



THOMAS
MEMORIAL
LIBRARY

NEWS & EVENTS FOR ADULTS

NOVEMBER
2024

Election Night Chill Zone

Tuesday, November 5
5:00 - 8:00 pm

Live harp music by
Ezra Gabrielson
from 6:30 - 7:00



Come relax and de-stress with us!
Enjoy relaxing music, hot tea, and
quiet coloring. Drop into our politics-
free oasis of calm any time between
5:00 and 8:00 pm.

Coloring pages, pens,
and pencils will be provided!

CAPE HISTORIC PRESERVATION SOCIETY
PRESENTS:



STORIES FROM THE LIFE-SAVING SERVICE

with Cape resident and
Life-Saving Station historian, Don Kennel

Tuesday, November 12
6:30 - 8:00 pm

In December of 1887, the US government established the Two Lights Life-Saving Station at Dyer Cove in Cape Elizabeth. Initially staffed by a team of about 6 surfmen, usually local farmers and fishermen, the Life-Saving Station patrolled the coast especially during treacherous weather for ships. The history of the station is filled with stories of courage and humor alike. Join us to find out about this remarkable service, which was transferred to South Portland by the U. S. Coast Guard in 1964 and served as the forerunner to today's Cape Elizabeth WETeam life-saving service.

All are welcome!

CAPE ELIZABETH GARDEN CLUB
PRESENTS:

GARDENING FOR POLLINATORS WITH NATIVE PLANTS BUILDING A RESILIENT LANDSCAPE

with Jen Stenberg

Thursday, November 21
6:30 - 8:00 pm



Native plants are of vital importance for the health, resilience and balance of our ecosystems and the survival of all living things. Learn how you can transform your own garden into a healthy habitat, and find out about the "Pollinator Friendly Garden" certification program through USM's Cooperative Extension.

FILM SCHOOL

with Sasha Kohan
Community Engagement Librarian

Do you love watching movies? Have you ever secretly wished you had gone to film school? Here's your chance! Join Community Engagement Librarian and former film student **Sasha Kohan** each month as we watch a movie followed by a wide-ranging discussion, covering everything from costume design to lighting to star power (maybe with just a touch of film theory, as a treat).



SCREENING & DISCUSSION

Tuesday, November 26
5:00 - 8:00 pm

For our second screening, we will be showing the ultimate Hollywood musical, *Singin' In The Rain*. Come just for the movie and popcorn, or stay for the conversation afterward too! To stay up to date on future Film School screenings and receive post-discussion material, sign up for the Film School mailing list. No registration required to see the movies! Open to all from movie buffs to casual viewers, and everyone in between.

MORE ON THE
OTHER SIDE!



Town of Cape Elizabeth Climate Action Workshop

Get involved with climate action
in Cape Elizabeth!

Thursday, November 14
6:00 - 8:00 pm

What do you want to see in Cape Elizabeth's Climate Action Plan? Share your suggestions and input on draft actions addressing energy efficiency, emergency preparedness, infrastructure resilience, public health, and more.

We need your help to ensure that this Climate Action Plan represents the needs and vision of the Cape Elizabeth community. There will also be an update on the climate action planning process and an overview of Cape Elizabeth's climate future.

RESTORATIVE JUSTICE CIRCLE

with DA Sartoris

Thursday, November 14
12:30 - 2:30 pm



Join DA Sartoris in a restorative justice circle - an opportunity to engage in a facilitated conversation guided by a restorative justice consultant. Our facilitator will provide questions that will prompt each participant to reflect and share about their own experience with community and justice. DA Sartoris has been offering this opportunity all across Cumberland County. These circles are small groups of approximately 5-15 participants to allow each person the space and time to answer the provided questions while being heard by the rest of the group. Space is limited—registration is required.



COLOR ANALYSIS

with Julie Cunningham

Tuesday, November 19
6:30 - 8:00 p.m.

Color analysis is one of the big secrets of the universe. It is the fastest way to help a person look their best. It gives you an immediate psychic boost, and this feeling translates into more energy and a more positive attitude about life. Color analysis may seem superficial at first, but this is a very powerful and soul satisfying procedure. Professional color analyst Julie Cunningham will unveil her process for finding everyone a wonderful personal color pattern that one can easily bring out with harmonious colors, while knowing that everyone is perfect exactly the way they are. No registration required!

GENEALOGY

BEYOND ANCESTRY.COM

Tuesday, November 19
6:30 - 7:30 pm

via Zoom

ZOOM
EVENT

Ancestry.com is an excellent resource for taking the first steps to trace your family history. But where can you go for the next steps? Join B.J. Jamieson, the genealogy reference specialist at the Maine State Library, to explore what other websites offer and how to find them. Please register in advance to receive the Zoom link.



WORRIED ABOUT FAMILY GATHERINGS?

