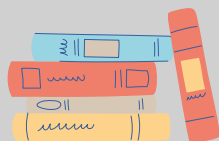


LIBRARY NEWS

VOL. 12 • JUNE 2023

MON: 9-8 PM
TUES: 9-8 PM
WED: 9-8 PM
THURS: 9-8 PM
FRI: 9-5 PM
SAT: 10-4 PM
CLOSED SUNDAYS



Creating A Healthy Strong You! Find Health Through Your Lifestyle and the Food You Love!

SATURDAY, JUNE 3
1 PM
GATHERING ROOM

Your immune system does a remarkable job of defending your body against disease, but sometimes it fails. Unfortunately, there is no cure-all to create an impermeable immune system. However, there are measures you can take to optimize your body's defense against infection and illness.

If you're looking for a way to protect your body from disease and optimize your health, join us for "Creating a Healthy Strong You", an event happening on June 3rd at 1:00 p.m. held by Integrative Nutrition Health Coach Saleha Bukhari. Together, we'll be discussing the connection between metabolic syndrome, obesity, and immune function with the objective of helping participants create a plan of action to boost overall health.

If you've been looking for a way to create healthy lifestyle changes, this event is a fantastic place to kick off your journey and get the support you need to succeed in reaching your goals.

<https://www.eventbrite.com/e/creating-healthy-strong-you-tickets-640137698087>



This issue:

Featured:
Creating A Healthy Strong You! Find Health Through Your Lifestyle and the Food You Love!

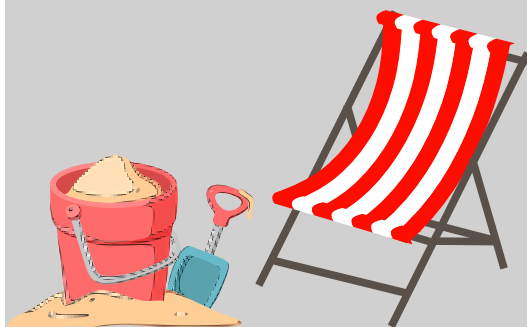
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MOUNT OLIVE PUBLIC LIBRARY
202 FLANDERS-DRAKESTOWN RD.
FLANDERS, NJ 07836

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973-691-8686
WWW.MOPL.ORG

Library Events & Crafts

Admission is FREE, but Registration is Requested.

June Movie: Marry Me

MONDAY, JUNE 19
2 SHOWINGS AT 1 PM AND 5:30 PM
GATHERING ROOM



Music/Drama/Comedy 2022 Rated PG-13 1hr. 52mins.

Please join us on Monday, June 19, 2023 at either 1-3 pm or 5:30-7:30 pm in our Gathering Room for the movie "Marry Me".

Pop superstar Kat Valdez (Jennifer Lopez) is about to get married on stage before an audience of her loyal fans. Seconds before the ceremony, she learns about her fiance's cheating ways. She locks eyes with a total stranger in the crowd (Owen Wilson) and marries him on the spot. See how the unlikely newlyweds from such different worlds can find true love together.

1 pm showing:

<https://www.eventbrite.com/e/movies-the-library-tickets-638892904877>

5:30 pm showing:

<https://www.eventbrite.com/e/movies-the-library-tickets-638898561797>

The Business Hour

FRIDAY, JUNE 30
11 AM
CAREER ROOM



Do you want to know what influences consumers' buying decisions and how to present your products in a way that generates a maximum impact on consumers? Join us on June 30th at 11:00 am for The Business Hour Workshop #3 to understand how businesses can target certain demographics with their marketing campaigns, increase customer loyalty, and find new trends by studying and understanding consumer behavior.

