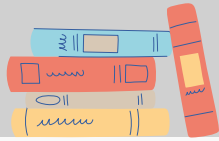


# ADULT LIBRARY NEWS

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. 29 • NOVEMBER  
2024



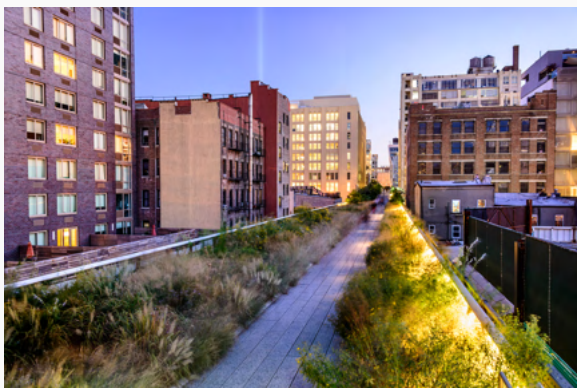
## Highlights of the NYC High Line

WEDNESDAY, NOV. 13 AT 6:30 PM  
GATHERING ROOM

Join Mario Medici as he takes us to the High Line in this fascinating presentation! Mario is a NYC native and retired IT executive who currently lectures at Bergen Community College's Institute for Learning in Retirement, as well as other organizations.

The High Line is only 1.45 miles long but it's packed with history old and new. Take a walk on The High Line and discover how it was transformed from a historic elevated freight rail to one of New York City's most popular parks. Check out the new architecture, gigantic skyscrapers built over train tracks, century-old ice buildings, shopping centers, new sculpture art, and, yes, even where the Oreo cookie was created! The presentation includes visits to the recently opened "Little Island @ Pier 55" and a look down from "The Edge", 1,171 feet above Manhattan. Whether you're planning a visit to the High Line, or just curious to see what the High Line has to offer, this presentation is not to be missed.

Registration is requested at [www.mopl.org](http://www.mopl.org).



## This issue:

Featured:  
Highlights of the NYC High Line  
PAGE 1

Library Events & Crafts  
PAGE 2

Library Events  
PAGE 3

Adult Book Clubs  
PAGE 4

### Holiday Closures

Monday, Nov. 11  
Wednesday, Nov. 27  
(We close at 5 pm)  
Thursday - Friday, Nov. 28 - 29



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

# Library Events & Crafts

Admission is FREE, but Registration is Requested

## Hatha Yoga

TWO SESSIONS:  
MONDAY, NOV. 4 AT 10:30 AM  
MONDAY, NOV. 18 AT 10:30 AM  
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).

## Bunco for Adults

TWO SESSIONS:  
MONDAY, NOV. 4 AT 1 PM  
WEDNESDAY, NOV. 6 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).

## The Chakras #1 - 7

MONDAY, NOV. 4 AT 6 PM  
GATHERING ROOM

This class is presented by Nathalie Frapreau. Nathalie is a registered nurse and has been practicing energy healing for more than twenty years. This class focuses specifically on the first 7 chakras.

Chakras are centers of energy within the human energy system and function as windows to the soul. Each of the seven chakras acts as an energetic gateway corresponding into an aspect of your physical, emotional and spiritual wellness. The more you become aware of your chakras, the more vibrant your life will become.

This class will include:

- Insights on how each of the seven chakras correspond to a specific area of life.
- Practices to strengthen the flow of energy within the chakras.
- Personal readings of your chakras.

You must register for each chakra program individually. Registration is requested 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).

\*November's craft will be a napkin holder, not the napkin.

\*The second craft will be a bouquet craft kit.



## Chess For All

THE FIRST AND THIRD TUESDAY  
FROM 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....

A community puzzle! Our community puzzle is right before the Periodicals section. We put out one puzzle at a time and update them once they are completed. We typically do three different puzzles a month.