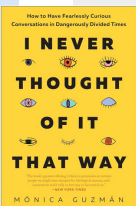
Learn how to overcome conflict and have curious conversations with those with whom you disagree.

Two discussion opportunities:

Saturday, Nov. 16
10:30 - 12:00

Monday, Nov. 25
10:30 - 12:00

We'll be practicing techniques outlined in the book, *I Never Thought of It That Way*, by Monica Guzmán. You don't have to have read the book to participate, but you can find out how to get a free copy and register to join a discussion on our website!



Celebrate NaNoWriMo with Us!

November is National Novel Writing Month

All through November, we will be hosting programs for writers of all genres and styles. Whether you are a poet or a novelist, an aspiring picture book writer or nonfiction storyteller, there will be something for everyone. Join local Maine authors Linda Buckmaster, Kalee Gwarjanski, Rebekah Lowell, Cynthia Reeves, and Sharon Kitchens as they share their secrets to the process of writing great stories that get published. No experience necessary! You can find more details about each workshop and register for the ones that pique your interest on the our website.

- **The Art of the Interview: A Nonfiction Workshop**, with Sharon Kitchens
Saturday, November 2 from 2:00 - 3:30 pm
- **Twisting a Classic: A Picture Book Workshop**, with Kalee Gwarjanski
Wednesday, November 6 from 3:30 - 4:30 pm
- **Writing a Novel in Verse**, with Rebekah Lowell
Friday, November 15 from 3:00 - 4:30 pm
- **The Poetics of Place: A Generative Writing Workshop** with Cynthia Reeves
Saturday, November 16 from 2:00 - 4:00 pm



Scan for Details

Plus, **Fireside Writing** returns every Thursday evening from 5:30 - 6:30 pm

SENIOR SOCIAL HOUR

Wednesdays, 1:00 - 2:00 p.m.

Older adults are invited to join us each week for an opportunity to connect with others, participate in informational sessions and workshops, and share stories from their own lives.

Each week will offer a different opportunities—from board games and puzzles to wellness workshops and storytelling—but the overall goal is to create an ongoing space for social connection, meaningful conversation, and useful information. No registration necessary, but you can sign up on our website to receive reminders.

November 6: Coffee and conversation, plus optional card and board games

November 13: Goodbye, Osteoporosis, with Northern Light Health

November 20: Medicare Open Enrollment Information, with Cape resident, SMAA Medicare volunteer and certified Medicare counselor Herb Janick

November 27: The High Spirits in Concert! Join us for a special concert featuring Cape residents Dave and Anna Patterson, aka The High Spirits. This husband and wife duo perform stripped down arrangements of favorite songs from past and current catalogs. The High Spirits' sound is founded in American music from Etta James to Amy Winehouse, from The Beach Boys to Norah Jones, from Motown to Nashville. Don't miss this special musical edition of Senior Social Hour!

MONTHLY GROUPS

Death Café

1st Thursday, 6:30 - 8:00 p.m.

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

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 an 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)

ZOOM EVENT 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.



TECHNOLOGY CLASSES FOR SENIORS WITH THE NATIONAL DIGITAL EQUITY CENTER

The library is partnering with the Greater Portland Council of Governments to bring TML users a variety of technology classes that are open to anyone, but especially geared toward seniors.

Please visit the library's website to learn more and to register!

- **Basic Internet Safety**, Monday, November 4, 10:30 - 11:30 am
- **Identifying Frauds and Scams**, Tuesday, November 5, 10:30 - 11:30 am
- **Cloud-Based Backup Solutions**, Thursday, November 7, 10:30 - 11:30 am
- **Cutting the Cord: Getting TV & Phone Services Over the Internet**, Friday, November 8, 1:00 - 2:00 pm

More dates and times to be added throughout the month!
Visit our website to learn more.



FREE BLOOD PRESSURE AND/OR BLOOD SUGAR SCREENING

with the CE Fire/Rescue Department

Wednesday, November 27
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 takes place on the last Wednesday of every month in the library's Community Room. Please register in advance on our website if you can, but drop-ins are also welcome!



THOMAS
MEMORIAL
LIBRARY

NEWS & EVENTS

FOR KIDS & FAMILIES

WEEKLY PROGRAMS FOR LITTLE ONES

MESSY MINIS

Mondays, 10:30 - 11:00 am
(Ages 2 - 5)

Let your imagination run wild and join us for Messy Minis in the Community Room. Let's color, cut, and paste together to make magic! For budding artists ages 2-5 or anyone who enjoys creative play.

DRESS UP AND DANCE

Tuesdays, 10:30 - 11:00 am
(Ages 2 - 5)

Join us for stretching, moving, and grooving to our favorite playlist in special dress-up costumes. For dancing enthusiasts ages 2-5 and their caregivers.

