September Calendar of Events for Adults

The summer is nearly at an end and with that comes the return of many of our book discussions, our Wellness series, and our Spanish for Beginners class. Another highlight this month is a Back to School panel discussion taking place on **Wednesday, September 1 at 7:00 p.m.** Please join the Library and a panel of professionals to discuss the new school year. Learn more about the program [here](#). Find a full listing of programs below with details on attending.

Our expanded Saturday hours begin September 11. You can reach us Monday through Thursday, 10 a.m. to 9 p.m., Friday 10 a.m. to 6 p.m., Saturday 10 a.m. to 5 p.m., and Sunday from 1 p.m. to 5 p.m. at **914-422-1400**, by texting WPPL to **66746**, or by [emailing us](mailto:bkenny@whiteplainslibrary.org) anytime.

Ideas for programs or activities? Send them my way.

Take care,

**Brian Kenney**  
Library Director  
[bkenny@whiteplainslibrary.org](mailto:bkenny@whiteplainslibrary.org)

**Note:** Most newsletters will be clipped at the bottom when they reach your inbox. Please make sure you click on **[Message clipped] View entire message** at the bottom of your email for the full newsletter.

To attend a virtual event, either register through the provided link or, if attendance is open, visit the link for

We appreciate support from the **White Plains Library Foundation**
information on joining on the date the event occurs. Adult events are in orange, events for parents are in yellow, 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.

Lunchtime Meditation @ the Library
Wednesday, September 1, 8 15, 22, & 29
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: 9/1, 9/8, 9/15, 9/22, 9/29.

Spanish for Beginners
REGISTRATION
Wednesday, September 1
Beginning at 5 a.m.
Participants will be introduced to simple everyday usage of vocabulary, grammar and conversation. Classes meet every Wednesday, September 8th until December 15th from 7:00-8:30 p.m. Instructor Naicy Petrill is a native of Peru and currently teaches Spanish at Westchester Community College. She holds a New York State teaching certificate in Spanish. Please click here to register beginning 9/1 at 5 a.m.

Our Panelists
Rachel Goldman, Ph.D.    Joseph L. Ricca, Ed. D.    Peter Richel, MD, FAAP

Back to School:
English Conversation Group
Wednesday, September 1, 15, & 29
2:00–3:00 p.m.
ESL speakers, come practice your English conversation skills in this fun, supportive virtual setting! Feel free to bring your own conversation topics. For information on joining, click on the date(s) you wish to attend: 9/1, 9/15, 9/29.

Poetry Slam & Open Mic
Wednesday, September 1
7:00–9:00 p.m.
Join Zork and Kristen for the First Wednesday Poetry Slam! Pre-registration is required to try and accommodate as many poets as possible. Register here to attend or perform. Please be sure to provide an active email address as we will contact you to confirm whether you will be performing or just attending. Adults & teens welcome!

Alleviating Anxiety & Concerns
Wednesday, September 1
7:00–8:15 p.m.
A panel of professionals will be on-hand to answer your questions and discuss what to expect this school year. Please submit questions/concerns here. Panelists: Rachel Goldman, Ph.D.; Joseph L. Ricca, Ed. D.; and Peter Richel, MD, FAAP. Click here for the Zoom link.

Digital Library Resources
Wednesday, September 8
10:30–11:00 a.m.
Join Digital Media Specialist Austin Olney and learn about popular online library resources. Beginners are encouraged, all are welcome. For adults, parents. Register in advance here.
Deep Relaxation Sound Bath
Thursday, September 9 7:00–8:00 p.m.
Experience a soothing, immersive sound meditation with exquisite crystal bowls and gongs, Tibetan and Himalayan bells, hand pan, rain sticks, ocarina, shruti, didjeridu, and other objects. Daniel Lauter is an integrative sound specialist, meditation and mindfulness guide, and leading composer and instrumentalist in the field of therapeutic sound for over 35 years. Check out this relaxing and transforming virtual experience! For more information, see www.meditationdj.com. For information on joining, click here.

Jazz at Noon: Anaïs Reno with the Pete Malinverni Trio
Friday, September 10 12:00–1:00 p.m.
Performing with highly acclaimed jazz artists since the age of 10, Anaïs Reno has had a rapidly growing career as a singer with a love for jazz and the Great American Songbook. Anaïs will attend SUNY Purchase in the fall as an Ella Fitzgerald Scholar. Pete Malinverni is Head of Jazz Studies at the Conservatory of Music at Purchase College. He has been a fixture on the New York City jazz scene since moving there in the early 1980s, and has recorded fourteen times as a leader in solo piano, trio, quartet, quintet, big band and choral contexts.
Slow Reading
Book Discussion
Monday, September 13 & 27
2:00–4:00 p.m.

