



THOMAS  
MEMORIAL  
LIBRARY

# NEWS & EVENTS

FOR ADULTS

MORE ON THE  
OTHER SIDE! 

MAY  
2025

## DISCUSSING 1984 FOR 2025



*Employing Orwell as an Opportunity  
for Building Imaginative Community*

### BOOK DISCUSSION

Thursday, May 8  
6:30 - 8:00 pm

Regardless of your political leaning, 1984 provides ample food for thought and discussion regarding our greatest philosophical and existential issues both locally and in the greater world. Join Chriss Sutherland for a discussion of this classic work. We'll use Orwell's fictional dystopia as a drawing board on which we'll imagine something different and better. Print books are available to borrow from the library, and the ebook and audiobook are available through Cloud Library with your TML card. Please ask us if you need help obtaining a copy.

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

## STORY EXCHANGE

*with CEHS and Narrative Four*

*A Special After Hours Event!*



Monday, May 19  
5:30 - 7:00 pm

Join us for a powerful night of storytelling at this special Story Exchange event led by Narrative Four-trained facilitators from Cape Elizabeth High School. You will share stories in pairs as well as in a group. A prime opportunity for perspective-sharing, empathy-building, and connecting in community. Ages 16 through adult.

*Please register on the  
library's website.*

CAPE ELIZABETH HISTORICAL  
PRESERVATION SOCIETY PRESENTS

## STORIES FROM THE CAPE HISTORICAL SOCIETY



Tuesday, May 13  
6:30 - 7:30 pm

CEHPS members will share highlights and stories of how CEHPS came to be. It all started with an idea Dr. Constance Murray had in 1977, soon after she returned to her hometown after a career teaching high school history in Massachusetts. You will hear stories of her work to rescue and preserve some very old town records, and her creation in the 1980s of the Historical Center in a new addition to the former Thomas Memorial Library building. You'll also hear stories about human bones that were found when The Inn by the Sea wanted to expand; how they were identified and moved to a new resting place. You will hear about how some of our notable acquisitions came about such as the original Robert Jordan will and testament; the Ralph Gould collection of unique musical instruments; the painting Delano Woods by John Calvin Stevens; and much more. We will wind up the presentation by inviting stories and questions from the audience. Light refreshments will be provided.

## SENIOR SOCIAL HOUR SPECIAL THE MANY FACES OF GRIEF

*with Kelly Blanchette*

Wednesday May 21  
1:00 - 2:00 pm

There is grief all around us. In this presentation, Kelly explores what grief is, when we can experience grief, and the many ways it affects us. Grief is natural, normal and happens to everyone and we will learn how to recognize grief in ourselves and others. We hope that after the presentation people understand that grief is a natural part of life, and it isn't something to overcome, but something to allow time and space for in your life.

CAPE ELIZABETH GARDEN CLUB  
PRESENTS

## YARDSCAPING: HEALTHY LAWN CARE MADE EASY



Thursday, May 15  
6:30 - 7:30 pm

Do you want a lawn that's safe for families, pets, and the environment while saving time and money? Learn how to build healthy soil for a healthy lawn with tips on fertilizing, weed and pest management, watering, renovating an unhealthy lawn, and more. Whether you maintain your lawn or hire a professional, round up your neighbors and join us! This class is compatible with Cape Elizabeth, Portland, and South Portland ordinances.



## SPRING BIRDING

*with Cape Elizabeth Land Trust*

Join us for a two-part birding series with Cape resident and National Audubon Society scientist, Dr. Carrie Gray:

## BIRD MIGRATION: A JOURNEY ACROSS CONTINENTS

Tuesday, May 20  
6:30 - 8:00 pm

Embark on an enlightening journey through the fascinating world of bird migration! Learn about the incredible flights undertaken by migratory birds and the science behind their long-distance travels. Whether you're a birdwatching enthusiast or simply curious about the natural world, this lecture will deepen your understanding of one of nature's most extraordinary phenomena

## BIRD SONG IDENTIFICATION WORKSHOP

Tuesday, May 27  
6:30 - 8:00 pm

This immersive and educational workshop will help you connect with nature through the sounds of local birds! In this hands-on session, you'll learn to identify various bird songs and calls commonly heard in our area. Whether you're a beginner or a seasoned birdwatcher, this workshop will sharpen your listening skills and deepen your appreciation of the avian world.



