March Calendar of Events for Adults

This March, you can find out how to organize your space and make extra cash (3/2), trace your Irish heritage (3/10), attend one or more of our five book discussions, learn about healthy aging and Alzheimer’s (3/8 & 3/22), or explore Breath-Body-Mind practices (3/28). Find a full listing of our March programs below with details on attending.

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 anytime.

Ideas for programs or activities? Send them my way.

Take care,
Brian Kenney
Library Director
bkenney@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 information on joining on the date the event occurs. Adult events are in orange, events for parents are in

We appreciate support from the White Plains Library Foundation for many of our programs. Events funded by the Foundation are noted
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, March 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 the Zoom link, click on the date(s) you wish to attend: 3/2, 3/9, 3/16, 3/23, 3/30.

**Attic Treasures: How to Cash in On Treasures**
Wednesday, March 2
2:00–3:00 p.m.
Do you have a house full of treasures, collectibles, and souvenirs? If you are ready to pare down, join author and organizing humorist Jamie Novak as she shares how to (easily) declutter, appraise, and sell your stuff. Learn her insider tips and the many financial benefits to organizing key areas of your life. Click here to register.

**Poetry Slam & Open Mic**
Wednesday, March 2
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!

Healthy Living for Your Brain & Body
Tuesday, March 8
7:00–8:00 p.m.
For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. To register, please contact Jessica Flores at: (845) 610-6916 OR jmflores@alz.org.

Future is Female Book Discussion
Monday, March 7
2:00–3:00 p.m.
Ellen O’Connell, White Plains resident and retired English teacher, will moderate a discussion of To Speak for the Trees: My Life’s Journey from Ancient Celtic Wisdom to a Healing Vision of the Forest (2021) by Diana Beresford-Kroeger, world recognized botanist and medical biochemist. Through a poignant narrative of her childhood in rural Ireland, Beresford-Kroeger offers a simple and hopeful message about how to address climate change. To Speak for the Trees is available in the Library’s print collection. Libby has the digital audiobook. Click here for the Zoom link.
Genealogy: Kiss Me, I'm Irish
Thursday, March 10
7:00–8:00 p.m.
Genealogist Sarah Gutmann will teach you how to trace the paths of your Irish immigrant ancestors. Discover how to gather information about them through U.S records and then where and how to look for them in Irish records. Click here to register.

Genealogy: What to Expect from the 1950 Census

Individual Tech Help
Wednesday, March 9
10:30–11:30 a.m. & Tuesday, March 15
2:00–3:00 p.m.
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 for the date(s) you wish to attend: 3/9, 3/15. Please be sure to provide your email address.
Slow Reading
Book Discussion
Monday, March 14 & 28
2:00–4:00 p.m.
For the Winter and Spring sessions, the group will engage in a detailed exploration of the short stories of Anton Chekhov, often viewed as the originator of the contemporary short-story form. Read "The Name Day Party" for 3/14 and "The Lady with the Little Dog" for 3/28. All stories can be found in *Anton Chekhov's Selected Stories* (2014). 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 or 914-582-4050 with any questions. For the Zoom link, click on the date(s) you wish to attend: 3/14, 3/28.

Tuesday, March 15
7:00–8:00 p.m.
After 72 years, the 1950 Census will be made public on April 1. Come find out why this is a big deal for historians, genealogists, sociologists and the like. This presentation will address these and other questions: *What questions did they ask? Why did they keep it private for 72 years? Am I in it and how do I find out? Why do we have a census anyway?* Presented by Alan Steinfeld. *Click here* to register.

Digital Library Resources
Wednesday, March 16
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.*
Short Story Book Discussion Series
Thursday, March 17 & 31
2:00–4:15 p.m.
Join Librarian Barbara Wenglin for our Winter/Spring 2022 Short Story Series using the rich anthology, *100 Years of the Best American Short Stories*, focusing on the theme of "family matters." For 3/17, read "Friends" by Grace Paley (p.340), A Women's History Month selection. Three middle-aged divorced women, lifelong friends, share family secrets during a visit to their dying friend. For 3/31, read "The Gay Old Dog" by Edna Ferber (p.4). A son's promise to his dying mother to care for his three sisters has lifelong consequences. Anthology is available to borrow in print, also as an eBook in Hoopla and Libby. Program made possible...
with support of the Friends of the Library. Click here to register.

Know the 10 Signs & Understanding Alzheimer's Tuesday, March 22 7:00–8:00 p.m.
Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more. Click here for the Zoom link.

the University of Pennsylvania. Click here to register.

Book 'Em Wednesday, March 23 2:30–3:30 p.m.
Library Director Brian Kenney will lead a discussion of S. A. Cosby's Blacktop Wasteland. "Unforgettable...Cosby never takes his foot off the accelerator. He's a natural storyteller and a nimble writer. And Cosby works the magic performed by only the best noir scribes: somehow he gets readers to root for the protagonist as he commits a crime."—Shelf Awareness. This title is available in print as well as an eBook and audiobook on Libby. For information on joining, click here.

Zoom Tips & Tricks Wednesday, March 23 2:00–2:30 p.m.
Participants in this session will learn tips and tricks for attending (and hosting) Zoom events. Click here to register.

Breath-Body-Mind: An Introduction
Monday, March 28
7:00–8:00 p.m.
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 briefly will review the scientific basis for the efficacy of these techniques. Elena Falcone will lead a sequence of movement and breath practices that will enable attendees to experience some of the beneficial effects of BBM. Follow-up Library programs on April 11 and April 30 will offer additional chances to put BBM into practice. For more information, see https://www.breath-body-mind.com Click here for the Zoom link.

Forever Young Adult Book Club
Thursday, March 31
7:00–8:00 p.m.
Forever Young Adult is a group for YA fans who are a little less "Y" and a bit more "A." Whether you're a regular YA reader or you need a break from your usual "To Read" list, all are welcome! We will discuss Firekeeper's Daughter by Angeline Boulley at this session. This book is available in print and as an eBook and audiobook from Libby. This book club is made possible by a partnership between Yonkers Public Library and White Plains Public Library. For information on attending, click here.