



Rise & Shine! Virtual Teen Yoga with Courtney Ewing*

Tuesday mornings at 10:00 am, June 30—August 4

Get your day started with a little yoga , mindfulness, and fun! Students will begin with basic yoga poses and asanas while also learning more complex poses to challenge themselves as they go. Learn techniques for concentrating, reducing stress, and connecting to your body in a loving way while still being playful & fun. No yoga mat, no problem, you can use a beach towel or blanket! Have a water bottle handy!

**Space is limited! Get the Zoom links at Events: www.woodburylibraryct.org*

Cooking with Katie: Join Katie, Registered Dietitian from Food Explorers to make some delicious food from home!

Katie will teach you how to make some yummy treats this summer—you'll need to get the ingredients ahead of time and then connect with Katie as she virtually teaches you how to make:

*JUNE 24 at 3:00 PM Virtual Event: Make Chocolate Chickpea Truffles!**

You'll also play a game of Nutrition Price is right, to test your knowledge of how much food costs. The ingredients you'll need will be posted at the Zoom link.

*JULY 15 at 4:00 PM Make Homemade Chocolate POPartarts!**

Katie will teach you how to make pastry dough from scratch, a chocolate fudge filling and delicious glaze to drizzle on top. The ingredients you'll need will be posted at the Zoom link.

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*Going Bananas—Mask Making & Sugar Scrubs with Grounded Goodwife!**

Wednesday, July 29, at 4:00 pm

Call your friends and make banana masks and maple pumpkin sugar scrubs together in this virtual class just for teens from the Grounded Goodwife. You'll find a materials list of what you need before the program and then meet up via Zoom to make yours! You can always just watch and make the mask/scrub at a later date!

**Space is limited! Get the Zoom link at Events: www.woodburylibraryct.org*

Nutmeg Books — Virtual Discussion Groups!

Pick up your **FREE copy** of a Nutmeg Award 2021 nominated book before the virtual book discussion. If you already own the book and want to join in, feel free to!

**Copies of books are limited! Zoom links at Events: www.woodburylibraryct.org*

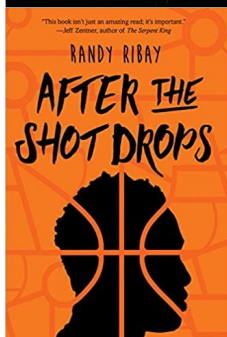


Small Spaces by Katharine Arden (Middle School Nominee)

Zoom Meeting July 1 at 4:00 PM

After suffering a tragic loss, Ollie only finds solace in books. So when she happens upon a crazed woman at the river threatening to throw a book into the water, Ollie doesn't think--she just acts, stealing the book and running away. As she begins to read it, Ollie discovers a chilling story about a girl named Beth, the two brothers who both loved her, and a peculiar deal made with "the smiling man," a sinister specter who grants your most tightly held wish, but only for the ultimate price.

If a creepy, spellbinding ghost story sounds like fun to you, join this book group!

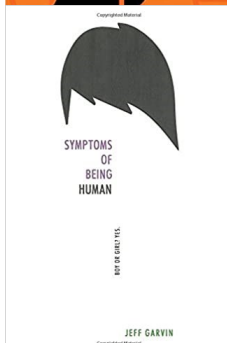


After the Shot Drops by Randy Ribay (High School Nominee)

Zoom Meeting July 8 at 4:00 PM

Basketball provides the backdrop for a friendship pushed to its limits in this tale told from the alternating perspectives of two teen boys growing up in a tough inner-city neighborhood reminiscent of Camden, New Jersey. This is a powerful novel about friendship, basketball, and one teen's mission to create a better life for his family.

If this timely novel about doing the right thing appeals to you, join this book group!

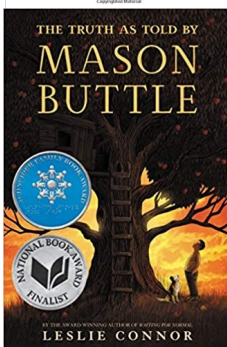


Symptoms of Being Human by Jeff Garvin (High School Nominee)

Zoom Meeting July 22 at 4:00 PM

On the advice of a therapist, Riley starts an anonymous blog to vent those pent-up feelings and tell the truth of what it's really like to be a gender fluid teenager. But just as Riley's starting to settle in at school the blog goes viral, and an unnamed commenter discovers Riley's real identity, threatening exposure. And Riley must make a choice: walk away from what the blog has created—a lifeline, new friends, a cause to believe in—or stand up, come out, and risk everything.

If you liked *Perks of Being a Wallflower*, join this book group!



The Truth as Told by Mason Buttle by Leslie Connor (Middle School Nominee)

Zoom Meeting August 5 at 4:00 PM

Mason Buttle is the biggest, sweatiest kid in his grade, and everyone knows he can barely read or write. Mason's learning disabilities are compounded by grief. Fifteen months ago, Mason's best friend, Benny Kilmartin, turned up dead in the Buttle family's orchard. An investigation drags on, and Mason, honest as the day is long, can't understand why Lieutenant Baird won't believe the story Mason has told about that day. He's desperate to figure out what happened to Calvin and, eventually, Benny. But will anyone believe him?

If you enjoy a story about an underdog coming out ahead, join this book group!

Let's Get Creating!* Thursdays, July 2—30 at 3:00 pm

Let's make something, together while apart! Each week you can pick up a new craft and, if you like, connect via Zoom to make it together! Craft will be available for curbside pickup, call 203-263-3502 or email woodbury.library@biblio.org at least an hour before the program starts! Check website Events for project!

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