

# MARY E. BARTLETT MEMORIAL LIBRARY



WEEK OF: 10/12 - 10/17/2020

## Quote for the week:

"Mindfulness isn't difficult. We just need to remember to do it."  
-Sharon Saltzberg-

## SAVE THE DATE!

### Maximizing Social Security

Andrew Githmark - This program includes how to fully maximize your benefits as well as discussions on spousal benefits and the potential effects of working in retirement and claiming early. This program is running twice - once on Nov. 5th from 12-1pm and again on Nov. 5th from 6-7pm.  
Patrons need only attend one session.



### Mindfulness for Challenging Times



Liz Korabek-Emerson is a certified mindfulness teacher dedicated to helping people connect to their inherent wisdom, confidence and compassion through the practice of mindfulness.

- **November 10 - Introduction to Mindfulness:** What it is, how to do it, and how it can help right now
- **November 17 - Uncertainty and Fear:** Allowing our feelings in: the good, the bad, and the ugly.
- **November 24 - Boredom and Bad Habits:** Happiness isn't all it's cracked up to be
- **December 1 - Kindness for me, you and the whole world:** Cultivating our connections

Each session includes a short talk, an opportunity to practice together, and a discussion. People can attend one or all four. No experience necessary.



### Mick Grzonka presents: The Holocaust: Our Duty to Remember



November 19th at 6pm - Mick Grzonka presents The Holocaust: Our Duty to Remember, But What? Mick will discuss the events leading up to the rise of the Nazis, dispelling common myths about this time. This year marks the 75th anniversary of the liberation of Auschwitz.

**Interested in joining these events?  
Email [director.meblib@gmail.com](mailto:director.meblib@gmail.com)**

#### ***In-Person Visit Times:***

Monday - 3pm - 7pm  
Tue, Wed, Thu - 10am - 6pm  
Friday & Saturday - 10am - 1pm

**STAY HEALTHY IN MIND AND BODY!  
JANICE  
DIRECTOR, M.E.B. LIBRARY**