

## December 2024

## **ADULT PROGRAMS**

Monday, Dec. 2<sup>nd</sup> – 6 PM – CREDIT CARDS & FRAUD – M&T Bank Vice Presidents Jeff Lentz & Wendy Scotto Diluzio offer tips on the best and safest ways to use your credit card, and how to avoid being a victim of fraud.

Tuesday, Dec. 3<sup>rd</sup>, 10<sup>th</sup> & 17th - 9 AM – QIGONG –Jay Umble leads the practice of this ancient system of coordinated body-posture and movement, breathing, and meditation. \$5 weekly fee.

Wednesday, Dec. 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> – 1:30 PM - ART FOR ADULTS – Artist/Instructor Sara Miller will help you explore and create a piece of "Winter Art" as the solstice nears. \$15 for the series, limited to 15 people.

Wednesday, Dec. 4<sup>th</sup> – 6 PM – MOVIE NIGHT – "ONE LIFE"- Starring Anthony Hopkins, this film tells the true story of Nicholas Winton, who organized the rescue of hundreds of mostly Jewish children from the Nazis. Rated PG. Running time 109 minutes. Free popcorn!

Friday, Dec. 6<sup>th</sup>, 13<sup>th</sup> & 20th -9 M – Adult Yoga for Everyone – with Linda Zogas. End your week with some Vinyasa Yoga poses, stretches and meditation. Adult Yoga for Everyone is offered as a community service by Linda and the library; there is no charge to you.

Saturday, Dec. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> &28th- 10 AM - CHESS FOR ALL – Whether you're new to the game or have been playing for a while, join us on Saturdays from 10 AM till 1 PM. All ages are welcome to drop in and play in the Main Reading Room.

Saturday, Dec. 7<sup>th</sup> – 1 PM – MORE THAN A DRESS OF GOLD - Experience the revolution of art and design in Europe with Secessionist Vienna. Gail Dawson-White traces the legacy of leaders who transformed dress and art during the Vienna Secession of the late 1890's.

**Monday, Dec. 9th – 2PM - SCRABBLE** – join us for this always popular board game, and test your word skills! Boards and tiles provided, but you're welcome to bring your own.

Tuesday, Dec. 10th - 4:30 PM - ANIME CLUB - – If you like anime, join Neil Rush; watch anime, discuss what you've seen – style, story, etc.

Tuesday, Dec. 10th – 6 PM – (Censored) BOOK CLUB – This month we're reading <u>I Know Why the</u> <u>Caged Bird Sings</u>, by Maya Angelou. The first in a series of memoirs by the American poet and writer, her work has been banned for a number of reasons. If you've read the book, join the discussion about the book, and why it's considered controversial in some areas.

Wednesday, Dec. 11th – 6 PM-7:30 PM– AMERICAN SCRIPTURE PROJECT – Join us for an in-depth look at some of our nation's most important documents as we read them closely and discuss their implications. Rabbi Brian Michelson will lead the monthly discussions. *The Declaration of Independence* will be the subject of tonight's program.

Thursday, Dec. 12<sup>th</sup> & 19th – 12:30PM – CHAIR YOGA WITH LINDA ZOGAS – expect to breathe, meditate, lengthen your muscles, ease & strengthen your joints, all from your chair! No getting up and down from the floor! Linda will build on the moves for you to notice improvement & allow you to continue at home through the holidays! No mats necessary. Chair Yoga is offered as a community service by Linda and the library; there is no charge to you.

Monday, Dec. 16th – 6 PM – BE PRESENT: MINDFULNESS WORKSHOP FOR ADULTS – Tania Hollos leads this workshop to help us deal with everyday stressors & create moments of calm. Each first-time participant will receive a journal and a pen. There is a \$10 workshop fee.

Wednesday, Dec. 18th– 6 PM – WPL BOOK CLUB – Title TBD – call the library for information!

**Saturday, Dec. 21**<sup>st</sup> – 1 PM – SATURDAY MATINEE: "*LITTLE WOMEN*" – Bring your family to this screening of Greta Gerwig' film of Louisa May Alcott's classic story of the March sisters, each determined to live life on their own terms. Starring Saoirse Ronan & Emily Watson. Rated PG; 135 minutes. Free popcorn!

TO REGISTER FOR ADULT PROGRAMS, EMAIL <u>ANN@WYOPUBLIB.ORG</u> OR CALL THE LIBRARY AT 610-374-2385.

If you, or someone you know, can't get to the library, sign up for HOME DELIVERY! IF YOU LIVE IN OUR SERVICE AREA (WYOMISSING, WYOMISSING HILLS & WEST READING) AND ARE NOT ABLE TO GET TO THE LIBRARY, WE'LL BE HAPPY TO COME TO YOU!

FOR MORE INFORMATION, VISIT OUR WEBSITE (<u>WWW.WYOPUBLIB.ORG</u>) OR CALL THE LIBRARY AT 610-374-2385.

The library will be closed on Tuesday and Wednesday, Dec. 24<sup>th</sup> & 25<sup>th</sup>, and will close at 1 PM on Tuesday, Dec. 31<sup>st</sup>.



HAPPY HOLIDAYS TO YOU AND YOURS!