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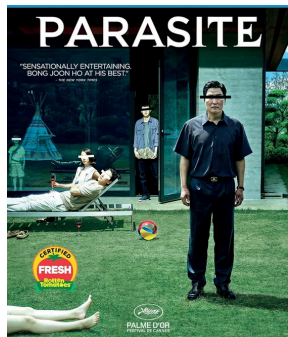
# NEWS & EVENTS FOR ADULTS

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## FILM SCHOOL



### SCREENING & DISCUSSION

**Tuesday, May 6**  
**5:00 - 8:00 pm**

Join Community Engagement Librarian and former film student **Sasha Kohan** each month as we watch a movie followed by a wide-ranging discussion. This time we're celebrating Asian American and Pacific Islander Heritage Month with Bong Joon Ho's acclaimed film **Parasite**. This dark comedy thriller explores issues of morality and class, called by one critic "A miracle of a film...a riotous social satire that's as gloriously entertaining as it is deeply sardonic."

Come just for the movie and popcorn or stay for the conversation afterward too!

## SUPPORT CIRCLE FOR PARENTS OF CHILDREN AND ADULTS WITH DISABILITIES



**Saturday, May 31**  
**10:30 - 11:30 am**

Come participate in an informal monthly discussion group to share and learn from each other. Meets on the last Saturday of every month through August in the library's Conference Room. Light refreshments will be provided.

**Please register on our website.**

## SENIOR SOCIAL HOUR

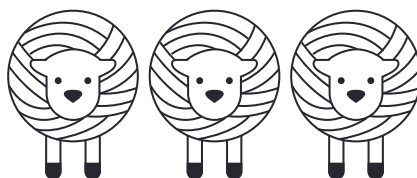
**Wednesdays, 1:00 - 2:00 p.m.**



Older adults are welcome to stop by for coffee, tea, snacks, and conversation. Some weeks we have live music, other weeks informational presentations, and always a relaxed time to catch up with old friends and make new ones. Check our website for this month's special guests and topics!

## KNITTING GROUP

**Mondays, 1:00 - 3:00 pm**  
*in the library's Community Room*



Join a lively community of knitters while you work on your own projects! Swap tips and patterns and enjoy camaraderie, coffee, and conversation!

No registration necessary, but you can visit our website to sign up for email notices for storm and holiday closures and other occasional notifications (such as news about new library knitting resources!)

## 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, 6:00 - 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.

ZOOM  
EVENT

### 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.

## FREE BLOOD PRESSURE AND/OR BLOOD PRESSURE SCREENING

*with the Cape Elizabeth Fire/Rescue Department*



**Wednesday, May 28**  
**11:30 - 12:30 pm**

Stop in for a free screening. No registration is necessary, but if you'd like to reserve a spot please sign up on our website. Please be aware that if the EMTs have to attend to a call they may not be available at the library on their scheduled day.



**Thank you** to TMLF for helping to make our programs and events possible!  
Scan the code to learn more, or visit their website at [ThomasMemorialFoundation.org](https://www.ThomasMemorialFoundation.org)





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# NEWS & EVENTS FOR KIDS & FAMILIES



MAY  
2025

## SCAVENGER HUNT OF THE MONTH COMICS!



Find all 5 characters around the children's room, then come to the desk for a prize!

## NEW! MY FIRST BOOK CLUB

For children ages 6-8 and caregivers.  
Registration required.



**Tuesday, May 20**  
**3:30 - 4:15 pm**

Scan here to  
register!

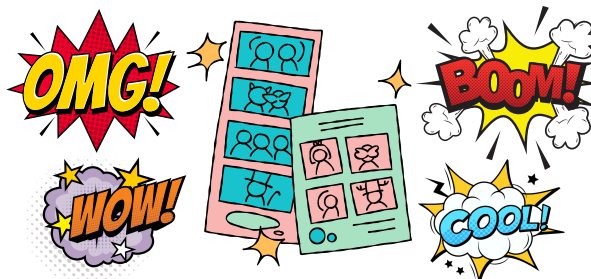


Join My First Book Club, a program for beginning readers who are discovering the joy of reading and stories! We'll explore a different genres - from graphic novels, chapter books, to non-fiction.

**My First Book Club meets every third Tuesday of the month.** Each month is it's own program, so sign up for any that work for you. As a group, we'll complete a read-along, participate in discussions and dive into a brief craft or game.

**May's featured book is *Frog and Toad are Friends* by Arnold Lobel.**  
**Each attendee will get a copy of the book that we read to take home!**

## COMIC-CON MAY 9 & 10



Wizards, princesses, jedis, adventurers... join us for Comic-Con at the library! There will be fun for all ages, including a costume show, mask-making all weekend, D&D, a local artist panel, a photo booth, and more. Learn more on our website!

