

July & August  
Greetings  
from



Baxter Memorial Library!

### Learn on the Lawn

#### **Balance and Posture w/ Aleksandra Townsend – Thursday, July 8th 1-2pm-**

In this introductory workshop we will work on assessing our balance and posture and then move into simple activities and functional movements and exercises to work both on balance and posture. All these tools can be then taken into your daily routine. Balance work is beneficial as a fall-prevention tool, in everyday activities, and good posture creates a foundation for everything we do. This workshop is open to all.

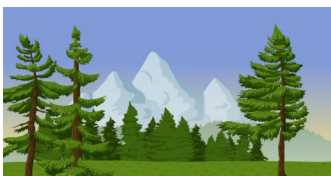
**Karate w/Andrew Campbell – Thursday, July 15th 1-2pm-** Join us for a drop in, all-ages class based in traditional Shotokan Karate blended with modern techniques and life lessons, offering a well-rounded program. Fun and encouraging classes help boost self confidence.

**Yoga w/ Amanda Kazal – Thursday, July 22nd 1-2pm-** Explore the yoga fusion blend that is unique to Amanda's classes. Dabble in a variety of styles and traditions. This workshop will focus on creating and exploring the inner strength of the mind, body and spirit while working toward creating balance in daily life. Class is open to all ability levels. Please bring a towel for our outside practice.

**Zumba with Barbara Wyman – Thursday, July 29th 1-2pm-** Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Tai Chi – Thursday, August 5th 1-2pm-** Information to come!

**West African Dance w/ Marita Kennedy-Castro – Thursday, August 12th 1-2pm-** Dance and drumming are a rich part of culture and community in Guinea. There are traditional rhythms and dances that accompany all manner of life's passages and natural cycles, including births, weddings, coming-of-age ceremonies, the planting and harvesting of crops, full moons, and celebrations of many sorts. Wear comfortable clothing to move in (and leggings if wearing a skirt, because we might kick up our legs a bit), bring water for hydration, and we generally dance barefoot but lightweight shoes are fine too.



### Nature Programming with Mr. Jeff

Join Mr. Jeff for Nature Walks throughout the summer. He will be leading these programs in different parks throughout Greater Gorham. Each one will begin at 10:30am. We plan on spending 45 minutes per excursion. All ages.

**Shaw Park Nature Bingo – Friday, July 2nd 10:30am-** Meet Mr. Jeff in the parking lot of Shaw Park and play a game of Five Senses Nature Bingo. Be sure to bring along your ears, nose, fingers, and eyes to earn BINGO! Rain date: July 9th 10:30am

**Hawkes Preserve Sound Walk – Friday, July 16th 10:30am-** What do you hear when you are on a nature walk? Listen for the creatures in the forest, the babbling brook, a dog barking in the distance, or the low rumble of an airplane overhead. Meet Mr. Jeff in the parking lot of Hawkes Preserve and learn to tune-in to the sounds around us! Rain date: July 23rd 10:30am

**Frazier Preserve Trailhead Scavenger Hunt – Friday, July 30th 10:30am-** Join Mr. Jeff at the Frazier Preserve Trailhead by the High School athletic fields. We will walk up and down the trail to hunt for different colors, shapes, trees, textures, and more! Rain date: August 6th, 10:30am

**Shaw Cherry Hill Farm Building Fairy Houses – Friday, August 13th 10:30am-** Have you walked at the Shaw Cherry Hill Farm and seen those amazing structures in the woods? Well, let's see what we can do to add to the area! We are going to get hands-on and build fairy houses from the resources we find lying on the ground. Rain date: August 20th, 10:30am



### Obstacle Course – Tuesday, July 13th 10-11am

Join us, on the lawn, for an obstacle course that will have you jumping, crawling, running, and spinning. Test yourself! Challenge a friend or sibling! All ages welcome for this Healthy Eating Active Living event!

