



meditation



Start the New Year with Meditation Thursday, January 6, 2022 @ 6:30 pm

The New Year is a time to create a clean slate. Join Umesh Bhatia, a longtime meditator, for this powerful workshop. Umesh has been guiding audiences on how to practice and learn this very simple technique which provides many benefits. There will even be a little medication sitting at the end of our session. Bring joy, peace, positivity and relaxation into your daily life and begin the New Year with a fresh start.

Reducing Anxiety Through Meditation Thursday, February 3, 2022 @ 7:00 pm

Life in today's world is stressful. People are anxious about their health, their finances, their relationships, their safety and their work. Doctors and medical practitioners are promoting the benefits of meditation as a way to relieve stress and anxiety, and calm the body and the mind. Once we connect to a place of happiness and peace, we experience a reduction in our anxiety. Join Gaurav Singh, a longtime meditator, for this informative lecture.

Programs are virtual and will be held via Zoom. Please register @ www.avonctlibrary.info and the Zoom link will be sent to you before the program.

Letter from the President of the Friends of Avon Public Library

December 2021

Dear Friends,

Definition of success: The accomplishment of an aim or purpose.

The ingredients for success: Leadership, hard work, planning, hard work, collaboration, and plenty of hard work.

I keep thinking about everything that went into the Friends' *We're Back Book Sale* this past month. Our first priority was the health and safety of everyone involved. Our second priority was getting books into your hands and money into the Friends' coffers to support even more library programs. And guess what: WE DID IT! Limiting the number of browsers in the community room, made the experience more fun (and less stressful). The holiday lights and music (thanks to our amazing librarian Patricia Valsecchi) added to the festive atmosphere. Having a separate Saturday sale for children's books, turned out to be another brilliant decision. As parents and grandparents shopped, we noticed a ton of kids sitting on the floor around the perimeter of the community room, lost in their new/used books. Altogether, we raised over \$10,000, and we're ready to start collecting and organizing for next year's book sale. We appreciate all the volunteers who made our book sale a huge success, with a special thank you to Lisa Berman.

It takes a village of committed Friends to achieve success! (And lots of hard work, too.)

And now back to my book. (*The Girl with the Louding Voice*, by Abi Dare)

Lynn Katz, President, Friends of the Avon Free Public Library

Your Children Don't Want It, What Should You Do? (virtual event)

Tuesday, January 25, 2022 @ 2:00 pm (via Zoom)



Are you downsizing? Simplifying your life? Do you want to know what your stuff is worth or make a little extra money? Professional appraiser Mike Ivankovich will share tips and strategies to help you find new homes for your belongings, and show you how to turn those treasures into cash! Mike is an author, auctioneer, appraiser, antiques dealer and home downsizing specialist. He has over 35 years of experience helping people deal with their household contents and collectibles.

Please register for this program @ www.avonctlibrary.info & a Zoom link will be sent to you.

Do, Re, (You &) Me!
A Music Program
for Children 6 & Under W/Caregiver
Every Tuesday (Dec. - Feb.)
Two sessions to choose from:

Tuesday Mornings @ 11:00 a.m.	Tuesday Afternoons @ 1:00 p.m.
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Register @ www.avonctlibrary.info

Teen Readers Unite (TRU)

Fantasy Book Discussion:

Cold the Night, Fast the Wolves by Meg Long

Tuesday, January 25th @ 5:00 pm (via Zoom)



Join us for this special author event! Teens can sign up & receive a finished copy of this book on January 11th - the day it is released! We will discuss the book with the author, **Meg Long**, and then you will receive a free signed bookplate. *Cold the Night, Fast the Wolves* is a captivating debut novel about survival, found family, and the bond between a girl and a wolf that delivers a fresh twist on classic survival stories and frontier myths.

This event is open to teens in grades 7-12. Please sign up online to receive the Zoom link.

