

Adult Programs for the Winter 2017-2018

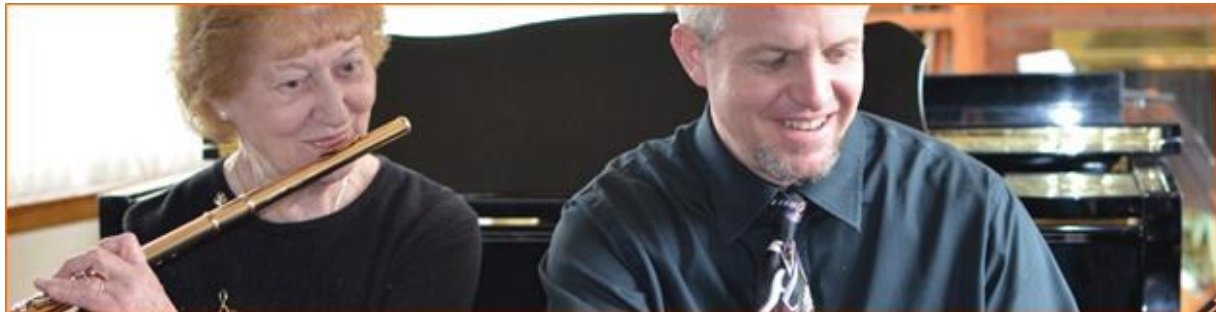
Total Body Renew Yoga with Lorraine Harwelik Thursday, November 30, Thursday December 7 and Thursday, December 14 at 7:00 pm



Are you stiff? Sore? Grumpy? Do your joints feel like they need a grease job? Did you know that you can upgrade your body's strength, flexibility, and agility? Increase efficiency and overall comfort level through a guided tour of Total Body Renew Yoga!

This system of yoga movements is designed to help unlock your movement and comfort potential by safely warming and releasing muscle fibers and increasing your joints' range of motion.

Lorraine M. Harwelik is a registered yoga teacher, certified herbalist, and licensed New Jersey educator. She has presented many well attended programs at the library, including Yoga for Gardeners and the Health Benefits of Herbs. You can take one class or all three, but classes are small, so make sure you sign up.



Join us for a Flute and Guitar Duo on Wednesday, December 13 at 7:00 pm

In this delightful musical program, accomplished flutist Marjorie Koharski and guitarist Keith Calmes will perform classical and popular tunes. They'll play a range of favorites for everyone to enjoy, including "The Nutcracker Suite," "Brazilian Sleigh bells," "My Dreydl," "Home for the Holidays," "Rudolph," The Carpenters' "Merry Christmas, Darling," and "Hanukkah."

Ms. Koharski is a flutist and piccoloist with the Monmouth Symphony Orchestra, flutist with the

ElySION Winds Quintet, a former faculty member of the Monmouth Conservatory of Music, a member of the New York Flute Club and the New Jersey Flute Society.

Mr. Calmes earned degrees in Classic Guitar Performance from California State University, Northridge, University of Southern California and the Juilliard School. He debuted at Carnegie Recital Hall as Winner of the Artists International Competition. He teaches at Wall High School.

More Adult Programs for the Winter 2017-2018



Join us as we make T-shirt scarves. T-shirt scarves are scarves that are made from colorful t-shirts which are 100% cotton. It takes just one shirt to make your own scarf. Both fashionable and warm, these scarves are fun to create.

Feel free to bring your own 100% cotton T-shirts in your favorite colors.

Librarian Marsha Bryant has led crafting programs in many other libraries throughout her career. She has helped people learn every kind of crafting program. Marsha started as a novice, and loves teaching people who are also new at crafting.

Learn how to make a scarf
from a T-Shirt
Wednesday January 10
2:00 to 3:30 pm

Chase Away the Winter Blues with an Afternoon of Music!
Listen to Ellen LaFurn on Saturday, January 20 at 2:00 pm

Ellen LaFurn and her musicians will perform the Great American Songbook with a jazzy stroll through classic music. She'll sing memorable tunes such as "Almost Like Being in Love," "It was a Very Good Year," "When Sunny Gets Blue," and "It's Only a Paper Moon." She will be joined by Vic Cenicola on guitar and Ron Naspo on bass.

Ellen LaFurn started singing professionally at the age of 17 with a "show group" called Chang Lee and the Zaniacs. She then joined Jerry Mitchell and the Impacts working and learning from many jazz greats; including Roland Hanna, Gus Johnson, and Danny Gibson.

Next came the Joe Zarr trio with the late Al Ross on organ and Warren Battiste on guitar. She recorded on an album entitled "Danny &

Friends" and became the vocalist with the Bob Ackerman Group—through whom she met her late husband, Gerry LaFurn.