**Rain date: July 14th, 10:00am**

### Veggie Land – Tuesday, July 27th 10-11am

Join us on the lawn for the most creative event of the summer! We will play the game Veggie Land (think Candyland without the cavities) with our bodies as the pieces and use the lawn as our game board. Navigate through Tomato Tunnel! Oh no, don't get stuck in Squash Swamp! Game finishers will receive their choice of fresh produce from our very own Gorham Farmers Market. SNAP-Ed will be on hand with handouts, recipes, incentives, and a special family food activity. This is an all ages event.

**Rain date: July 28th 10:00am**



### Chewonki-Animals on the Lawn – Tuesday, July 20th 10-11am

Chewonki's Animal Adaptations program focuses on exploring and understanding the unique adaptations that animals use to survive in the wild every day. Through interactive activities using costumes and hands-on materials we will learn what an adaptation is and how it helps an animal to thrive in its specific habitat. Participants will also have the opportunity to observe and discuss the different adaptations of three of Chewonki's resident non-releasable animals. All ages.

**Rain date: July 21st, 10am**



### Zentangle – Tuesday, August 3rd 10-10:45am

Join Ms. Becky for Zentangle on the lawn. Zentangle is an easy-to-learn, relaxing, and fun way to create

beautiful images by drawing structured patterns. All ages.

**Rain date: August 4th 10:00am**

### Sharks with Mary Cerullo – Tuesday, August 10th 10-11am

What a great way to celebrate Shark Week! Join us on the lawn as shark book author Mary Cerullo shares info from her latest book *Sharks at Your Service*. There will be plenty of time to ask your most pressing shark questions. If you think that all sharks are scary, *Sharks at Your Service* will show you sharks in ways you never imagined. You will say, "Good work, sharks!" All ages.



Our wonderful local bookstore The Bookworm will be on hand with many of Mary's shark books for the author to sign for you! Happy Shark Week!!

**Rain date August 11th 10am**



### Recycling 101: Learn Where Away Really Is – Wednesday, July 28th 6-7pm

Have you ever thought about what happens to your "stuff" after you put it out on the curb or take it to the dump? Take a guided virtual tour through ecomaine's Single Sort Recycling Facility and learn where "away" really is! See how we sort your soup cans and laundry bottles, and learn why "Wish-Cycling" is costing you money. Bring any questions you have about recycling, including examples of items you want answers about.

### Papermaking w/ ecomaine – Saturday, August 7th 10-11am

Ecomaine will be on the library lawn showing us how to make paper from recyclables. This is a multi-generational program. We welcome both adults and children to this hands-on papermaking program!

**Program will be canceled in the event of inclement weather.**

### Loon Lessons with Jim Paruk – Thursday, July 29th 6:30-7:30pm

The eerie call, the distinctive black and white speckled plumage, the red eyes. We are so fortunate in Maine that loons grace our lakes and ponds, but how much do you really know about them? Dr. James D. Paruk, Professor of Biology at Saint Joseph's College is one of the world's leading experts on the Common Loon, a bird he has observed and studied throughout North America. For the past 28 years, he has conducted research on breeding, wintering and migrating loons, from Washington and Saskatchewan to the coasts of California, Louisiana and Maine. He has recently published a book entitled, *Loon Lessons: Uncommon Encounters with the Great Northern Diver*. Please note this is an in-person event at the library!



### Author Talk w/ Irene Drago – Thursday, August 12th 6-7pm

Please join us for a talk with Irene M. Drago as she discusses writing historical fiction. Award-winning author Irene M. Drago grew up in a Navy family. Before moving to Maine, she worked for the Defense Department as a Russian analyst, earned a Master of Arts degree in Spanish language and literature, and taught at the high school and college level. When she fell under the spell of a historic home in Bath, she convinced her husband to follow her to the coast of Maine where she was inspired to write *Daughters of Long Reach* and its sequel, *The Maine Point*. Ms. Drago is the recipient of a Next Generation Indie Book Award and a Spirit of Bath Award. In the summer, she and her husband enjoy piloting their boat around Casco Bay with their children and grandchildren. Please note this is an in-person event at the library!

