Adult Programs at SRPL

November/December 2023 Newsletter

Plan Your Visit

Library Hours
Monday, Tuesday, and Thursday 9:30 AM - 9 PM
Wednesday  11 AM - 9 PM
Friday  9:30 AM - 6 PM
Saturday  9 AM - 5 PM
Sunday  1 - 5 PM

Lobby Door Service is also available. Please call 516-248-7363 for information.
Programs for November - December 2023

The links to access our virtual programs will be within the content of each program description on our Eventkeeper Calendar on the Library website (www.srpl.org). Registration will not be required unless indicated. Simply click on the link and enjoy the program! When registration is required please go to our Event Calendar on the Library website (www.srpl.org)

** Hybrid programs are run in-person and virtually so patrons can choose to attend the event in either format. **

Unsung Heroes: Jewish Women (Hybrid)  
Presented by Howard Rosenberg  
Wednesday, November 1, 7 PM  
Many Jewish women have blazed trails for the generations that followed. Explore the contributions of several Jewish women who worked to better the lives of those around them.

Brain Fitness Fun for Everybody! (Virtual)  
Thursday, November 2, 1 PM  
This class is uniquely designed for those who are interested in being proactive in maintaining and enhancing their cognitive functioning! Brain games, word games, trivia and other brain stimulating activities. This program is brought to you courtesy of Nassau Libraries Health Share.

Understanding Alzheimer’s and Dementia (Hybrid)  
Presented by The Alzheimer’s Association/Long Island Chapter  
Thursdays, November 2; December 28, 1:30 PM  
Learn about detection, causes, risk factors, stages and the treatment of Alzheimer’s disease.

Guided Meditation (Virtual)  
Presented by Amy Rutledge  
Thursdays, November 2 & 9, 7:30 PM  
Reduce stress, quiet a busy mind, and increase calmness and productivity through proven techniques incorporating mindfulness, visualization, and breathing exercises. Feel clear headed, rejuvenated and refreshed during these stressful days.

Lecture on the Holocaust (In Person)  
Presented by Dr. William Reszelbach  
Monday, November 6, 11 AM  
A child of Holocaust survivors, Dr. Reszelbach, and author of Through the Eyes of a Child of Holocaust Survivors, will share his family’s harrowing experiences at the hands of the Nazis, coupled with Holocaust history. He will discuss his parents will to survive and how these traumatic events affected their new life in the USA, as well as his own life, and his perspective on modern-day anti-Semitism.

Reiki Session (In Person)  
Mondays, November 6 & December 4, 7 PM  
Join us for Reiki, The Gentle Healing Art, a simple, natural, gentle yet powerful energy-healing modality which involves the use of soft touch. During this wonderful self-healing time, you will be guided to promote a relaxed body, a calm mind, and reduced stress, supporting physical, emotional, mental and spiritual well-being.

Bridge, Canasta and Mah Jongg (In Person)  
Wednesdays, November 8, 29; December 6, 20, 1 PM  
Bring a team, a friend or come by yourself and enjoy the games of Bridge, Canasta or Mah Jongg. Limited materials will be available, so if you own a set, please feel free to bring it with you. Bridge players are looking for some additional players to join, so think about joining them for a game or two!
Current Topics in Treatment of Heart Disease: TAVR, Pacemakers/Implantable Defibrillators (Virtual)  
Wednesday, November 8, 1:30 PM
Community Health Nurse Educator Maura Calio will discuss TAVR, Pacemakers/Implantable Defibrillators and addresses new techniques in the management of heart valve disease, types of arrhythmias, and current approaches in the treatment of atrial fibrillation and other abnormal heart rhythms. This program is brought to you courtesy of Nassau Libraries Health Share.

Dementia Conversations (Hybrid) presented by The Alzheimer’s Association/LI Chapter  
Thursday, November 9, 11 AM
When someone is showing signs of dementia, it’s time to talk. This program is designed to help you talk with your family about some challenging and often uncomfortable topics around Alzheimer’s and dementia.

Medicaid Enrollment Assistance for the Aged, Blind and Disabled (In Person)  
Thursdays November, 9 & December, 14, 4 to 8 PM
Nassau-Suffolk Hospital Council will have facilitated enrollers trained by NY State Department of Health to assist adults and children who are blind or disabled, and anyone over the age of 65 enroll in the Medicaid programs they are eligible for at this time. For more information, please call the Nassau-Suffolk Hospital Council at 631-435-3000.

