



MEDITERRANEAN GRILL PARTY

Tuesday, 11 July @ 6:30 pm

Instructor: Jason Aziz, MS, CSCS
Doctoral candidate, Tufts Friedman School of Nutrition

Join us for some fun in the sun while learning how to make your outdoor cooking season a more healthful endeavor! Jason will take you through three easy recipes that you can alter to fit your family's and friends' preferences, while satisfying some of the requirements of The Mediterranean Diet Pattern.

- ✓ Sun Dried Tomato Salmon
- ✓ Grilled Veggie Quinoa
- ✓ Grilled Pineapple Crema

Reserve your spot today! Register at the Circulation Desk or call 603-798-5153

Compliments of the Maxfield Public Library

A program offered by Concord Hospital Center for Health Promotion

TINY HOUSES: A VERY DIFFERENT APPROACH TO HOME OWNERSHIP

Wednesday, July 19 @ 6:30 pm

The presentation focuses on the basics of planning for and owning a tiny house on wheels; both its challenges and advantages, offering insights unique from the currently popular tiny house themed TV shows. From approximately "how much" to "where to live", it addresses options for their general design, and heat, hot water and electricity choices, among other components. Living in a tiny house year-round is a topic of rapidly developing debate. Learn why something so "cute" and compact could cause so much discussion!

Isa is the Project Manager and lead designer from Tiny House Northeast, a New England and upper NY State tiny house design-build business. Isa earned a M.A. in Regional Economic and Social Development with a concentration in Sustainable Development, including green building materials and construction methods research. Isa has owned a tiny house since she was 19-years old, as do several of the Tiny House Northeast team.

July 2017 NEWSLETTER

MAXFIELD PUBLIC LIBRARY

8 Route 129,

Loudon,

NH 03307

603-798-5153

maxfieldlibrary.com

HOURS

Mon. & Wed.

2 pm - 7:30 pm

Tue. & Thur.

10 am - 7:30 pm

Sat.

9 am - 1 pm

Closed on Fri. & Sun.

CLOSED

July 3-4

For the 4th of July

Have a Safe and Happy Holiday!

SUMMER READING

The 2017 Summer Reading Program is open to ALL AGES, with programs, prize drawings, storytimes, and more. Families are invited to join the Read-to-Me portion of the program. Registration started on Monday, June 26. All programs are free of charge. See the brochure for information on our sponsors and prizes. Read and win!! ½ Way Drawing Thursday 7/20

PICK UP OUR SUMMER BROCHURE FOR PRIZE AND PROGRAM INFORMATION!



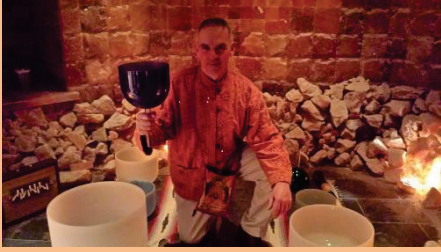
PUPPET SHOW

Cactus Head Puppet Show—Saturday, July 8 @ 11 am

EXPLORE NATURE'S BEST ENGINEERS!

Children's Museum of NH—Thurs., July 20 @ 10:30 am





SOUND HEALING

There is no Spiritual Living Discussion Group in July as we are holding a special event:

SOUND HEALING EVENT: Please join us on Tuesday evening July 18, 6-7:30pm, as sound therapist Joe Hayes presents a Sound Healing Workshop at the Maxfield Public Library, 8 NH Route 129, Loudon, NH.

Sound Healing is an ancient protocol of wellness and well-being currently undergoing a global renaissance as more and more people experience its many benefits for mind, body, and soul. Sound healing has been extolled by such people as Dr. Oz., Dr. Andrew Weil, Dr. Deepak Chopra, the Dalai Lama, and many others. Attendees are bathed in therapeutic sound and tone, including the didgeridoo, the shruti box, spoken word, sacred chant, and a full complement of Himalayan, quartz crystal, and fusion sound bowls. This is a free event but space is very limited and registration is required for this affirming, unique and profoundly relaxing event.

JOE HAYES is the founder and proprietor of SoundScapers, which for the past eight years has brought sound healing workshops to thousands of attendees at hundreds of yoga studios, schools, healing centers, and hospitals throughout New England.



MEDITATION

First Wednesday of every month

July 5 @ 6 pm

\$5 per person

YOGA

Every Monday 6-7 pm

Every Tuesday 9 am Chair

Every Tuesday 1-2 pm

Every Thursday 11 am Chair

Every Thursday 6-7 pm

Only \$5 per session!

A big thank you to D.S. Cole Growers, Barbara Parent and Helen Hayes for another super herb program at the library in April! Also, thank you to The Garden Bar in Barnstead for the giveaway donation. We will all enjoy a more flavorful summer! **Thank you!**

Other Ways to Win Reading This Summer

Barnes & Noble: Read eight books between May 16-September 5 and record them in their Summer Reading Journal. Tell them which part of the book is your favorite and why. Bring the completed journal to a Barnes & Noble before September 5. Choose your Free reading adventure from the book list featured on the back of the journal. BN.COM/summerreading

New Hampshire Fisher Cats: A child reads five books. Complete the Summer Reading All-Stars Form. Select the game that you want to attend (July 18, Aug 4 or Aug 16) and be rewarded with two Fisher Cats tickets, courtesy of Grappone Automotive Group. www.nhfishercats.com

TD Bank: Read 10 books, complete the form and bring it along with your savings chart to your local TD Bank by August 31 and they will deposit \$10 into your new or existing TD Simple Savings Account. www.tdbank.com/summerreading