



# May 2021

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Featured Digital Resource:</b> Creativebug						1
2	3	4	5 6pm MAPL Multimedia Meet-up	6 11am Tai Chi	7 Adult Craft on the Go: Lavender Sachet	8 
9 	10	11 7pm The Tapping Solution Program	12 6pm MAPL Multimedia Meet-up 7pm Library Board Meeting	13 2pm Chair Yoga	14	15
16	17	18 *11am Bingo for Adults	19 6pm MAPL Multimedia Meet-up	20 7pm Perseverance— NASA's Mars Rover	21 Adult Craft on the Go: Watercolors	22 6pm Lakeside Dining Music:RPM
23	24	25 	26 6pm MAPL Multimedia Meet-up *7pm Murder at the Library: <i>Shanghai Secrets</i>	27 2pm Chair Yoga 7pm Meditation	28	29 CLOSED
30 CLOSED	31 CLOSED 					

# *Adult Programming at the Matawan-Aberdeen Public Library*

All programs are virtual. Zoom links can be found on the library's event calendar. **\*Programs with an asterisk require advance registration.\***

## **Wednesdays, May 5, 12, 19, and 26 at 6 pm—MAPL Multimedia Meet-up**

Join members of the MAPL staff on Zoom to talk about what you've been reading (or watching or listening to) while at home—or just come to listen!

## **Thursday, May 6 at 11 am—Tai Chi**

Participate in this meditative form of exercise which is associated with both spiritual and health benefits. This monthly class will be taught by Al Chuderski. No prior experience is needed, just wear comfortable clothing. This Tai Chi class can be done while standing or sitting in a chair.

## **Tuesday, May 11 at 7 pm— The Tapping Solution Program**

Tapping, also known as EFT (Emotional Freedom Technique), is a powerful stress relief technique. Tapping is based on the combined principles of ancient Chinese acupressure and modern psychology, and studies have shown that Tapping decreases cortisol (often called the stress hormone) in your body. Join us to learn the basics of tapping.

## **Thursdays, May 13 and 27 at 2 pm—Chair Yoga**

*Twice this month!* For patrons who have difficulty with traditional on-the-floor yoga - try this relaxing alternative with Danielle Meany!

## **Tuesday, May 18 at 11 am—Bingo for Adults\* (registration required)**

Join us to play a game of good old fashioned B-I-N-G-O! Once you register we will send you the Zoom information and call you to arrange pick up of your Bingo supplies. Small (non-cash) prizes will be awarded to the winners. Must be at least 18 years-old to participate. *Registration will close on May 14.*

## **Thursday, May 20 at 7 pm—Perseverance—NASA's Mars Rover**

Learn all about NASA's latest mission to Mars! The Mars 2020 Rover will look for signs of habitable conditions on Mars in the ancient past as well as for signs of past microbial life. *Perseverance* took off on July 30, 2020 and arrived on Mars February 18, 2021 and is expected to explore the planet for several years. This program will be presented by astronomer, Paul Cirillo.

## **Saturday, May 22 at 6 pm—Matawan Lakeside Dining Music: RPM**

The Matawan-Aberdeen Public Library will be sponsoring music for the Lakeside Dining on this evening. A small amount of space will be available for library patrons to enjoy the music even if you choose not to dine. Just bring your own chair and bug spray. If you would like to dine, check with the library a week before the event to find out which restaurant is participating and how to make reservations.

## **Wednesday, May 26 at 7 pm—Mystery at the Library Book Event\* (registration required)**

Join us as we read bestselling author Sulari Gentill's mystery, *Shanghai Secrets*, and then register to participate in the live discussion with the author! Request a print copy or read the ebook through Freading or Hoopla Digital.

## **Thursday, May 27 at 7 pm—Meditation for Everyone**

Meditation is a practice that quiets the mind and now more than ever we all need a little more peace. Learn the power that your mind has over your body and bring balance and harmony into your life through a mind-body connection. Join us to learn the basics of tapping.

## **Adult Crafts on the Go:**

Call the library on **May 7th and 21st** (sorry, no pre-orders will be accepted) and we'll arrange a time for you to pick up your craft. Must be 18 years or older and have a Matawan-Aberdeen library card to participate. Supplies are limited.