Reader's Theater Remix

Thursday, February 10th @ 5:00 pm

for grades 5-8



Kids and teens will each get their own part in a script. There's a new script each month! No memorizing - just fun. We will practice our dramatic reading and acting skills with the script, and even play fun theater games! Please register online.

Kid Readers Unite (KRU) ★ Book Discussions

Tuesdays @ 5:00 pm



If your child is entering grades 4-6 and they love to read, then KRU is for them! When parents sign their child up they will get a free advance reader copy (arc) of each month's book.

★ January 11 ★ February 15 ★ March 8 ★

Please register @ www.avonctlibrary.info for this program.



Book Buddies is a program for kids to practice their read-aloud skills, to foster a love of reading, & to connect kids with awesome teen volunteers! Little Buddies (grades K-3) practice their reading skills with teen volunteer Big Buddies (grades 7-12). Buddy pairs will read together and do a fun art project each week.

Who can be a Little Buddy: open to kids in grades K-3
Who can be a Big Buddy: open to teens in grades 7-12

All sessions are Thursday @ 4:30 pm

February 17, 24, March 3, 10

This program will meet in person—space will be limited.

Please register online @ www.avonctlibrary.info

For the most up-to-date information, including library hours, services, and virtual programs, visit our website @ www.avonctlibrary.info or call 860-673-9712

Support us when you shop this holiday with the Amazon Smile program! If you plan on making any holiday purchases through Amazon.com, you can designate the Avon Free Public Library as your charity of choice, and 0.5% of the purchase price will be donated to us! Simply go to <http://smile.amazon.com/> and select AFPL before you add items to your shopping cart. *We appreciate your support!*



The Holidays are coming! Don't forget that the **Booktique** has high-quality books at Book Sale prices! You can shop at the **Booktique** anytime that the Library is open!



All proceeds go to the Friends of the Avon Library.

Teen Advisory Board

Open to teens in grades 9-12




Help shape the Teen Room and get volunteer credit! We'll discuss & plan future teen programs, vote on books to add to the collection, and more! Please register online.


Meets on Tuesdays @ 5:00 pm

January 18 • February 22 • March 29


VIRTUAL MAGIC WORKSHOP
WITH **ABBY SEGAL**



THURSDAY
JANUARY 20
@ 6PM



THURSDAY
JANUARY 27
@ 6PM

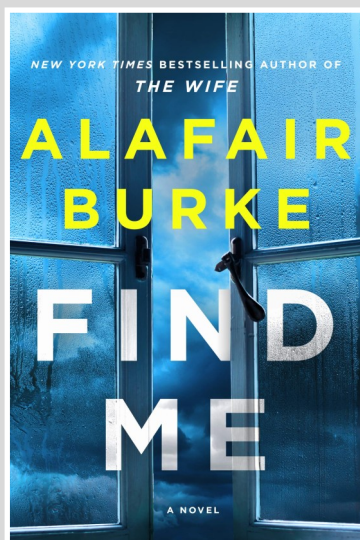


FOR KIDS AGES 7 AND UP
ON ZOOM ~ REGISTER ONLINE
Sponsored by the Friends of the Avon Library

Scan the QR code above the date to register!

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Find Me: A Virtual Author Event with Alafair Burke

Thursday, January 20, 2022 @ 7:00 pm (via Zoom)

With her newest addictive thriller *Find Me*, *New York Times* bestselling author **Alafair Burke** takes readers on a roller coaster ride. Fans of Burke's smart, twisty novels will not be disappointed with her newest standalone thriller. *Find Me* features three strong female characters: a woman who can't remember her past, her best friend and defense lawyer, and a NYPD detective. In pursuit of answers about long buried secrets, these three women's searches will converge, and what they find will upend everything they've ever known.

In addition to writing her many bestselling novels, Alafair Burke is also the President of the Mystery Writers of America, and currently teaches criminal law and criminal procedure at Hofstra University. She lives in Manhattan. Join us for this virtual chat with the author and learn more about her latest novel!



Please register for this program online & a Zoom link will be sent to you.