



# NEWSLETTER OF THE LYME PUBLIC LIBRARY

October • November • December 2025



## LIBRARY NEWS

### OPENING DOORS

In May of 2023 Surgeon General Vivek H. Murthy released a report entitled *Our Epidemic of Loneliness and Isolation*. It revealed that about half of the adults in the U.S. experience measurable levels of social disconnection, which can lead to an increase in mental and physical health issues. In the report, . In the report, Murthy urged Americans to attempt to mend the social fabric of our nation by taking small steps to strengthen our relationships and by making efforts to rebuild social connections collectively meet this moment in our nation's development together so we can heal.

What better place to attempt to do that than through the nation's public libraries system? Libraries have been that quiet and consistently accessible place where social connection takes place daily in towns and cities across our nation. No one is hustled to spend money, do something extraordinary to prove that they have a place, get on a "soapbox" and muscle other people out of the way. Just show up, explore ideas and be kind and respectful of other people's lives and thoughts. I've been honored to work in public libraries for a large part of my life and on a personal note was once blessed to be told by an elderly patron "Thank you. I've seen many institutions change in America in my long life and forget their missions. But not libraries. You guys have stayed on course, providing a welcoming place for me to come and feel seen and helped and provided for, free of charge. It can't always be easy for librarians to do that. But in my life, you always have. So, if you don't hear it enough . . . Thank you. You've had a big, powerful and positive impact on my life." Pretty cool, right? It might not be the most lucrative job in the world being a librarian believe me, but I feel it has been the best one on the planet for little old introverted me to find a place making a difference. So . . . on that note, the Lyme Library Board, Friends (with many thanks to Ellie Sutton and Arthur Anderson) and I are attempting to move forward with Mr. Murthy's call for change and have started what we are calling our "Opening Doors" campaign. Because doors open both ways, we are starting some special projects and programs at the library to increase social connections cross-generationally. You'll find them listed as "Opening Doors" in this month's newsletter. And as always . . .

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](mailto:programreg@lymepl.org) and include your name, contact information and the name of the program you wish to register for.

**Preschool Storytime, Wednesdays @ 10:30am.** Children ages 2 to 5, along with their parents or caregivers are invited to a story time, sing-along and craft project. Each week Ms. Natalie will be focusing on a new theme for the stories along with songs and creative activities.

**Children's Crash Course Cooking: Pasta From Scratch, Thursday, October 9 @ 4:00pm.** Join Mr. Matt for this fun and informative crash course in making pasta from scratch Bring an apron and an appetite! For children of all ages, those under 8 years old must work with an adult.

**Children's Halloween Party, Saturday, October 25 @ 10:30am.** Come in costume and celebrate Halloween with spooky stories and crafts.

**Preschool Storytime: Wise Owl Storytime (An Opening Doors Event) Wednesday, October 15 @ 10:30am.** Calling all "wise owls": retirees, grandparents, or any older individuals with a caring heart who would like to experience the joy of reading to children in the library during Preschool Storytime. Please join us for books, songs, and crafts. As part of the Lyme Library's Opening Door Program, we welcome adult participation for people who are looking to connect with others and make a difference in the community.

**Cool-ology Wonder Tots: Thanksgiving, Saturday November 22 @11:00am.** For children ages 3-6, Cool-ology® Wonder Tots and S.T.E.A.M. Saturday provides hands-on, inquiry-based learning experiences aimed at getting kids really excited about science, engineering, STEAM connections, and the world around them!

## ADULT PROGRAMS

For more information call 860-434-2272 or visit [lymepl.org](http://lymepl.org).  
To register for any program, e-mail [programreg@lymepl.org](mailto:programreg@lymepl.org)  
and include your name, contact information  
and the name of the program.

**Gentle Next Level Yoga with Chrissy Carter, every Thursday @ 10:30am.** Internationally known yoga instructor Chrissy Carter is at the Lyme Library every Thursday to teach yoga to take your practice to the "next level". Previous yoga experience is requested. If you have your own yoga mat, please bring it allow. A \$10.00 fee is paid to the instructor for the class.

**Yoga with Red Barn Yoga of Lyme, every Friday @ 11:15am.** Instructors from Red Barn Yoga of Lyme are at the library for yoga and meditation classes. No previous experience with yoga is necessary. If you have a yoga mat, please bring it along as the library has a limited supply. \$10.00 fee, paid to the instructor by each participant. This is a great way to relax and de-stress.

**Lyme Library Trivia Club Night, (Opening Doors) Thursdays, October 2, November 6 & December 4 @ 7:00pm.** Joining the Lyme Library Trivia Club is a terrific way to increase your knowledge of esoteric facts, and bragging rights but is an easy way to reconnect with family, old friends and have a chance to make new friends.

