

MEMORY & AGING

Healthy Living for Your Brain and Body

with Jody Addeo of Alzheimer's Association

Wed, Sept 25 • 2pm

Covering cognitive activity, exercise, diet/nutrition, social engagement and healthy aging habits.

Improve Your Memory

with Susan Breithaupt

Tue, Oct 22 • 6pm

What is "normal" memory impairment? What are the causes of memory loss? How do you keep memory intact? We will discuss it all.

Understanding Alzheimer's and Dementia

with Jody Addeo of Alzheimer's Association

Wed, Dec 18 • 6pm

What are the differences between Alzheimer's and dementia? What are the stages of Alzheimer's disease, its risk factors and available treatments? Come and find out.

Office for the Aging Satellite Office

Tue, Oct 22 • 12pm

AND

Thu, Dec 12 • 12pm

The team is here to help answer questions about energy assistance, in-home services, senior employment opportunities and much more. Stop in to learn about what services are available!

Movement and Mind



Tai Chi with Phillip Cross

Sat, Oct 12, 19, 26 and Nov 2 • 12:30pm

Use these slow and gentle moves to increase muscle strength, flexibility and balance.

Chair Yoga with Mary Callan

Tue, Oct 29, Nov 5, 12 and 19 • 2pm

Increase your strength and flexibility during this 4 week session.

Meditation Series

with Dr. Frank Pawlowski

Techniques to Reduce Everyday Stress

Wed, Oct 16 • 6:30pm

Reduce stress-related responses, improve concentration, and enhance clarity using these simple and effective techniques.

Inner Peace This Holiday Season

Wed, Nov 20 • 6:30pm

Feeling stressed about the holidays? Learn to combat those mind/body effects and find inner peace this season.

Adult Programs

Register online at www.tappanlibrary.org or call 359-3877 for assistance.

Local History

Tappantown Historic Walk

with the Tappantown Historical Society

Sat, Sept 14 • 1pm

Meet at the Library and then stroll around Tappan learning more about its history. Wear comfy shoes.

History of the Rockland County Courthouse

with Justice Alfred Weiner

Wed, Oct 16 • 2pm

Learn about the history of the building, which has its beginning in Tappan.

Hudson Valley Homicide

with Linda Zimmermann

Wed, Nov 6 • 6pm

A history of unthinkable criminal acts perpetrated against spouses, family members, and complete strangers in a region, where still to this day, some people don't lock their doors.

Last Stop USA: Piermont's Role in WWII

with Piermont Historical Society

Wed, Nov 13 • 6pm

Watch this award winning documentary chronicling life in Piermont before, during and after WWII.

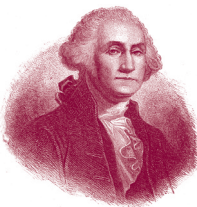
Armchair Art Tours

with Michael Norris

Medieval Masterpieces of the Met's Cloisters

Tue, Sept 24 • 2pm

Tour and learn about the medieval architecture, sculpture and decorative arts housed in this local museum all from the comfort of the Library.



Meet George Washington

Tue, Dec 10 • 2pm

Revered more today than when alive, see how artists have portrayed him for posterity and commemorated his deeds. We will focus on works on display in some of our area museums.

Increase Your Auto IQ:

Car Class with Becca

with Becca Ziobro

Sun, Oct 6 • 2pm

Learn how to change a tire, safely jump-start your car and how to save money on maintenance.

Defensive Driving Course

with Arthur Aldrich

Wed, Oct 23 and Oct 30 • 2pm- 5pm

Open to all NY drivers. \$30 class fee, by cash or check only, is required at time of registration. Please stop in to register.



Reopen Sundays starting Sept 15

Closing Dates
Labor Day, September 2
Veterans Day, Nov 11
Thanksgiving Eve, Nov 27 Close at 5pm
Thanksgiving Day, Nov 28
Christmas Eve Day, Dec 24
Christmas Day, Dec 25
New Years Eve, Dec 31

LIBRARY HOURS
Mon. - Thurs. 10am-8pm
Fri. 10am-7pm
Sat. and Sun. 12pm-5pm

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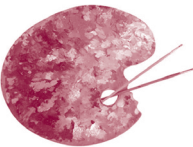
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Tween & Teen Programs

Register online at www.tappanlibrary.org or call 359-3877 for assistance.

