOOK CLUB (TEENS ONLY!)

Come meet new people and then ignore them. Welcome to the Silent Book Club, a cozy place where all you need is a book to read. Any book, any format, any chapter. No discussions, no suffering "that" book, no worries about not having enough copies for everyone. With this book club there's no pressure to finish an assigned book or have intellectual conversation. Bring your own book or find one while you're here. We will have a few minutes of low-key social time, and then silent reading time accompanied by coloring and light snacks. Past participation is not required for this once-a-month book club and all teens are welcome.



COMMON VIBES

Thursdays, 3:00 - 4:00 pm

Community, conversation, creativity. If you're a teen looking for any of the above, join us at Common Vibes, a new weekly meeting at TML just for people like you!

Whether you're in it for the crafts, the snacks, the experiences, or simply the chance to vent about whatever's on your mind, Common Vibes is a place and time where you can be yourself.

Drop in on Thursdays from 3:00 - 4:00 pm upstairs in the teen section to see what you can do at your local library!

- 1/4/24 **Craft:** Gingerbread Houses
- 1/11/24 **Experience:** Writing with Sasha
- 1/18/24 **Craft:** Button Making
- 1/25/24 **Experience:** Board games with Sierra & Sasha
- 2/1/24 **Craft:** Mason jar luminaries with Kyle

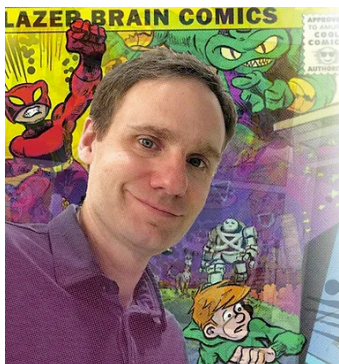


THOMAS
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NEWS & EVENTS FOR KIDS & FAMILIES

See reverse for More!

JANUARY
2024



Ryan L. Higgins is the creator of the kid-friendly series "Lazer Brain Comics" and arguably one of the world's greatest amateur Donald Duck impressionists. He lives in Somersworth, NH.

LEARN HOW TO DRAW COMICS

with Artist Ryan L. Higgins

Saturday, January 13
1:00-2:30 pm

In this interactive, all-ages workshop, Ryan will show kids how to draw characters like Spider-Man, the Teenage Mutant Ninja Turtles, and some of the stars of his series, **Lazer Brain Comics**! Ryan is a pro at teaching kids how to draw with a fun and easy approach using pencils and paper. Supplies will be provided.

For all ages!

Please register on our website.



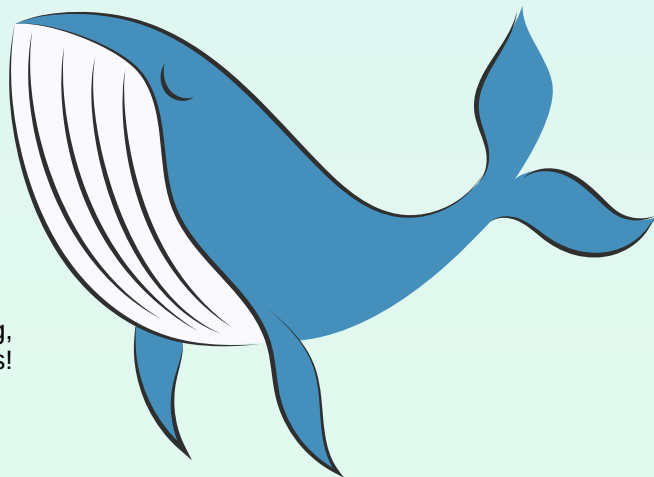
WONDER OF WHALES FAMILY DISCOVERY PROGRAM

Saturday, January 20
1:00-2:00 pm

Join us to celebrate the wonder of whales! Learn fun facts about whales, their habitats, and what they eat. Activities will include a game that simulates whale feeding patterns, a station for ocean animal Lego building, and mini ball pit oceans for searching for the many different whale species! Come appreciate these massive ocean creatures at this all ages event.

For all ages!

Registration required, sign up on our website!



A WHALE'S TALE OCEAN ECOSYSTEMS FOR FAMILIES

With the Children's Museum of Maine

Saturday, January 27
2:00-3:00 pm

****Event held at Pond Cove School Cafetorium****

Join our friends from the Children's Museum of Maine and meet a **life-sized inflatable humpback whale named Piano!** Explore whale anatomy, touch real whale artifacts, and become an ecologist to discover a whale's role in the ocean ecosystem. As we explore ocean ecosystems, we will learn more about the real whale named Piano and discover how she interacts with other animals, including humans. ****This event will start at the Pond Cove School Cafetorium next to the library and end in our library community room!****

For all ages.

