



THOMAS  
MEMORIAL  
LIBRARY

# NEWS & EVENTS

FOR ADULTS

MORE ON THE  
OTHER SIDE! 

JULY  
2025

## Cape Elizabeth BREAKS THE SILENCE of Domestic Abuse

On June 9, the Cape Elizabeth Town Council made a proclamation declaring July as **Cape Elizabeth Breaks the Silence of Domestic Abuse Month**. For the past eighteen months, TML has been working with Cape Elizabeth Police Department and the statewide non-profit organization Finding Our Voices to raise awareness and provide services for people struggling with domestic abuse. The Town Council proclamation is part of that effort. Through working with Finding Our Voices, Cape Elizabeth joins many other Maine towns who have prioritized bringing survivor-powered domestic abuse awareness campaigns to their communities. You will be seeing signs around town and displays at Cape Elizabeth town offices all month long.

TML invites you to join us on  
**Tuesday, July 15**  
for the following events:

**2:00 p.m.:** Sign-making Workshop: Make a sign of anything you want folks to know about domestic abuse. All supplies will be provided.

**4:00 p.m.:** Public Rally in the Town Center: Join us as we hold up signs for passing traffic to see. Please wear yellow clothing or a yellow hat or scarf.

**6:30 p.m. to 8:00 p.m.:** Finding Our Voices Survivor-Speaks Panel Discussion on Domestic Abuse, including refreshments afterward for one on one conversation. (See details at right.)

*Would you like a yard sign?*

Please visit our website for details and a request form!



## Party 4 U A Celebration for High School Grads



Thursday, July 31  
5:00 - 6:30 pm

Calling all high school graduates and upperclassmen! Join us for a lowkey evening to celebrate your next chapter! Featuring a full set of live music from local multi-instrumentalist Kafari, this casual drop-in program will also include snacks, mocktails, local college upperclassmen to answer your questions about the truth of the college experience, the chance to make a self-care craft, resources from advocates of self-defense and crisis management, and a mini care package to take with you.

Stop by, hang out, grab a drink and listen to some atmospheric music before you move into the next phase of your life!

## Finding Our Voices Survivor-Speaks Panel Discussion

Tuesday, July 15  
6:30 - 8:00 p.m.

Seven domestic abuse survivors aged 21 to 85 will share their stories and engage in conversation with the public in this event hosted by **Finding Our Voices**. **Rebekah Lowell**, author of *Catching Flight: Soaring on the Wings of Birds*, and *The Road to After*, will talk about how she and her daughters were held captive by her husband for 10 years. **Deb Gould**, author of *Household*, will talk about her own experience of emotional abuse by a girlfriend. **Scott Denman** will talk about his abusive father, and **Mary Lou Smith** will discuss her "perfect family" and how "no one knew" of the four decades of terrorizing by husband. **Lilly DesRoberts**, a UNE pre-dental student interning this summer at Two Lights Dental, will talk about being stalked and almost killed by a boyfriend. TML Director **Rachel Davis** will talk about how witnessing domestic abuse as a child has had an ongoing impact on her life. Members of the **Cape Elizabeth Police Department** also will be on hand to share an overview of domestic abuse in our town and what victims can expect if they reach out for help.

## ALL-AGES CRAFT CHILL ZONE

featuring live music  
from Kafari



Thursday, July 10  
5:00 - 6:30 pm

Join us for another all-ages Chill Zone, this time with live music from Portland-based multi-instrumentalist Kafari!

Everyone is invited to stop by and enjoy some relaxing tunes and casual crafts from simple coloring pages and collage-making to friendship bracelets and watercolor. Or bring your own project and work on it in the company of others. Light refreshments will be provided.



## DROP EVERYTHING AND READ!

Friday, July 25  
12:00 - 4:00 pm

**3, 2, 1... READ!! Join us for a day of reading!**

We'll bring the ambiance and snacks, you bring your latest TBR (to be read)! This is a great opportunity to knock off a challenge or two from your summer reading card, or to escape the heat of summer with some A/C and a good book!

