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FREE LIBRARY**

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**Monday**  
12 noon — 8:30 p.m.

**Tuesday &  
Wednesday**  
9:30 a.m. — 8:30 p.m.

**Thursday—  
Saturday**  
9:30 a.m. — 5:00 p.m.

**Closed Sundays**

34 Main Street  
Northborough,  
MA 01532

PHONE:  
508-393-5025

www.  
northborough  
library.org

# Gale Forecast

**JUNE 2016**

## Exercise Your Mind — Read!

### Exercise Your Mind— Read! June 20-August 13

Calling all grownups... Summer Reading is not just for kids! Exercise Your Mind — Read! is the theme of our adult program this summer.

Come on into the library June 20-August 13 and visit our adult summer reading station in the lobby. Here you will find more information on how to exercise your mind this summer, and fill out raffle tickets to win some great prizes. The grand prize is a **Kindle Paperwhite**. Weekly prizes will also be drawn. We've made it real simple to participate this summer: Just fill out a raffle ticket every time you do something to exercise your mind. You can enter as many times as you'd like. Some of our favorite ideas include:

**Read a book** - It's especially beneficial for your brain to read a book that is challenging for you.

**Learn a foreign language**  
We have Rosetta Stone online - visit our website at [www.northboroughlibrary.org](http://www.northboroughlibrary.org) to try it out.

**Learn a new skill** - Learning something new is good for you! Want to learn digital photography, knitting or even how to fix your car? There's a book, DVD or app for that, or check out YouTube for how-to videos

**Exercise your body** - Go for a walk, bike ride, dance or swim. Exercising your body is great for your brain!

**Eat healthy foods** - Studies show eating foods high in Omega-3's, anti-oxidants and vitamin K are good for brain health. Put some blueberries, kale and salmon on your plate today!

**Do a puzzle** - Solving puzzles such as Sudoku, crossword or jigsaw keep your brain active and each one exercises a different part of your brain.

Tell us about any of the ways you choose to strengthen your mind this summer. You can also get bonus raffle tickets for posting on our Facebook page, recommending a great book you are reading, or participating in one of our many mind strengthening programs offered this summer.

For questions and more information about Exercise Your Mind - Read! please visit the Adult Services desk, email us at [adults@northboroughlibrary.org](mailto:adults@northboroughlibrary.org), or call us at 508-393-5025 ext. 5.

We've got a great variety of ways to help keep your brain active and healthy and this summer. **Please see Page 2 for a list of all of our adult summer reading events!**

## Friends Summer Reading Book Sale



The Friends of the Northborough Library is holding a Summer Reading Book Sale at the Library on June 14<sup>th</sup> & 15<sup>th</sup>. There is an excellent selection of

fiction and non-fiction, hardcovers and paperbacks, CDs, and DVDs for sale. We will have books

for Children, teens and adults. Books will be 50 cents - \$1, WOW!

We may have a few extra-special books for

higher prices, but every item you purchase will be a great deal. The sale will be on Tuesday, June 14th from 2-8 PM and Wednesday, June 15th from 9:30 AM-7 PM.

Look for the sale in the Children's Program Room.

*Ellen Church*  
**Friends President**



*We invite you to  
quiet your mind  
and gently  
stretch your  
body in moving  
meditation  
with an  
introduction  
to Qigong.*

**EXERCISE**  
*your mind.*  
**READ!**

## TEEN/TWEEN PROGRAMS

**T.A.G. Cupcake Party. Monday, June 20, 7:00 - 8:00 p.m.** Come show off your awesome decorating skills and learn what T.A.G. is all about. Chat with the Teen Librarian and current T.A.G. members. All Teens entering grades 6-12 in the fall are welcome. Registration is required. This event will be held in the Meeting Room.

**Teen Wii Night. Wednesday, June 29, 6:00 - 8:00 p.m.** Show off your Mario Kart skills and challenge your friends! All Teens entering grades 6-12 welcome! Registration is required. Snacks will be served. This event will be held in the Meeting Room.

Need more information? Call Bonny @ 508-393-5025 ext. 7.