St. Francis Hospital Outreach Bus Free Health Screenings  
Friday, November 10, 10 to 2 PM
Health screenings including a brief cardiac history, blood pressure, a simple blood test for cholesterol and diabetes for adults 18 and older, will be provided along with patient education and referrals. Appointments are not required and free flu shots are available.

Movie:  
80 For Brady (In Person)  
Sunday, November 12, 2 PM
Thursday, November 16, 2:30 PM
Inspired by a true story, 80 for Brady follows four best friends who live their dream on a wild, hilarious trip to the 2017 Superbowl LI, to see their hero Tom Brady play. Rated PG-13; 98 minutes

Senior Rap Group with Bobby Riedel (In Person)  
Mondays, November 13 and December 11, 11 AM
Come and join the Shelter Rock Public Library Senior Rap Group. For the 55+ set who have a lifetime of experiences to share! Topics vary and the conversation is lively and provocative.

The Basics of Medicare (Hybrid) presented by Senior Services of North America  
Monday, November 13, 1:30 PM
In this presentation you will learn all about Medicare basics, important terminology, enrollment periods, plan types, and cost assistance.

Empire Safety Defensive Driving Class (In Person)  
Monday & Tuesday, November 13 & 14, 6 to 9 PM
Registration is limited and is to be completed online beginning Friday, October 13, 2023. Participants must attend the session on Monday, November 13 and Tuesday, November 14 from 6 – 9 PM. Participants must make their payments directly payable to Empire Safety Council. Payment must be presented to the instructor on the day of the program. The fee is $30 for all participants. If space allows, out-of-district patrons may register beginning two weeks before the scheduled session. Masks are recommended but optional.

Stony Brook Health Education: Focus on Colorectal Cancer - Know the Facts! (Virtual)  
Tuesday, November 14, 12 PM
Join Health Educators from Stony Brook Cancer Center to learn about colorectal cancer. Colorectal Cancer is the 2nd leading cause of cancer deaths in the United States. We will be discussing causes of colorectal cancer, how to prevent it, and screenings available. This program is brought to you courtesy of Nassau Libraries Health Share.
Book Discussion: *Murder Your Employer* by Rupert Holmes led by Lauren Glatt

**Tuesday, November 14, 3 PM (In Person)**

Who hasn’t wondered for a split second what the world would be like if a person who is the object of your affection ceased to exist? But then you’ve probably never heard of The McMasters Conservatory, dedicated to the consummate execution of the homicidal arts. To gain admission, a student must have an ethical reason for erasing someone who deeply deserves a fate no worse (nor better) than death. The campus of this “Poison Ivy League” college—its location unknown to even those who study there—is where you might find yourself the practice target of a classmate…and where one’s mandatory graduation thesis is getting away with the perfect murder of someone whose death will make the world a much better place to live. Participants are encouraged to obtain eBook and audio versions through Libby, pick up a copy at the Library beginning October 16th or purchase the book on their own.

**Alzheimer’s Support Group (In Person)**

**Thursdays, November 16 & December 28, 1:30 PM**

The Alzheimer’s Association Long Island Chapter offers a monthly support group designed to provide emotional, educational and social support for caregivers. Participants will also be helped to develop methods and skills to solve problems to maintain their own personal, physical and emotional health as well as optimally caring for the person with dementia. Register by calling 1–800–272-3900 or via alz.org/longisland

**Memorable Music Television Moments (Virtual)**

**presented by Richard Knox**

**Thursday, November 16, 2 PM**

Here is a wonderful opportunity to relive some of the (mostly live) signature musical numbers first performed on television. Videos clips will include some wonderful duets and medleys performed by Judy Garland and Barbra Streisand, Fred Astaire and Ethel Merman, and Frank Sinatra and Elvis Presley. Additionally, we will have a chance to revisit the Beatles first performance on the Ed Sullivan Show as well as solo performances by such artists as Mary Martin, Nat King Cole, and Eydie Gorme.

**Organ Donation and Transplantation: Facts AND Fiction (Virtual)**

**Tuesday, November 16, 6 PM**

Northwell Health’s Dr. Kalia will be discussing the risks and advantages of organ donation and transplantation. This program is brought to you courtesy of Nassau Libraries Health Share.

