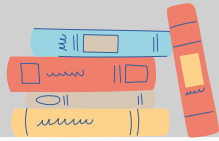


# ADULT LIBRARY NEWS

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

VOL. 27 • SEPTEMBER  
2024



## Meditation 101

THURSDAY, SEPT. 5  
1 PM  
GATHERING ROOM



Join Jennie in learning about different types of meditation! Meditation is a technique used for thousands of years to develop awareness of the present moment. Everyone tells you to meditate, but not many people explain what mediation can be. In this informative and immersive workshop, explore the various meditation and mindfulness techniques and how different meditation can be for everyone.

There will be a learning component, discussion, and guided meditation in this class. Please bring a journal and pen to this program.

Register at [www.mopl.org](http://www.mopl.org).

## Meet the Artist! Guy D'Alessandro

SATURDAY, SEPT. 14 FROM 1-3 PM  
GATHERING ROOM



Come meet local Artist Guy D'Alessandro at the Mt. Olive Public Library! "I am a local Mount Olive, NJ artist, who has been creating images of nature for many years. I studied art at Keystone College and The School of Visual Arts. I earned my Master of Fine Arts degree at Montclair University. I create art as a way to express myself. It brings me peace and joy. I paint primarily with acrylics. My greatest inspiration and motivation come from spending time outdoors. From pets to landscapes, I enjoy giving my subjects a voice."

Guy's show will run from Sept. 7 - Oct. 5 at the Mt. Olive Public Library. Register at [www.mopl.org](http://www.mopl.org) for the Open House.

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# Library Events & Crafts

Admission is FREE, but Registration is Requested

## Healing Modalities

TUESDAY, SEPT. 10 AT 6 PM  
GATHERING ROOM



Join Jennie and Brigid as we learn what Reiki, Magnified Healing, Sarah with the Angels and Rahanni are. This will be a panel discussion about these different healing modalities and what they do. There may be an experiential part of the class where the students experience some of these healing modalities.

Jennie is certified in reading Akashic Records and has received additional Reiki Ray attunements in Lemurian Reiki Ray, Sekhmet Reiki, the ancient Egyptian art of Healing, and Tachyon Light Reiki. Dr. Brigid has certifications in spiritual coaching and grief counseling after 37 years as an energy healer in Reiki/Rahanni and has been teaching at the Religion and Humanities departments at Montclair State University since 2008.

Register at [www.mopl.org](http://www.mopl.org).

## Intermediate / Advanced English as a Second Language Conversation Class

WEDNESDAYS 10 - 11 AM  
FROM 9/11 - 11/13 (10 WEEKS)  
CAREER ROOM



This class is designed for higher level English language learners. The emphasis will be on advanced level vocabulary, idiomatic expressions, and expanding fluency. It is open to adults (18+) who would like to practice their English-speaking skills. We will discuss a variety of topics each week.

This class is offered in partnership with the Literacy Volunteers of Morris County.

Registration is required as spots are limited. Register at [www.mopl.org](http://www.mopl.org).

## Hatha Yoga

TWO SESSIONS:  
WEDNESDAY, SEPT. 11 AT 10:30 AM  
WEDNESDAY, SEPT. 25 AT 6 PM  
GATHERING ROOM

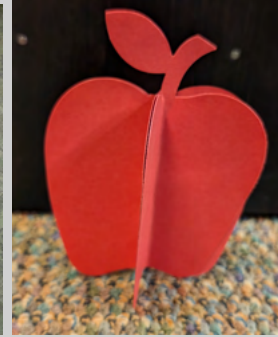


Come enjoy Hatha yoga with Danielle! Hatha yoga is practiced at a slower pace with a focus on breathing, meditation, controlled movements, stretching, and relaxation. Registrants will need to bring their own water and yoga mats.

Registration is required. Please register for each individual session. Register at [www.mopl.org](http://www.mopl.org).

## Monthly Crafts

Our monthly Adult crafts are first come, first served and can be found in the archway by the Reference Desk (in the Creative Corner).



## Bingo for Adults

MONDAY, SEPT. 9 AT 1 PM  
GATHERING ROOM



Enjoy bingo? Come to bingo at the library and compete to win advanced reader copies of interesting books! Registration is required as spots are limited. Register at [www.mopl.org](http://www.mopl.org).

## Genealogy 101

MONDAY, SEPT. 16 AT 6 PM  
GATHERING ROOM



Interested in learning how to trace your own genealogy but aren't sure where to start? Come to our program with Thea Dunkel from the Mt. Olive Township Historical Society! She will guide you on what steps to take to research your family tree.

