



“Jump Start Your Body” Cooking Program

Chef Kashia Cave will present “Jump Start Your Body,” a healthy cooking program, on Saturday, March 12 at 2:30 pm in the Griffin Room of Meriden Public Library.

Winter is out and summer is around the corner. Kashia will be making healthy smoothies and food you can eat to boost your metabolism.

This program is free and all are welcome.

Seating is limited. Contact the Community Services Department at (203) 630-6349, email comsvc@hotmail.com, or visit www.meridenlibrary.org to view the adult calendar to reserve a seat.

Arthritis Workshop

Dr. David DeRosa, a licensed chiropractor serving the Wallingford community, will present an Arthritis Workshop at Meriden Public Library on Tuesday, March 1 at 6:30 p.m. in the Griffin Room.

Dr. DeRosa will discuss what arthritis is, warning signs of arthritis, the difference between primary and secondary arthritis, natural cures for arthritis, tips and exercises that will help you fight the pain, and food choices that can hurt you and help you.



This program is free and all are welcome.



Signs and Symptoms of Alzheimer’s

Meriden Public Library will be hosting the program “Signs and symptoms of Alzheimer’s” presented by Brenda Lopes, Harbor Program Director for the Village at Kensington Place on Monday, March 7 at 7:00 pm in the Griffin Room.

Ms. Lopes will review the difference between the signs of Alzheimer’s dementia and typical age-related changes, the 10 warning signs of Alzheimer’s disease and the importance of early diagnosis. Light refreshments will be served. This program is free and all are invited.

 **Edible Book Festival** 
Saturday, March 26
See Page 2

INSIDE THIS ISSUE

- 2** Writers Network-Guest speaker D. Dina Friedman
First Day of Spring Astrology program
Edible Book Festival
Computer Classes
- 3** Volunteer Income Tax Assistance
Chess Club
Scrabble
Book Discussions
March Movies
- 4** Anime Club
Get Your Game On
Lego Club
Spring Preschool Programs

Contact Us

Meriden Public Library
105 Miller Street
Meriden, CT 06450

Information Desk – 203.238.2346
Circulation Desk – 203.238.2344
Children’s Library – 203.630.6347
Community Services/Bookmobile – 203.630.6349

Volunteer Income Tax Assistance Continues In March

The Volunteer Income Tax Assistance Program at the Meriden Public Library continues during March. V.I.T.A., which is sponsored by the Internal Revenue Service, provides free help to taxpayers who cannot afford professional assistance or who have tax questions. Assistance in preparing Connecticut state tax forms will also be available.

The sessions will all take place in Meriden Public Library's Griffin Room. For easy access to the Griffin Room, parking is available in the Catlin Street lot. The schedule is as follows:

WEDNESDAYS from 5:30 to 8:00 PM on March 2, 9, 16, 23, 30; April 6, 13. Call 203-630-6331 for an appointment between 5:30 and 7:30 pm.

SATURDAYS from 10:00 AM to 1:00 PM on March 5, 12, 19, 26; April 2, April 9 (This session is in the Friends Room), April 16. Call 203-630-6331 for an appointment between 10:30 AM and 12:30 PM.

V.I.T.A. volunteers alert taxpayers to special credits and deductions for which they may be eligible. People interested in attending the V.I.T.A. program can stop in the library and pick up a list of the necessary documents you will need to bring.



March Movies in the Griffin Room



"Megamind"

Saturday
March 19
2:30 pm



"Social Network"

Tuesday
March 22
4:00 pm

Chess Club



The Meriden Public Library Chess Club is looking for more players. The Chess Club meets the first Wednesday of the month. The next date is Wednesday, March 2 at 6:30 pm in the Friends Room. Bring your chess boards. All ages and playing levels are welcome. Contact the Community Services Department at (203) 630-6349 if you have questions about the club.

Scrabble



Scrabble sessions will be held on Monday, March 14 and March 28 at 2:00 pm in the Friends Room. All skill levels are welcome. Scrabble boards will be provided, but people are welcome to bring their own boards.

