

# Fall 2023 Adult Events

Space is limited, so registration is required for most events.  
To register, visit [wtmlib.info](http://wtmlib.info) or call the Reference Department at **860-652-7720**.

## ★Peter Biedermann in Concert (Ella Waters Event Series)

**Mon. 10/2 @ 6:30 PM** | Registration starts 9/4

The focus of this concert program will be on pieces from his catalogue of recordings and will include some of the history and evolution of original fingerstyle guitar playing.

## Interval House Book Discussion: *Mad Honey* by Jodi Picoult & Jennifer Finney Boylan

**Wed. 10/4 @ 6:30 PM** | Registration starts 9/6

Join us for a book discussion led by Emily Cintonino of Interval House, the largest agency in the state of Connecticut dedicated to ending Domestic Violence.

## Goths, Gargoyles, & God: Building the Magnificent Cathedrals of Europe

**Tue. 10/10 @ 6:30 PM** | Registration starts 9/12

Dr. Richard Benfield will show attendees the early antecedents of medieval church building. Travel to Great Britain and France to examine how these churches were built to such grandeur.

## ★Lights Out: Help Save CT's Migrating Birds

**Mon. 10/23 @ 6:30 PM** | Registration starts 9/25

Learn how you can join the growing coalition of residents, property owners, businesses, and local partners in Connecticut who pledge to turn off or dim their nonessential lights to protect migratory birds.

## Unity in Diversity Series: A Community Conversation

**Wed. 10/25 @ 6:30 PM** | Registration starts 9/27

An intergenerational community discussion about the connections between literature and diverse life experiences.

## ★Healthy Holiday Habits

**Mon. 10/30 @ 6:30 PM** | Registration starts 10/2

Lindsey Kent, RD will teach you some simple tips to stay healthy during all of your upcoming holiday events. This includes teaching you some small recipe substitutions for your favorite family dishes and how to avoid mindless eating at the buffets and snack bowls.

## Tips for Better Sleep

**Mon. 11/6 @ 6:30 PM** | Registration starts 10/9

Want to improve your ability to bounce back quickly from Daylight Savings Time? Come learn about tips to improve sleep and restorative rest from Dr. Wendy Hurwitz.

★ = Sponsored by the Friends of the Welles-Turner Memorial Library

## ★The History of Maritime Knitting

**Mon. 11/13 @ 6:30 PM** | Registration starts 10/16

Hand-made garments hold a romantic yet real place in our coastal history. Join Rebecca Bayreuther Donohue, historian & knitter, for an ode to wool and marvel once again at how the sea connects us all.

## Cupcake Decorating Workshop for Adults

**Mon. 11/27 @ 6 PM** | Registration starts by phone for Glastonbury residents with a valid library card on 10/30 and online for all on 11/6 if space remains

Amber Kapoor (owner of the Cake Stand) will teach us how to make and color buttercream, and then how to pipe, frost, and package a half-dozen cupcakes to take home to share!

## Book Discussion: *Sixty-One* by Chris Paul

**Wed. 11/29 @ 6:30 PM** | Registration is not required

Join us for a discussion of the instant NYT Bestseller by Chris Paul, member of the NBA's 75th Anniversary Team and current point guard for the Phoenix Suns. Attendees can pick up a FREE copy of the book starting 11/1 (while supplies last).

## Holiday Card-Making Workshop for Adults

**Mon. 12/4 @ 6 PM** | Registration starts by phone for Glastonbury residents with a valid library card on 11/6 and online for all on 11/13 if space remains

Create three holiday greeting cards with Debbie Martin of Stampin' Up! Craft your own design or be guided through the process. No experience necessary. All materials supplied.

## LinkedIn Photo Shoot

**Mon. 12/11 @ 6:30 PM** | Registration is not required

Arrive in your interview-best attire and library staff will take a professional-looking photograph you can post to your LinkedIn account. First come, first served.