Space is limited! Registration on our website is required.



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NEWS & EVENTS FOR KIDS & FAMILIES

See reverse for More!

WEEKLY PROGRAMS

MESSY MINIS

Mondays, 10:30 am (Ages 2 - 5)

Let your imagination run wild and join us for Messy Minis time in the Community Room. Let's paint, color, cut, and paste together to make magic!

DRESS UP AND DANCE

Tuesdays, 10:30 am (Ages 2 - 5)

Join us for 30 minutes of moving and grooving to our favorite playlist, special dress-up costumes, and everybody's favorite bubble song.

PLAY DATE @ THE LIBRARY

Wednesdays 10:30 - noon (Ages 0 - 5)

Drop-in play session for children and their caregivers. The Community Room is open for exploration during this time, with special toys and stations while you visit with friends!

READY FOR READING CLUB

Wednesdays, 1:30 pm (Ages 4+)

A special storytime program for children ages 4 and up. Join Miss Martha to enjoy longer stories, fun with music, and a variety of simple early learning games and activities.

TINY TUNES: JUST THE MUSIC, PLEASE!

Thursdays, 10:30 am (Ages 1-3)

Join us for a movement-based program that's a gentle introduction to the routines, songs, and props we use for story times, but without the books! Great for curious, wandering wigglers & their caregivers.

TRADITIONAL STORY TIME

Fridays, 10:30 am (Ages 3+)

Join us in the Community Room for songs and stories, bubbles, and Belinda the Bear! Geared toward ages 3-5 or anyone who enjoys listening to a solid two stories.



SATURDAY FAMILY STORY TIME

Saturdays, 10:30 am (Ages 3+)

Join us for a special weekend edition of Story Time! It will feature all our favorites: songs and stories, bubbles, and Belinda the Bear! Geared toward ages 3-5 or anyone who enjoys listening to a solid two stories.



Please stay home if anyone in your household is feeling sick!

Join us when everyone is healthy again.

JANUARY
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Children in grades K – 6, especially struggling or less-than-confident readers, are invited to sign up for 15-minute time slots to read with a certified therapy dog.

Check out the sign-up sheet in the children's room for appointment availability and to "meet" our dogs, or call the children's room for more information.

Currently, Pumba the Pug is here some Tuesdays, and Lark is here every Wednesday afternoon!

LEGO CLUB

for ages 5 - 12

Children 10 and under must have an adult present



Usually meets first Tuesday of each month. This month:

**Tuesday, January 3
3:30 - 4:30 pm**

Come free build or pick up a challenge card to try something new. Masterpieces will be put on display until the next Lego Club meeting! No registration necessary.



Thank you to TMLF for helping to make our programs and events possible! Scan the code below to learn more about them, or visit their website at

[ThomasMemorialFoundation.org](https://thomasmemorialfoundation.org)



CHARACTER OF THE MONTH

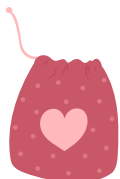
OLIVIA



We're kicking off the New Year by celebrating Olivia, from the wonderful series by Ian Falconer. We'll have fun activities throughout the month like our popular scavenger hunt, and you can try your hand at drawing Olivia and sharing it with the TML librarians, who will put it on display!

SEWING ADVENTURES

DRAWSTRING TREASURE BAGS



Saturday, January 13

1:00-2:30 pm

For ages 8-14

Do you have a treasure you like to carry with you, loot you need to store, or a special person to make a gift for? In this workshop, sewists will learn to create a seam allowance, sew a casing, thread a cord through the casing, and use running stitch to hand sew a drawstring bag. Make it big for storing stuff, or make it small to hang it around your neck. Beginning sewists welcome! No prior experience necessary* but complete beginners must be accompanied by their adult to work one on one in learning basic skills of threading a needle and tying a knot for their first few meetings. All materials provided.

Registration required!

AHOY! PIRATE PARADE STORYTIME

Friday, January 19, 10:30 am

For ages 3+. Yo-ho-ho! It's a pirate's life for us! Join us for this special storytime with 30-minutes of playful stories, rhymes, songs aboard the Good Ship Story Time!



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