<https://www.eventbrite.com/e/the-business-hour-3-tickets-642970832067>

Sherlock Holmes Puzzle Room

FRIDAYS AND SATURDAYS IN JUNE
DROP-IN
HERITAGE ROOM



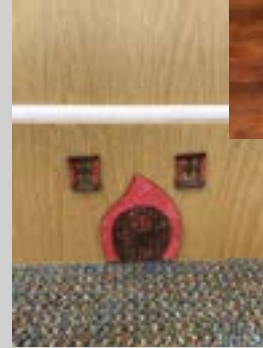
The game is afoot this June...

Attention mystery fans. Do you like to solve mysteries and figure out puzzles? Check out our Sherlock Holmes Puzzle Room open on Fridays and Saturdays through June.

How will you fair?

Monthly Crafts

Our monthly Adult Crafts are first come, first served and can be found right before the Reference Desk (in the Creative Corner).



Chess For Beginners

EVERY TUESDAY WITH YURIY-GEORGE
5 PM
ROOM IS TBD



Come test out your chess moves or learn to play chess! All levels are welcome. This is a drop-in event.

The Stitches

THURSDAY, JUNE 22
3 PM
CONFERENCE ROOM



Do you like to knit or crochet? Come bring your project and share it with others at Mount Olive's latest group, The Stitches!

Registration is required. All skill levels are welcome. Beginning knitting classes provided upon request.

Adult Book Clubs

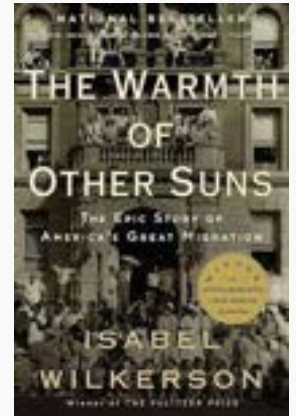
E-BOOK AND AUDIO FORMATS MAY BE AVAILABLE VIA LIBBY

Admission is FREE, but Registration is Requested.

Morning Book Club

THE WARMTH OF OTHER SUNS: THE EPIC STORY OF AMERICA'S GREAT MIGRATION BY ISABEL WILKERSON
TUESDAY, JUNE 13 @ 11 AM
GATHERING ROOM

Join Librarian Cynthia Washburn for a meeting of the library's Morning Book Club to discuss The Warmth of Other Suns: the Epic Story of America's Great Migration by Isabel Wilkerson. Copies of the book may be picked up at the Reference Desk.



Evening Book Club

BENEATH A SCARLET SKY BY MARK SULLIVAN
WEDNESDAY, JUNE 28 @ 6:30 PM
GATHERING ROOM

Join Librarian Cynthia Washburn for a meeting of the library's Evening Book Club to discuss Beneath a Scarlet Sky by Mark Sullivan. Copies of the book may be picked up at the Reference Desk.



Mystery Book Club

SUCH A QUIET PLACE BY MEGAN MIRANDA
WEDNESDAY, JUNE 21 @ 6:30 PM
GATHERING ROOM

Join Librarian Katy for a meeting of the library's Mystery Book Club to discuss Such A Quiet Place by Megan Miranda. Copies of the book may be picked up at the Reference Desk.



<https://www.eventbrite.com/e/mystery-book-club-tickets-639370864467>

THE MOUNT OLIVE PUBLIC LIBRARY
ADULT SUMMER READING PROGRAM

All Together Now

July 1 - August 12

Summer Reading will be filled with
fun for Adults too!

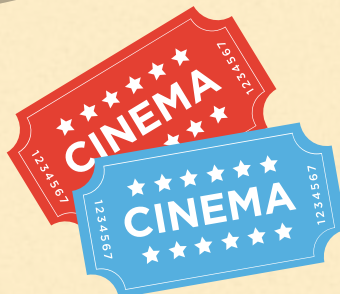
Make Kindness Rocks



Play Bingo



Paint on Canvas



Watch a Movie



Discuss Essential Oils

Opening day is July 1 at the Mt. Olive Public Library.
Pre-registration starts June 23 on our website & in-person.
Event information will be available at MOPL.ORG closer to 6/23.