

# What's the Story?



The Newsletter of the Douglas Library of Hebron



## DOUGLAS LIBRARY

22 Main Street Hebron, CT 06248

### HOURS

- Monday 12PM-8PM
- Tuesday 10AM-8PM
- Wednesday 12PM-8PM
- Thursday 10AM-8PM
- Friday 12PM-6PM
- Saturday 10AM-3PM
- SUNDAY - CLOSED**

**MAIN DESK PHONE #**  
860-228-9312

### WEBSITE

[douglaslibrary.org](http://douglaslibrary.org)

### E-MAIL

[info@douglaslibrary.org](mailto:info@douglaslibrary.org)

### FACEBOOK

Douglas Library of Hebron

### INSTAGRAM

[douglaslibraryofhebron](https://www.instagram.com/douglaslibraryofhebron)

### *Writing from Your Life: A Memoir Workshop with David Barnes*

Monday, March 3rd 6:30 PM - 8 PM

*"Everyone has interesting stories to tell"*

This program will explore ways in which you as a writer can share what has been meaningful in your own life experience. After a brief presentation describing various writing formats (autobiography, poetry, fiction, drama), we will focus on the memoir as an ideal way to tell your stories.

In addition to tips for recalling and highlighting events in your life, we will engage in some brief writing exercises.

Join us and bring out that creative side you know is in there somewhere, just waiting to be tapped!



David Barnes is a local writer, teacher, librarian, and theater historian. His memoir publications include *From My Life: Travels and Adventures*; *Back to Manhattan: A Life in New York*; and the forthcoming *Living My Life: More Travels, Adventures, and Reflections*.

**Registration is required as space is limited. Handouts will be provided.**

## LOCAL AUTHOR BOOK TALK

*What happens when a rugby star loses his knees—and his mind?*

*How far can mania take you, before you're forced to face the truth?*

In **The Maniac with No Knees**, Tyler Kania takes readers on a raw, unfiltered ride through his journey with undiagnosed Bipolar I Disorder.



From rugby fields to the edge of the Grand Canyon, from building a cryptocurrency start-up to coaching a women's rugby team to victory, Tyler's manic adventures push every boundary.




**MARCH 12  
6:30PM**

Living with Bipolar I Disorder and two rare rugby injuries, he brings a unique perspective on mental health, resilience, and self-discovery.

*The Maniac with No Knees* is a testament to survival and finding meaning in the madness. Tyler's wild journey may just change how you see your own life, and the struggles we all face. Ready to take the plunge?

# Adult Programs



**March is National Red Cross Month**


**Please consider donating!**

American Red Cross

**A1C Testing**

March 5th  
9-2pm  
in the  
Community Room

Register at [redcross.org](http://redcross.org)



During the month of March, the Red Cross will expand its health offerings to include **hemoglobin A1C screening** for all donors who make a successful blood, platelets or plasma donation. What is the A1C test? The A1C screening test is commonly used to screen for prediabetes and diabetes. It measures an individual's average blood sugar level over the past three months and does not require fasting.

Take in a movie at the library! Join us at 1PM each Friday to watch a film and have some snacks in our Community Room.

**RESERVATIONS ARE NOT REQUIRED!**

## FREE FRIDAY MOVIES



3/7 'JUROR #2' PG

3/14 'DARBY O'GILL AND THE LITTLE PEOPLE' G

## Museum Passes!

We have many free or discount museum passes for Hebron Patrons to enjoy, and most are even printable at home.

Here are just a few:

- Mystic Seaport
- Mashantucket Pequot Museum and Research Center
- Children's Museum and Roaring Brook Nature Center
- Lutz Childrens' Museum
- Roger Williams Park Zoo

Go to our website calender to book your day now!

[hebronct.libcal.com/passes](http://hebronct.libcal.com/passes)



3/21 'IN THE LAND OF SAINTS & SINNERS' R

3/28 'CALVARY' R

## BAD! Movie Matinees

There are thousands of wonderful movies in the world. Movies that make you laugh, movies that make you cry, movies that make you think.



**These are not those movies...**

## Quiet Reading Club

Settle in with a good book (your own or one of ours - we have plenty!) for an hour of quiet reading time after the library closes. We'll provide light refreshments and comfortable chairs and you can get some reading done without interruptions.

