

# On the Shelf



TOWN OF BALLSTON  
COMMUNITY LIBRARY

Monday-Thursday: 10am - 8pm  
Friday: 10am - 5pm  
Saturday: 10am - 2pm

COMMITTED AND CONNECTED

Spring Session

Holiday Closings  
May 27th  
Closing Early - 5:00pm  
June 13th

## Essential Oils

### Essential Oils for Mood & Emotional Support



In this workshop, we will learn how emotions are processed through the body and how essential oils support those emotions and help manage your moods. Make & Take a Mood Blend home with you!

Monday, March 11th @ 7:00PM

### Spring Cleaning with Essential Oils



April calls for Spring Cleaning and with the help of doTERRA Essential Oils, you can clean your home in the most natural, safe, and non-toxic ways! I will walk you through how I have changed over all of my cleaners to non-toxic alternatives. I will present you with a 7 day

Spring Cleaning Challenge and arm with the samples you will need to complete the challenge! Attendees will also receive a Green Cleaning eBook after attending.

Monday, April 8th @ 7:00PM

### Essential Oils for Mother's Day



Moms deserve to be spoiled on Mother's Day. This workshop will give you gift ideas that can be tailored to fit the interests and tastes of the special mom in your life.

Essential oils are more than powerful scents; from cooking to beauty to spiritual and emotional uses, essential oils allow you to create the gift that special moms deserve. Make & Take home a Peppermint Foot Soak or Grapefruit Body Scrub.

Monday, May 6th @ 7:00PM

### Town of Ballston Community Library Board of Trustee Monthly Meetings

Open to the public  
Wednesdays - 7:00PM  
March 27th  
April 24th  
May 29th  
June 26th

### Memoir Writing

Memoir Writing with Mary Sanders Shurtle.  
\*\*Program made possible by the Baum Fund through the Friends of the Library\*\*

\*Please Register  
Thursdays  
March 21st- April 25th  
10:30am-12:30pm

## ADULT Programs



Candlelight Yoga  
\*Please Register  
Wednesday, March 13th  
7:00pm

Yoga for Good Sleep  
(Including Yoga Nidra)  
\*Please Register  
Monday, March 25th  
7:00pm



Women's Essential Yoga  
\*Please Register  
Monday, April 8th  
9:00am

Spring Detox Yoga  
\*Please Register  
Wednesday, April 10th  
7:00pm



Women's Energizing Yoga  
\*Please Register  
Monday, May 13th  
9:00am

## Library Book Clubs

### Judy's Book Club

Monday, March 18th - 1:00pm  
*We Are Not Ourselves* by Matthew Thomas  
Monday, April 15th - 1:00pm  
*Before We Were Yours* by Lisa Wingate  
Monday, May 20th - 1:00pm  
*Carnegie's Maid* by Marie Benedict

## Non-Fiction Addiction

Thursday, March 21st - 12:30pm  
*Invisible Thread* by Laura Schroff  
Thursday, April 18th - 12:30pm  
*Beautiful Boy* by David Sheff  
Thursday, May 16th - 12:30pm  
*The Last Castle* by Denise Kiernan

## Chapter Chat

Tuesday, March 12th - 7:00pm  
*Born a Crime* by Trevor Noah  
Tuesday, April 9th - 7:00pm  
*The People We Hate at the Wedding* by Grant Ginder  
May 14th - 7:00pm  
*The Wedding Date* by Jasmine Guillory

## Sound Mind & Body

Thursday, March 7th - 6:30pm  
*The How Not to Die Cookbook* by Michael Gregor  
Thursday, April 25th - 6:30pm  
*It's All Relative* by A.J. Jacobs  
Thursday, May 30th - 6:30pm  
*Soulful Simplicity* by Courtney Carver



Friends of the Library Book Sale  
Wednesday, May 1st -  
Saturday May 4th

Bag Sale  
\$5.00/bag Wednesday - Friday  
\$2.00/bag Saturday

**FRIENDS OF THE LIBRARY**  
FIRST TUESDAY OF EVERY MONTH

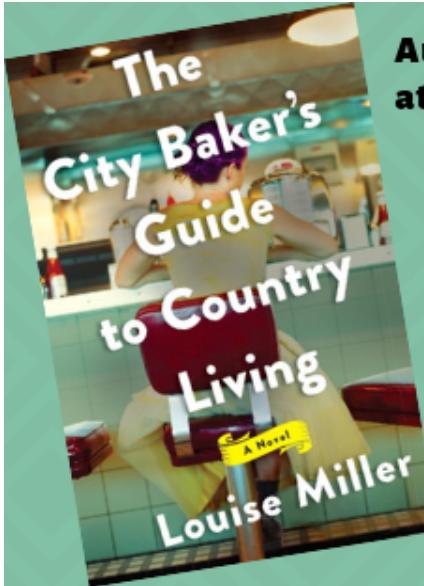
APRIL 2ND 9:00AM  
MAY 7TH 7:00PM  
JUNE 4TH 9:00AM