Teen Art with Alexis Starke



Fri, Sep 20, Oct 18, Nov 15 & Dec 13 • 5pm
Grades 6-12

Create different projects using a variety of techniques and mediums. Please register for each individual session date. Max: 15

College Admissions Series with Joshua Marber

Grades 9-12 and/or parents

Choosing the Right College

Mon, Sep 23 • 6:30pm

Find the right college, when to visit, how to fill out applications, and writing the essay. Max: 30

Paying for College

Tue, Oct 15 • 6:30pm

Financial aid options, how to fill out the FAFSA, and finding and applying for scholarships. Max: 30

Gingerbread Cookies

Mon, Dec 2 • 5pm

Grades 4-7

It's the season for sweets! Add icing and more to decorate gingerbread people. Max: 10



coding club

Tue, Oct 22, Nov 19 & Dec 17 • 4pm

Grades 5-8

Using VIDCODE, learn to animate videos, create your own fonts, and build custom photo filters. Bring your own laptop or use one of our three. Please register for each individual session date. Max:8

Creepy Candy Creations

Mon, Oct 28 • 5pm

Grades 4-7

Can you build a gumdrop goblin?

A marshmallow mummy? Use your imagination and then enjoy your delicious creations. Max: 10

LED Holiday Cards

Mon, Dec 9 • 5pm

Grades 5-8

Make someone's holiday a little brighter by creating a circuit to make a light-up LED card. Max: 10

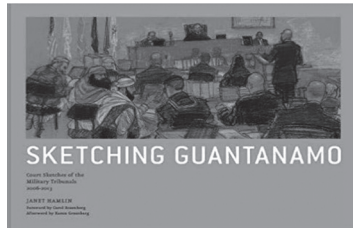
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Adult Programs

Register online at www.tappanlibrary.org or call 359-3877 for assistance.



Sketching Guantanamo

with Janet Hamlin

Sat, Oct 5th • 2pm

Join the artist and find out what it was like to be the only courtroom sketch artist allowed at Guantanamo Bay.

Reading the Woods

with Donald "Doc" Bayne

Wed, Sept 18 • 6pm

Learn to read the signs of the forest so the next time you hike, you'll know what to expect while exploring.

Hidden Gems of Italy - Wine Tasting

with Janet Wheeler

Sat, Sept 21 • 2pm

Discover and taste wines from a variety of regions in Italy.

Escape From Behind Enemy Lines

with Richard Feingold

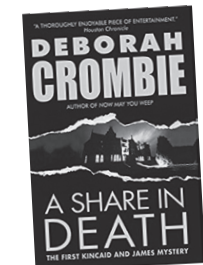
Fri, Nov 8 • 2pm

Using letters, maps and photos Mr. Feingold recounts his father's heroic escape from Nazi capture after being shot down over enemy-occupied France.

Book Discussions

with Ellie Pollack

Join our newest book club for lively discussions of great books. Books will be available one month prior to the discussion.



A Share in Death,

by Deborah Crombie.

Fri, Sept 6 • 10:30am

The Camel Club,

by David Baldacci.

Fri, Oct 4 • 10:30am

Circe,

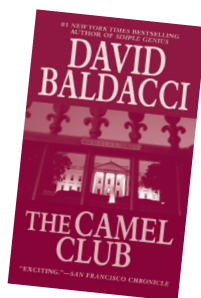
by Madeline Miller

Fri, Nov 1 • 10:30am

Dragonflight,

by Anne McCaffrey

Fri, Dec 6 • 10:30am



Book a Librarian

Trouble downloading books? Not sure how to use Hoopla or Kanopy? Want to learn a new language with Rosetta Stone? Call us, make an appointment and bring in your device. We will help you set up your account!

Don't miss the newest releases!

Sign up for our NEW RELEASE email and receive a list of weekly releases. Simply pick the titles that sound good and we will place them on hold for you and let you know when they arrive in Tappan!



MONDAY MOVIE MATINEES

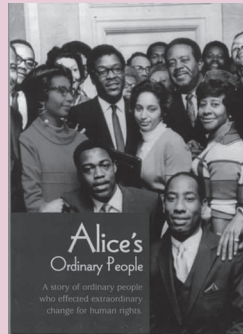
Every Mon • 2pm

Each week we announce the title for the upcoming week. Check our website or drop-in to see what's playing each week.



Alice's Ordinary People:

A Documentary Screening and Q & A session



with Documentarian Craig Dudnick

Sun, Nov 3 • 2-4pm

****Held at the Orangeburg Library auditorium****

Alice Tregay was an unsung heroine of the Civil Rights Movement and fearless activist who worked for five decades fighting injustice. Her remarkable story of ordinary people effecting extraordinary change for human rights spans the historic period from the marches of Dr. King to the election of Barack Obama.

Any Game Open Play

Thu, Sept 19-Dec 5 • 12pm

Bring a favorite game and play with old or new friends.

Evening Mah Jongg

Thu, Sept 19-Dec 5 • 4:30pm

Bring your own set. Registration required. Limit 20 players.

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THOUGHTFUL ENTERTAINMENT

Faces Places

Wed, Dec 4 • 2pm

Director Agnes Varda and photographer J.R. journey through rural France and form an unlikely friendship. Rated PG, 94 min.

