

July/August Greetings from Baxter Memorial Library

Couch to 5K Run Meet-ups

Tuesdays at 5:30pm

Meets at Gazebo Park June 25th – August 13th

Here at Baxter we value movement as a healthy lifestyle choice and this summer we invite people to get moving and participate in a self-guided Couch to 5K program. Couch to 5K is a program that's been designed as a gentle introduction to getting the body moving. You'll slowly build up distance and after 8 weeks you're ready to run a 5K or roughly 30 minutes non-stop. Throughout the eight weeks of summer reading we will host weekly run meet-ups so people can check in with their progress, enjoy a group run, and maybe meet some like-minded individuals!

Go the Distance

Book Discussion Series

Wednesdays from 5:30-6:30pm

July 10th

What I Talk About When I Talk About Running
by Haruki Murakami

July 24th

Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen
by Christopher McDougall

August 14th

Cookbook Discussion & Potluck: *Title TBA*

Our summer reading program will culminate with the:

Baxter Memorial Library Print Run

Saturday, August 17th 9am

Registration for the race is online through the Gorham Rec Department at: www.gorhamrec.com
Race fee is \$5 for our summer reading participants. First 100 registrants by 7/19/19 will be guaranteed a t-shirt.

Volunteer

Appreciation Day

Wednesday, July 10th



Visit the library to help us celebrate our volunteers who give us their most precious resource, their time! We are hosting a volunteer appreciation reception in their honor and would love you to join us to thank them for all they do for Baxter Memorial Library.

The Big Kid and Basketball Author Event

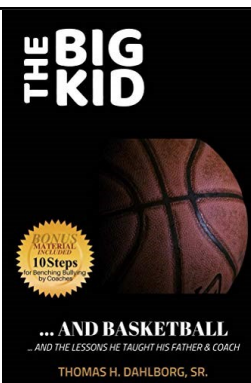
Tuesday, July 16th

6:30pm

"The Big Kid and Basketball...and the Lessons He Taught His Father & Coach" tells the story of a child who overcame the impact of bullying through resilience, sports, faith, and love. In turn, he taught his dad courage and determination.

The Big Kid is a resource for parents, coaches, and student athletes alike.

Thomas Dahlborg is a former Parent Partnership program leader for the National Institute for Children's Health Quality (NICHQ), former student athlete, and a parent who became a coach. He has more than 35 years of experience leading, serving, and coaching in healthcare. Tom also volunteers for a wide range of non-profits and loves his time sponsoring and coaching young men's basketball.



July

MON	TUE	WED	THU	FRI	SAT
1	2 5:30pm Couch to 5K Meet Up	3 1pm 4-H Summer of Science	4 CLOSED FOR INDEPENDENCE DAY	5 1pm Crafternoon	6
8 10am STEAM for Toddlers	9 10am Walking Meditation 5:30pm Couch to 5K Meet Up	10 Volunteer Appreciation Day 1pm 4-H Summer of Science 5:30pm Go the Distance Book Discussion	11 10:30am Art in the Park	12	13
15 10am STEAM for Toddlers	16 1pm Art Collage Workshop 5:30pm Couch to 5K Meet Up 6:30pm The Big Kid & Basketball Author Event	17 1pm 4-H Summer of Science	18 10am Fairy Cooking with Liza Gardner Walsh 10am Book Club	19	20
22 10am STEAM for Toddlers	23 5:30pm Couch to 5K Meet Up	24 10am Mindful Movements 1pm 4-H Summer of Science 5:30pm Go the Distance Book Discussion	25 10:30am Art in the Park	26	27
29 10am STEAM for Toddlers	30 10am Music with Rob Doucette 5:30pm Couch to 5K Meet Up	31 10am Match Box Challenge 1pm 4-H Summer of Science	1 1pm Calligraphy	2	3

August

MON	TUE	WED	THU	FRI	SAT
5 10am STEAM for Toddlers	6 10:30am Ocean Story Time 5:30pm Couch to 5K Meet Up	7 1pm 4-H Summer of Science 6pm Marine Mammals of Maine	8 10:30am Art in the Park	9	10
12	13 5:30pm Couch to 5K Meet Up	14 5:30pm Go the Distance Book Discussion 6pm Family Story Time	15 10am Book Club	16	17 9am Print Run

For an update on our events, please visit our online calendar at www.baxterlibrary.org or call 222-1190 for more information