



THOMAS  
MEMORIAL  
LIBRARY

# NEWS & EVENTS FOR ADULTS

JULY  
2024

## SHARE THE SHORE!

with Christie Hull  
from Maine Audubon

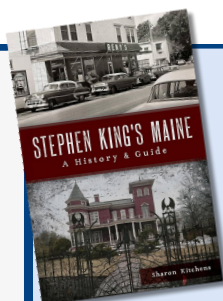


**Thursday, July 11**  
**6:30 - 8:00 pm**

*For adults & families*

Want to know more about two of Maine's most magical shore and seabirds? Come learn about Piping Plovers and Least Terns, two endangered species that call Maine's southern beaches home for the summer. Find out why conservation work is so important for these species,, and how beachgoers can help share the shore.

There will be an opportunity at the end of the talk to ask questions and receive your very own 'plover lover' sticker!



## STEPHEN KING'S MAINE

with Sharon Kitchens

**Tuesday, July 16**  
**6:30 - 8:00 pm**

Much of western Maine reads like a Stephen King novel. The dense, dark woods and backcountry ponds. The century-old houses with gravel driveways and immense flower gardens—acres of farmland miles from a highway. Serpentine country roads dotted with farm stands and picturesque main streets lined with battered pickups. Places where, especially during the dark and rainy days of October and November, things can get downright spooky. Author **Sharon Kitchens** identifies the locations that serve as the basis for King's fictional towns of Castle Rock, Jerusalem's Lot, Derry and Haven. Drawing on historical materials and conversations with locals and people who know King, Sharon sheds light on daily life in places that would become the settings for some King's most memorable books.

*Come join us!*

## 125 YEARS OF THE PORTLAND CAMERA CLUB



with Richard Sawyer

**Thursday, July 18**  
**6:30 - 7:30 pm**

In conjunction with the July exhibit in the Stier Family Gallery, Richard Sawyer, current president of the Portland Camera Club, will discuss the 125 year history and share images representing members' styles and techniques since the founding of the club in 1899. The Club was one of the earliest in the country and it was one of the few to encourage women to join. He will also be discussing *Seeking the Magic Light: A Chronicle of the First 100 Years of the Portland Maine Camera Club*, a book written by the late David Kirkwood and longtime member of the Club.

Anyone with an interest in photography or Maine history will enjoy learning more about the exhibit and the work of the Portland Camera Club!

*All are welcome!*

## ALLAGASH NEW ENGLAND'S WILD RIVER

with Tim Caverly

**Friday, July 19**  
**3:00 - 4:30 pm**



Narrated by retired supervisor of the Allagash Wilderness Waterway, **Tim Caverly**, this program will bring the audience on a **virtual adventure canoeing the 92-mile Allagash River**.

Join us for this thrilling ride and learn about the wonder of this magnificent river along with the lore and legends of Maine's wilderness!

## FOREST BATHING

with Davinica Nemtzw

**Saturday, July 20**  
**11:00 am - 12:30 pm**

*Robinson Woods*

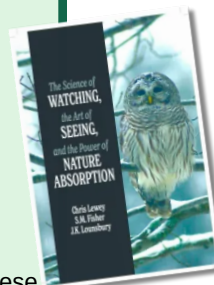


"Forest bathing" comes from the Japanese term, *Shinrin-yoku*. The phrase simply means "taking in the forest atmosphere." The modern techniques of forest bathing as a preventative medicine were developed in Japan in the 1980s, though they were developed from the ancient arts of mindfulness and meditation.

Through this slow and mindful practice, you'll deepen your relationship with yourself and the land you inhabit. After some guided breathing and gentle movement, we'll amble along the trail, engaging our curiosity, awakening our senses, and enjoying the serenity of Robinson Woods. No previous meditation experience is necessary!

This event will meet at the **wheelchair-accessible** Pond Trail at Robinson Woods.

*Please register on the library's website.*



## THE SCIENCE OF WATCHING

THE ART OF SEEING  
AND THE POWER OF  
NATURE ABSORPTION

with Chris Lewey,  
Sharon Fisher & Jane Lounsbury

**Tuesday, July 23**  
**6:30 - 7:30 pm**

Join the authors of this new book as we explore the profound connections between humanity and our natural world. The concept of "nature absorption" provides a simple compass pointing toward an enhanced awareness that can be experienced by everyone. It is a useful tool for birders, nature enthusiasts, travelers and anyone seeking to increase their knowledge, experience, and insight, going beyond identification.

*All are welcome!*

**MORE ON THE  
OTHER SIDE!**



# DO YOU WANT TO CONNECT WITH OTHERS? ATTEND ONE OF OUR RECURRING GROUPS!

## Eldering Conversation Group

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

Talk, share, or just listen to what neighbors, friends, and members of our community have to say about their experiences.

## 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. Songwriters of all levels and abilities are welcome! Please register on the library's website.

## Afternoon Book Group

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

Our adult book group is led 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.