**Friday, May 9**

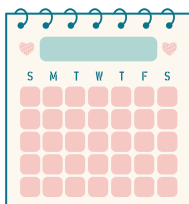
- **D&D One-Shot**, ages 11-15, 1:30 - 3:30pm (pre-registration required)

**Saturday, May 10**

- **Superhero Storytime**, ages 3-5, 10:30am
- **Artist Meet and Greet with Book Signing**, all ages, 11:00am - 2:00pm
- **Costume Show**, all ages, 11:30am - 1:00pm
- **Artist Panel Q&A**, all ages, 3:00 - 4:30pm

**THE LIBRARY WILL BE CLOSED  
FOR MEMORIAL DAY ON  
MONDAY, MAY 26.**

Scan here to access our  
full events calendar!



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)



Children in grades K - 6, especially developing readers, may sign up for 15-minute time slots to read with a certified therapy dog.

Register on our website or call the children's desk for more information.

Check out our  
schedule and  
register here!



## LEGO CLUB

**For ages 5-12. Children 9 and under must have an adult present.**



Meets the **first Tuesday** of each month. Coming up:

**Tuesday, May 6**  
**Tuesday, June 3**  
**3:30 - 4:30 pm**

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.



A virtual library of parenting videos and resources right at your fingertips.

Scan the QR code to access and enter your library card number, no PIN required.





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# NEWS & EVENTS FOR KIDS & FAMILIES



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## SUPPORT CIRCLE FOR PARENTS OF CHILDREN AND ADULTS WITH DISABILITIES



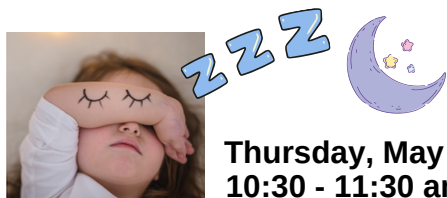
**Saturday, May 31  
10:30 - 11:30 am**

Come participate in an informal monthly discussion group to share and learn from each other. Meets on the last Saturday of every month, March - August, in the library's Community Room. Light refreshments will be provided. Registration required, scan the QR code to sign up.



Scan to  
register!

## SPECIAL TODDLER STORY TIME: ALL ABOUT SLEEP



**Thursday, May 8  
10:30 - 11:30 am**

Join Sarah G. and certified child sleep consultant Zara Jarrett for a special sleep-themed story time! The first half will include songs and a short sleepy time book. At 11:00 am, we'll open the room for stay and play, and Zara will answer your sleep-related questions.

**For ages 0-36 months. No registration required. Capacity is 30 people.**

## BEGINNING IN JUNE! BABY STORY TIME

**Tuesdays at Noon**



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

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

## WEEKLY PROGRAMS FOR LITTLE ONES

**\*We're sorry! Toddler story time is  
cancelled on May 1.**

### 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! **Capacity: 25 people.**

### TODDLER STORY TIME

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

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, 10:30 - 11:00 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.

## PROGRAM CAPACITY

We love seeing all of you at our weekly programs! However, many programs have attracted lots of families, and we want everyone to have a positive experience. To avoid requiring advance registration, **we are capping attendance at 30 for each program and 25 for play group.** Arrive early to ensure you have a spot!

## SUPPORTING CHILDREN EXPERIENCING LOSS CAREGIVER NIGHT



Scan to  
register!



**Thursday, May 29  
6:30 - 7:30 pm**

Participate in a workshop in support of loss of all types, led by the Center for Grieving Children's Sara Asch. You will learn how to support children who experience big and confusing feelings, and approaches to talking with children about their feelings. Coffee, tea and light snacks will be provided.

**Registration required. For  
caregivers of children.**

**Save the date for the Supporting  
Children Experiencing Loss -  
Play Group on Saturday, June 7  
at 10:30 am.**

## FAMILY BIRDING ADVENTURES AT FORT WILLIAMS PARK

**Three Saturdays in May  
9:00 - 10:00 am**

**May 3  
May 10  
May 17**



Join TML and Andrea Southworth for a birding adventure at Fort Williams Park! Learn to use two important birding apps and be a citizen scientist in your community.

Scan to  
register for  
one or all  
three!







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# NEWS & EVENTS FOR TWEENS & TEENS

MAY  
2025



## 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 necessary, please visit our website for more information.



Visit our Teen page to learn more about new books, featured events, and more!