PLAY GROUP

Wednesdays, 10:30 - 11:30 am
(Ages 0 - 5)

Drop in for a 1-hour playtime session for children ages 0-5 and their caregivers. The Community Room is open for exploration with special toys and stations while you visit with friends!

TODDLER STORY TIME

Thursdays, 10:30 - 11:00 am
(Ages 18 - 36 months)

This program is for children who are not ready for a traditional story time but who love to sing songs, move their bodies, and listen to brief stories. This gentle introduction to the routines and props of story time is great for curious, wandering wigglers and their caregivers.

FAMILY STORY TIME

Fridays & Saturdays, 10:30 - 11:30 am
(Ages 3 - 5)

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

THE LIBRARY WILL BE CLOSED ON:

**MONDAY, NOVEMBER 11
THURSDAY, NOVEMBER 28
FRIDAY, NOVEMBER 29**

NOVEMBER
2024



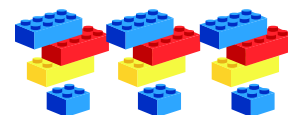
Children in grades K - 6, especially reluctant or less-than-confident readers, are invited to sign up for 15-minute time slots to read with a certified therapy dog.

Check out the sign-up sheet in the children's room for appointment availability, or call 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. Coming up:

**Tuesday, November 5
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)



PERSON OF THE MONTH RIA THUNDERCLOUD



This November, we celebrate Ria Thundercloud, a professional Indigenous Dancer, in honor of Native American Heritage Month. Find her around the library in our monthly scavenger hunt!

SEWING ADVENTURES: SEWING + BLOCK PRINTING APRONS



**Saturday, November 9
1:00 - 3:00 pm**

For ages 8 - 12, beginners with caregivers welcome. Please register on the library's website.

Do you need an apron to keep tidy in the studio or kitchen? Do you wish your apron had pockets for your favorite tools? Do you want to make a gift for someone? Join us as we sew up kitchen and studio aprons and decorate them with simple block print designs using found objects like leaves, apples, and corks. Beginning sewists welcome with a caregiver to work one-on-one to learn basic skills of threading a needle and tying a knot. All materials provided.



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

*Join us when everyone is
healthy again.*



THOMAS
MEMORIAL
LIBRARY

NEWS & EVENTS

FOR TWEENS & TEENS

NOVEMBER
2024

Saturday Matinée



Saturday, Nov 30
3:00 - 5:00 pm

Come with us to a land of pure imagination as we screen the timeless 1971 movie adaptation of Roald Dahl's classic novel about a boy who gets to live his wildest dreams. Snacks are always welcome, and popcorn is provided! Best suited to ages 9+.



#LIBRARYSQUAD

Ages 11 - 13

First Friday of each month

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. Ask the children's desk for more info.

TLC

TEEN LEADERSHIP COUNCIL

Teens 13 and up: Help shape the future of the teen space and...

- Earn volunteer hours
- Advise on library policies
- Design new programs

Meets the last Friday of the month
from 2:45 - 3:45 pm.

Register on our website!

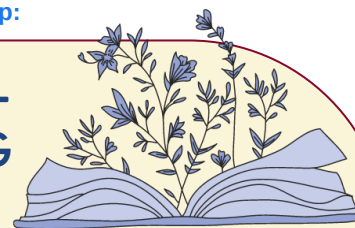
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THURSDAY, NOVEMBER 28
FRIDAY, NOVEMBER 29

Coming Up: November 1, December 6

Coming Up:

CELEBRATE NANOWRIMO - NATIONAL NOVEL WRITING MONTH!



**Twisting a Classic: A
Picture Book Workshop
with Kalee Gwarzanski**

Wednesday, November 6
3:30 - 4:30 pm

This creative writing class will study picture books that have taken a classic story and twisted it into something new. Then take some time to try out your own ideas! All ages welcome! Registration required.

**Writing a Novel in Verse
with Rebekah Lowell**

Friday, November 15
3:00 - 4:30 pm

Novels in verse are stories told through free verse poetry. Instead of chapters, the narrative is shared through many poems that string together as a whole. Join us and try your hand at the novel in verse! Ages 14+ welcome. Registration required.

VENTURE CLUB

Wednesdays, 2:30 - 4:30 pm
(ages 14+)

Venture Club is a teen-led board/card game and D&D club, with an emphasis on board games. We'll try to play new games every week. No prior gaming experience is needed! Venture Club takes place every Wednesday afternoon in the library's Community Room. No registration is necessary, but if you'd like to sign up to receive notices or updates, please visit our website.



WRITING GROUP *For tweens & teens*

Explore your imagination through fiction, poetry, and creative nonfiction. Visit our website to register.

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

This month: November 7, **Next month:** December 5



FOUNDATION

6 SCOTT DYER ROAD CAPE ELIZABETH, ME 04107 207-799-1720

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ThomasMemorialFoundation.org



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