**Drop-in between 12:00 PM and 4:00 PM.**  
No registration required.

**Register for Our Summer Reading Challenge!**





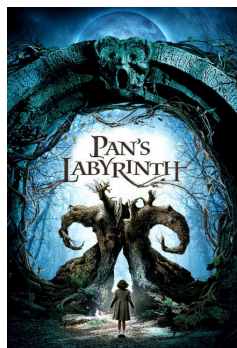
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# NEWS & EVENTS FOR ADULTS

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JULY  
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## FILM SCHOOL



### SCREENING & DISCUSSION

**Thursday, July 24**  
**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 month, we're celebrating independence of all kinds with Guillermo Del Toro's magnum opus **Pan's Labyrinth**. Set in Spain in 1944, this epic fantasy is part fairy tale, part historical drama, and one spellbinding story you won't want to miss.

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

## SENIOR SOCIAL HOUR

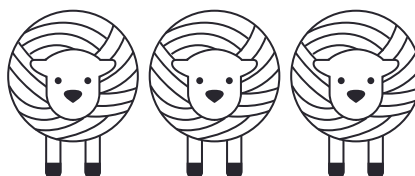
**Wednesdays, 1:00 - 2:00 p.m.**



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.

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



**Saturday, July 26**  
**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.**

## FREE BLOOD PRESSURE AND/OR BLOOD PRESSURE SCREENING

*with the Cape Elizabeth Fire/Rescue  
Department*



**Wednesday, July 23**  
**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**





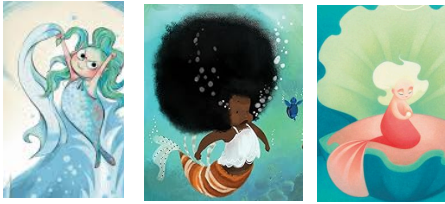
THOMAS  
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# NEWS & EVENTS FOR KIDS & FAMILIES



JULY  
2025

## JULY'S SCAVENGER HUNT: MERMAIDS



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

## MY FIRST BOOK CLUB

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



Scan to  
register!

**Tuesday, July 15**  
**3:30 - 4:15 pm**

My First Book Club meets every third Tuesday of the month. Each month is its 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 the graphic novel, *King of the Birds* by Elise Gravel. Each attendee will get a copy of the book that we read to take home!



A virtual library of parenting videos and resources right at your fingertips. Scan the QR code to access! Just enter your library card number, no PIN required.



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

## DON'T FORGET TO SIGN UP FOR SUMMER READING!



**Read for Resilience**  
**Read for Kindness**  
**Read for Good**

**Ends August 23.**

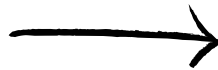
### Early Literacy Program (Ages 0-3):

Even our pre-readers can join in the fun! Pick up a bingo card at the children's desk and complete family-friendly challenges with your little one to fill their card. Fill all 16 spaces to win a board book and a chance to win a special grand prize!

### Children's Program (Ages 4-11):

Pick up a bingo card at the children's desk and complete the challenges to earn beads. 1 bingo space = 1 bead earned. Fill all 16 spaces to get a special pendant to complete your necklace! You will also be entered in a raffle to win our grand prize. Complete as many bingo cards as you like for more beads and more chances to win our grand prize!

**Scan here to access our full  
events calendar!**



## "NEW" DATABASE! MANGO LANGUAGES AND LITTLE PIM



Learn more and  
sign up on our  
website!

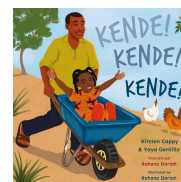


Learn a new language for free! Choose from 70 languages, and for our youngest learners ages 0-5, try out Little Pim. You can even take a course in American Sign Language! All you need is a TML library card!

## VISIT OUR STORYWALK

Located on the front lawn of TML  
throughout the month of July!

Thanks to the Maine Humanities Council and I'm Your Neighbor Books, we are featuring the French/English bilingual picture book *Kende!* *Kende! Kende!*



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

Check out our  
schedule and  
register here!



