

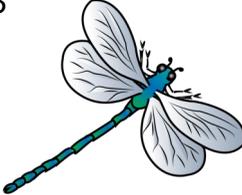


MATAWAN ABERDEEN PUBLIC LIBRARY

AUGUST 2019

ADULT PROGRAM SCHEDULE

Jill Stafford
 Head of Adult Services
 165 Main St.
 Matawan, NJ 07747
 732-583-9100
 mapladults@lmxac.org
 www.matawanaberdeenlibrary.com

SUN	MON	TUE	WED	THU	FRI	SAT
	Library Newsletter: To sign up for the newsletter, visit our website or stop by the Information Desk.	MAPL Photography Contest runs June 22—August 23. Stop by the Information Desk or check out the website for details.		1 Learn Tai Chi* 11am	2 Mahjong Club 10am Movie: <i>Greenfingers</i> 2pm	3 
4	5 Movie: <i>Breakthrough</i> 2pm	6 After Hours Music: Blue Jersey Band 7pm	7 	8 Chair Yoga 1:30 pm* Book Club 7:30pm	9 Mahjong Club 10am Movie: <i>Urban Roots: Urban Gardens</i> 2pm	10
11	12 Movie: <i>Galaxy Quest</i> 2pm Zero Waste Products* 7pm <small>(Registration opens 7/29)</small>	13	14 Board Meeting 7pm	15	16 Mahjong Club 10am Movie: <i>Flower Power Comes Full Circle</i> 2pm	17
18	19 Movie: <i>The Public</i> 2pm ADULT SUMMER READING ENDS!	20 	21 The History of Diners in NJ 7pm	22 Meditation for Everyone 7pm	23 Mahjong Club 10am Movie: <i>Grass is Greener</i> 2pm Photography Contest Deadline!	24 
25	26 Movie: <i>Poms</i> 2pm	27	28 Yoga Basics 7pm	29	30 Mahjong Club 10am Movie: <i>The Artist's Garden, American Impressionism</i> 2pm	31 CLOSED

Registration:
 Register online for these FREE programs. Please stop by the Information Desk, call or email if you have any questions.
 Programs with an asterisk (*) require a Matawan Aberdeen Library card for registration.

Library Hours:
 Mon, Wed & Th 9 am— 9 pm
 Tue & Fri 9 am— 6 pm
 Sat 9 am-12:30 pm
 Sun 12 pm—5 pm

Computer Classes on Demand
Have computer questions?
 Sign up for a one hour 1-on-1 time slot with one of our Computer Assistants.
 Sundays at 3 pm
 Mondays at 7 pm
 Wednesdays at 11 am
 Thursdays at 6 pm

Stream the best in British TV !




2 PM Monday Movies Summaries



August 5 – Breakthrough

When Joyce Smith's adopted son John falls through an icy Missouri lake, all hope seems lost. But as John lies lifeless, Joyce refuses to give up. Her steadfast belief inspires those around her to continue to pray for John's recovery, even in the face of every case history and scientific prediction. Based on Joyce Smith's book, this is an enthralling reminder that faith and love can create a mountain of hope, and sometimes even a miracle.

Starring: Chrissy Metz, John Lucas, Topher Grace

Release Year: 2019

Rating: PG (for thematic content including peril)

Running Time: 90 Minutes

August 12 – Galaxy Quest

Twenty years after their hit series is cancelled, the five stars of the "classic" '70s series "Galaxy Quest" are still making appearances at sci-fi conventions. A group of aliens who have mistaken intercepted television transmissions for "historical documents" arrive at a convention and whisk "Commander Peter Quincy Taggart" and his crew into space to help them in their all-too-real war against a deadly adversary. With no script, no director and no clue about real space travel, the actors have to turn in the performances of their lives to become the heroes the aliens believe them to be. "Intelligent and humorous satire with an excellent cast -- no previous Trekkie knowledge needed to enjoy this one."