# Library Events

Admission is FREE, but Registration is Requested

## Swedish Language Class for Adults

WEDNESDAYS 6 - 7 PM  
FROM 11/6 - 11/27 (4 WEEKS)  
CAREER ROOM



Ever wonder about your Scandinavian heritage? Ever wonder how Vikings thought and talked? Interested in learning about Scandinavia and how simple Swedish is spoken? Join Dr. Paul Reilly for a weekly class to learn basic conversational Swedish for travel situations as a tourist as well as the culture of Scandinavia.

Dr. Reilly is a retired history professor who lived and worked in Norway and Sweden for several years.

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

## Learn to Make Kimchi

THURSDAY, NOV. 7 AT 6 PM  
GATHERING ROOM



Sophia is back again to teach you how to make kimchi! You'll get to take home your pickled kimchi at the end of the program.

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

## Adult Painting on Canvas

TUESDAY, NOV. 12 AT 6 PM  
GATHERING ROOM



This is an instructor-led program where you will make a Fall leaf imprint on canvas. Supplies are included.

Admission is free but registration is required as spots are limited.  
Register at [www.mopl.org](http://www.mopl.org).

## Matinees for Adults

MONDAY, NOV. 25 AT 12 PM  
GATHERING ROOM



Sit back as we enjoy a classic movie or TV show every month at the Mt. Olive Library! Contact the Reference Desk for details.

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

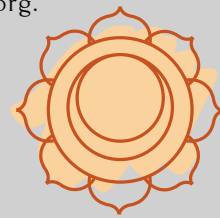
## The Chakras #8-12

THURSDAY, NOV. 14 AT 6 PM  
GATHERING ROOM

This class is presented by Nathalie Frapreau. Nathalie is a registered nurse and has been practicing energy healing for more than twenty years. This class focuses specifically on the last 5 chakras called transpersonal and is a continuation of our Chakras #1 -7 program. It is highly recommended that you attend the initial chakra class.

This class will explore the additional chakras called "transpersonal chakras." The opening of these chakras represents our next stage of human evolution. They will open when sufficient clearing of the energy system is accomplished and the heart is open.

You must register for each chakra program individually. Registration is requested at [www.mopl.org](http://www.mopl.org).



## Adult Bad Art

TUESDAY, NOV. 26 AT 6:30 PM  
GATHERING ROOM

Want to de-stress and let off some steam? Come to our adult bad art night! Enthusiasm is encouraged and experience is discouraged!

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



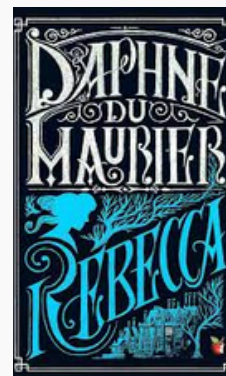
# Adult Book Clubs

E-BOOK AND AUDIO FORMATS MAY BE AVAILABLE VIA LIBBY

## Morning Book Club

REBECCA BY DAPHNE DU MAURIER  
TUESDAY, NOV. 12 AT 11 AM  
GATHERING ROOM

Join librarian Cynthia Washburn for a discussion of Rebecca by Daphne du Maurier.  
Copies of the book may be picked up at the Reference Desk.



## Afternoon Book Club

THE WAGER: A TALE OF SHIPWRECK, MUTINY AND MURDER BY DAVID GRANN  
WEDNESDAY, NOV. 20 AT 1:30 PM  
GATHERING ROOM

Join librarian Cynthia Washburn for a discussion of The Wager: A Tale of Shipwreck, Mutiny and Murder by David Grann.  
Copies of the book may be picked up at the Reference Desk.



## Mystery Book Club

HOW TO SOLVE YOUR OWN MURDER BY KRISTEN PERRIN  
WEDNESDAY, NOV. 6 AT 6:30 PM  
CONFERENCE ROOM

Join librarian Katy for a discussion of How to Solve Your Own Murder by Kristin Perrin.  
Copies of the book may be picked up at the Reference Desk.