**Second Saturday of the Month**  
**2:45PM-4:00PM**


No registration required - just be sure to arrive before the library doors are locked at 3:00PM!

**'RETURN OF THE LIVING DEAD'**

**Weds, March 19 @ 1PM**

The 1980s take on zombie movies, or as one review said, "a punk take on...the flesh-consuming." *Whatever that means.*



**'RUBBER'**

**Weds, April 2 @ 1PM**

A sentient tire falls in love with a human woman and goes on a killing spree.  
*No, seriously.*



# Adult Programs

## CALLING ALL MAHJONG PLAYERS

Are you interested in playing Mahjong?  
Would you like to learn how to play?  
Fellow patrons have started a Mahjong Club!

**Tuesdays at 1 PM**  
In the Community Room



## STRETCH AWAY STRESS AND ANXIETY WITH

### CHAIR YOGA!

**SATURDAY, MARCH 8 10-11AM**  
IN THE COMMUNITY ROOM

#### Benefits of Chair Yoga:

- improved Flexibility
- Stress Reduction
- Pain Management
- Weight Loss
- Overall Clarity of Mind

**Registration is required**



Taught by Certified  
Yoga Teacher



## The Spirited Book Club

*This Month's Book is*

### 'THE HUNTER'



The Spirited Book Club discussion meets at the American Legion, located next door to the library. Copies of the book will be available for checkout at the Adult Circulation Desk and are available on the Libby app.

**MUST BE OVER 21 YEARS OF AGE**

**Wednesday March 19, 7-8:30PM**

## Calling All Yarn Addicts!

### Knit Wits

Bring your project and your questions, and join us downstairs in the Board Room for some friendly creating! No experience necessary!

**Every Monday Evening 6-7:30PM**



LOVE TO COOK? LIKE TO TRY NEW FOODS?

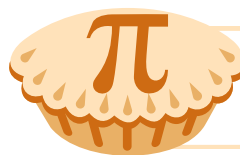
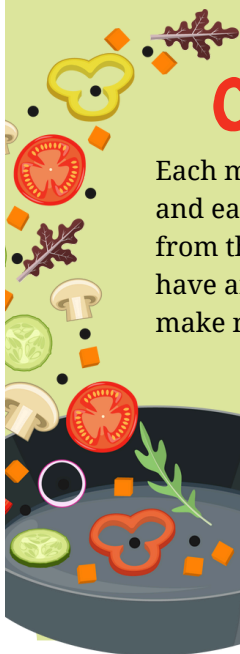
JOIN OUR

## COOKBOOK CLUB!

Each month we'll read a different cookbook, and each person will choose one recipe from the book to make and share. We even have an oven and stove in case what you make needs warmed up!

**THIS MONTH'S BOOK IS**  
**DEBBIE MACOMBER'S**  
**CEDAR COVE**  
**COOKBOOK**

Meets Tues. 18th @ 6:30PM



Come in and get your **FREE PIE** on Pi Day! (3.14)

## CHESS CLUB



**Meets Thursdays at 3PM**  
in the Community Room

**No Experience Necessary ALL Are Welcome!**



# Children's Events

## STORY TIME

### Toddler Storytime

Tuesdays at 10:15AM

This is geared for ages 1-3.

There will be stories, songs and crafts!

### Pre-K Storytime

Thursdays at 10:15AM

This is geared for ages 3-5. There

will be stories, letters, numbers,

songs and crafts!

### PJ Storytime

The 1st and 3rd

Tuesdays of the

month, at 6PM

We will have stories,

songs, and crafts. No

registration needed!

For ages 1-5, and

siblings are always

welcome.



Kids! Come to

## LEGO CLUB!

Meets will take place every 1st and 3rd

Wednesday of the month, from 4-5pm

March meets are on the 5th & 19th

There will be different challenges each meet, and your creations will be on display until the following Lego Club. Club will take place upstairs on the Children's floor, in the story room. For Ages 5+



## QUIET LEGO CLUB!

Douglas Library will now be offering a new Lego Club

for friends who may not like noise and commotion!

The club will take place in the Community Room on

the lower level. All ages welcome.

Must register online as space is limited.

