

Programs for Adults

MARCH 2017



Montclair Public Library

The Arts

Montclair Orchestra Public Introductory Concert

Sun, Mar 12 at 3pm

Learn more about The Montclair Orchestra and its inaugural season. Orchestra President Andre Weker and Music Director David Chan will discuss plans and vision, and Quartet 212, made up of members of the New York Metropolitan Opera Orchestra, will perform. *Registration required.*

With the Author:

Wheeler Antabanez's *The Old Asylum and Other Stories*

Wed, Mar 15 at 7pm

What demons or ghosts lurk in the shadows of the rotting insane asylum? What horrors will befall us if we choose to step inside? Long time *Weird NJ* correspondent Wheeler Antabanez is uniquely qualified to open doors at the Old Asylum that no one even knew existed.

On That Note: St. Patrick's Day Special Concert!

Fri, Mar 17 at 12pm

Darren O'Neill presents "Celtic Keepsake: The music of Turlough O'Carolan (1670-1738) arranged for classical guitar." This performance is a collaboration with MSU's John J. Cali School of Music.

On That Note: An Evening of Folk Songs & Spirituals

Mon, Mar 20 at 7pm

Jordan and Alethea Wilhelm, along with Darren O'Neill, present a unique program of earthly and heavenly songs for voice and guitar. This performance is a collaboration with MSU's John J. Cali School of Music.

Lincoln Center Local: Free Screenings Rebecca Naomi Jones

Thu, Mar 30 at 7pm

Appearing in some of the best new rock musicals including *Passing Strange* and *American Idiot*, this dynamic pop-rock powerhouse is an unparalleled leader of the new Broadway generation. (This is a screening of a 2014 performance.)

Career

Path to Employment: Starting Your Job Search with NJ Career Connections

Tue, Mar 7 at 10:30am

Come discuss the phases of job loss, its emotional impact and how to move forward, with an Essex County One-Stop Career Center representative! Learn about the key factors to creating effective career goals and different methods to finding employment.

Career Services Resources

Sat, Mar 18 at 11am

Join us as MPL staff go over helpful free online career services resources. Whether you are currently looking for employment, need to prepare for an upcoming interview, or learn a new skill, you will not want to miss this talk!

New Start Career Network Information Session

Mon, Mar 20 at 10:30am

The New Start Career Network (NSCN) provides older (ages 45+), long-term unemployed NJ job seekers with access to free, personalized career services. Come learn how NSCN can help strengthen your job search. Volunteer Career Coaches will be on-site to meet with you one-on-one.

United Way of Northern NJ Career Services Information Session

Tue, Mar 21 at 12pm

Come meet with United Way staff and a volunteer career coach to learn how the United Way of Northern NJ supports local job seekers and get some advice from the pros! The United Way of Northern NJ's free career coaching program provides professionals with an opportunity to learn techniques for success in the workplace and shares local resources for job training.

Classes for English for Speakers of Other Languages (ESOL)

Offered in partnership with the Literacy Volunteers of America (LVA), the final 10-week class session begins April 11. Classes take place four mornings a week at the Bellevue Avenue Branch. There is a \$25 non-refundable registration fee per session. To register, call LVA at (973) 566-6200 ext. 217 or email mramirez@lvaep.org.

All programs are free and open to the public. To learn more and to register, call (973) 744-0500 ext. 2235 or visit montclairlibrary.org/calendar.

Financial Literacy

Financial Planning Seminar

Wed, Mar 15 from 6 to 8pm

Learn about: Basis and the Transfer of Property, Retirement Plans and Divorce, Tax issues of Selling your Home, Spousal and Child Support, and much more! Presented by:

Diana M. Longo, CFP® CDFA®, Certified Divorce Financial Analyst®, Certified Financial Planner™.

HEALTH & WELLNESS

Diabetes Self-Management Program

Fridays, Mar 3 through Apr 7

from 10am to 12:30pm

This workshop series covers a variety of topics including preventing complications, action planning, exercise, medication management, and dealing with stress and depression. *Registration required.*

Coloring for Grown-Ups!

Tue, Mar 7 at 2pm

Come see what the adult coloring craze is all about! We'll provide coloring pages and art supplies, or feel free to bring your own.

Young at Heart

Thu, Mar 9 at 6pm

A diagnosis of heart disease does not always mean surgery. Learn how you can prevent and treat heart disease and continue living a healthy, active life. Complimentary blood pressure screening. Light snacks will be served.

Communication Tips and Techniques in Alzheimer's Disease

Thu, Mar 16 at 6:30pm

Learn to enhance communication at each stage. Topics include identify ingverbal and non-verbal messages and tips on mainting your relationship with your loved one.

Happiness 2 Go: An Introduction to the Happiness Program

Thu, Mar 23 at 6:30pm

Research has demonstrated that the breathing technique taught in this program and the related practices can bring relief from stress. It will include light yoga, a breathing technique and guided meditation.

HISTORY

Defending the Byram African-American Cemetery

Sat, Mar 18 at 2pm

As someone with Afro-Dutch and Malagasy colonial roots going back to New Amsterdam, Teresa Vega will discuss the historical importance of saving African-American burial grounds and her family's current battle to save the Byram African-American Cemetery in Greenwich, CT. *Registration required.*

Research Your Home's History

Sat, Mar 25 at 10am

This workshop will assist in discovering local resources available to help research the history of your Montclair home and property. Presented by MPL, the Montclair Historic Preservation Commission and the Montclair History Center. *Registration required.*

SENIOR WEDNESDAYS

Senior Space Wednesdays

from 10am to 2pm

The United Methodist Communities at PineRidge of Montclair, in collaboration with MPL and AngelaCARES, equip the library's Senior Space with resources and programs aimed at enriching the lives of local seniors.

Every Wednesday Matinee at 2pm

Mar 1: 3:10 to Yuma

Mar 8: The Great Locomotive Chase

Mar 15: The Train

Mar 22: Murder on the Orient Express

Mar 29: The Lady Vanishes

TECHNOLOGY

Tech Support for Seniors at Edgemont Park House

Thursdays from 12 to 1pm

Get the assistance you need with your electronic devices. Bring your cell phones, tablets, or laptops. You can also learn about the Library's eLibrary services and sign up for a Library card if you don't already have one. **Tech Support on March 16 will take place from 1:30 to 2:30pm.*

MPL eLibrary Drop-In Support at the Main Library

Sat, Mar 4 from 2 to 3pm

Sat, Mar 18 from 2 to 3pm

at Montclair YMCA, 25 Park Street

Wed, Mar 8 from 10 to 11am

Wed, Mar 22 from 10 to 11am

Curious to learn more about MPL's eLibrary, which is filled with a wealth of eBooks, eAudiobooks, digital magazines, videos, and music? Or do you need some help troubleshooting one of the eLibrary apps? Stop by our MPL eLibrary Drop-In Support Session to meet with a librarian! Be sure to bring your device with you and a MPL library card if have one already. Montclair residents with proof of address can sign up for a new card onsite.

iPad and iPhone Basics

Sat, Mar 4 at 11am

New to using an iPhone or iPad? Maybe you've had one for a while now and have no idea how to use it?! Stop by to get some iOS help from MPL staff!

All programs are free and open to the public. To learn more and to register, call (973) 744-0500 ext. 2235 or visit montclairlibrary.org/calendar.