

# **Englewood Public Library**

## **Programs of Interest to Older Adults**

### **Concerts**

#### **The History of Motown**

Saturday, Sep. 22, 7 p.m.

Vocalist Stephen Fuller will sing some of the great Motown tunes. The audience will be encouraged to sing along to artists such as The Temptations and Michael Jackson.

### **Other Adult Programs**

#### **Film Series: Great Musicals of 1968**

We begin our celebration of the Library building's 50th anniversary with great musicals of 1968. All films are rated G.

Saturday Sep. 8, 2 p.m.--Yellow Submarine (85 mins.)

Friday, Sep. 14, 2 p.m.--Funny Girl (151 mins.)

Thursday, Sep. 20, 6 p.m.--Chitty Chitty Bang Bang (144 mins.)

Friday, Sep. 28, 2 p.m.--Oliver! (153 mins.)

#### **Documentary Film: 9/11**

(2002; 112 minutes)

Tuesday, Sep. 11, 7 p.m.

This documentary of the attacks on the World Trade Center contain the only footage from within the tower as it collapsed

#### **1968: Fifty Years Later How Events 50 Years Ago**

#### **Shaped The World**

Wednesday, Sep. 12, 7 p.m.

Join award-winning journalist Even Weiner, for this in-depth look at how the media – especially television – came into its own in the 1960s. Part of the Library's 50th anniversary celebration.

#### **Book Talk: "I've Decided to Live 120 Years", by Ilchi Lee**

Thursday, Sep. 13, 2 p.m.

The bestselling book *I've Decided to Live 120 Years: The Ancient Secret to Longevity, Vitality, and Life Transformation* by Ilchi Lee will be discussed. Free copies will be given to attendees.

### **History of the Library's Architecture**

Saturday, Sep. 22, 3 p.m.

Librarian Jay Wolf reviews the Englewood Public Library's various locations and architecture with photos, slides and text.

### **Englewood In The 1960s**

Sunday, Sep. 23, 1:30 p.m.

Author, Historian, and former Assemblyman Arnold Brown, J.D., will present a talk, "Englewood In The 1960s."

### **1960s Trivia Contest**

Sunday, Sep. 23, 3 p.m. (registration required)

Test your knowledge of the 1960s, (particularly 1968), as the Englewood Library launches its first trivia contest. Emphasis will be on 1968 to commemorate our building's anniversary. Pizza and fun for all who attend!

### **MANHATTAN SHORT Film Festival 2018**

Thursday, Sep. 27, 2 & 7 p.m.

Tuesday, Oct. 2, 7 p.m.

Sunday, Oct. 7, 2 p.m.

The 21st annual MANHATTAN SHORT Film Festival is a weeklong contest that allows the audience to choose the winner. The Englewood Public Library is one of two Bergen County venues participating in this year's festival.

## **Ongoing Adult Programs**

### **Pare Down, Cheer Up!**

Tuesdays, Sep. 18, 3 pm

This monthly discussion/support group is about the personal and societal benefits of learning to live with less. It is designed for those who want to simplify their lives, whether to save money, reduce stress or transition to a more sustainable lifestyle.

### **Writer Workshop**

Thursdays, Sep. 13, 7 pm

Here is a place for writers to read their work and encourage each other.

### **Meditation**

Wednesdays, Sep. 26, 7 p.m.

Meditation has been known to reduce stress, relieve pain and recharge mind and body. Sahaja yoga meditation is easy to learn, and all ages or cultural backgrounds are welcome to attend.

**Tai Chi**

Mondays, Sep. 24 7 p.m.,

Tai chi is a Chinese martial art practiced for both its defense training and health benefits. Instructor Kung-Ming Jan of Tenafly is a cardiologist and long-time practitioner of both Shaolin yoga and tai chi chuan.

**Philosophy Dialogue**

Saturdays, Sep. 15 & 29, 2 pm

This spirited discussion group meets biweekly for informal philosophical discussions, and all with opinions are welcome.

**SESCIL Book Group (Off-site)**

Thursdays, Sep. 20, 1 p.m.

This book group is a collaboration between the library and SESCIL Senior Center, located at 228 Grand Avenue. These lively and in-depth book discussions cover books over a wide range of genres.

**Reiki Wellness Circle**

Thursdays, Sep. 20, 7 p.m.

Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing processes of the patient's body and restore both physical and emotional well-being.

**"In Stitches"**

Sundays, Sep. 9 & 16, 1:30 p.m.

This informal and popular knitting and crocheting group is for beginners and experts alike who enjoy the company of other enthusiasts.

**Women's Diversity Book Group**

Wednesday, Sep. 26, 6 p.m.

This book group explores diversity themes, including African-American history, women's history, Asian-Pacific Islander, Latina and Native American heritage, LGBT issues and disability awareness.