

FRIENDS OF THE WESTON PUBLIC LIBRARY

There are lots of programs this month at the library, so mark your calendars and join us. All are free and open to the public.

Reservations are not required, but for planning purposes, the Friends would appreciate your letting them know if you are coming to their events by emailing them at friendsofthewestonlibrary@gmail.com

Take Your Child to the Library Day Saturday, February 4

The Weston Public Library will participate in the first annual Take Your Child to the Library Day on Saturday, February 4. Join our Children's Librarian, Miss Joy, throughout the day for crafts, activities, and prizes. Over 100 libraries across the state and beyond will participate in this event, which is designed to highlight the many services libraries have to offer children. Families are encouraged to stop by and explore the resources available at the Library. Weston children age 5 and older can sign up for a free library card.

Meditation Classes

Thursday, February 2nd and 9th at 9:30 AM

Weston Senior Center and Friends of the Weston Public Library present Dr. Paul Epstein, MD. Dr. Epstein is a Naturopathic Physician, mind-body therapist, mindfulness meditation teacher and speaker specializing in mind-body integrative medicine. Paul has been teaching ongoing mind-body health classes at the Westport Center for Senior Activities for the past 7 years. Paul travels world-wide speaking and teaching workshops and maintains a private practice in Westport. He recently authored the book, Happiness Through Meditation, the focus of this event. He will be teaching a two part series at the Weston Library.

Class #1 - February 2nd at 9:30-10:30 - Happiness Through Meditation

As we are present in our lives and conscious of our power to choose how to be, we cultivate greater happiness in everyday life. What is happiness? Where does it come from? How is it achieved?

Class #2 - February 9th at 9:30-10:30 - Train your Mind, Change your Brain—through Optimal Fitness.

Be here now.. Experience health, happiness, Peace and Healing through Meditation

Through lecture, discussion, group support and guided meditation we will explore, cultivate and experience mindfulness and qualities of being leading to inner peace, health, happiness and healing. Learn to be with things as they are with acceptance and compassion and awaken gratitude and joy. The present moment is where life can be found; if you don't arrive there you miss your appointment with life. The latest studies in neurobiology and neuroplasticity show that mindfulness practice trains the mind and changes the brain for optimal fitness and functioning

while slowing the aging process. Come and practice and live the power of now. Let's face the music and dance!

Sign up by calling the Senior Center [\(203\) 222-2608](tel:2032222608) or the Weston Library [\(203\) 222-2650](tel:2032222650).

Thursday Morning Book Club - *The Girl with the Dragon Tattoo*
by Stieg Larsson
Thursday, February 9th at 10:30 AM

"A spellbinding amalgam of murder mystery, family saga, love story, and financial intrigue. It's about the disappearance forty years ago of Harriet Vanger, a young scion of one of the wealthiest families in Sweden . . . and about her octogenarian uncle, determined to know the truth about what he believes was her murder.

It's about Mikael Blomkvist, a crusading journalist recently at the wrong end of a libel case, hired to get to the bottom of Harriet's disappearance . . . and about Lisbeth Salander, a twenty-four-year-old pierced and tattooed genius hacker possessed of the hard-earned wisdom of someone twice her age—and a terrifying capacity for ruthlessness to go with it—who assists Blomkvist with the investigation. This unlikely team discovers a vein of nearly unfathomable iniquity running through the Vanger family, astonishing corruption in the highest echelons of Swedish industrialism—and an unexpected connection between themselves."

Some have expressed concerns about the violence in the book. This is a thriller with many political and social themes, so please feel free to read/or not read sections that make you feel uncomfortable.

Wednesday Evening Book Club - *Left Neglected* by Lisa Genova
Wednesday, February 15th at 7:30 PM

"Sarah Nickerson is like any other career-driven supermom in Welmont, the affluent Boston suburb where she leads a hectic but charmed life with her husband Bob, faithful nanny and three children...A self-confessed balloon about to burst, Sarah miraculously manages every minute of her life like an air traffic controller. Until one fateful day, while driving to work and trying to make a phone call, she looks away from the road a second too long. In the blink of an eye, all the rapidly moving parts of her jam-packed life come to a screeching halt.

A traumatic brain injury completely erases the left side of her world, and for once, Sarah must pay close attention to the details surrounding her, including her formerly absent mother. Without an awareness of the food on the left side of her plate or even her own left hand, she is forced to search for answers in the void of this strange hemi-world - both about the past and her uncertain future." From the book jacket

Movie Night - *The Twilight Saga: Breaking Dawn, Pt. 1* (PG-13)
Wednesday, February 15th at 7:30 PM

This month's film is *The Twilight Saga: Breaking Dawn, Pt. 1*. It is showing on Wed., Feb 15 at 7:30 PM in the Community Room. Come and enjoy the movie!

Genealogy Program

This program is being sponsored by the Friends of the Weston Public Library and the Weston Senior Center. It is 5 sessions being led by Woody Bliss, starting on February 10. The class size was limited and it is already filled. It is possible that we will have a second session and will start a wait list. Watch future newsletters for further information.

Friends of the Weston Public Library

Email: friendsofthewestonlibrary@gmail.com

Blog: <http://FriendsoftheWestonPublicLibrary.wordpress.com/>

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