**\*PLEASE REGISTER ONLINE OR BY CALLING THE LIBRARY\***



# On the Shelf






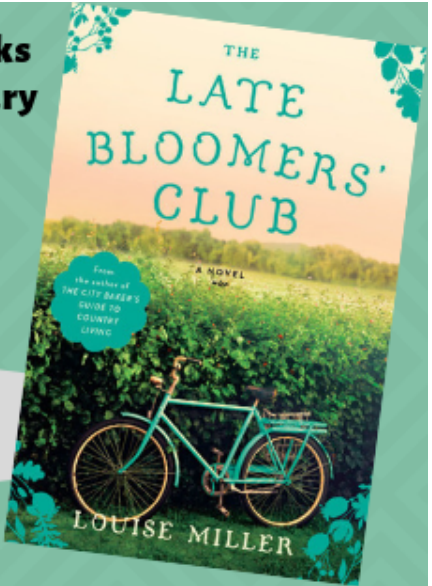
**Author Louise Miller will discuss her books  
at the Town of Ballston Community Library  
Monday, May 20th - 6:30PM  
Library Community Room**

Program  
generously  
presented by




Please register  
online, or at the  
Library





## Learn @ the Library

**The Surgion's Mate** by Gerald Stulc

Local Author Gerald Stulc will discuss his book *The Surgion's Mate*, a historical fiction set during the Napoleonic War.  
\*Please Register  
Wednesday, May 8th - 6:30pm

**Nobody's Perfect Organizing: The Anti-Perfectionist Guide to Organizing**

Join presenter Holly Pajak as she shares her interior design, organizing and de-cluttering experience to help you find a more balanced way of organizing that she calls "Nobody's Perfect Organizing." Learn the anti-perfectionist's way to organize for the life you want to live now!  
\*Please Register  
Thursday, March 28th - 6:30pm

## REAL FOOD FAST WITH JODIE FITZ

Looking for recipes that are quick & easy with a healthy twist, but don't take a lot of time? Jodie Fitz & her Real Food Fast recipes are the answer!  
\*Please Register  
Monday, April 22nd - 7:00pm



## Something New @ The Library

### Game Night for Adults

Come socialize with other adults, play some board games, and have some fun! All games and instruction will be provided!  
\*Please Register  
Wednesday, March 20th - 6:00pm

### Gong Bath Immersion Meditation

Gong Bath Immersion Meditation is an experience in which the sacred healing sounds of gongs and singing bowls bathe the participants with sustained waves of harmonic sound. Universal Sounds will create a clear and safe space supporting each individual's process and healing potential. Funding provided by the Library Moon Walk initiative. Wear loose comfortable clothing and bring a yoga mat or blanket and cushion or pillow -- anything that will facilitate your comfort.  
\*Please Register  
Saturday, March 30th - 10:00am


### Calligraphy

This 2 part-class will cover the basics of traditional Calligraphy. The alphabet and numbers will be covered.  
\*Please Register  
Tuesdays - April 9th & 16th  
6:30pm

## Art @ the Library

### Make Your Own Book Wreath with FunCycled

Make a Book Wreath with FunCycled out of Troy, NY. All supplies will be provided.  
\*Please Register  
Tuesday, April 23rd  
7:00pm



## American Red Cross Blood Drive

**Thursday, May 9th  
1:00pm-6:00pm**

To schedule your appointment, use the web address below, the Red Cross website, Blood Donor App, or call the Library.

<http://www.redcrossblood.org/give/drive/driveSearchList.jsp?zipSponsor=TOWNOFBALLSTONLIBRARY>  
2 Lawmar Lane, Burnt Hills, NY 12027



## A Walk in the Park with Colleen Parisi - Disney Planning Seminar

**Planning a trip to Disney and do not know where to start? Feeling overwhelmed with all the information? Then come to my class to learn the basics of planning a trip to Disney. I will walk you through the step by step of planning a trip to Disney for you and your family!  
\*Adults only please!  
\*Please Register  
Tuesday, March 26th - 6:00pm**

### Minimizing and Managing Stress in Your Life with Sheryl Kaplan

In this workshop Sheryl will present recent findings on how stress affects the brain and will share some practical tools and strategies to better manage stress and care for your brain.