After a brief interlude, she is back to her first love—music performance. One musical reviewer stated, "Leading with her offbeat but captivating voice, LaFurn tackles the great American songbook." In her music you will hear the passion and excitement of a young person together with the experience of a life well lived.



Even More Adult Programs for the Winter2017-2018

**Learn All About Downloading
RBDigital, Freading, and Ebsco
on Tuesday, January 30 at 2:00 to 3:30 pm
and
ELibraryNJ (Overdrive) and Hoopla
on Tuesday, February 13 at 2:00 to 3:30 pm**

Our library's collection goes beyond print and what you check out in the library! We have a wonderful collection of downloadable books, audiobooks, magazines, music, and movies! Learn all about our different formats and how to download them to your devices. The classes cover:

RBDIGITAL--ebooks, e-audiobooks, magazines



FREADING--ebooks

EBSCO--ebooks

ELIBRARYNJ (OVERDRIVE)--ebooks, audiobooks



HOOPLA--ebooks, e-audiobooks, music, movies.

Join us for these informative workshops! You **MUST** bring your own device and library card.

**Registration for each workshop is limited to 6.
Please sign up early to get a spot.**



The Weiss Family Jazz Series for 2018 Opens with The Dave Leonhardt Trio

Come hear internationally acclaimed jazz pianist and composer David Leonhardt and The David Leonhardt Jazz Trio in a concert of songs you know and love. The group has appeared at the Arts Festival of Shenzhen in China, Winnipeg Jazz Festival, French Maison de Dance in Lyon France, as well as festivals and concerts throughout the United States, including the Sweet Sounds Downtown Jazz Festival in Westfield. The ensemble of piano, bass, and drums relies heavily on creative improvisation playing American Song Book standards by composers like Gershwin and Cole Porter, and pianist David Leonhardt's original compositions. Always lyrical and creative, this veteran performer will embark on a musical journey that enraptures and excites. Come along for the ride! Be sure to sign up-all of our jazz programs fill the house to capacity!

The Final Page of Adult Programs for the Winter 2017-2018



Zumba Gold--Zumba for Adults! **Wednesday February 7, 14, 21 and 28** **at 10:00 am**

This popular dance-party exercise comes to the library in a form that is designed for adults and seniors, with low-key and easy-to-follow steps that help your balance and coordination. A forty-five minute class, this low-intensity, modified version of Zumba keeps all the fun!

Join certified Zumba instructor Andrea Lawson as she takes everyone through the movements of Zumba to the great Latin sounds of salsa and merengue. Wear comfortable clothes and sneakers.

Learn How to Use Excel for Finances **Saturday, February 10 at 2:00 to 4:00 pm**

Microsoft Excel software is a seriously powerful and complex financial spreadsheet tool. Popular instructor Karen Camden will add to your basic working knowledge by identifying and demonstrating Formulas, Functions, Auto Features, and Templates along with shortcuts and helpful tips designed to increase your knowledge.

Prerequisites: keyboarding skills and a minimum of level - 1 Basic Excel.

Bring your own laptop if you would like.

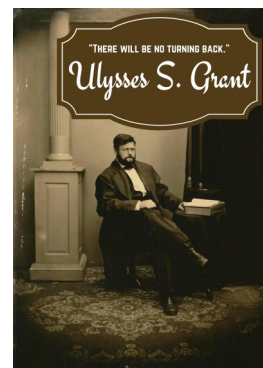


Chill with the FrostKings **on Saturday, February 17 at 2:00 pm**

Join us for some bluesy music on a chilly afternoon! The FrostKings are a four piece R&B, swing, and blues band originating from the North Jersey area. The FrostKings have played many festivals and venues over the years. Equally at home playing swinging shuffles, slow blues or full-tilt boogies, their repertoire ranges from the West Coast swing stylings of Louis Jordan and T-Bone Walker, to the classic blues of Luther "Guitar Jr." Johnson, B.B. King, and Muddy Waters, to the R&B of Jackie Brenston and Otis Redding. Once you hear their Icey-Cold tones, you will be a swing-blues fan!



Ulysses S. Grant: **"Friendship with the President"** **by Historical Pre-** **sender** **Ken Serfass** **Wednesday,** **February 21**



Ken Serfass portrays Ulysses S. Grant with a 90 minute lecture/question and answer session, sharing stories about his initial meeting with Lincoln, the letters during the war, and insight into the circumstance that wove these lives together. Ken travels the country lecturing on various topics regarding Grant's life and times. In celebration of President's Day – February 19, 2018, he will be lecturing at the Grant National Memorial in New York.