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://www.ThomasMemorialFoundation.org)



## WRITING HIVE



Thursdays  
5:30 - 6:30 pm

*You could sit at home and write,  
but will you?*

**Writing Hive** gives you the space and opportunity to work alongside fellow writers and reach your writing goals. Join us by the fire or in the garden for tea and quiet time among your fellow humans.

*No registration necessary!*

## FREE BLOOD PRESSURE AND/OR BLOOD SUGAR SCREENING



with the Cape Elizabeth  
Fire/Rescue Department

Wednesday, July 24  
11:30 am - 12:30 pm

We are pleased to be able to partner with CE Fire/Rescue to offer this free monthly screening opportunity, which will take place on the last Wednesday of every month in the library's Community Room. Please register in advance on our website. Drop-ins are also welcome!

## INTO THE WOODS A SUMMER READING ADVENTURE



Made possible by  
Thomas Memorial Library Foundation

## REGISTER FOR OUR ADULT SUMMER READING PROGRAM!

Register at the main desk and receive a summer reading bingo sheet. Complete reading challenges to enter into weekly and grand prize drawings for nature-themed prizes!

- Every square filled in on the bingo sheet gets a ticket for our weekly prize drawings
- Every line completed across / down / diagonally gets a ticket to our grand prize raffle
- Blackout the board to get a special prize!



THOMAS  
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# NEWS & EVENTS FOR KIDS & FAMILIES



JULY  
2024

## WEEKLY PROGRAMS FOR LITTLE ONES

### 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.

### 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.

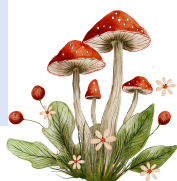
## SUMMER READ & BEAD CHALLENGE!



Join us all summer long for **"Into the Woods: A Summer Reading Adventure!"** We're bringing back our popular Read & Bead Challenge, in which kids keep track of the time they spend reading or listening to books, and earn beads and brag tags for their summer reading necklace.

This summer, kids will explore a woodland scene as they record their reading adventures!

**Stop by the Children's Desk  
to register!**



## CHARACTER OF THE MONTH



In July we're celebrating Lucy Cousins' loveable mouse, Maisy! We'll have a scavenger hunt for Maisy, and you can try your hand at drawing her and sharing your artwork with the TML librarians, who will put it on display!

## CATCHING FLIGHT



*Special Story Time  
with author **Rebekah Lowell***

**Saturday, July 6  
10:30 - 11:30 am**

We are excited to welcome award-winning author and illustrator Rebekah Lowell for a special story time featuring her newest picture book, *Catching Flight*. This special story time will also include a fun lesson in how to draw your own birds! Journals, watercolors, crayons, and colored pencils will be provided. **For families with children ages 5 and up!**

No registration necessary!

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

**Join us when everyone is  
healthy again.**



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.

Check in the Children's room for more information!

## LEGO CLUB

**for ages 5 - 12**

**Children 10 and under  
must have an adult present**



Meets **first Tuesday**  
of each month. This month:

**Tuesday, July 2  
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

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THOMAS  
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# NEWS & EVENTS FOR TWEENS & TEENS



JUNE  
2024



## TEEN LITERARY MAGAZINE FROM THOMAS MEMORIAL LIBRARY

We are excited to introduce **Scribble**: a brand new literary and art magazine to be published beginning in the fall of 2024. Featuring creative writing and visual work from artists 12 - 18 years old, **Scribble** presents a perfect opportunity for teens to follow their creative ambitions and show off their craft. Visit our website for complete details and to submit your work!

## SUMMER BINGO CHALLENGE!

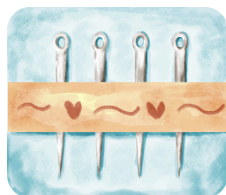
Join us this summer for  
**"Into the Woods:  
A Summer Reading Adventure!"**

This year, tweens & teens can pick up an Into the Woods Bingo Game and complete reading challenges to earn prizes.

**Stop by the Children's Desk to register!**



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## SEWING ADVENTURES: TRAVEL SEWING KITS

Saturday, July 13  
1:00 - 3:00 pm

For ages 8 - 12



Design an organizer for your favorite sewing tools to take with you anywhere. Make a coordinating pin cushion, a needle dock, and pockets for threads and elastic loops to hold your thread snips in place. Stitch it up by hand or machine or both. Use a combination of felt and fabrics - you're the designer. Close it with an elastic loop, a button, a zipper, velcro, clip or ties. 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.

**Please register on the library's website.**

## CALLING ALL WRITERS!

Are you a young writer looking for a way to practice your craft?

Our writing groups focus on exploring the imagination through fiction, poetry, and creative nonfiction.

Visit our website for more information!

For ages 10 - 12

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

This month: July 11  
(one week late due to the July 4 holiday)



For ages 13+

**Second Saturday** of each month  
3:00 - 4:00 pm

This month: July 13



## DUNGEONS & DRAGONS CAMPAIGN



Visit our website for updated  
dates and times!

Calling all wizards, warlocks, rangers and rogues! TML's Dungeons and Dragons campaign is open to teens and tweens who want to explore their character through interactive storytelling. You can join anytime! Stop by or sign up on our website.



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