**The Homegrown String Band: The Unbroken Circle: Traditional Music in Popular Culture (In Person)**

**Sunday, November 19, 3 PM**

The Jackofsky Family performs blues, ballads, and musical breakdowns, celebrating the tradition of families making music together. In keeping with American folk traditions, Georgianne, Rick and Annalee will entertain us on guitar, banjo, harmonica, mandolin, jaw harp, baritone ukulele, and mountain dulcimer.

**Caregiver Support Group (Virtual)**

**presented by Nina Dobris of Northwell Health**

**Wednesdays, November 15 & December 20, 3:30 PM**

A general support group for anyone caring for a loved one meets virtually the third Wednesday of every month from 3:30 – 5 PM. To register, please contact Nina Dobris at 516-652-3964 or ndobris@northwell.edu
Understanding the Financial Numbers of Your Business (Hybrid)  
presented by SCORE  
Monday, November 27, 7 PM  
Topics include accounting with balance sheets, profit and loss statements, cash flow statements, key bookkeeping accounts, financial budgets and tips for good financial management.

Effective Communication Strategies  
presented by The Alzheimer’s Association/Long Island Chapter (Hybrid)  
Tuesday, November 28, 11 AM  
This program provides practical information and resources to help dementia care partners learn to decode verbal and behavioral messages from people living with dementia.

Blood Pressure Screening (In Person)  
Tuesdays, November 28 & December 19, 11 AM to 1 PM  
A nurse from St. Francis Hospital will be conducting free blood pressure screenings on the fourth Tuesdays of each month from 11 AM – 1 PM. No registration required. Participation will be on a first-come, first-served basis.

The Origins of Fauvism (Virtual)  
Wednesday, November 29, 11 AM  
Over an intense nine weeks in the summer of 1905 in the small fishing village of Collioure, France, Henri Matisse and Andre Derain embarked on a partnership that led to a new, radical artistic language later known as Fauvism. Using the Met’s exhibition Vertigo of Color as a springboard, join museum educator Alice W. Schwarz in an exploration of their daring, energetic experiments with color and perspective.

Learn To Play Mah Jongg! (In Person)  
taught by Jacqui Palatnik  
Thursdays, November 30; December 7 & 14, 10 AM  
Learn the game that has fascinated people for so many years with its strategies, sequences, and combinations. This class will introduce you to the tiles, and basic moves required. Registration required.

Headaches and Migraines 2023: Advancing Forward! (Virtual)  
Thursday, November 30, 6:30 PM  
Dr. Noah Rosen discusses the most common forms of headache, reviews the current understanding of migraines, and updates on current treatments. Bring your questions and concerns. This program is brought to you courtesy of Nassau Libraries Health Share.

New Beginnings Discussion Group (In Person)  
presented by Marla Matthews  
Thursdays, November 30 & December 21, 7 PM  
Join Marla Matthews as she presents hopeful, compassionate and exciting life solutions in these challenging times. Adults 45 and up are invited to socialize and discuss love, relationships and topics of the heart that mean so much to us.

Concert:  
The Traditions: Back in Town (In Person)  
Sunday, December 3, 3 PM  
Sing Doo Wop favorites from the 1950s and 60s. Members of the group include Mike Cuomo, Jerry Chianella, Chris Petri, Johnny Streich and Joe Clements. Seating is on a first-come, first-served basis.

Linda Ronstadt - First Lady of Country Rock (Virtual)  
presented by Richard Knox  
Tuesday, December 5, 2 PM  
One of the most honored female vocalists of the 20th century, Linda Ronstadt’s talents have spanned a variety of genres including, country, Latin, light opera, songbook standards, and of course rock and roll. Her most popular songs included such hits as Different Drum, When Will I Be Loved, Desperado, You’re No Good, It Doesn’t Matter Anymore, It’s So Easy and Blue Bayou. Among her many honors was her election to the Rock and Roll Hall of Fame in 2014, a Lifetime Achievement Award at the Grammy’s in 2016, and her Kennedy Center Honor inclusion in 2019.
When Stroke Strikes, Will you Be Ready?
Wednesday, December 6, 1:30 PM
Stroke Prevention with Community Health Nurse Maura Calio. Learn exactly what a stroke is, how to lower your individual risk, and what are indicative symptoms, and correct actions to take. This program is brought to you courtesy of Nassau Libraries Health Share.

Annunciation Triptych: A Close Look (Virtual)
presented by Alice Schwarz
Friday December 8, 11 AM
Annunciation Triptych, also known as the Merode Altarpiece, from the 15th century workshop of Netherlandish artist Robert Campin is a prized piece of the Met’s Medieval art collection at the Cloisters. Join museum educator Alice W. Schwarz to analyze the images and iconography on the stunningly detailed three panels.