## ★Connecticut Yuletide Carolers in Concert (Ella Waters Event Series)

**Fri. 12/15 @ 6:30 PM** | Registration starts 11/17

ALL AGES. A quartet of traditionally-garbed Victorian carolers will fill the WTML Commons with the bright sounds of the season, bringing holiday cheer to young and old alike. Festive refreshments will be served.

## The Balanced Wealth Approach with Tom Hine

**Wed. 12/27 @ 6:30 PM** | Registration starts 11/29

Glastonbury resident, CFP® and wealth manager Tom Hine reframes the retirement discussion by emphasizing healthcare as well as wealthcare. Attendees will receive a FREE copy of the book following the discussion.



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### **Movie Theater Thursdays**

Join us for a movie on our big screen!  
Drop in; registration is not required.

**Thurs. 10/5 @ 6:00 PM**

*M3GAN* (2022)

Rated PG-13 | 1 hour, 42 minutes

**Thurs. 11/2 @ 6:00 PM**

*65* (2023)

Rated PG-13 | 1 hour, 33 minutes

**Thurs. 12/7 @ 6:00 PM**

*A Man Called Otto* (2023)

Rated PG-13 | 2 hours, 6 minutes

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### **Second Tuesday Book Club**

Limited copies of the current selection will be available  
at the Lending Desk. Registration is not required.

**Tues. 10/10 @ 2:00 PM**

*The Widows of Malabar Hill* by Sujata Massey

**Tues. 11/14 @ 2:00 PM**

*Sea of Tranquility* by Emily St. John Mandel

**Tues. 12/12 @ 2:00 PM**

*The Guncle* by Steven Rowley

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### **Virtual Lunch & Learn**

Grab a notebook and a PB&J for this monthly lunchtime  
webinar series presented on Zoom!

### **The 2024 Real Estate Market**

**Weds. 10/18 @ 12:30 PM** | Registration starts 9/20

Local real estate agent, David Constant, will teach us about  
the current state of the market and concrete strategies to  
best position you and your family for what comes next.

### **★Handling Stressful Situations**

**Weds. 11/15 @ 12:30 PM** | Registration starts 10/18

Maggie Downie (founder of Personal Euphoria) will review  
different types of stress responses followed by exercise,  
posture, and breathing options for stress relief.

### **Better Brain Health**

**Weds. 12/20 @ 12:30 PM** | Registration starts 11/22

Liz Cornish will go over measures you can take to slow the  
brain aging process. We will discuss various lifestyle  
changes you can make, including those related to diet,  
physical, mental, and social activity.

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### **Cookbook Club**

Cook a recipe at home and then bring your creation  
in to share each month. A free copy of the recipe of  
your choice will be provided to you.  
Registration is not required.

**Mon. 10/16 @ 6:30 PM**

*The Soup Sisters Cookbook* by Sharon Hapton

**Mon. 11/20 @ 6:30 PM**

*The Side Dish Bible* by America's Test Kitchen

**Mon. 12/18 @ 6:30 PM**

*Martha Stewart's Cookie Perfection* by Martha Stewart

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### **Fiber Arts Friends**

Knit, crochet, quilt, or stitch your way through the  
afternoon with others who share your passion for the  
fiber arts. Bring your own project, ask for advice, and  
get inspired for your next creation.

Registration is not required.

**Tues. 10/17 @ 12 PM**

**Tues. 11/21 @ 12 PM**

**Tues. 12/19 @ 12 PM**

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### **Gentle Yoga**

In this beginner-friendly class, Shawna Rocheleau (of  
EmbodyYou) will guide students through a series of  
gentle postures held long enough to connect to the  
breath and the present moment.

**Tues. 10/17 @ 6:30 PM** | Registration starts 9/19

**Tues. 11/21 @ 6:30 PM** | Registration starts 10/24

**Tues. 12/19 @ 6:30 PM** | Registration starts 11/21

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### **ESL Conversation Club**

Practice speaking English with other language  
learners at this monthly conversation group. Improve  
your English communication skills and increase your  
confidence in the language.  
Registration is not required.

**Tues. 11/7 @ 6:30 PM**

**Tues. 12/5 @ 6:30 PM**