



NEWSLETTER OF THE LYME PUBLIC LIBRARY

July • August • September 2025



LIBRARY NEWS

“Lazy Days of Summer” at the Lyme Library Not so lazy after all

The Lyme library staff collectively want to wish you and yours a happy 4th and I hope to see you at the Lyme Fourth of July parade where the library will be represented by our library book cart “float” and I’ll be slinging out “library swag”. Come join the fun!

We all love to enjoy those warm days of summer sun in Connecticut where we can kick back and enjoy the great outdoors and relax with friends and family. Well, the Lyme Library is still on the ball during the summer providing not only materials and a cool air-conditioned space for its patrons but also has you covered (like intellectual sunscreen) with fun indoor activities as well. We have beginner and intermediate yoga classes taught by the phenomenal yoga instructors Chrissy Carter, Lisa Terenzio and Joan Fishler. We have a special program called “Breaking the Chains of Addiction” with Karen Bernetti on July 10th and another important program called “Reshaping the Food System: A conversation with Haven’s Harvest” on July 22nd. Want to really learn how to relax and de-stress? We’ll be having a day long, “Rebalance and Reconnect” retreat on Saturday September 27th. Plus, our children’s summer reading programs run by our amazing Children’s Librarian Natalie Hall helps with fun activities and incentive programs for kids and their caregivers to beat the “summer slump” which can sometimes happen with children’s reading skills during the summer without a little nudge. The library staff are happy to help you with that nudge.

The Friends of the Lyme Public Library will be having their annual used book sale from September 11th–13th. This is a not-to-be-missed event as the Lyme Library Friends do a fantastic job providing books in near brand-new condition all year round but really “knock it out of the park” at this event.

The Lyme Library Foundation’s fundraiser at the Ivoryton Playhouse takes place this year on Thursday August 28th at 7:30 pm where you’ll see *My Fair Lady* and help to secure the future of the Lyme Library.

I wish you all the best summer ever and I hope to see you at the library!

Melissa Fournier, *Lyme Library Director*

CHILDREN’S PROGRAMS

For more information on any library programs call 860-434-2272 or to register for any program e-mail programreg@lymepl.org and include your name, contact information and the name of the program you wish to register for.

Preschool Storytime with Ms. Natalie, Wednesdays, July 2, 16 & 30, August 13 & 27 @10:30am:

For children ages infant to 4. Discover what it is like to visit the library! Join Ms. Natalie for books, songs and a craft. Caregivers can check out books to take home.

Candyland Toddler Sensory Play, Tuesday, July 8 @10:30am:

Sweet little sensory stations for sweet little folks! Have some fun at these sensory play stations that are loosely based on the beloved board game. Recommended for ages 1-3. Dress for mess!

Library Play Group Wednesday, July 9 & 23 @10:30am:

For children ages infant to 4. Discover what it is like to visit the library!

Puppet Playdate, Tuesday, July 15 @10:30 am:

Bring a friend or meet new friends at the library for a playdate! Kids can utilize the library’s puppet theater to put on a show and make their own paper bag puppet to take home with them!

Lego League, Saturdays, July 19 & August 16 @10:30am:

We will host a Lego building club on select 3rd Saturdays of the month. Bring your friends and make new ones as we design and build together!

Cool-ology Wondertots, Saturday, July 19 & September 20 @

11:00am: For children ages 3-6, Engage in hands-on, inquiry-based learning experiences aimed at getting kids really excited about science, engineering, STEAM connections, and the world around them!

Shell & Bee Studio Art Class, Tuesdays, August 5 & Sept. 2

@4:00pm: Join Ms. Marissa as she leads a fun and creative afternoon class for elementary school students grades 1-5.

Cool-ology: Minute to Win It Physics Games, Saturday, August 16

@11:00am: For children ages 6-11, Cool-ology® provides hands-on, inquiry-based learning experiences

Preschool Storytime and “Toy Library”, Wednesday, Sept.