Starring: Tim Allen, Sigourney Weaver, Alan Rickman

Release Year: 1999

Rating: PG (for some action violence, mild language and sensuality)

Running Time: 102 Minutes

August 19 – The Public

An unusually bitter Arctic blast has made its way to downtown Cincinnati and the front doors of the public library where the action of the film takes place. At odds with library officials over how to handle the extreme weather event, some homeless patrons turn the building into a shelter for the night by staging an "Occupy" sit in. What begins as an act of civil disobedience becomes a stand-off with police and a rush-to-judgment media constantly speculating about what's really happening. This David versus Goliath story tackles some of our nation's most challenging issues, homelessness and mental illness and sets the drama inside one of the last bastions of democracy-in-action: your public library.

Starring: Alec Baldwin, Emilio Estevez, Jena Malone

Release Year: 2019

Rating: PG-13 (for thematic material, nudity, language, and some suggestive content)

Running Time: 122 Minutes

August 26 – Poms

POMS is an uplifting comedy about Martha, a woman who moves into a retirement community and starts a cheerleading squad with her fellow residents, Sheryl, Olive (Pam Grier) and Alice (Rhea Perlman), proving that it's never too late to follow your dreams.

Starring: Diane Keaton, Jacki Weaver, Celia Weston

Release Year: 2019

Rating: PG-13 (for some language/sexual references)

Running Time: 91 Minutes

August Program Descriptions

Thursday, August 1 @ 11 am—Learn Tai Chi*

Come and participate in this meditative form of exercise which is associated with both spiritual and health benefits. The class is be taught by Al Chuderski. No experience needed, just dress comfortably.

Friday, August 2, 9, 16, 23 and 30 @ 2 pm—Summer in the Garden Series

Stop in to watch one or all of these garden themed films. We'll stream them using our digital resource, Kanopy.

Tuesday, August 6 @ 7 pm—After Hours Music: Blue Jersey Band

Blue Jersey Band plays "Django, Jazz, and Bluegrazz" – swing, jazz, blues, bluegrass, gypsy jazz, American songbook– something for everyone – tunes from the 20s, 30s, 40s, 50s, 60s. This husband and wife duet includes Frank Ruck (mandolin, guitar, vocals) and Ellen Ruck (guitar, vocals) and they've been making music together for 35 years.

Thursday, August 8 @ 1:30 pm – Chair Yoga*

Interested in learning yoga, but have difficulty getting down on the floor? Now you too can enjoy all the benefits of yoga without having to get on a mat. You will learn many yoga postures, breathing techniques, meditation and relaxation while seated in a chair. No experience or equipment is necessary.

Monday, August 12 @ 7 pm – Zero Waste Products: DIY for Adults* (Registration opens 7/29)

Trying to eliminate your consumption of single use plastics? In this class we'll create some DIY items to help with that goal. We'll make a beeswax cover to use in place of plastic wrap and we'll sew a simple produce bag to use at the grocery store. No prior sewing experience needed! Participants must be at least 18 years-old and preference will be given to Matawan Aberdeen card holders.

Wednesday, August 21 @ 7 pm – The History of Diners in New Jersey

Author and historian Michael Gabriele will discuss the roles diners have played in the state's culture and industry for more than 100 years, making New Jersey the "Diner Capitol of the World" and the hub of diner manufacturing. Along with tales of noteworthy diners of the past and present, the book contains first-hand interviews with owners and patrons, over 75 photos, and scans of vintage postcards and rare photo prints. Mr. Gabriele will be selling copies of his book for \$21 (includes tax).

Thursday, August 22 @ 7 pm – Meditation for Everyone

Learn the power that your mind has over your body and bring peace through a mind-body connection. Understand the science behind meditation and relax through guided sessions. Each class will also focus on healthy and practical habits including breathing exercises, techniques to quiet distractions, and creating a routine and space.

Wednesday, August 28 @ 7 pm – Yoga Basics

This class is great for the beginner or experienced student as we give variations for all levels. The class will be taught by yoga instructor, Carrie Palamara. Please bring your own yoga mat or large towel.