AARP Smart Driver
Defensive Driving Program (In Person)
presented by Kevin Cox
Saturday, December 9, 9:30 AM to 4:30 PM
Participants must make their payments payable directly to AARP and payment must be presented to Kevin Cox on the day of the program. The fee is $25 for AARP members and $30 for non-AARP members. Masks are recommended but optional. Registration will begin on Thursday, November 9, 2023 at 9:30 AM

Movie:
Are You There God? It's Me, Margaret (In Person)
presented by John Kenrick
Sunday, December 10, 2 PM
Thursday, December 14, 2:30 PM
In this funny, coming of age comedy, 11-year-old Margaret is desperate to fit in to her new surroundings after being uprooted from her comfortable life in New York City. Rated PG-13 106 minutes

How to Reduce the High Costs of Prescriptions (Hybrid)
presented by Senior Services of North America
Monday, December 11, 1:30 PM
Participants of this informative seminar will be provided with information on the demographics of prescriptions in the U.S. today. Prescription safety and education on how to reduce the cost of medications will be addressed.

Intro to Google Apps and Drive (In Person)
presented by Sharper Training
Monday, December 11, 7 PM
In this hands-on class, students will learn how to create a Google account and learn how to use the following Google applications; Calendar, Maps, Photos, Google Drive and more. Bring your questions. Prerequisites: For intermediate and advanced computer users. Registration is required.

Stony Brook Health Education: Focus on HPV and Cervical Cancer - Know the Facts! (Virtual)
Tuesday, December 12, 12 PM
Join Health Educators from Stony Brook Cancer Center to learn about the Human Papilloma Virus (HPV), and the cancers it causes. HPV infection can cause 6 different cancers. We will be discussing causes of HPV, how to prevent it, and screenings available. This program is brought to you courtesy of Nassau Libraries Health Share.

Edith Piaf: Use Your Faults (Hybrid)
presented by John Kenrick
Thursday, December 21, 2 PM
How did this diminutive singer rise above an impoverished childhood on the streets of Paris to become the most iconic French chanteuse of all time? Why was she called the "French Judy Garland?" And how did her life more than match the drama in her powerful songs? With exciting performance videos and intriguing stories we will understand the lasting international appeal of the "little sparrow."
Board of Trustees

Monthly Meetings

Wednesday, November 8
and
Wednesday, December 13

7:30 PM
in the Community Room

Trustee Election

Tuesday, December 5, 2023

2:00 PM to 9:00 PM
In the Library’s Lobby

For election information please visit
https://www.srpl.org/board-of-trustees/

For information regarding Board meetings or the election please contact Andrea Meluskey, Library Director
ameluskey@srpl.org or 516-248-7363 ext. 240
Users must have an active Shelter Rock Public Library card.

**Career Cruising**
Interactive career guide featuring multimedia interviews with real people in every career, in-depth occupational profiles and information on colleges and universities.

**Cypress Resume**
Billions of genealogical records in census data, vital records, directories, photos, and more.

**Full Text Finder**
Full Text Finder assists users in discovering which online databases allow access to specific publications. Search by journal title, publisher, or subject. Barcode authentication required for in-house and remote access use.

**JobNow**
JobNow, powered by Brainfuse, provides live interactive online help combined with online resources to guide you through the necessary tasks to get a job.

**LearningExpress**
Offers the practice tests, exercises, skill-building courses, eBooks, and information you need to achieve the results you want—at school, at work, or in life. You'll find an entire Learning Center dedicated to helping you get the one that’s right for you.

**Natural Medicines**
Natural Medicines is the most authoritative resource available on dietary supplements, natural medicines, and complementary, alternative, and integrative therapies. Our newly enhanced product provides the best features and functionality from both Natural Standard and Natural Medicines Comprehensive Database, as well as new clinical features that weren't available before.

**Morningstar Investment Research Center**
Morningstar Investment Research Center is an easy to navigate database to help both novice and veteran investors reach their investment goals.

**Transparent Language**
Transparent Language quickly and easily learn new languages using a wide variety of courses and activities. This product includes lessons for over 100 languages with 1,500-2,000 words and phrases for each, 25 native language courses for learning English (including an intermediate English course), features a flexible learning structure (dozens of learning activities designed for rapid learning and maximum retention), and develops the learner’s speaking, listening, reading, and writing skills.