17@10:30am: Join us for Storytime and the exciting opening of the Lyme Public Library’s new toy library, with many thanks to the Old Saybrook Rotary Club for their generous sponsorship. For children aged infant to 4.

ADULT PROGRAMS

To register for any program listed below, email programreg@lymepl.org or call 860-434-2272.

Special Events

Art Exhibit by Jana See, June 1-August 31 during the library's open hours. The stunning equestrian mixed media paintings of Jana See are currently on exhibition in the library's community room. All works are for sale. An artist reception will take place on Saturday, July 19 @ 2:00pm. Refreshments will be provided

Yoga @ the Library with Red Barn Yoga, every Friday

@11:15am: Instructors from Red Barn Yoga of Lyme will be conducting yoga and meditation classes at the library twice a month. \$10.00 per class paid to the instructor at the door. Participants should bring yoga mats if they have them, but a limited number of mats will be made available. Experience with yoga and meditation is not necessary to participate. This will be a relaxing and invigorating way to start the weekend off right.

"The Sweet Spot" the Lyme Library's Coffee Café- Tuesdays, July 1, August 5 and September 2 @10:30 to 11:30am: Join your friends and family at "The Sweet Spot", the Lyme library's cafe which meets at the library every first Tuesday of the month.

Refreshments (coffee, tea and pastries) are provided free of charge, but feel free to add to the "donation jar". "The Sweet Spot" provides live music, games, magazines, newspapers and a cozy space for folks to meet up and enjoy meeting old friends and making new ones. Come join the fun and learn more about what the library has to offer the community.

Insects and Their Amazingosity! with John Himmelman (Lyme Land Trust, Lyme Pollinator Pathway and Lyme Library Event), Tuesday, July 8 @6:00pm: John Himmelman loves bugs! Join him on a tour of insects that have caught his interest over the years, from childhood safaris to writing books about them. John's photos accompany light-hearted, educational stories of the little creatures who share our planet and yards.

One-on-One Tech Support with Sue Latourette & Emily Lewis, Saturdays, July 12, August 2 & September 6 2:00-4:00pm (Sue) and Wednesdays, July 9, August 13 & September 10 (Emily) 4:00-5:00pm: Sue Latourette and Emily Lewis will be at the Lyme Library to help patrons with technology issues. Please come to the library and sign-up for one (or more) of the ½ hour time slots on our tech support sign-up sheet. All we will need is your name, contact information and a brief description of your technology issue. Make sure to bring along all the charging plugs, etc. for your devices and have your usernames and passwords available to log into the accounts you are having trouble with. Sue will be at the library from 2:00-4:00 to sit down one-on-one with you to help get you past your technological hurdle.

Art Exhibit by Shoreline Artist Association- September 1-November 30: The collective works of the Shoreline Artist Association will be on exhibition in the library's community room. All works on sale and an artist reception will take place on Saturday, September 6 @ 2:00pm. Refreshments will be provided.

Intermediate Yoga with Chrissy Carter, Wednesdays, July 9 & 23 @10:30am: The Lyme library is honored to have internationally known yoga instructor and teacher Chrissy Carter appear for a series of "intermediate" yoga classes at the library. These classes are for participants who have prior experience with yoga who wish to take their practice to a gentle "next level" and build strength and mindfulness through their yoga regime. \$10.00 per class paid to the instructor.

Breaking the Chains of Addiction: A Community Call to Action with Karen Bernetti, Thursday, July 10 @6:00pm: Join us for a powerful presentation on addiction awareness and family recovery that promises to shake the foundations of how addiction is seen and dealt with in our society. Addiction doesn't discriminate. It tears families apart. It ravages communities. And it thrives in the shadows of stigma, secrecy, and misunderstanding. Together, we can change the narrative and save lives. During this presentation you'll learn to get a better understanding of addiction as a public health crisis and find out about support resources most people don't know about. Karen Bernetti, A certified Family Recovery Support Specialist and trauma-sensitive yoga and meditation instructor, will teach participants techniques on how to replace shame and stigma with knowledge and hope as well as mindfulness practices to help find calm in the chaos associated with addiction.