\*\*Program in honor of Asa Kaplan\*\*  
Thursday, March 21st  
6:30pm

### Trick Your Brain Into Losing Weight

If you have ever tried to lose weight you know how hard it can be. New research is showing that you may be able to train your brain to help you.

In this workshop Sheryl will share with you some practical tools and strategies to train your brain to help you lose weight and keep it off.

\*\*Program in honor of Asa Kaplan\*\*  
Wednesday, April 3rd  
6:30pm



# WEEKLY PRESCHOOL PROGRAMS

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	TODDLER TIME 9:30 AM*	PRESCHOOL STORY TIME 9:30 AM*	PRESCHOOL STORY TIME 9:30 AM*	TODDLER TIME 9:30 AM*
FAMILY STORY TIME 10:30 AM	MUSIC MEDLEY 10:30 AM			BABY BOOKWORMS 10:30 AM*
FAMILY STORY TIME 4:00 PM				

\*REGISTRATION REQUIRED SPRING SESSION (2/25 - 5/24)

THURSDAY, FEBRUARY 7TH  
3:00 PM - 5:00 PM

WEDNESDAY, FEBRUARY 20TH  
2:00 PM - 5:00 PM

## Table Top Games

for ages 10 & up, registration required

## Snowy Stories

WEDNESDAY, FEBRUARY 20 AT 10:30 AM  
FOR PRESCHOOL AGES 3-5  
\*REGISTRATION REQUIRED

ALL DOG LOVERS ARE INVITED TO

## READ TO SEAMUS!

Wednesday, February 20th at 10:30 AM

## MOBILE PLANETARIUM

TUESDAY, FEBRUARY 19TH

STAR STORIES AT 6:00 PM FOR GRADES K-2  
MOON WALK AT 7:00 PM FOR GRADES 3-6  
\*REGISTRATION REQUIRED

*Author Adventures Book Club*  
Thursdays at 4:00 PM for kids in kindergarten  
(2/7, 3/7, 4/4 & 5/2)

*Brown Bag Book Club*  
Thursdays at 4:00 PM for kids in first grade  
(2/14, 3/14, 4/11 & 5/9)

*Page Turners Book Club*  
Thursdays at 4:00 PM for kids in second grade  
(2/28, 3/21, 4/18 & 5/16)

*Booking Through Fiction Book Club*  
Tuesdays at 4:00 PM for kids in 3rd & 4th Grade  
(2/5, 3/5, 4/2 & 5/7)

*Book Buzz Book Club*  
Tuesdays at 4:00 PM for kids in 5th & 6th Grade  
(2/12, 3/12, 4/9 & 5/14)

# Youth Book Clubs

Registration required, pick up a copy of the next book at the Children's Room Desk

# KIDS PROGRAMS

ON BH-BL HALF DAYS & SPRING BREAK

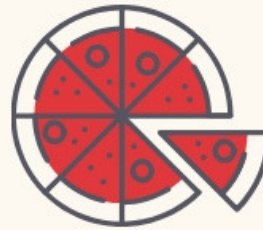
## Build Some Bird Feeders

Friday, March 22nd at 1:30 PM  
For Grades K-5, \*Registration required



## Fidget Grows A Pizza Garden

Wednesday, April 10 at 1:30 PM  
For Grades K-2, \*Registration required



## The Puppet People Present Goldi Rocks!

Wednesday, April 24 at 10:30 AM  
For Grades PreK - 5, \*Registration required



## Dance Storytelling

Friday, May 10th at 1:30 PM  
For Grades K-2, \*Registration required



\*Registration required, sign up begins Monday, February 11th.

TOWN OF BALLSTON COMMUNITY LIBRARY & BELLA NANI SALON & SPA PRESENT

## Daddy Daughter Hair Do



Are you a dad who needs a styling lesson? Come join our stylists for a workshop that teaches dads how to style their daughters hair!

\*Registration Required  
**Rescheduled!**  
Wednesday, March 6th @ 6:00pm

FRIDAY, FEBRUARY 22 & SATURDAY, FEBRUARY 23

## Library Mini Golf

\$5 PER PERSON FOR GOLFER'S OF ALL AGES & ABILITIES




MOM'S MEET UP  
1ST MONDAY OF THE MONTH  
@ 10:30AM  
MARCH 4TH  
APRIL 1ST  
MAY 6TH  
MEET OTHER MOMMAS,  
CHAT, PLAY,  
LEARN.