## LEGO CLUB

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

**Tuesday, July 1**  
**Tuesday, August 5**  
**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.

## CREATE YOUR OWN ZEN GARDEN

Recommended for ages 6-12.  
Registration required, please  
scan the QR code or visit our  
website.  
Capacity: 15 participants.



**Saturday, July 19**  
**2:00 - 3:00 pm**

Join us to make and take your own tabletop Zen garden! Zen gardens can enhance concentration, calm the nervous system, and relax the mind. All supplies will be provided!





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# NEWS & EVENTS FOR KIDS & FAMILIES



JULY  
2025

## STUFFIE HOSPITAL



Thursday, July 17  
2:00 - 4:15 pm

Bring your beloved plushies, lovelies, and stuffed animals to the mending hospital! The community room will be set up like a doctor's office, and volunteers will be on hand to fix your stuffed animal ailments.



Scan to register!

Please register in advance to secure your spot.

## SUPPORT CIRCLE

FOR PARENTS OF CHILDREN  
AND ADULTS WITH DISABILITIES



Saturday, July 26  
10:30 - 11:30 am

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. Please register, if possible.



Scan to register!

SAVE THE DATE

SUPPORT OUR POLLINATORS!  
WITH JERRY SCHNEIDER, THE BUTTERFLY GUY

Saturday, August 2  
10:30 - 11:30 am

Learn about our local pollinators, featuring bees, bats, hummingbirds, beetles, dragonflies and butterflies, and create your own t-shirt! Families with children of all ages are welcome.

★ ★ ★  
THE LIBRARY IS CLOSED ON  
FRIDAY, JULY 4. WE ARE OPEN ON  
SATURDAY, JULY 5.

THOMASMEMORIALLIBRARY.ORG

## WEEKLY PROGRAMS FOR LITTLE ONES

**PROGRAM BREAK**  
**JUNE 30 - JULY 19**

We are taking a break from regular, weekly programs\* from June 30 - July 19.

\*Includes: Messy Minis and all Story Times; Baby Play Time will continue through the break at Noon on Tuesdays.

We look forward to resuming the following weekly programs on Monday, July 21!

### 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.

### "NEW!" BABY STORY TIME

Tuesdays, 12:00 - 12:45 pm  
(Ages 0 - 18 months)

Join Family Engagement Assistant Sarah Gabrielson for 20 minutes of short stories, finger plays, rhymes, songs, and movements, followed by free time to play and chat!

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.

### SPECIAL PROGRAMMING

Saturdays in the Summer

Check out the library events calendar and our social media for more information about special summer programs, including rainy day play groups and movies!

To avoid requiring advance registration, attendance is capped at 30 for each program unless otherwise stated. Arrive early to secure your spot!

## ALL-AGES CRAFT & CHILL ZONE

FEATURING LIVE MUSIC FROM KAFARI



Thursday, July 10  
5:00 - 6:30 pm

Join us for another all-ages Chill Zone, this time with live music from Portland-based multi-instrumentalist Kafari! Everyone is invited to stop by and enjoy some relaxing tunes and casual crafts, from simple coloring pages and collage-making to friendship bracelets and watercolor. Bring your own craft, if you choose!

## DROP EVERYTHING AND READ!



Friday, July 25  
12:00 - 4:00 pm

3, 2, 1... READ!! We'll bring the ambiance and snacks, you bring your latest TBR (to be read)! Inspired by "Drop Everything and Read" and "Read-a-thon" events, this program is a great time to knock off a challenge or two from your summer reading card, or to escape the heat of summer with some A/C and a good book.

Drop-in between 12:00 PM and 4:00 PM. No registration required.

"NEW" STREAMING  
SERVICE IN JULY!- KANOPY  
AND KANOPY KIDS



Ask a librarian how you can access FREE movies, documentaries, and tv shows with your TML card!

