



Inspire Your Imagination, Widen Your World
Lithgow Public Library

45 Winthrop Street, Augusta
March 2023 Newsletter
www.lithgowlibrary.org

Library Hours:
Monday - Thursday:
9 a.m. to 8 p.m.
Friday: 9 a.m. to 5 p.m.
Saturday: 9 a.m. to Noon
(207)-626-2415
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LITHGOW PUBLIC LIBRARY

Being Well at Lithgow presents:
An Introduction to Meditation Series



in partnership with:
Peter Alford
Prevention &
Healthy Living Center
MaineGeneral Medical Center

Classes are free, but space is limited.
Please go to our website, www.lithgowlibrary.org,
for more information.
Registration begins in early March.

Yoga Nidra

Thursday, April 6 — 6-7 p.m.

Yoga Nidra is a form of guided meditation with an emphasis on extended stillness, silence, and resting the body to exercise the mind. Participants will not be physically moving during this class.

Body Scan Meditation

Thursday, April 13 — 6-7 p.m.

A body scan meditation is a specific type of meditation in which you focus on one part of your body at a time. This type of meditation is great for both beginners and those who regularly practice meditation.

Self-Compassion Meditation

Thursday, April 20 — 1-2 p.m.

Sometimes life can get so busy and overwhelming that taking time for self-care is the last thing on our minds. In this class, you will learn techniques that will help foster kindness and gentleness around yourself. Experience how breath work, combined with guided meditation, can help you navigate the emotional ups and downs of life with greater ease and self-compassion.

Guided Deep Breathing

Thursday, April 27 — 5-6:30 p.m.

Deep-breathing exercises have been shown to support blood flow, increase energy levels, stimulate the lymphatic system and improve digestion. Explore various deep-breathing techniques and find the one that is perfect for you. Styles reviewed include deep-belly breathing, unequal-ratio breathing and alternate-nostril breathing.

The Friends of Lithgow Library &
Kennebec Valley Garden Club Present:

**Art in Bloom
Goes to the Movies!**

This year's event will feature floral arrangements inspired by the movies. This event is free and open to all.



Saturday, March 25th
10 a.m. - 2 p.m.

The Friends of Lithgow Library
Puzzle & Pie Sale



Friday, March 31 ~ 10 a.m. - 4 p.m.
Saturday, April 1 ~ 9 to 11:45 a.m.

Cash & checks accepted, and proceeds go toward supporting the mission of the Friends of Lithgow Library.

We will gladly accept donations of gently used puzzles for all ages. They need to be in good condition with all pieces included. We will accept donations between now and March 24th.

Save the date! Staff from **Pine Tree Legal** will present several informational, know your rights sessions over the next 3 months on the following topics:
Housing and Tenants Rights (including fair housing/discrimination issues), used cars (buying, repairs, and repossessions), and student loans.
The first session will be on March 23rd at 1 p.m. in the Community Meeting Room, topic TBA.

Medicare USA

Medicare Seminar

Presented by Renata Lahner

Wednesday, March 8 at 1 p.m.



Medicare 101 is meant to help people understand and navigate the options with Medicare. This presentation will help you have a better understanding of your Medicare options, deadlines, and fines that may be imposed if you do not sign up on time.

Crafts for Teens



DIY Charm
Bangles
Tues., March 14th
4pm.



DIY Fidget
Spinners
Wed., March 22nd
4pm.

STEAM Kids

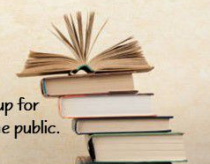
2nd Monday of every month
3:30 pm to 4:30 pm
For ages 5 to 8

Join Ben for our new monthly program to explore some fascinating science, artistic methods, math ideas, and innovative technology with a series of hands-on experiments and activities!



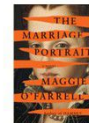
Lithgow Book Club

A monthly book discussion group for adults that is free and open to the public. Reserve your copy today!



The Whalebone Theatre

by Joanna Quinn
Wed., March 8 at 6:30 p.m.



The Marriage Portrait

by Maggie O'Farrell
Wed., April 12 at 6:30 p.m.

Food for Thought

Wednesday, March 1 at 6 p.m.



Children 3 to 8 with an adult are invited to share books, recipes, food, and fun! For this program, each child and parent sign up to host one session where they: choose food-related books for the group to read together; bring the food as a snack to share; discuss the books and/or recipes; and provide a related activity.

**Tween Scene:
I Survived at the Library!**

Join us for a program based on the popular "I Survived" series by Laura Tarshis.



Wednesday, March 15 at 6 p.m.

Sure, we will talk about her historical fiction series. But, let's have some fun based on the books! Yes, we may have volcanic eruptions, hurricane Legos, and tornados in a bottle, to name just a few ideas. Hmmmm, what can we do about sharks?

Registration is necessary: Please call: 626-2415, or email Kathy at kathleen.petersen@lithgowlibrary.org

Being Well at Lithgow presents:
An Introduction to Yoga Series



Wednesdays at 1 p.m. during April
Community Meeting Room
Classes are free, but space is limited.
Call 626-2415 and ask for the Reference Desk to register.
Registration begins in early March.

Friends of Lithgow Library Board

April Cusick
Staci Fortunato
David Madore



Bobbi Bailey
Emily Mullen
Blake Potter