This program will go over introductory steps to help you get started, and to write down what you already know, as well as other helpful information.

Registration is required as spots are limited. Register at [www.mopl.org](http://www.mopl.org).

# Library Events

Admission is FREE, but Registration is Requested

## Bunco for Adults

TWO SESSIONS:  
MONDAY, SEPT. 16 AT 1 PM  
MONDAY, SEPT. 23 AT 6 PM  
GATHERING ROOM



Interested in learning how to play bunco? Come to our bunco program and have some fun! You must register for each session individually. A minimum of eight players is needed to play. Registration is required at [www.mopl.org](http://www.mopl.org).

## New Moon Paranormal Group

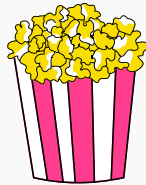
TUESDAY, SEPT. 17  
6 PM  
GATHERING ROOM



Interested in the paranormal? Want to learn what ghost hunting is all about? Do you have experiences or stories you want to share? We gather every third Tuesday of the month at 6 pm to discuss all things paranormal and other related topics. Contact the library or Wendy at [newmoonparanormalgroup@gmail.com](mailto:newmoonparanormalgroup@gmail.com).

## Matinees for Adults

MONDAY, SEPT. 23  
12 PM  
GATHERING ROOM



Sit back as we enjoy a classic movie or TV show each month at the Mt. Olive Library! Contact the Reference Desk for details. Registration is requested. Register at [www.mopl.org](http://www.mopl.org).

## Pendulums for Beginners

TUESDAY, SEPT. 24  
6 PM  
GATHERING ROOM



Join Jennie in learning about pendulums! A pendulum is a tool that is used to connect to your higher self by asking questions to help guide, clarify, and raise your awareness. Pendulums can be used to gain more clarity, connection, and a better understanding about life, love, health, money, and career.

This program will consist of a learning component, discussion, and exercises. You will get to take home your pendulum at the end of the program! Please bring a journal and pen to this program.

Registration is required as spots are limited. Register at [www.mopl.org](http://www.mopl.org).

## Selling Your Home

THURSDAY, SEPT. 26 AT 6 PM  
GATHERING ROOM

Join Tara and Donna from Remax as they discuss what you can do to get your home sold for top dollar and what improvements/updates you should consider. This includes what to expect dealing with today's home buyers, home inspections, and the selling process. The program will also include light refreshments and giveaways.

This program does not constitute an endorsement by the library. Registration is requested at [www.mopl.org](http://www.mopl.org).

## Chess For All

EVERY TUESDAY  
5-7 PM  
ROOM IS TBD



This is a teen run, drop-in program open to all ages. Those 12 and under need to have an adult present.

## Did You Know That The Library Offers....

The library offers museum passes that have something for everyone! These passes have been generously donated by the Friends of the Mt. Olive Public Library. Check out our website for more information.

- Intrepid Sea, Air, & Space Museum
- Morris Museum
- Guggenheim Museum
- Brooklyn Botanic Garden
- Thomas Edison Center
- Morris County Park Commission

# Adult Book Clubs

E-BOOK AND AUDIO FORMATS MAY BE AVAILABLE VIA LIBBY

## Morning Book Club

THE HACIENDA BY ISABEL CANAS  
TUESDAY, SEPT 17 AT 11 AM  
GATHERING ROOM

Join librarian Cynthia Washburn for a discussion of The Hacienda by Isabel Canas.

Copies of the book may be picked up at the Reference Desk.

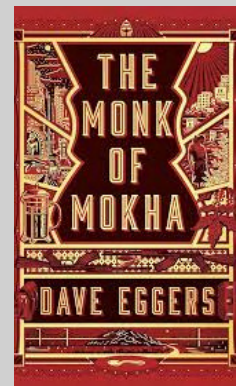


## Afternoon Book Club

THE MONK OF MOKHA BY DAVE EGGERS  
WEDNESDAY, SEPT. 25 AT 1:30 PM  
GATHERING ROOM

Join librarian Cynthia Washburn for a discussion of The Monk of Mokha by Dave Eggers.

Copies of the book may be picked up at the Reference Desk.



## Mystery Book Club

ANNA O BY MATTHEW BLAKE  
WEDNESDAY, SEPT. 11 AT 6:30 PM  
GATHERING ROOM

Join librarian Katy for a discussion of Anna O by Matthew Blake.

Copies of the book may be picked up at the Reference Desk.