*Bonny Krantz*  
**Teen Services Librarian**

## Exercise Your Mind — Read!

**Introduction to Qigong - Mondays, June 20 & 27; July 11 & 18, 12:15 - 1:25 p.m.**

We invite you to quiet your mind and gently stretch your body in moving meditation with an introduction to qigong. An ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention, Qigong practice benefits the mind and body. Yogini Kathleen Jean will guide us through this half-hour lesson showing us how simple breathing techniques and body postures will reduce stress and leave us feeling calm and centered. Wear comfortable shoes, and dress in something easy to move in. Free. You may sign-up for one or more sessions. This event is supported by the Friends of the Northborough Library. Adults ages 18 and up.

**Adult Coloring Nights - Mondays, June 6th and August 1, 7:00 - 8:15 p.m.**

Our popular Adult Coloring Club continues through the summer. Join us the first Monday of each month to sit, chat, relax and color a while. We'll provide coloring sheets and supplies, or feel free to bring your own. Drop in.

**Just Move! With the Core Connection - June 21, 6:30 - 8:00 p.m.**

Do you find that you sit for a good part of the day? Are you tired of being plagued by minor aches and pains? Then find out how to Just Move! with Rita Matraia, founder of the Core Connection of Northborough and certified Restorative Exercise Specialist. This introductory presentation on proper body alignment and movement will illustrate the critical importance of how to move so our bodies function in the most optimal way for overall strength and wellness. Following the presentation, Rita will guide us in through some stretches and strengthening exercises and illustrate the mechanics of walking and proper gait. Free. For adults ages 18 and up. Please register in advance.

**A Walk in the Edmund Hill Woods - Tuesday, June 28, 6:30 p.m. - 7:30 p.m.**

Walk through some of Northborough's natural and cultural history at Edmund Hill Woods. Forest Lyford of the Northborough Trails Committee will lead us on a one-hour hike through a trail where we will see and learn about a glacial drumlin, tall pine forests, "sliding" boulders on steep slopes, vernal pools and sprouting American chestnut trees. Meet at the trail head parking area on Rice Avenue near the intersection with Allen Street. Wear appropriate clothing and shoes, and bring insect repellent. Free. Adults ages 18 and up. Please register in advance. The trail walk starts promptly at 6:30 p.m.

**Robert Rivest - Saturday, August 13, 10:00 - 11:00 a.m.**

Renowned comic mime artist and accomplished health, literacy and stress relief educator Robert Rivest returns this summer for an encore presentation to wrap-up our Exercise Your Mind-Read! summer reading program. Reducing chronic stress is important in maintaining healthy brain structure and connectivity. Using mime, comedy, insight, and interaction Robert offers both "comic relief" and practical stress relieving techniques, including an intro. to Laughter Yoga. Don't miss out on learning an easy and natural way to reduce stress! Free. Adults ages 18 and up. Please register in advance.

*Deborah Hersh*  
**Adult Services Librarian**

# Children's Summer Reading Programs



**ON YOUR MARK,  
GET SET...  
READ!**

**Saturday, June 18, 2:00—3:00 p.m.  
Join Jungle Jim for the "Reading Olympics"!**

The goal of this interactive program is to encourage and motivate children to both read and stay physically fit during the critical summer months. Utilizing comedy, magic, improv and balloon art, Jim transforms the audience into junior olympians. Over 20 volunteers participate in entertaining and team building activities. The grand finale is Jungle Jim climb inside of a 6-foot balloon! What do olympians do that children can emulate? How do books and sports help make the athlete who he or she is? Jim challenges the children to be olympians in his or her own way. Group discussion focuses on helping children create their own reading and fitness goals.

**For families with children in grades K through 5. Registration is required.**

**Monday, June 27, 2:00—3:00 p.m.  
Northborough Library's Book of Records**

Kick off a summer of record breaking at the library! We will attempt to break world records, and create some new records ourselves that kids can challenge throughout the summer! For families with children entering Kindergarten - 5th grade! Registration is required.



**Wednesday, June 29, 10:30 —11:15 a.m.  
Summer Songfest Celebration**



"A lively, witty, cheerful, bounce-around, sing-a-long, get-out-of-your-seat, dance-like no one's watching, wiggly, giggly, oh-so-entertaining musical experience" with singer/songwriter Jeannie Mack. For children ages 2 - 8. Registration is required and begins June 15th.

