September 2020 Virtual Calendar of Events

Our beautiful building at 100 Martine Avenue has reopened with limited services, but for the safety of staff and the community, our events will remain online through the end of the year. Join us on Zoom (made possible through support from the White Plains Library Foundation) with a variety of virtual events presented by Library staff and local experts. Find a full listing of events below with details on attending.

And don't forget, you can reach us Monday through Thursday, 10 a.m. to 7 p.m. and Friday and Saturday from 1 p.m. to 5 p.m. at 914-422-1400, by texting WPPL to 66746, or by emailing us anytime.

Ideas for programs or activities? Send them my way.

Take care,
Brian Kenney
Library Director
bkenney@whiteplainslibrary.org

To attend a virtual event, either register through the provided link or, if attendance is open, visit the link for information on joining on the date the event occurs. Adult events are in orange, kids and family events are in yellow, teen events are in green, and events for assorted age groups are in blue. NOTE: To increase security in youth-focused programs, we are now requiring attendees to have a Zoom account to login to the event. Creating an account is easy and free.

Telemedicine: Then & Now
Tuesday, September 1
6:00 – 7:00 p.m.
While telemedicine is in the news now, forms of it date back to the Civil War era. Join Dr. Zsolt Kulcsar for an overview of telemedicine's history and how it can help us today. A demonstration of White Plains Hospital's telehealth services will be
Virtual Tech Help
Tuesday, September 1
6:00-7:30 p.m.
Wednesday, September 30
10:30–11:30 a.m.
Need help with a general computer issue or have questions about a particular piece of technology? Pick Digital Media Specialist Austin Olney's brain during this virtual assistance program. Whether a beginner or advanced user, all are welcome.

Register in advance for the date(s) you wish to attend: 9/1 & 9/30.

iPhone and iPad Basics
Wednesday, September 2
10:30-11:15 a.m.
Having trouble with your iPhone or iPad and want to learn more? Digital Media Specialist Austin Olney will go over the basics of iOS. Beginners are encouraged, all are welcome.

Register in advance here.

Lunchtime Meditation
@ the Library
Wednesday, September 2, 9, 16, 23, & 30
12:00-12:45 p.m.
Brief beginning instruction followed by meditation. No experience or special equipment needed. A variety of guest instructors will lead the program.

For information on joining, click on the date(s) you wish to attend: 9/2, 9/9, 9/16, 9/23, & 9/30.

Virtual Chess Club
Thursday, September 3
5:00-5:45 p.m.
Youth are welcome to play chess online with each other in this fun, new event. Discuss chess strategy and challenge Austin Olney (Schmiegle) to a match.

Register in advance here.
Storybook Dancing  
Thursday, September 10 & 24  
10:00 – 11:00 a.m.  
Steffi Nossen School of Dance presents Virtual Storybook Dancing!  
For information on joining, click on the date(s) you wish to attend: 9/10 & 9/24.

English Conversation Group  
Friday*, September 11, 18, & 25  
2:00 – 3:00 p.m.  
For ESL speakers. Come practice your English conversation skills in this fun, supportive virtual setting! Feel free to bring your own conversation topic.  
*Note the new day. For information on joining, click on the date(s) you wish to attend: 9/11, 9/18, & 9/25.

Entendiendo como usar Google Drive y documentos  
El jueves, 10 de septiembre  
2:00-3:30 p.m.  
En este taller aprenderá a usar Google Drive, Documentos, Hojas y cómo crear un archivo y editor. Para registrarse vbazan@wedcbiz.org o al 914.948.6098 ext.14  
Regístrese para la sesión aquí.

Slow Reading Book Discussion  
Monday, September 14 & 21  
2:00-4:00 p.m.  
Building on this past spring’s close reading of Toni Morrison’s novel Beloved, Slow Reading will dedicate the Fall 2020-Spring 2021 sessions to an in-depth study of some masterpieces of African-American literature. Featured on September 14 and 21 is "Sonny’s Blues" by...
**Virtual Table Top Games**  
*Monday, September 14 & 28*  
*4:00-5:30 p.m.*  
Play table top games virtually with Erik and Ashley. The event will be hosted on Zoom and the games will be played on boardgamearena.com. Please make a free account on boardgamearena prior to the event.  
*For information on joining, click on the date(s) you wish to attend: 9/14 & 9/28.*

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**Cuerpo y Cerebro sano es vida sana**  
*El miércoles, 16 de septiembre*  
*2:00-3:00 p.m.*  
Durante siglos, hemos sabido que la salud del cerebro y la salud del cuerpo están conectadas. Pero ahora la ciencia puede brindar información sobre cómo tomar decisiones sobre el estilo de vida que pueden ayudar a mantener.

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**Book 'Em**  
*Wednesday, September 16*  
*2:30-3:30 p.m.*  
Library Director Brian Kenney will lead a discussion of Attica Locke's *Heaven, My Home*. Texas Ranger Darren Mathews is on the hunt for a missing child. "Suffice to say that Locke's beautifully written crime fiction...have a remarkable immediacy--you breathe with the characters and walk in their paths."--Seattle Times  
*Heaven, My Home* is available in print, large print, and as a CD audiobook from our physical collection, and as an eBook and Audiobook from OverDrive and Libby.
saludables el cuerpo y el cerebro a medida que envejecemos. Únase a nosotros para conocer las investigaciones en las áreas de dieta y nutrición, ejercicio, actividad cognitiva y participación social, y use herramientas prácticas que lo ayudarán a incorporar estas recomendaciones en un plan para el envejecimiento saludable. Programa presentado por Alzheimer's Association.

Regístrese para la sesión aquí.

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Virtual Book Club for Teens
Friday, September 18
6:30-7:30 p.m.
Join librarians Kat and Lauren for a book discussion and a trivia game. This month's book is *Dumplin’* by Julie Murphy. The book is available on *Hoopla* and *OverDrive*. Teens in grades 6 through 12 are welcome to attend.

Register in advance here.

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Healthy Living for Your Brain and Body
Wednesday, September 23
2:00 – 3:00 p.m.
At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging: · Cognitive activity. · Physical health and exercise. · Diet and nutrition. · Social engagement. In each area, we will discuss what we know, drawing on current research, as well as practical tools to implement these habits in your life.

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Digital Library Resources
Tuesday, September 22
6:00-6:45 p.m.
Learn about various resources that the White Plains Public Library and larger Westchester Library System have to offer.

Register in advance here.
Working from Home Ergonomically
Wednesday, September 23
7:00 – 8:00 p.m.
Many of us have created workstations in the middle of our homes, conscripting kitchen counters, coffee tables, and the like as our office. Join Dan Cayer to explore how to make your DIY workspace more ergonomic and less of a musculoskeletal disaster. Learn principles of body mechanics and about optimal work set-ups. Making simple changes to your posture and work area will help you avoid extra tension, aches, and injuries during these long days. Cayer is a certified Alexander Technique teacher who has led workshops throughout the country and in the United Kingdom. For more details, see dancayer.co

For information on attending click here.

Virtual Youth Meet-up
Thursday, September 24
5:00-5:45 p.m.
The Edge has gone virtual. Have a computer or smartphone? Join Austin Olney (Schmiegle) in a new, virtual world for teens using the Roblox platform. Participate in a variety of fun activities with friends!

Register in advance here.

Zoom Basics
Tuesday, September 29
6:00-6:45 p.m.
Learn the basics of Zoom and get tips from Digital Media Specialist Austin Olney.

Register in advance here.