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FREE LIBRARY

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### LIBRARY HOURS

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

AUGUST 2016

## The Art of Good Nutrition



We are pleased to present an 8-part nutrition series this Fall with Certified Nutritionist Judy Palken called **The Art of Good Nutrition** designed to teach you how to choose nutrient-rich, delicious foods to promote your good health and lower risk of disease, ways to adopt

effective weight control strategies, and positive eating behaviors to balance your diet and include foods you love. The line-up is as follows:

**September 14**  
Overview of Eating for Your Good Health

**September 21**  
Fruits and Veggies, and all those Wonderful Phytochemicals

**September 26**  
Mostly Carbs Class: Sugar, Good Grains & Add-ins

**October 5**  
Tell me About Fats

**October 19**  
The Lowdown on Protein

**October 24**  
Weight Control

**November 2**  
Overeating, Hunger & Satiety

**November 9**  
Planning Ahead, Changing Eating Behaviors

The cost is \$5 per class or \$40 for the series. Class size is limited! For more info. & to reserve a space, call Adult Services at 508-393-5025 x5 or visit [www.northboroughlibrary.org](http://www.northboroughlibrary.org).

*Christopher Lindquist*  
Library Director

## Friends of the Library Antiques Appraisal Day Saturday, October 15, 2016, 10 a.m.—3 p.m.

The Friends of the Northborough Free Library are sponsoring a special **Antiques Appraisal Day** event at the Library on **Saturday, October 15, 2016 from 10 a.m.-3 p.m.** The fundraising event will feature Kerry Shrives and Devon Eastland, two certified appraisers from Skinner Auctioneers & Appraisers located in Marlborough, MA. The event will also feature verbal appraisals by local volunteers Joseph Rice and Pat Bleacher, of Northborough.

Those interested in having items appraised can bring

in their items and register on the day of the event, or they can pre-register online by visiting the Library's website at [www.northboroughlibrary.org](http://www.northboroughlibrary.org) starting on September 1st. An online site with more details about the event is available at this link: <http://tinyurl.com/jh5qxtj>.

Each attendee will be given a 5-minute time slot for each item they would like appraised (up to a maximum of three items) upon registration. The item(s) you would like appraised will determine which appraiser

you will see. The cost is \$15 per item, \$30 for two items and \$40 for three items.

All are welcome to this event! Entrance is free, however, only those who register and pay for the items they would like appraised will be able to meet with the appraisers and get verbal appraisals of their antiques and collectibles. The Northborough Historical Society will also be on hand selling homemade baked goods and refreshments during the event.

We hope to see you there!

## TEEN/TWEEN PROGRAMS



**Teen Summer Reading Party.** Wednesday, August 10th, 6:00—8:00 p.m. No registration is required. Snacks will be served. This event will be held in the Meeting Room.

**T.A.G. Cupcake Party.** Monday, August 15th, 7:00—8:00 p.m. Teens entering grades 6—12 in the Fall are welcome. Registration is required. This event will be held in the Meeting Room.

Need more information? Contact Bonny Krantz in the Teen Room or call 508-393-5025 x7.

*Bonny Krantz*  
Teen Services Librarian

## Adult Services

*Check out*

*our new*

*Fall for Art*

*Series*

*coming*

*this Fall!*

### Adult Summer Reading Series Wrap-up

There are only a few short weeks until our adult summer reading program comes to a close! Keep on letting us know how you have been exercising your mind this summer on your raffle tickets. The drawing for the grand prize -- an Amazon paperwhite -- will take place at our final event on Saturday, August 13th.

### Adult Coloring Night — Monday, August 1st, 7:00 - 8:15 p.m.

Come to relax, chat and color your cares away. We'll provide coloring sheets and supplies, or feel free to bring your own. For adults ages 18 and up. Drop in!

### Robert Rivest — Saturday, August 13th, 10:00 - 11:00 a.m.

Using mime, comedy, interaction and insight renowned comic mime artist and stress relief educator Robert Rivest will wrap-up our *Exercise the Mind-Read!* program. Robert offers both "comic relief" and practical stress relieving techniques, including an introduction to Laughter Yoga. Don't miss out on learning an easy and natural way to reduce stress! Free. for adults ages 18 and up. Please register in advance.

