

## **Bloomfield Public Library Programs**

### **Understanding Memory Loss**

Memory loss that disrupts everyday life is not a normal part of aging. On Dec. 6 at 6 p.m., the Bloomfield Public Library will host a program that explores the difference between normal age-related memory changes and abnormal changes associated with Alzheimer's disease and other forms of dementia. The presentation by Alzheimer's New Jersey will include common warning signs, the importance of a thorough diagnostic evaluation when symptoms first arise, current treatment options, and research on healthy aging. To register, call the library at (888) 280-6055.



### **Regularly Scheduled Programs**

- **Writer's Circle** – Tuesdays, Dec. 12 and 26, at 6:30 p.m. Share your work with other writers.
- **Bridge Club** - Fridays at noon. Beginners welcome.
- **Monday and Thursday Mid-Day Movies** - 12:15 p.m. Library Theatre.
- **Fiction Book Club** - Monday, Dec. 4, 6:45 p.m. "A Christmas Carol," by Charles Dickens.
- **Finance Club** – Tuesdays at 6 p.m. - Meet in the library or online.
- **Non-Fiction Book Club** - Coming soon, the third Wednesday of every month. Titles will be picked by members, relevant to current issues. Participants should be able to discuss hot topics with cool heads, polite tone and respect for fellow readers.

### **December at the Children's Library**

- **Story Times**, through Friday, Dec 22, all start at 11 a.m. (Regular story times will resume on Jan. 9.)
  - Tuesday and Friday, Toddler Time - stories, songs and craft.
  - Wednesday, PreK - stories, songs and craft.
  - Thursday, Baby & Me - stories, songs, no craft.
- **Dance with Ms. Katie** from Shooting Star Dance Center, Wednesday, Dec. 6.
- **Healthy Eating** with United Way of Bloomfield, Wednesday, Dec. 13.

**The library will be closed** on Christmas day, Monday, Dec. 25.