**The Lyme Library Chess Club. October 2, November 6 & December 4 @ 7:00pm.** Meetings take place on the first Thursday of the month (No meeting on July 4th). 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.

**Introduction to Tai Chi & Qigong Easy with Jennifer King, Saturdays, October 4, October 25 & November 1 @ 2:00pm.** Come learn and practice easy and gentle Tai Chi and Qigong movements as well as breathing exercises to help enhance your balance and strength while cultivating a sense of inner calm and well-being. Leave feeling centered and refreshed! Our practice will include standing movements as well as a final guided relaxation while seated on chairs. No previous Tai Chi or Qigong experience is required. Wear loose comfortable clothing. Practice will be conducted barefoot or in flexible shoes or sneakers.

**The Sweet Spot, Tuesday October 7, November 4 & December 2 @ 10:30am.** Join your friends and family at the Lyme Library's Café. Refreshments are provided for free (donations are always welcome). Make new friends and learn more about the library in an informal setting.

**One-on-One Tech Support. Wednesdays October 8, November 12 & December 10 (with Emily Lewis) 4:00pm-5:00pm and Saturdays, October 4, November 1 & December 6 (with Sue Latourette)**

Having difficulties with your technical devices? Help is on the way. Swing into the library and sign-up for one of our one-on-one tech support sessions. Be sure to come with chargers, plugs and passwords so either Emily or Sue can help you get past your technological hurdle.

**Stitch Craft Club, every 4th Saturday of the month from 12:20pm-2:00pm.** If you enjoy doing easily portable handcrafts, come in and practice and share your skills with other like-minded "stitchcrafters"

**Twice Told Tales Film Series with Academy Award Winning Screenwriter Janet Roach, Thursdays October 10 & 24, November 7 & 21 and December 5 @ 6:00pm.** In the Lyme Library's *Twice Told Tales* movie series we explore two different films that are based on the same plot and screenplay but are created by two different director's and star different leading actors. In the series we will be screening two movies over two weeks with a potluck dinner after the second movie and a chance to get together and discuss the films. Popcorn and refreshments will be served. To register email [programreg@lymepl.org](mailto:programreg@lymepl.org)

**September 23: *Philadelphia Story* (1940).** Directed by George Cukor starring Cary Grant, Katherine Hepburn & James Stewart

**October 7: *High Society* (1956).** Directed by Charles Walters starring Bing Crosby, Grace Kelly & Frank Sinatra. (Potluck to follow)

**October 21: *Yojimbo* (1961).** Directed by Akira Kurosawa, starring Toshiro Mifune, Tatsuya Nakadai & Yoko Tsukasa

**November 4: *A Fistful of Dollars* (1964).** Directed by Sergio Leone, starring Clint Eastwood (Potluck to follow)

**November 18: *The Great Gatsby* (1948).** Directed by Elliot Nugent, starring Allan Ladd, Betty Field & MacDonald Carey.

**December 2: *The Great Gatsby* (2013)** Directed by Baz Luhrmann, starring Leonardo DiCaprio, Carey Mulligan & Tobey Maguire (Potluck to follow)

**Lyme Library Cookbook Club, Saturdays, October 11, November 8 & December 13 @ 1:00pm.** This tasty book club uses recipes based on a particular theme or cookbook to create dishes to share with the rest of the group. This is a great way to share your skills or build your culinary expertise.

**Racial Equity Book Club (Zoom), Tuesdays, October 14, November 11 & December 9 @ 5:30pm.** 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. To register for these meetings and to receive the Zoom meeting invitation email [programreg@lymepl.org](mailto:programreg@lymepl.org).

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**What's On Your Mind?: A Community Conversation (Opening Doors) Wednesday, October 15 @ 12:00pm.** This is a monthly opportunity to share your thoughts and life experiences with people in your community. Refreshments will be provided.  
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**As the Page Turns Lyme Library/Lymes' Senior Center Book Club-Fridays, October 17, November 21 & December 19 @ 1:00pm.** The monthly book selection can be picked up at the Lyme Library's circulation desk.  
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#### **Art Exhibits at the Lyme Library**