Reshaping the Food System: A Conversation with Haven's Harvest Executive Director Lori Martin, Tuesday, July 22 @6:00pm: Join us for an evening with Haven's Harvest, a Connecticut-based nonprofit working to transform our food system through community-powered food recovery. Learn how this grassroots effort began with a simple idea—sharing excess food instead of wasting it—and grew into a statewide movement that addresses food insecurity, reduces environmental harm, and strengthens social connection. Learn about the organization's bold vision for the future and discover ways to get involved—whether by becoming a volunteer, food donor, advocate for policy change, or a supporter of this vital work.

Art Exhibit by Shoreline Artist Association, September–November 30: The collective works of the Shoreline Artist Association will be on exhibition in the library's community room. All works on sale and an artist reception will take place on Saturday, September 6th @ 2:00pm. Refreshments will be provided.

Author-to-Author Discussion and Reading with Jessica Francis Kane and David Handler, September 9 @6:00pm: The Lyme library is honored to invite you to a fascinating evening of an author-to-author discussion between Jessica Francis Kane, (who wrote one of the most anticipated books of 2025, *Fonseca*) and the award-winning author David Handler (journalist, screenwriter and author of the beloved Stewart Hoag Mystery series among others) when they appear to do an author reading, book signing and conversation about writing and inspiration. This is a wonderful opportunity to speak with these brilliant writers. Books will be available at the event for purchase and signing.

The Friends of the Lyme Library Annual Book Sale, September 11 (4:00-7:00pm), Friday, September 12 (3:00-7:00pm) & Saturday, September 13 (10:00am-4:00pm)

"As the Page Turns" Lyme Library Book Club, Friday, September 19 @1:00pm: A collaborative program between the Lyme Public Library and the Lymes' Senior Center. The book of the month can be picked up at the Lyme Library's circulation desk.

One-Day Retreat: Rebalance and Reconnect with Lisa Terenzio, Saturday, September 27 from 9:00am-4:00pm: Have you ever wanted to spend time at a day-long yoga and meditation retreat center? Well, the Lyme Library has you covered for free!! Lisa Terenzio will be leading a day long "Rebalance and Reconnect" retreat from 9:00am to 4:00pm where we'll be doing yoga and meditation, learning about Ayurveda and having a delicious Ayurvedic lunch, participating in a walking meditation, practicing Yoga Nidra and doing reflective journaling. All supplies and refreshments will be provided, (but if you have a yoga mat, please bring it along, the library has a limited supply). Treat yourself to this powerful and life-changing day of learning and relaxation. Limited to 10 participants. Participants aged 17 and up.

ON-GOING CLUBS AND ACTIVITIES

Lyme Public Library Racial Equity Book Club, every 2nd Tuesday of the Month @5:30pm (Zoom)

To investigate how race, racism and white supremacy impacts our lives and our culture the Lyme Library Racial Equity Book Club meets once a month via Zoom to discuss books, films, and poetry on race in America. This group's meeting offers an open door to a respectful dialogue about systemic racism and its impact on society and the future. Register to receive the Zoom meeting invitation at programreg@lymepl.org

Lyme Library American Mah Jongg Club, every last Tuesday of the month @ 6:00-8:00pm: Previous experience playing Mah Jongg is preferred. If you have your own American Mah Jongg set, please bring it along. The library has two complete sets of tiles that you can borrow but they must be returned to the circulation desk when the club meeting is adjourned.

Chess Club, 1st Thursday of the month @ 7:00pm: If you want to learn how to play or if you are looking for advanced players to play chess with, the Lyme Library Chess Club welcomes all levels. Chess boards are supplied by the library.

