



Adult Programs

Fall 2019

Village Library of Wrightstown

****These programs require registration at www.buckslib.org**

Chair Yoga **

Mondays, 9:00 – 10:00 a.m.

Wrightstown's Innovative Adult programming expands with Chair Yoga led by Yogi, Erica Pugh, from Blossom Yoga. Participation is free, however, donations are welcome to offset costs and allow us to continue and expand such affordable programming. Space is limited, please register on-line.

Adult Exercise

Tuesdays, 9:00 – 10:00 a.m.

Come join us with your own hand weights for an open, community led exercise group in our Community Room

Mindfulness Meditation ** Meets 5 consecutive Thursdays in October from 12:00-1:30

PM (Oct. 3, 10, 17, 24, & 31) "Mindfulness is the ability to pay attention moment to moment in our lives without judgement." This popular program will be returning for a third time! Georgia & Florence, have recently been trained in **Mindfulness Based Stress Reduction** at the *Jefferson University Mindfulness Institute*.

Music and the Brain **

Monday September 16, 7:00-8:00

Come and explore the neurological curiosities of musicians, music and the rest of us. Presentation given by Dr. Randy Rosenberg, MD, FAAN, FACP

Ghost Hunters **

Monday, September 30, 7:00-8:00

South Jersey Ghost Research/ Sanctuary Paranormal Lecture. For over 50 years, South Jersey Ghost Research/ Sanctuary Paranormal Lecture include video with EVP (ghost voices) presentation, photo displays, an update from their recent second investigation at the library and a question and answer session with Certified Ghost Investigators.

Downsizing in Four Easy Steps ** Monday October 7, 7:00-8:00

TIME TO DOWNSIZE and NOT SURE WHERE TO START? Come hear from a professional, Bill D'Anjolell the Four Easy Steps. Whether this information is for you or a family member come and get some practical advice for this daunting task. Bill is a member of the Bucks County Antique Dealers Association.

Capture a Masterpiece on your Cell Phone ** Monday October 21, 7:00-

8:00 Professional photographer and studio owner Kathy Peoples will instruct us on how to use our cell phone to create beautiful photographic memories. Please be sure to have your cell phone fully charged to get the maximum benefit of this class. There will be a follow up class on editing **Monday 11/18 7:00-8:00**

Do not forget to visit the Village Renaissance Faire September 14 & 15

ALL proceeds benefit the Village Library of Wrightstown.

For more information visit: www.villagefaire.org