The Shoreline Artist's Workshop, September 1 to October 31  
Isabel Lane, November 1 to December 31  
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**Concert with Bluesman "Ramblin' Dan Stevens", Tuesday, October 28 @ 6:00pm.** Termed "Connecticut's Hardest Working Bluesman" by the New York Times, "Ramblin' Dan Stevens" is appearing at the Lyme Library. Ramblin' Dan's musical guitar styling is a combination of traditional fingerstyle blues, americana, and bottleneck slide playing. A not to be missed concert for blues lovers.  
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**Present Day Ukraine: An Insider's View, Thursday, October 30 @ 6:00pm.** Join us for an informative discussion and slideshow from 3 different perspectives highlighting the efforts of the humanitarian volunteer organization "Plebeian Helpers". Tonight's discussion will feature two Wesleyan Professors from the department of Eurasian Studies, a Ukrainian student currently in the U.S. and local Lyme resident Gina Di Guardia who recently traveled to Ukraine to assist in the humanitarian work being done by "Plebeian Helpers". This is a wonderful opportunity to learn more about the current situation in Ukraine from people who have seen things first-hand and to learn about how you can help support the Ukrainian people in their fight for freedom. Ukrainian refreshments will be served.  
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**Afternoon Classic Movies (Opening Doors) Thursday, November 6 @ 1:00pm.** This will be a monthly special event where we will get together and view an older "classic" movie. This month's selection will be *My Man Godfrey* starring William Powell and Carole Lombard- A classic screwball comedy and a heartwarming social commentary. This will be a fun way to "mix it up" and meet all members of your community especially if you are planning on picking up your kids from school after the event. To register email [programreg@lymepl.org](mailto:programreg@lymepl.org).  
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**Medicare Changes with Paul Palumbo of Medicare Masters** will be conducting a series of presentations and one-on-one sessions on the changes in Medicare and how they affect your health insurance needs.

**November 11 and 20 @ 6:00pm.** In this 45-minute presentation Paul Palumbo of Medicare Masters will discuss the current changes in Medicare and how they affect your health insurance needs. Followed by a Q&A this presentation will help you make informed decisions about Medicare moving forward.

**November 6 @ 2:00pm, November 8 @ 3:00pm and November 14 @ 2:00pm.** Mr. Palumbo will also be conducting one-on-one sessions with patrons in the library's Lightfoot Conference Room. Registration for one-on-one sessions is recommended by emailing [programreg@lymepl.org](mailto:programreg@lymepl.org), but walk-ins are welcome.

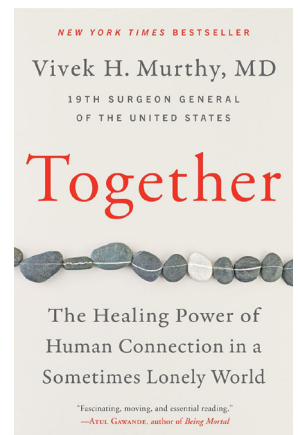
## NEW BOOKS IN THE LIBRARY'S COLLECTION

For more new reading choices, use the scrolling carousels on our catalog homepage:

*Together: The Healing Power of Human Connection in a Sometimes Lonely World* by Vivek Murthy (in Hardcover and on CD)

**In the book Murthy suggests that you:**

- 1. Spend time each day with those you love.** Devote at least 15 minutes each day to connecting with those you most care about.
- 2. Focus on each other.** Forget about multitasking and give the other person the gift of your full attention, making eye contact, if possible, and genuinely listening.
- 3. Embrace solitude.** The first step toward building stronger connections with others is to build a stronger connection with oneself. Meditation, prayer, art, music, and time spent outdoors can all be sources of solitary comfort and joy.
- 4. Help and be helped.** Service is a form of human connection that reminds us of our value and purpose in life. Checking on a neighbor, seeking advice, even just offering a smile to a stranger six feet away, all can make us stronger.



## LYME PUBLIC LIBRARY

482 Hamburg Road

Lyme, CT 06371

860-434-2272

**e-mail:** [staff@lymepl.org](mailto:staff@lymepl.org)

**website:** [lymepl.org](http://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](http://lymepl.org)

Follow Lyme Public Library:   

Curbside service remains available to anyone who requests it.  
Just call the library at 860-434-2272 and speak to a staff member.

## DATES TO REMEMBER (SEE INSIDE FOR MORE PROGRAMS.)

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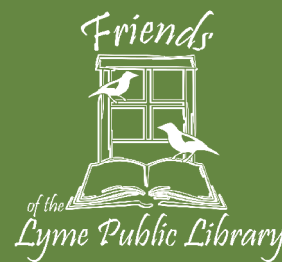
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**Library Closed:**

**November 27 & 28**

**December 24, 25, 31 and January 1**



The Friends annual book sale in September was a great success! Many thanks to everyone who helped out by volunteering to make it happen and/or purchased items to support the Friends. Without the continued support of the Friends of the Lyme Public Library many of the library's programs would not be possible.

THANKS!