Conduct! Every Move Counts

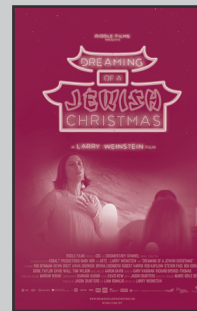
Wed, Dec 11 • 2pm

Five artists struggle to succeed at the International Conductors' Competition in Frankfurt. Not Rated, 84 min.

Dreaming of a Jewish Christmas

Thu, Dec 19 • 2pm

This musical documentary tells the story of a group of Jewish songwriters who wrote the soundtrack to Christianity's most musical holiday. Not Rated, 53 min.



Children's Programs

Register online at www.tappanlibrary.org or call 359-3877 for assistance.

Story Times

Baby Time

Tue, Sep 10 – Dec 3 • 10:30am

Infants to 18 months with caregiver

Music, movement, bubbles, and parachute play! Max: 15

Toddler Time

Wed, Sep 11- Dec 4 • 11:15am

Ages 19 months to 2 years with caregiver

Shake your sillies out with songs, scarves, and bubbles! Max: 15

Preschool Time

Tue, Sep 10 - Dec 3 • 11:15am

Wed, Sept 11 – Dec 4 • 10:30am

Ages 3-5 years with caregiver

Enjoy a book and have fun singing, dancing and playing parachute games! Max: 15



MusiCare

with Miss Sue

Sat, Sep 14, Oct 12, Nov 9 and Dec 14 • 1pm

Fun with music and instruments. Max: 20

Infants to 5 years with a caregiver

Please register for each individual session date.



Paws for Reading

with Ollie, certified therapy dog

Wed, Sept 11, Oct 16, Nov 13 and Dec 11 • 4:30-5:30pm

Grades K-5

Sign up for a 10 minute session and "pause" to read with this adorable miniature schnauzer. Max: 6

Little Artists

Thu, Sep 19, Oct 10, Nov 14 and Dec 12 • 1pm

Ages 2-5 with a caregiver

No-rules approach to Pre-K art—dress for mess! Please register for each session. Max: 12

LEGO Lab

Fri, Sep 13, Oct 11, Nov 8 and Dec 6 • 4:30pm

Grades K-5

Bring your imagination, we'll supply the LEGOs! Max: 20



Llama Llama Red Pajamas

Thu, Sep 26 • 11:30am

Ages 2-5 with a caregiver

Wear your PJs and enjoy a story and craft about everyone's favorite llama. Max: 12

Kids Yoga

with Judy Levin, certified yoga instructor

Fri, Sep 27 and Nov 22 • 4:30pm

Grades K-5

Learn how to move and stretch into fun poses. Dress comfortably and bring water. Max: 20

The Pigeon HAS to Go to School!

Mon, Sep 23 • 4:30pm

Grades K-3

Start the school year with a fun project celebrating Mo Willems' latest book. Max: 20

Pumpkin Painting

Mon, Oct 7 • 4:30pm

Grades K-5

Get ready for Halloween by decorating a pumpkin with paint, googly eyes and more. Bring a smock. Max: 12

Fire Trucks to the Rescue!

Thu, Nov 7 • 11:30am

Ages 2-5 with a caregiver

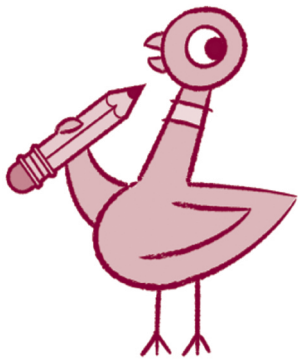
Grab your gear for a fun storytime and craft all about fire trucks and firefighters! Max: 12

Candy Cottages

Fri, Dec 27 • 2pm

Grades K-6

What's more fun than building a house out of candy and frosting? Eating it! Max: 25



Family Movies

Please register for each movie.

The Secret Life of Pets 2

Tue, Nov 5 • 3:30pm

Find out what Max and his pet friends do after their owners leave the house each day. PG, 86 min.

Toy Story 4

Fri, Nov 29 • 1pm

Join Woody, Forky and the gang for a road trip that shows them just how how big the world can be for a toy. G, 100 min.

The Grinch (2018)

Fri, Dec 13 • 2pm

Get in the holiday spirit with the latest adaptation of the Dr. Seuss story. PG, 85 min.

The Lion King (2019)

Mon, Dec 30 • 2pm

Simba learns the true meaning of responsibility and bravery in this new version of the classic. PG, 118 min.

Kids Art Class

with Alexis Starke

Mon, Sep 16, Oct 21,

Nov 18, and Dec 16 • 5pm

Grades 1-5

Get inspired by famous artists with drawing, painting and collage. Suited for kids of different ages and levels. Please register for each individual session date. Max: 12