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





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# NEWS & EVENTS FOR TWEENS & TEENS



JULY  
2025

## ALL-AGES CRAFT & CHILL ZONE FEATURING LIVE MUSIC FROM KAFARI



**Thursday, July 10  
5:00 - 6:30 pm**

Join us for another all-ages Chill Zone, this time with live music from Portland-based multi-instrumentalist Kafari! Everyone is invited to stop by and enjoy some relaxing tunes and casual crafts, from simple coloring pages and collage-making to friendship bracelets and watercolor. Bring your own craft, if you choose! No registration required.

## VENTURE CLUB

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

*Continuing all summer long!*

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. Snacks are provided, no registration necessary.

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



**THE LIBRARY IS CLOSED  
ON FRIDAY, JULY 4. WE  
ARE OPEN ON  
SATURDAY, JULY 5.**

## \*\*NEW\*\* STREAMING SERVICE IN JULY! - KANOPY



Ask a librarian how you can access FREE movies, documentaries, and tv shows with your TML card!

## \*\*NEW\*\* DATABASE! MANGO LANGUAGES



LANGUAGE IS  
AN ADVENTURE



Learn a new language for free! Choose from over 70 languages, including American Sign Language. Download the app to access it on the go. All you need is a TML library card!

Learn more and sign up on our website!

## SPOTLIGHT ON: COMICS PLUS



Scan the code to start reading!

With your library card, you have unlimited access to thousands of digital comics, graphic novels, and manga with no holds or wait lists!



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



JULY  
2025

## PARTY 4 U!

A CELEBRATION FOR  
HIGH SCHOOL GRADS  
AND UPPERCLASSMEN



Thursday, July 31  
5:00 - 6:30 pm

Featuring a full set of live  
music from local multi-  
instrumentalist, Kafari.

Calling all high school graduates and upperclassmen! Join us for a lowkey evening to celebrate your next chapter! This casual drop-in program will include snacks, mocktails, local college upperclassmen to answer your questions about the truth of the college experience, the chance to make a self-care craft, resources from advocates of self-defense and crisis management, and a mini care package to take with you. Stop by, hang out, grab a drink and listen to some atmospheric music before you move into the next phase of your life!

No registration required.



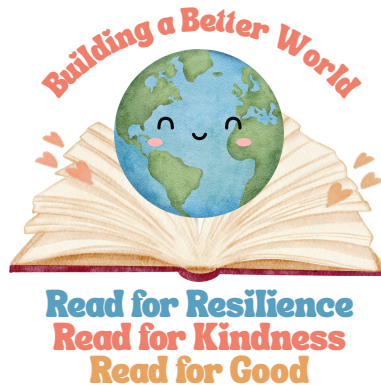
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WITH JERRY SCHNEIDER, THE BUTTERFLY GUY

Saturday, August 2  
10:30 - 11:30 am

Learn about our local pollinators, featuring bees, bats, hummingbirds, beetles, and butterflies, and create your own t-shirt! All ages welcome.

THOMASMEMORIALLIBRARY.ORG

## DON'T FORGET TO SIGN UP FOR SUMMER READING!



Ends August 23.

**Tween and Teen Program (Ages 12-17):** Pick up a bingo card downstairs and complete all 16 challenges to fill your card. A completed card gives you a chance to win one of three gift cards to some of our favorite local businesses, and entry into a raffle for our teen grand prize. You'll get a sticker for signing up!

Complete as many bingo cards as you like for more chances to win gift cards and the grand prize! *Teens can also choose to participate in the read and bead program.* Ask library staff for more details!

## ONLY A FEW SEATS LEFT FOR THE DUNGEONS AND DRAGONS TEEN CAMPAIGN!



Teen Campaign (Ages 14-18) begins  
Tuesday, July 8 at 1:30 pm.

Pre-registration required.  
Scan the QR code to register,  
before time runs out...



## DROP EVERYTHING AND READ!

Drop-in between 12:00 PM and 4:00 PM. No registration required.

Friday, July 25  
12:00 - 4:00 pm



3, 2, 1... READ!! We'll bring the ambiance and snacks, you bring your latest TBR (to be read)! Inspired by "Drop Everything and Read" and "Read-a-thon" events, this program is a great time to knock off a challenge or two from your summer reading card, or to escape the heat of summer with some A/C and a good book.



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