The first four meetings this fall will be devoted to Edward P. Jones’s Pulitzer Prize winning novel, *The Known World* (2003). While Jones’s immediate subject is a black slave-owning couple and the black men, women, and children under their control, the larger world of the antebellum South is revealed in all its richness and variety. On 9/13, Chapters 1-3 will be discussed, and on 9/27, chapters 4-6. The book is available in our [physical collection](#). OverDrive/Libby has both the [eBook](#) and [digital audiobook](#). Leading the group is Ellen Lambert, who has a Ph.D. from Yale in English and taught high-school English at The Dalton School for over 25 years.

Feel free to contact Ellen at [ellenzlambert@gmail.com](mailto:ellenzlambert@gmail.com) or 914-582-4050 with any questions. For information on joining, [click here](#).

Genealogy: Discovering Your Patriot Ancestor
Monday, September 13
7:00–8:00 p.m.

Think you may have an ancestor who served in the Continental Army or contributed to the Patriot cause in the Revolutionary War? Learn where to look and how to verify the information. The program will also touch upon entrance requirements for the Sons/ Daughters of the American Revolution. For information on joining, [click here](#).

Virtual Tech Help
Tuesday, September 14
2:00–3:00 p.m.
date(s) you wish to attend: 9/13, 9/27.

Zoom Tips & Tricks
Wednesday, September 15
10:30–11:00 a.m.
Participants of this session will learn tips and tricks for attending (and hosting) Zoom events. Click here to register.

Discover Ancient Egypt!
Sunday, September 19
2:00–3:00 p.m.
Step into a time when papyrus grew along the Nile River and pyramids dotted the horizon. This vividly illustrated and engaging online presentation by "Museums With Marisa" introduces the art and archaeology of Ancient Egypt. Click here to register.

Una tarde con Wilfredo Ortiz
Sunday, September 19
2:00–5:00 p.m.
We invite you to celebrate Hispanic Heritage Month with the music of Wilfredo Ortiz, a musician and composer from the Dominican Republic. Ortiz will perform live on

Explore Japanese Culture: Sushi, Pt. 2

Need help with a general computer issue or have questions about a particular piece of technology? Ask Digital Media Specialist Austin Olney in this virtual assistance program. Whether a beginner or advanced user, all are welcome. Register in advance here. Please be sure to provide your email address.
Book 'Em
Wednesday, September 22
2:30–3:30 p.m.
Library Director Brian Kenney will lead a discussion of Robert Bryndza's *Nine Elms*. “A compelling read with an intricate plot, a strong setting, and characters so real they are almost live human beings.”—*New York Journal of Books*. This title is available in our [physical collection](#). For information on joining, [click here](#).

Wednesday, September 22
7:00–8:00 p.m.
In the mood for some more sushi? Now that you have learned the origins of sushi, how it has evolved into different forms and how to make it at home, we would like to introduce you to the nutritional benefits of sushi, what the sushi chefs do to prepare the best sushi and how to enjoy sushi with sake/wine pairings! Come join us to learn more on how to enjoy one of the most popular dishes in the world! [Click here](#) to register.

Short Story Book Discussion Series
Thursday, September 23
2:00–4:15 p.m.
Join Barbara Wenglin as we launch our fall series using the anthology *100 Years of the Best American Short Stories*.
Breath-Body-Mind: An Introduction
Wednesday, September 29
7:00–8:00 p.m.
Stress affects our ability to manage anxiety, focus on work, and relate calmly and compassionately to others. Dr. Richard Brown and Dr. Patricia Gerbarg developed Breath-Body-Mind (BBM), a program of natural, self-healing, breath-based mind-body practices that can be used to manage stress effectively. Gerbarg will review the scientific basis for the efficacy of these techniques. Dr. Brown will lead a sequence of movement and breath practices that will enable attendees to experience some of the beneficial effects of BBM. For more information, see https://www.breath-body-mind.com. For information on joining, click here.

Short Stories focusing on the theme of couples. For this session, read "The Cracked Looking-Glass" by Katherine Anne Porter (p. 82) in which a high-spirited, fun-loving Irish girl marries an older Englishman with lifelong consequences. Anthology is available to borrow in print, also as an eBook in Hoopla and Libby/OverDrive. Program made possible with support of the Friends of the Library. Click here to register for full series and attend when you can.