


September Adult Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
09/01 	09/02 10am Bone Builders 10am Hobby Haven 1pm Knitting group 3pm Chess 3pm Director's Book Club	09/03 8am Walking at Chase Field 9:45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie - <i>A Beautiful Mind</i> Library closed at 5pm for Staff Meeting	09/04 10am Bone Builders 11:30am Adult craft - Woven Bowl 4pm Just Craftin' Around	09/05 8am Walking at Chase Field 9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage
09/08 8am Walking at Chase Field 9:45am Aerobic Exercise 11am Gentle Yoga 6pm Meditation 7pm Trustees Meeting	09/09 10am Bone Builders 10am Hobby Haven 1pm Knitting group 3pm Chess	10 8am Walking at Chase Field 9:45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie - <i>A Beautiful Day in the Neighborhood</i>	11 10am Bone Builders 4pm Just Craftin' Around 6pm Thursday Night Book Club	12 8am Walking at Chase Field 9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage 5pm Gravestone Preservation
15 8am Walking at Chase Field 9:45am Aerobic Exercise 11am Gentle Yoga 4pm Friends of the Library Meeting 6pm Meditation	16 10am Bone Builders 10am Hobby Haven 1pm Knitting group 3pm Chess 4pm Nonfiction Book Club	17 8am Walking at Chase Field 9:45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie - <i>Bell, Book, and Candle</i>	18 10am Bone Builders 11:30am - Adult Craft - Pressed Flower Jars 4pm Just Craftin' Around	19 8am Walking at Chase Field 9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage
22 8am Walking at Chase Field 9:45am Aerobic Exercise 11am Gentle Yoga 12:30pm Cookbook Book Club 6pm Meditation	23 10am Bone Builders 10am Hobby Haven 1pm Knitting group 3pm Chess 4pm Mystery Book Club	24 8am Walking at Chase Field 9:45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie - <i>Best in Show</i>	25 10am Bone Builders 11:30am Seminar for Older Adults 4pm Just Craftin' Around 6pm Thursday Night Book Club	26 8am Walking at Chase Field 9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage 1pm Romance Required
29 8am Walking at Chase Field 9:45am Aerobic Exercise 11am Gentle Yoga 6pm Meditation	30 10am Bone Builders 10am Hobby Haven 1pm Knitting group 3pm Chess 7pm Family Caregiving	10/01 8am Walking at Chase Field 9:45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie - <i>Breathe</i> Library closed at 5pm for Staff Meeting	10/02 10am Bone Builders 11:30am Adult Craft - Book Hedgehog 4pm Just Craftin' Around	10/03 8am Walking at Chase Field 9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage

Library Hours:
Mon & Fri 9:00am - 6pm
Tues, Wed, Thurs 9:00am - 7:00pm
Sat 10:00am - 2:00pm

***Check website for
 Holiday Hours***

Website:
kingston-library.org
Email:
info@kingston-library.org

Kingston Community Library
 2 Library Lane
 Kingston, NH 03848
 603-642-3521

Weekly Programs

Monday, Wednesday, Friday, 8am, Walking at Chase Field: Join Michelle and walk around the track at Chase Field. This is a casual group where anyone can join at any time! All are welcome!

Mondays & Wednesdays, 9:45am, Aerobic Exercise: Join others for fun light aerobic exercise while following an instructional DVD.

Mondays & Wednesdays, 11am, Gentle Yoga Series: Bring a mat, a strap, and a tennis ball if you have one. Class size is limited to 9 students, first come first served. \$5 a class.

Mondays 6pm & Fridays 9:45am, Meditation: Experience needed. Join a group to meditate and eliminate thoughts that may be causing stress.

Tuesdays & Thursdays, 10am, Bone Builders: Gentle weight bearing exercise. *Sign up required*

Tuesdays, 11am, Hobby Haven: What's your hobby? Crochet, coloring, diamond painting, or whatever. Join a great group of people and have fun!

Tuesdays, 1pm, Knitting Group: Bring your project and enjoy an afternoon of social knitting!

Tuesdays, 3pm, Chess: Come and play with friends. Fun for all ages!

Thursdays, 4pm, Just Craftin' Around: Join a group of fun folks and work on your craft project. Looking for help knitting, then this is the group for you.

Fridays, 10:30am, Puzzle Group: Have some fun putting together jigsaw puzzles with friends.

Fridays, 10:30am, Cribbage: Come in to play cribbage with others.

Special Events

Gravestone Preservation exhibit opening: Friday, Sep. 12th, 5pm
Hear about efforts to preserve historic gravestones in Kingston. Learn about how they are cleaned. This is the 3rd exhibit this year to celebrate the 300th anniversary of the Kingston Plains Cemetery.

Older Adult Seminar: Fall Prevention. Thursday, Sept 25th, 11:30am: Learn how to improve your balance and prevent falls. Learn ways to prevent issues surrounding physical changes and learn simple modifications to increase home safety. The presentation will include statistics on falls as well as contributing factors in the home environment and physical changes as we age. Presented by: Karen Krause PT, COS-C, AIB-VRC, Rehab Manager, Cornerstone VNA.

AARP presents Family Caregiving: Tuesday, Sept 30, 7pm: Whether you anticipate future family caregiving or are currently taking care of a loved one, during this session we will help you get organized, determine your loved one's needs and resources, create your caregiving plan – including how to care for yourself - and find help. You will also have the opportunity to connect with other family caregivers to exchange support, tips and advice.

Book Clubs

Monday Book Club: Monday, Tuesday Sep. 2nd, 3pm: *Heartburn*, by Nora Ephron In this inspired confection of adultery, revenge, group therapy, and pot roast, the creator reminds us that comedy depends on anguish as surely as a proper gravy depends on flour and butter.

Nonfiction Book Club: Tuesday, Sep. 16th, 4pm: *Sea People: The Puzzle of Polynesia*, by Christina Thompson A thrilling intellectual detective story that looks deep into the past to uncover who first settled the islands of the remote Pacific, where they came from, how they got there, and how we know.

Cookbook Club: Monday, Sep. 22nd, 12:30pm: *Dinner in One*, by Melissa Clark 100 all-new super-simple and incredibly delicious one-pot, one-pan, one-sheet —one-everything – recipes!

Mystery Book Club: Tuesday, Sep. 23rd, 4pm: *Wish You Were Here*, by Rita Mae Brown When Crozet's citizens start turning up murdered, Harry remembers that each received a card with a tombstone on the front and the message "Wish you were here" on the back. Intent on protecting their human friend, Mrs. Murphy and Tucker begin to scent out clues.

Romance Required Book Club: Friday, Sep. 26th , 1pm: *For the Roses*, by Julie Garwood Discovered as a baby and raised by four urchin boys, Mary Rose Clayborne remains fiercely loyal to her misfit family until an English lord reveals a shocking secret that sends her into a confrontation with her past.

Thursday Night Book Club: Thursdays, 6pm: This group meets twice a month. Contact the library to find out the current book.