Every 2nd and 4th Wednesday of the month, from 4-5pm

March meets are on the 12th & 26th

## FREE Language Development Info Session

March 26, 2025  
6:00-7:00 pm

PRESENTED BY:  
Village VOICES  
Speech Therapy

## Quick Tips for Little Voices



### CONTENT

Learn practical tips and strategies to help your child develop effective communication skills.



### AUDIENCE

Tailored for parents, guardians, grandparents, and other caregivers; applicable for daycare providers and early childhood professionals, too!

**BONUS:** Participants can enter to win a FREE 30 minute video consultation to focus on one child's specific speech and language development journey!



# Kids/Teen Events



**REGISTER FOR A FREE TREE!**



Register by March 15th  
Scan Here to sign up!

Neighborhood Forest  
giving trees to children


ARRIVING  
**MARCH 18**  
to the Children's Floor

Visit often to see them hatch!

**EGGS!**



## VOLUNTEER OPPORTUNITIES FOR TEENS



**Teen Advisory Board**

TEENS - COME TO THE LIBRARY ONCE A MONTH AND CONTRIBUTE IDEAS AND HELP WITH OUR TEEN PROGRAMS!

**WHAT WOULD YOU LIKE TO SEE OR DO?**

We meet every third Wednesday of the month in the Library Community Room. This will also count as a Service Hour for High School. Drinks and snacks provided.

If you're interested there's a form on our website:  
[douglaslibrary.org/young-adults/teen-volunteer-form/](https://douglaslibrary.org/young-adults/teen-volunteer-form/)

**TEEN CRAFT OCTOPUS PARTY**

SEW YOUR OWN OCTOPUS PLUSH!

JOIN US FOR AN EXCITING TEEN SEWING CRAFT!

**MARCH 7 2025**

1:00 TO 2:30

**BOARD ROOM**

REGISTRATION REQUIRED



VISIT [HEBRONCT.LIBCAL.COM/EVENT/14161922](https://HEBRONCT.LIBCAL.COM/EVENT/14161922)

# MARCH 2025 CALENDAR OF EVENTS

**KEY:** Library Closed • Adults • Children • Young Adult  
Town of Hebron • General • Nonprofit Group • All Ages

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>C L O S E D S U N D A Y S</b>	24	25	26	27	28	1 10 AM Maple Fest Planning Meeting Open to the public
	3 6 PM Knit Wits  6:30 PM How to Write a Memoir	4 10:15 AM Toddler Storytime 1 PM Mahjong Club 6 PM PJ Storytime	5 9 AM Blood Drive 4 PM Lego Club	6 10:15 AM Pre-K Storytime 3 PM Chess Club	7 1 PM Movie 'Juror #2' 1 PM Teen Sew Your Own Octopus Craft	8 10 AM Chair Yoga 11 AM Maple Fest Planning Meeting Open to the public 2:45 PM Quiet Reading Club 
	10 5:15 PM Girl Scout Troop #65041 6 PM Knit Wits	11 10:15 AM Toddler Storytime 1 PM Mahjong Club	12 4 PM Quiet Lego Club 6:30 PM Local Author Tyler Kania	13 10:15 AM Pre-K Storytime 3 PM Chess Club	14 1 PM Movie 'Darby O'Gill and the Little People'  It's Pi Day! Come in for FREE Pie!	15  MapleFest Today & Tomorrow 10 AM - 4 PM
	17 6 PM Knit Wits 	18 10:15 AM Toddler Storytime 1 PM Mahjong Club 6 PM PJ Storytime 6:30 PM Cookbook Club	19 1 PM Bad Movie Matinee 3:30 PM Teen Advisory Board 4 PM Lego Club 7 PM Book Discussion	20 10:15 AM Pre-K Storytime 3 PM Chess Club	21 1 PM Movie 'In the Land of Saints & Sinners'	22
	24 5:15 PM Girl Scout Troop #65041 6 PM Knit Wits	25 10:15 AM Toddler Storytime 1 PM Mahjong Club	26 6 PM Language Development Information for Little Voices 4 PM Quiet Lego Club	27 10:15 AM Pre-K Storytime 3 PM Chess Club	28 1 PM Movie 'Calvary'	29
	31 6 PM Knit Wits					