**THE LIBRARY WILL  
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THOMASMEMORIALLIBRARY.ORG

## TLC

**TEEN LEADERSHIP COUNCIL**

*For ages 14+*

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**  
**2:45 - 3:45 pm**  
**Coming Up: May 30\***

**\*TLC will break for summer and resume September 2025!**



## #LIBRARYSQUAD

*For ages 11 - 13*

**Meets the first Friday of the month**  
**2:45 - 3:45 pm**

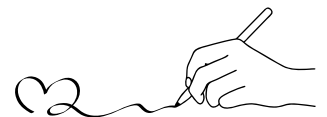
Library Squad is a community of library-loving middle schoolers that meets monthly, and whose opinions, ideas, and feedback help form the foundation of our programming. Ask the children's desk for more info.

**Coming up: May 2, June 6**

## POETRY READING WITH SARA BERKELEY AND CEHS POETS



**Thursday, May 1**  
**6:30 - 7:30 pm**



Join student poets from Cape Elizabeth High School and poet Sara Berkeley as they read their work in the culmination of the day-long annual Gabriel A. Zimprich Poetry Symposium. Students will have spent the day working with Berkeley, who has had seven collections of poetry published, as well as a novel and a collection of short stories. Her poetry has been widely anthologized, and nominated for a Pushcart Prize and the *Irish Times* Poetry Now award. All are welcome, no registration necessary!



## 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: May 1    Next month: June 5**



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)



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# NEWS & EVENTS FOR TWEENS & TEENS



MAY  
2025

## ALL ABOUT BIRDS!

### BIRD MIGRATION: A JOURNEY ACROSS CONTINENTS WITH CELT



**Tuesday, May 20**  
**6:30 - 8:00 pm**

Learn about the incredible flights undertaken by migratory birds and the science behind their long-distance travels from Cape resident and National Audubon Society scientist, Dr. Carrie Gray. Topics covered will include the science of bird migration: navigation, timing, and instincts; different migration routes and stopover sites; the environmental factors influencing migration patterns; how climate change is affecting migratory behaviors; and the importance of conserving migratory routes and habitats. All ages welcome!

### BIRD SONG IDENTIFICATION WORKSHOP WITH CELT



**Tuesday, May 27**  
**6:30 - 8:00 pm**

In this hands-on session, we'll join Dr. Carrie Gray and learn to identify various bird songs and calls commonly heard in our area. Whether you're a beginner or a seasoned birdwatcher, this workshop will sharpen your listening skills and deepen your appreciation of the avian world. No prior experience is necessary. By the end of this workshop, you'll have the tools to recognize a variety of bird songs and enjoy your outdoor experiences even more. All ages welcome!

## COMIC-CON MAY 9 & 10



Wizards, princesses, jedis, adventurers... join us for Comic-Con at the library! There will be fun for all ages, including a costume show, mask-making all weekend, D&D, a local artist panel, a photo booth, and more. Learn more on our website!

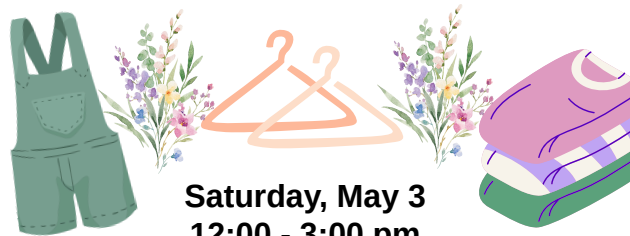
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- **Costume Show**, all ages, 11:30am - 1:00pm
- **Artist Panel Q&A**, all ages, 3:00 - 4:30pm

## SPRING CLOTHING SWAP



**Saturday, May 3**  
**12:00 - 3:00 pm**

Donate your clean, gently used apparel for kids and adults, then come shop! Bring your donations today. In partnership with the Town of Cape Elizabeth Recycling Committee.

### How to Participate:

Donate items in advance: Receive a ticket for entry starting at 12:00 p.m.

Donate items on the day of the event: Enter and "shop" at 1:00 p.m.

Don't donate at all: Enter and "shop" at 2:00 p.m.

## FAMILY BIRDING ADVENTURES AT FORT WILLIAMS PARK



**Three Saturdays in May**  
**9:00 - 10:00 am**

**May 3**  
**May 10**  
**May 17**

Join TML and Andrea Southworth for an all-ages birding adventure with your family at Fort Williams Park! Learn to use two important birding apps and be a citizen scientist in your community.

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