**Wednesday, June 29, 6:00—8:00 p.m.  
Wind Down Wednesday/Movie Night**

Wind Down Wednesdays give families the opportunity to take a mid-week break for a family movie night! Watch a movie while enjoying some popcorn! PJ's and slippers are encouraged! Contact the Children's Room for the movie title.



***Check out our online event calendar for a  
complete listing of all the Summer Reading Programs!***

**[www.northboroughlibrary.org](http://www.northboroughlibrary.org)**



# The Northborough Free Library Presents Children's Summer Reading Program 2016

Mon	Tues	Wed	Thurs	Fri	Sat
	<b>June</b>	<u>1</u> MGOL 9:45 & 10:30 am Read to Finnegan 4:00 pm	<u>2</u>	<u>3</u>	<u>4</u> Read to Kodiak 10:30 am
<u>6</u>	<u>7</u>	<u>8</u> MGOL 9:45 & 10:30 am Read to Finnegan 4:00 pm	<u>9</u> Spanish Storytime 10:30 am	<u>10</u>	<u>11</u> Read to Kodiak 10:30 am
<u>13</u> Read to Finnegan 4:00 pm	<u>14</u> Color Me A Story 10:00 am Music Mashup 10:30 am	<u>15</u> MGOL 9:45 am & 10:30 am	<u>16</u> Just 4s & 5s 10:00 am	<u>17</u> Toddler Time 10 am Father's Day Craft 10:30 am - 4:30 pm	<u>18</u> Read to Kodiak 10:30 am <b>Summer Reading Kickoff 2:00 pm</b>
<u>20</u> <b>Summer Reading Program Begins</b>	<u>21</u>	<u>22</u> MGOL 10:30 am French Storytime 9:45 am Read to Finnegan 4:00 pm	<u>23</u> Just 4s & 5s 10:00 am	<u>24</u> <b>Toddler Time @ Assabet Park 10:00 am</b>	<u>25</u> Read to Kodiak 10:30 am
<u>27</u> <b>Northborough Library's Book of Records 2:00 pm</b>	<u>28</u> Color Me A Story 10:00 am Music Mashup 10:30 am	<u>29</u> MGOL 9:45am <b>Summer Songfest 10:30 am</b> Wind-Down Wednes- days/Movie Night 6:00 pm	<u>30</u> Just 4s & 5s 10:00 am		
	<b>July</b>			<u>1</u> Toddler Time 10:00 am	<u>2</u> <b>CLOSED</b>
<u>4</u> <b>Happy 4th of July!</b>	<u>5</u> Active Soles 10:30 am	<u>6</u> MGOL 9:45 & 10:30 am <b>Have a Ball! 2pm</b> Wind-Down Wednesdays 6:00 pm	<u>7</u> <b>On Your Mark Storytime @ Assabet Park 10:00 am</b>	<u>8</u> Toddler Time 10:0 am  Crafternoon 1:00-4:00 pm	<u>9</u>
<u>11</u>	<u>12</u> Active Soles 10:30 a.m.	<u>13</u> MGOL 945&1030 Read to Finnegan 4pm Wind-Down Wednesdays 6:00 pm	<u>14</u> On Your Mark Storytime 10:00 am	<u>15</u> <b>Toddler Time @ Assabet Park 10:00 am</b>	<u>16</u> <b>Sportstacular 10:30 am</b>
<u>18</u> <b>Circle Time Hoola Hoop 1:00 pm</b>	<u>19</u> Active Soles 10:30 am	<u>20</u> MGOL 9:45 & 10:30 am Read to Finnegan 4 pm Wind-Down Wednes-	<u>21</u> <b>Dora the Explorer 10:00 am</b>	<u>22</u> Toddler Time 10am	<u>23</u>
<u>25</u> <b>Fun with Food 3:00 pm</b>	<u>26</u> Active Soles 10:30 am  Crafternoon 1:00-4:00 pm	<u>27</u> MGOL 9:45 & 10:30 am Read to Finnegan 4 pm Wind-Down Wednesdays 6:00 pm	<u>28</u> On Your Mark Storytime 10:00 am	<u>29</u> Toddler Time 10:00 am	