### Fall for Art Series — Coming This Fall!

Monday, September 12th	Learn to play the Ukulele with Julie Calamine
Tuesday, September 20th	Create a fused glass night light
Tuesday, October 18th	Try your hand at fly tying
Thursday, October 20th	Try your hand at fly tying,
Saturday, October 22nd	Zentangle ( <i>Back by popular demand!</i> )
Saturday, November 19th	Pastel painting with Janet Schwartz

Check our adult programs & events page for details and registration. All Fall for Art Series programs are for adults ages 18 and up.

### Check out Learning Express for test prep and skill building!



Many of our library users need test preparation books for upcoming exams such as SATs, GREs, ACT, TOEIC, and various career certifications and licensures. We now have an online subscription to Learning Express, a one-stop shop for test preparation and skill building. Learning Express features hundreds of online video tutorials, practice tests, and eBooks. It offers job search and workplace skills improvement, as well as skill building in basic subjects such as reading, writing, and math. This program is available free to local residents. To use Learning Express, you will need your Northborough Library card barcode and your email address. The link to Learning Express is located on our Reference Database page at [www.northboroughlibrary.org/databases.asp](http://www.northboroughlibrary.org/databases.asp). Scroll down the list of database links to find the link for Learning Express. You can also call or visit Adult Services for more information or assistance.

*Deborah Hersh*  
Adult Services Librarian



**Robert Rivest**

# Join Our Book Groups!

## Monday Evening Book Group, 7-8:30 p.m.

Meets at the Library usually the 3rd Monday of each month, except when holidays prevent.

August 15 People of the Book, by Geraldine Brooks

## Mystery Book Club, 7-8:30 p.m.

Meets at the Library the 3rd Wednesday of each month.

August 17 Murder in the Marais, by Cara Black

## Friday Morning Book Group, 10-11:30 a.m.

Meets at the Library usually the 2nd Friday of each month.

August 12 I Am Malala, by Malala Yousafzai

## Senior Center Book Club, 1:30 p.m.

Meets at the Senior Center the 3rd Wednesday of the month.

August 17 The Boy In the Suitcase, by Lene Kaaberbol



September is Library Card Sign-Up Month! Watch for details about all the COOL people who love using their Library Card, including Massachusetts Governor Charlie Baker!

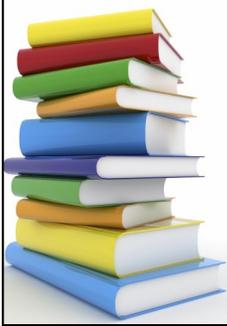
## Get in the Game—READ!

Congratulations to Julie from Northborough, the winner of our 1,000 Books Before Kindergarten Certificate! You are one incredible reader!



# CHILDREN'S PROGRAMS

## August 2016

Mon	Tues	Wed	Thurs	Fri	Sat
<u>1</u> 4:00 PM Read to Finnegan 	<u>2</u> 10:00 AM Color Me A Story 10:30 AM Music Mashup	<u>3</u> 9:45 AM Mother Goose on the Loose 10:30 AM Mother Goose on the Loose 4:00 PM Super Soup Spectacular 6:00 PM Wind Down Wednesday/ Movie Night	<u>4</u> 10:00 AM On Your Mark Storytime	<u>5</u> 10:00 AM Toddler Time 1:00 PM Crafternoon 	<u>6</u> 
<u>8</u> 6:30 PM Ninja Party! 	<u>9</u> 10:00 AM Color Me A Story 10:30 AM Music Mashup 1:00 PM Crafternoon	<u>10</u> 9:45 AM Mother Goose on the Loose 10:30 AM Mother Goose on the Loose 6:00 PM Wind Down Wednesday/ Movie Night	<u>11</u> 10:00 AM On Your Mark Storytime  3:00 PM Fun with Food	<u>12</u> 10:00 AM Toddler Time	<u>13</u> 3:00 PM Read, Move, Laugh & Play Finale with Rob Rivest! 
<u>15</u>	<u>16</u> 10:00 AM Color Me A Story  10:30 AM Music Mashup	<u>17</u> 9:45 AM Mother Goose on the Loose 10:30 AM Mother Goose on the Loose	<u>18</u> 10:00 AM On Your Mark Storytime	<u>19</u>	<u>20</u>
<u>22</u>	<u>23</u>	<u>24</u> 4:00 PM Read to Finnegan 	<u>25</u>	<u>26</u>	<u>27</u>
<u>29</u> 4:00 PM Read to Finnegan	<u>30</u>	<u>31</u>			<b>GET READY FOR FALL!</b>

***Congratulations to everyone who participated in this year's Summer Reading Program! You did a GREAT job reading!***