

Maxfield Public Library

August 2017



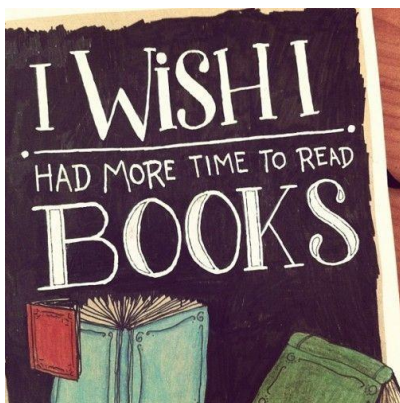
Minimize Meals with Mason Jars

Tuesday, August 29 6-7 pm

Save time, money and calories with mason jar meals! During this hands-on class, you'll learn how to plan, prep and preserve your meals. Make your own meal-to-go and walk away with budget friendly, tasty recipes.

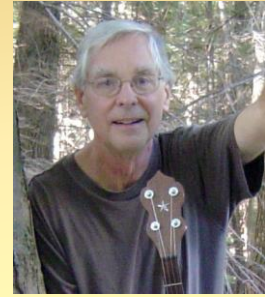
Instructor: Michelle Smith, MS, RDN, LD

Concord Hospital Center for Health Promotion



**The Summer Reading
Program's Final
Drawing is extended to
Saturday, August 12**

@ Noon



"SONGS AND STORIES FROM WORLD WAR II"

RAMBLIN' RICHARD

People of all ages love the music from the World War II era, 1939-1945. On Tuesday, August 22, the Maxfield Public Library will host Songs and Stories from the War Years presented by Richard Kruppa. This entertaining and informative program, which begins at 6 PM, focuses on some of the most beloved songs from that era. Songs like "Bluebirds over the White Cliffs of Dover," "Sentimental Journey," "Praise the Lord and Pass the Ammunition," and "Harbor Lights." Richard not only sings the songs, accompanying himself on guitar, 5-string banjo, and baritone ukulele, but he tells their fascinating and unfamiliar stories as well; their meaning, how they came to be, and their significance.

Richard asks interesting and thought-provoking questions, such as "What popular song was written in response to the bombing of Pearl Harbor?" "What song was popular world-wide and thought to be from each country where it was popular?" and "What WW II-era song was a top hit written and recorded by a state governor?"

Richard Kruppa, known musically as "Ramblin' Richard," is a member of the New England Foundation for the Arts, and a retired professor from Bowling Green State University in Ohio.

Meditation and Yoga

MEDITATION

First Wednesday of every month

August 2 @ 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!

Spiritual Living Discussion Group

Meets Wednesday, August 16 @ 6 pm

Book Club

Meets Thursday, August 24 @ 7 pm

The August book is *The Fifth Petal: A Novel* by Brunonia Barry



The library would like to thank Firefighter/EMT Maltais, EMT Treat and the Loudon Fire Department for helping us kick off our Summer Reading Program with a special story time! The children were so excited to have firemen read stories to them and they were thrilled to be able to inside a fire truck!