Stitch Craft Club, every 4th Saturday of the month @ 12:30pm
Join the Lyme Library Stitch Craft Club and practice your "stitchcraft" in the company of link-minded stitchers. If you enjoy any form of easily portable hand crafts join us 12:30-2:00pm in the Lyme Library in the Periodicals Room to share your projects, good company, and refreshments around the fireplace. This is the perfect opportunity to gain experience and expand your creativity by sharing with others.



**Come to the annual benefit for
the Lyme Public Library Foundation
at the Ivoryton Playhouse production of**

My Fair Lady

Thursday, August 28, 7:30PM

**Benefit tickets include entry to a
post-performance party.**

**Ticket order forms are available on
the library website and at the library.**



A SALUTE TO DAVID RUGGLES

In June the Lyme Library celebrated the heroic life of Lyme's native son, David Ruggles in a weeklong salute to him during "David Ruggles Week. We had a series of live and Zoom events where authors and artists presented his life and contributions to racial justice. I'm honored to be able to say that David Ruggles week will be an on-going annual event at the Lyme Library from now on to celebrate the brave work he did saving lives and advocating for democracy during the build up to the American Civil War. Thanks to the dedicated work done by Tom Schuch it was discovered that Ruggles was indeed born in Lyme (not Norwich, where the family moved shortly after his birth) so we have yet another reason to be proud and happy to live in the lovely town of Lyme! Many thanks to Tom Schuch, Jim Lampos, Jac Lahav, Nancy Gladwell, and professors Jonathan Wells and Graham Hodges for helping to launch this important celebration. And thanks to those who contributed we now have a mural dedicated to Ruggles in our library's art collection. Come check it out!

LYME PUBLIC LIBRARY

482 Hamburg Road

Lyme, CT 06371

860-434-2272

e-mail: staff@lymepl.org

website: lymepl.org

LIBRARY HOURS

Sunday & Monday: Closed

Tuesday: 10am to 8pm

Wednesday: 10am to 5pm

Thursday: 10am to 8pm

Friday: 10am to 5pm

Saturday: 10am to 4pm

KEEP UP WITH LIBRARY EVENTS: lymepl.org

Follow Lyme Public Library:



NEWSLETTER

Copy Writer/Editor: Melissa Fournier

Layout/Graphics: Lisa Reneson

DATES TO REMEMBER (SEE INSIDE FOR MORE PROGRAMS.)

Art Exhibit by Jana See: June 1–August 31 (Artist reception, Saturday, July 19 @ 2:00pm)

The Sweet Spot: Tuesdays, July 1, August 5 & September 2 @ 10:30am

Candyland Toddler Sensory Play: Tuesday, July 8 @ 10:30 am

***Insects and Their Amazingosity!* with John Himmelman: Tuesday, July 8 @ 6:00pm**

Intermediate Yoga with Chrissy Carter: Wednesdays, July & 23 @ 10:30am

Breaking the Chains of Addiction: Thursday, July 10 @ 6:00pm

Puppet Playdate: Tuesday, July 15 @ 10:30 am

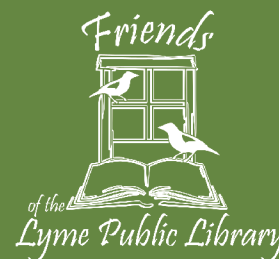
Lego League: Saturdays, July 19 & August 16 @ 10:30 am

Reshaping the Food System: Tuesday, July 22 @ 6:00pm

Art Exhibit by Shoreline Artist Association: September 1–November 30 (Artist Reception Saturday, September 6th @ 2:00pm)

Author Event with Jessica Francis Kane and David Handler: Tuesday, September 9 @ 6:00pm

One-Day Retreat: Rebalance & Reconnect with Lisa Terenzio: Saturday, September 27 9:00am-4:00pm



BOOK SALE

Thursday, September 11
4:00-7:00pm

Friday, September 12
3:00-7:00pm

Saturday, September 13
10:00am-4:00pm