ELDREDGE PUBLIC LIBRARY

March 2025

Mark your calendar with these upcoming adult programs at the EPL. All events are free and open to the public. Please see our website for more information www.eldredgelibrary.org or call 508-945-5170

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 **1:00 pm** Book to Film Group
2 	*3* **10:30 am** Chatham Writers Group **1:00 pm** Learning Series: Mozart, His Life, Works and Death	*4* **4:30 pm** EPL Novel Writers Group **5:15 pm** Reading in the Kitchen	*5*	*6* **11:00 am** Getting Started w/ Libby **5:30 pm** Breathwork for Beginners with Jessica Sears	*7* **10:30 am** Memoir Group	*8*
9	*10* **10:30 am** Chatham Writers Group **10:30 am** Learning Series: Archetypes and the Hero's Journey **11:00 am** Monday Craft Club **2:00 pm** Nurturing Nature: Gardening for Special Needs	*11* **4:30 pm** EPL Novel Writers Group	*12* **2:00 pm** Power of Reset and How to Change What's Not Working with Author Dan Heath	*13* **10:30 am** Learning Series: Introduction to Photography with iPhone Photography Tips	*14* **10:30 am** Memoir Group	*15*
16	*17* **10:30 am** Chatham Writers Group **10:30 am** Learning Series: Archetypes and the Hero's Journey	*18* **10:30 am** Learning Series: Irish and Rebirth of Learning **3:30 pm** Chatham Great Books Discussion Group **4:30 pm** EPL Novel Writers Group	*19* **2:00 pm** Cape Cod Horseshoe Crabs with Mass Audubon	*20* **10:30 am** Learning Series: iPhone Photography **11:00 am** Getting Started with Libby **2:00 pm** Author Talk with Clara Bingham **4:00 pm** Banned and Challenged Book Discussion Group	*21* **10:30 am** Memoir Group	*22*
23	*24* **10:30 am** Chatham Writers Group **10:30 am** Learning Series: Archetypes and the Hero's Journey	*25* **10:30 am** Learning Series: Irish and Rebirth of Learning **3:00 pm** FEPL Book Group **4:30 pm** EPL Novel Writers Group	*26* **7:00 pm** Dreams We Chase: An Author Talk with Novelist Jennifer Weiner	*27* **10:30 am** Learning Series: iPhone Photography	*28* **10:30 am** Memoir Group	*29* 
30	*31* **10:30 am** Chatham Writers					

Event Details

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Saturday, March 1 at 1:00 pm Book to Film Discussion Group
This month's selection *The Murder at the Vicarage* by Agatha Christie. **Registration is required each month with Mike McCartney at mmccartney@clamsnet.org.**

Tuesday, March 4 from 5:15 - 6:30 pm Reading in the Kitchen: A Cookbook Group
This month's selection is *A to Z World Food* online resource. **To register and receive information regarding logistics, please email Lorna at ldzialo@clamsnet.org.**

Thursday, March 6 at 5:30 pm Wellness Series: Breathwork for Beginners with Jessica Sears
In our second installment of the Wellness Series, we will dive into the basics of Breathwork with Jessica Sears. Jessica will be leading a workshop about the neuroscience and benefits of SEIKRID Breathwork, which is a somatic embodiment experience that takes you out of your thinking mind and into your body's electrical network. **This program will be in-person.**

Thursday, March 6 (in-person) and 20 (virtual) at 11:00 am Getting Started with Libby
Learn to download free ebooks and audiobooks to your device with the Libby app. Registration is required with Mike McCartney at mmccartney@clamsnet.org.

Monday, March 10 from 11:00 am - 1:00 pm Monday Craft Club - Garden-inspired Block Print Totes
Monday Craft Club is a great way for adults to try new arts and crafts while easing stress and having a little fun. This month we will be using fruits and veggies to block print tote bags in honor of our Seed Library opening for the season! **This program is for adults 18+. Space is limited and monthly registration is required at www.eldredgelibrary.org/programs.**

Monday, March 10 at 2:00 pm Nurturing Nature - Gardening for Special Needs
Neurodiverse or physically challenged are at an elevated risk of suffering from isolation and stress-related illnesses. Gardening is a good solution since it benefits physical, cognitive, and emotional health. Jill shows how beginners can start gardening, from the smallest pot of flowers to a large, flourishing plot of land. **This program will be in-person.**

Wednesday, March 12 at 2:00 pm Power of Reset and How to Change What's Not Working with Author Dan Heath
Are you ready to for a revolutionary guide to fixing what's not working—in systems and processes, organizations and companies, and even in our daily lives? Join us for an enlightening conversation with bestselling author Dan Heath as he talks with us about his newest book, *Reset: How to Change What's Not Working*. **This program will be virtual, registration is required at www.libraryc.org/eldredgelibrary.**

Tuesday, March 18 at 3:30 pm Chatham Great Books Discussion Group
This group meets to talk about outstanding writings in history, literature, philosophy and other disciplines**. To join contact Rick Pike at fwchatham@yahoo.com.**

Wednesday, March 19 at 2:00 pm Cape Cod Horseshoe Crabs with Mass Audubon
Horseshoe crabs have been around for 400 million years. Learn about the adaptations of these living fossils and the threats that they continue to face with Mass Audubon's Wellfleet Bay Wildlife Sanctuary Science Coordinator, Mark Faherty. **This program will be in-person.**

Thursday, March 20 at 2:00 pm How Women's Liberation Transformed America: In Conversation with Clara Bingham
Join us for a transformative conversation with award-winning journalist and author, Clara Bingham, as she chats with us about her new book, The Movement: How Women's Liberation Transformed America, 1963-1973. **This program will be virtual, registration is required at www.libraryc.org/eldredgelibrary.**

Thursday, March 20 at 4:00 pm Banned and Challenged Book Discussion Group
Are you curious, confused, or concerned about the recent increase in book challenges featured in the news? This is an opportunity to weigh in on what's happening across the country in both school and public libraries. **Registration is required with Tammy at tdepasquale@clamsnet.org.**

Tuesday, March 25 at 3:00 pm Friends of Eldredge Public Library Book Club
This month's selection is *North Woods* by Daniel Mason . Everyone is welcome! **If you have any questions or to join the group, please call Linda Nixon at 508-945-2094.**

Wednesday, March 26 at 7:00 pm Dreams We Chase: An Author Talk with Novelist Jennifer Weiner
You're invited to a glimmering conversation with New York Times bestselling author Jennifer Weiner as we chat about the signature emotional depth of her books that have been inspiring readers toward self-discovery for decades. **This program will be virtual, registration is required at www.libraryc.org/eldredgelibrary.**

Mondays, 10:30 am Chatham Writers Group
Members meet to explore writing genres & write a short fiction piece each week to share. **Contact John Chamberlain at chamberjh@gmail.com.**

Tuesdays, 4:30 pm EPL Novel Writers Group
Members with novels in progress meet to give positive feedback and focus on applying principles of successful writing**. Contact John Chamberlain at chamberjh@gmail.com**

Fridays, 10:30 am Chatham Memoir Group
Members meet to share and discuss a short memoir piece each week. **Contact John Poignand at pooh9137@gmail.com.**