Book Discussion Series Continues

The Meriden Public Library is hosting a 4 session book discussion series organized by the Connecticut Humanities Council.

The third session is scheduled for Tuesday, March 15, 2011 in the Griffin Room at 6:30 pm. This month's selection is *Color of Water* by James McBride. Marsha Bansavage is the facilitator.

The remaining session will be held on Tuesday, April 19, 2011 – *Bee Season* by Myla Goldberg will be discussed. Books are available at the library.



Lunchtime Book Club

The Meriden Public Library's lunchtime book club meets on Thursdays at noon in the Friends Room. Bring your lunch and enjoy the discussion.

March 17- *Distant Hours* by Kate Morton
April 21 - *Freedom* by Jonathan Franzen
All are welcome. The books are available in a display across from the Information Desk. Contact Laura at (203) 238-2346 to sign up.

Anime Club

The Teen Anime Club at the Meriden Public Library will meet on Friday, March 4th at 2:30 pm in the Griffin Room. We will be learning about kirigami, the art of paper cutting. Afterwards we will be watching His and Her Circumstances which tells the story of Yukino Miyazawa who is the smartest girl in school until a new rival appears, Souichiro Arima.

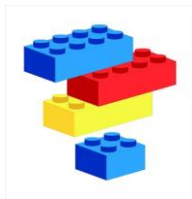
Snacks and drinks will be provided. This program is for teens age 13-18. Sign up is not required but if you would like to be put on our mailing list or would like more information contact Melissa at mmurphy@ci.meriden.ct.us or call (203) 238-2347.



Get Your Game On @ Meriden Public Library

Get your game on at the Meriden Public Library on Thursday, March 10 at 2:30 to 4:30 p.m. in the Griffin Room. The Wii will be set up on the big screen for friends and family to challenge each other to a different game each week. Board games such as Scrabble, Apples to Apples, Candy Land and many others will also be available for use.

All ages are welcome to attend including parents and guardians. Registration is not required. If you have any questions please contact Melissa at mmurphy@ci.meriden.ct.us or call (203) 630-6347.



Lego Club

Meriden Public Library will have its next Lego Club event on Thursday, March 24th at 3:00pm in the Griffin Room. Children ages 6 through 12 are invited to bring their imagination and build on this month's theme – "Flying Machines".

Completed projects will be put on display in the library. The library will provide Legos for all children who attend. Sign up is not required for this program and late arrivals are always welcome. If you have any questions or would like to be put on the Lego Club mailing list please contact Melissa at (203) 630-6347 or mmurphy@ci.meriden.ct.us.

Spring Preschool Programs are Starting Up!

Registration for Spring Preschool Programs at the Meriden Public Library begins the week of February 28. Programs begin the week of March 7th.

These programs will be held on the following days and times:

Mondays at 6:30 pm.- Kindergarten through 2nd Grade, Stories and Crafts

Tuesdays-Independent 2 years old at 10:15 am; 3-4 years old story times 11:15 am., 1:15 pm., and 6:30 pm.

Wednesdays-2 years old with parent at 10:30 am, 3-4 years old 11:15 am., and 2 years old w/parents at 6:30 pm.

All first time participants must show proof of age. Children must be of age by January 1st.

Start on Stories is a program for children under the age of two and their parent/caregiver. Join us for stories, finger plays, music and socialization on the following Thursdays at 10:30 am. March 10, 17, 24, & 31. April 7 & 14.

Call us to sign-up for these programs at (203) 630-6347 or e-mail us at: jvumrd@hotmail.com.

Did you know...

The library has:

- Museum passes for free or reduced admission to Beardsley Zoo, Discovery Museum & Planetarium, Mystic Aquarium, Mystic Seaport and more
- Meriden History Room to help you research Meriden or family
- A variety of databases that you can access from home with your library card that will help your children with reports
- A scanner so you can scan documents and save them to a USB flash drive or email them for free. You can also print the documents for a small fee.

