

September Newsletter

September 2025

Sturbridgelibrary.org

508-347-2512



Program Highlight

The Healing Power of Green: Exploring Forest Bathing - at the Senior Center

Forest Bathing is not just a walk in the woods; it is an invitation to awaken your senses and experience the profound benefits of nature's embrace. Learn how this gentle practice can soothe your mind, invigorate your spirit, and foster a deeper connection to the living world around you - from your backyard oasis to your favorite natural sanctuary. Discover accessible ways to integrate this calming ritual into your life for lasting wellness.

Nadine Mazzola is founder of New England Forest Therapy Counseling. She has a deep passion for connecting people with the healing power of nature by guiding groups in the gentle practice of Forest Bathing (Shinrin-Yoku).

This program is being co-sponsored by the Southbridge Garden Club, the Sturbridge Senior Center, and the Joshua Hyde Public Library.

Registration is required. Go to sturbridgelibrary.org or call the Senior Center at (508) 347-7575.



**AFTERNOON
BOOK GROUP**
Tuesday, September 9
at 1:00 pm
This month's book is
"The Briar Club" by Kate
Quinn

**ARMCHAIR TRAVELERS
BOOK GROUP**
Wednesday, September 17
at 6:30 pm
This month's book is "Before
the Coffee Gets Cold" by
Toshikazu Kawaguchi

**WORLD BUILDING
BOOK GROUP**
Tuesday, September 23
at 6:30pm
This month's book is
"Semiosis" by Sue Burke

Library Quote of the Month

"Everything you need for better future and success has already been written.
And guess what? All you have to do is go to the library."

Henri Frederic Amiel
(1821-1881. Swiss moral philosopher, poet, and critic)

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Wednesdays at 10:45am
beginning September 3rd.
Join Ms. Meredith for
songs, rhymes, fingerplays
and stories. For children 2
years and younger with an
adult caregiver.



**Tuesdays and Fridays at
10:45am** beginning Sept
2nd. For children with an
adult caregiver.

DROP IN TECH HELP

**Wednesdays
5:00pm to 7:00pm**

Bring your device and get your most basic
smartphone, tablet or computer questions
answered.



Friday, September 5th - 3:30pm to 4:30pm

BACK TO SCHOOL BINGO

Celebrate the start of the new school year with Bingo at the library! This program is intended for children ages 4-12 with an adult caregiver. No registration is required. Drop in and join a game any time within the hour. Sponsored by the Friends of the JHPL.

Monday, September 8 through Saturday, September 13 - all day

LIBRARY SCAVENGER HUNT

Stop by the Children's Room any time during the week to do our Library Scavenger Hunt! Children must be accompanied by an adult caregiver. Sponsored by the Friends of the JHPL.

Tuesday, September 9 - VIRTUAL - 7:30pm to 8:00pm

THRILLER AND HORROR BOOK RECOMMENDATIONS

Not sure what to read next? Join Bookstagrammer Jody Blanchette aka @redreadreviews each month for 30 minutes of pure book recommendations - the best of horror and thrillers out there! Registration is required. Go to strubridgelibrary.org.

Thursday, September 11 - 6:00pm to 7:00pm

LEGO CLUB

Come build with Legos. Suitable for children ages 5 to 12 with an adult caregiver. Registration is required.

Monday, September 15 - 3:30pm to 4:30pm

FAMILY CRAFT TIME: PAINT A BOOKEND

Families are invited to come paint some of the library's metal bookends! Once dry, the bookends will be placed back on the shelves in the Children's Room for all to enjoy. This program is intended for children ages 7-12 with an adult caregiver. Registration is required. Sponsored by the Friends of the JHPL.

Tuesday, September 16 - 2:00pm to 3:00pm at the Senior Center

THE HEALING POWER OF GREEN - EXPLORING FOREST BATHING

See other side for more information.



**Monday, September 1st
THE LIBRARY WILL BE
CLOSED FOR LABOR DAY**

Wednesday, September 17 - VIRTUAL - 7:00pm to 8:00pm
**"VACATIONS CAN BE MURDER" WITH TRUE CRIME
AUTHOR DAWN M. BARCLAY**

We love local history and true crime so we're thrilled to be chatting with author Dawn M. Barclay about her book, "Vacations Can Be Murder: A True Crime Lover's Travel Guide to New England". Learn all about the haunted happenings in our own backyards and, then, plan a trip to visit them all! Registration is required.

Thursday, September 18 - 6:00pm to 7:00pm

BOOK DISCUSSION - Stamped from the Beginning: A Graphic History of Racist Ideas in America by Ibram X. Kendi, adapted and illustrated by Joel Christian Gill.

This book discussion will cover Parts 1-3 of the book. The second book discussion will be held on Thursday, October 2 at 6:45pm and will cover Parts 4-5 of the book. This discussion is intended for those aged 16 years and older.

Saturday, September 20 - 10:30am to 11:15am

LITTLE SCIENTISTS

Join us for a morning of natural exploration and fun scientific inquiry out on the front lawn of the library. Each child will receive a free Peep and the Big Wide World kit to use on their scientific journey. This program is weather-dependent and intended for children ages 3-7 with an adult caregiver. Registration is required and space is limited.

Thursday, September 25 - HYBRID - 6:00pm to 7:00pm

HYBRID - LIVE ZOOM Q&A - Stamped from the Beginning: A Graphic History of Racist Ideas in America by Ibram X. Kendi, adapted and illustrated by Joel Christian Gill.

We will take part in a live Zoom Q&A with illustrator Joel Christian Gill along with other libraries from across the state.

Saturday, September 27 - 11:00am to 12:00pm

CREATING ART WITH SEA GLASS

Create your own coastal-inspired art in this fun, hands-on workshop! Glue colorful sea glass pieces onto a base to design a unique and beautiful piece of art. All materials provided, and no experience is needed. Registration is required. Sponsored by the Friends of the JHPL.

Monday, September 29 - 3:30pm to 4:30pm

FAMILY CRAFT TIME: EGG CARTON MUSHROOMS

Families are invited to join us for an afternoon of crafting. This week we'll be making a whole forest of egg carton mushrooms! This program is intended for children ages 5-12 with an adult caregiver. Registration is required. Sponsored by the Friends of the JHPL.

Monday, September 29 - VIRTUAL - 7:00pm to 8:00pm

WHO REALLY WROTE SHAKESPEARE? WITH AUTHOR AND HISTORIAN DAVID KRUH

Who Really Wrote Shakespeare? The doubts have been around for over 300 years. How could William Shakespeare have written with such accuracy? Hear the story of one man's search for the "real" author of the works attributed to William Shakespeare and how - in a stunning piece of historical irony - that search played a role in the Japanese attack on Pearl Harbor! Registration is required.

To register for programs go to strubridgelibrary.org.