

# West Haven Library • March & April 2017



## Adult Events @ Main

300 Elm Street • 203-937-4233



### Friday Nite Out!

Adults ages 18+ • Doors open 6:15, film @ 6:30  
Dessert & coffee provided.

Friday, March 17 • What Ever Happened to Baby Jane?

Friday, April 28 • Sully

### Retirement Planning

Wednesday, March 1 • 6:00–7:30 • Sacco Room

Registered Investment Advisor, Michael Alimo explains different types of retirement plans, the right savings amount for you and techniques to navigate your retirement.



### SBA Workshops

Starting Your Own Business

Thursday, March 2 • 5:30–6:30 • Sacco Rm

Starting your new business right is key to your success.

ABC's of Business Plans and SWOT Analysis

Thursday, March 23 • 5:30–6:30 • Sacco Room

Learn how business plans and SWOT analysis are connected to provide insight into your business.

Finance your small Business

Thursday, March 30 • 5:30–6:30 • Sacco Room

Finding capital for your small business is NOT impossible!

Contracting 101

Thursday, April 13 • 5:30–6:30 • Sacco Room

How to register with both CT and the Federal governments and find bid portals and Set-aside programs.

Marketing and Advertising

Thursday, April 27 • 5:30–6:30 • Sacco Room

Reach your target market via International marketing tactics, social media options.

### Women & Girls Self Defense

Registration required online or phone by March 1

Saturday, March 4 • 3:30–4:30

Saturday, April 1 • 3:30–4:30

Cost: \$10.00 per person each class – NO REFUNDS

Learn life-saving techniques. Take control of potentially dangerous situations using practical and effective tactics.

### Crochet Club

Thursdays • 9:00–11:30

### Quilting Club

Fridays • 11:00–1:00

### Workforce Alliance

**ATTENTION JOB SEEKERS**

Registration required

Tuesday • March 7 • 5:15–6:45 • Sacco Room

Tuesday • April 4 • 5:15–6:45 • Sacco Room

Resource Specialist Shirley Washington will explain services and opportunities provided.

### Adult Game Night

Registration appreciated

Friday, March 3 • 4:00–8:00

Friday, April 7 • 4:00–8:00

Snack, socialize, and play! Play games and puzzles with other adults. Bring your own game or play ours.

### Learn About WELLNESS Series

Registration required

Wednesday, March 15 • 5:30–6:30 • Session 2

Thursday, April 27 • 5:30–6:30 • Session 3

Presented by Courtney Huggins, Dietitian from Shoprite of Orange. Learn about diet and sample a healthy dish made by Courtney!

### Rite Aid Pharmacy Wellness Seminar

Thursday, March 9 • 4:00–6:00

Session 2: Presented by Marjorie Catnott, Wellness Ambassador from Rite Aid of West Haven. Light refreshments provided.

### Platform to Employment (P2E)

Registration required

Monday, March 13 • 2:00–3:00

Program developed by Career Center "The Workplace" for the long-term unemployed. A representative will explain program eligibility and how to apply.

### Adult Yoga

Registration required • Sacco Room

Saturday, March 11 • 11–12:00

Saturday, April 8 • 11–12:00

Taught by Certified Yoga Instructor Norma Olvera. Bring your own mat and comfortable clothes. No perfume please!



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**@ OM** Ora Mason branch 260 Benham Hill Rd • 203-933-9381

**Monthly Adult Arts and Crafts**

**Thursdays • 5:45–7:00 • Registration required**

Join the crafting fun at Ora Mason! All materials provided.

**March 23 • Beaded Bracelet**

**April 20 • To Be Announced**

**Men’s Kaffee Klatch**

**Wednesdays • 9:30–10:30**

Men (only!) are invited to meet once a week for guy talk or a game of cards, as well as “coffee and conversation!”

**Tech Help**

**Tuesdays • 1:30-3:00 • Appointment only**

Sign up for a half-hour appointment with the librarian to learn computer basics or ask any tech questions you have.

**Flower Arranging**

**Thursday, April 27 • 1:00–3:00 • Registration required**

Patricia McNeils and a colleague will demonstrate both Japanese and Western style arrangements. Participants will create and bring home their own arrangements.



Questions? Call during library hours:  
Main: 203-937-4233  
Ora Mason: 203-933-9381  
Louis Piantino: 203-933-9335

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**@ LP** Louis Piantino branch • 1 Forest Rd • 203-933-9335

**Tech Help**

**Tuesdays & Thursdays • 11:00-2:00 • Appointment only**

Computer skills building for adults; keyboard, mouse, online job searching/JobNow/resumes, Microsoft Word, Excel, PowerPoint, Duolingo, research, researchITCT.org, tablets and readers, social media, email, Internet and basic Q & A.

**Coupon Club**

**Alternating Wednesdays • 5:00**

**March 1, 15, 29**

**April 12, 26**

Connect and share your love of frugal spending with others.

**Book Discussion Group**

**Monday, March 27 • 2:00**

*Midnight in the Garden of Good and Evil* (1994) by John Berendt

**Monday, April 24 • 2:00**

*West With the Night* (1983) by Beryl Markom

**Sun Catchers**

**Wednesdays • 11:30–1:00, Registration required**

**March 15 • Paint a large sun catcher**

**April 12 • Paint individual sun catchers**

**Rite Aid Pharmacy Wellness Seminar**

**Monday, March 20–Nutrition for Good Health • 1:00**

**Monday, April 17–Preventative Care • 1:00**

**Coloring & Coffee**

**Mondays • 11:30 - 1:00**

Spark creativity and reconnect with the Inner Child.

**Global Awareness Projects**

**All Ages • Every Thursday • 3:00–4:00**

Gain awareness of the cultural, political and historical issues that separate different parts of the world.

March	April
2–Trinidad & Tobago	6–United Kingdom
9–Mauritius	13–Thailand
16–Aruba	20–Zimbabwe
23–Bangladesh	27–Sierra Leone
30–Namibia	

