

# BEAMAN BROWSER

## *What's new at Beaman Memorial Public Library*

8 Newton Street, West Boylston, MA 01583 ~ 508.835.3711 ~ [www.beamanlibrary.org](http://www.beamanlibrary.org) ~ [beaman@cwmmars.org](mailto:beaman@cwmmars.org)

Winter Library Hours: Tuesday, Wednesday, Thursday: 10:00 a.m.-8:00 p.m., Friday, Saturday: 10:00 a.m.-5:00 p.m.

Dear Neighbors,

As winter approaches, we all know how easy it is to let healthy habits slip. The cold weather often means we spend more time indoors, and with the holiday season around the corner, it can be a challenge to stick to our wellness routines. At the Beaman Memorial Library, we want to support you in maintaining a healthy and balanced lifestyle throughout these colder months.

We're excited to introduce *Hiveclass*, a new online learning platform available with your library card. *Hiveclass* provides step-by-step athletic training for a variety of sports and activities, as well as lessons on nutrition and mindfulness. Whether you're looking to improve your soccer skills, try yoga, or explore a new sport, this resource offers guidance for all fitness levels. It's a great way to stay active from the comfort of your home, no matter the weather.

In addition to *Hiveclass*, we're offering a series of in-person programs to help you stay on track with your wellness goals. Registered Dietitian Judy Palken will be leading a nutrition series focused on healthy eating habits, perfect for navigating the holiday season without derailing your diet. We're also thrilled to welcome Chef Tom for a workshop on weekly meal prep. Chef Tom will teach us how to save time and still enjoy flavorful, fresh meals throughout your busy week. If you're looking for meal ideas between events, we offer an extensive collection of cookbooks covering a multitude of cuisines and diet choices.

Wellness isn't just about staying fit or eating well - it's also about fostering connections with others. If you're looking to connect with others but aren't sure where to start, consider volunteering with The Friends of the Beaman Library. The Friends are of huge importance to the Library, and we are incredibly grateful for all of their support. Friends volunteer activities can range from sorting book donations, to fundraiser planning, to board membership - there is truly a spot for everyone.

As we head into winter, remember that the Library is here to support your wellness journey, whether you're looking for physical activity, healthy eating advice, or ways to connect with your community. We look forward to seeing you at the Library soon!

Warm wishes,  
Michael Long  
Library Director

### Important Dates

- Wednesday, November 27 close at 5:00 p.m.
- Thursday, November 28 - closed
- Tuesday, December 24 close at 2:00 p.m.
- Wednesday, December 25 - closed
- Tuesday, December 31 - close at 5:00 p.m.
- Wednesday, January 1 - closed

#### **Board of Trustees Meetings** **All meetings are at 5:00 p.m.** **and are hybrid.**

Tuesday, December 10  
Tuesday, January 14  
Tuesday, February 11

#### **Friends Meetings** **All meetings are at 6:00 p.m.** **at the Library.**

Tuesday, January 21

#### **Endowment Update**

The September 30, 2024  
balance at Greater Worcester  
Community Foundation was  
\$323,876.88.

#### **Newsletter Staff**

Director: Mike Long  
Co-Editors:  
Lauren Espe  
Sandie Kelly  
Jessie Trowbridge  
Jessica Wright

# Adults

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Visit [beamanlibrary.org](http://beamanlibrary.org) to register for events on our *new and improved* online calendar! Need help? Call 508.835.3711  
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## ***A Cup of Christmas Tea* with Carol McGuigan Wednesday, December 4 at 6:00 p.m.**

Join Carol McGuigan for a reading of Tom Hegg's *A Cup of Christmas Tea* followed by an opportunity to reminisce. Bring along a favorite teacup if you would like to share its significance.

## **Libby 101: Accessing Digital Library Books Saturday, December 7 at 10:30 a.m.**

Hands-on assistance with the Libby app installation process and set up will be provided. Please include the type of device you will be bringing in the comment section of the online registration form.

## **Stress Reduction and Relaxation Yoga with Carol McGuigan Wednesdays at 6:30 p.m.**

**December 11, January 8, and February 12**  
Experience the benefits of gentle yoga stretches, calming breath techniques, and the value of meditation.

## **Nutrition Series with Registered Dietitian Judy Palken Thursdays at 6:00 p.m.**

**December 12: Healthy Holiday Eating:** Yes, you can enjoy traditional family foods, holiday cookies, and parties while still eating well, being pleased with your food choices, and feeling great.

**January 23: So Many Diets!:** Discover that some diets are problematic while others are not so bad. Learn how to evaluate them for yourself.

**February 20: Your Plant-Based Diet:** Learn some practical and easy tips for shifting your diet towards a plant-based diet.

## **Italian Conversation Circle Saturdays at 10:00 a.m.**

**December 14 and 28, January 11 and 25, and February 8 and 22**

Join us to speak Italian exclusively for two hours!

## **Mindful Meditation with Carol McGuigan Wednesdays at 6:30 p.m.**

**December 18, January 15, and February 19**  
This practice will include techniques to improve clarity of mind, relaxation, and self-awareness.

## **Book Discussion Group Thursdays at 12:30 p.m.**

Join us to discuss a selected title. Books will be available for borrowing one month prior to the meeting date.

**December 19: *The Delight of Being Ordinary*** by Roland Merullo

**January 16: *Tom Lake*** by Ann Patchett

**February 20: *Remarkably Bright Creatures*** by Shelby Van Pelt

## **Weekly Meal Prep with Chef Tom, in Partnership with West Boylston Municipal Light Plant Thursday, January 9 at 6:00 p.m.**

Professional Chef Tom Mottl, CRC, will host a cooking demonstration focused on creating a week's worth of meals that can be made quickly to save time and money while still being flavorful and exciting. WBMLP will present information about incentives available for those considering an upgrade to energy saving appliances.

## **Candle Making**

**Thursday, January 16 at 6:00 p.m.**

We'll guide you through the basics of candle making. During the workshop, you'll have the chance to make one container candle using luxurious soy wax.

## **West Boylston Room Open House and Tour Wednesday, January 22 at 6:00 p.m.**

Take a journey through West Boylston history with Steve Carlson from the West Boylston Historical Society (and the Library's front desk!). Normally available by appointment only, the collection in the West Boylston Room will be available for public viewing from 6:00 p.m. to 7:30 p.m. *No registration required.*

## **Nonfiction Book Discussion Group Fridays at 1:00 p.m.**

Join us monthly to discuss a nonfiction title.

**January 31: *Humble Pi*** by Matt Parker

**February 28: *Talking to Strangers*** by Malcolm Gladwell

## **Learn to Make Fermented Beverages Wednesday, February 5 at 6:00 p.m.**

Emily Makrez, owner of F-Word Farm and educator on all things related to fermenting, farming, and foraging, will show you how to keep a kombucha continuous brew so you can have an endless supply that you can flavor however you like. You will make a yeast starter for a variety of fermented sodas as well!

## **Souper Bowl**

**Saturday, February 8 from 12:30 p.m. to 1:30 p.m.**

Yes folks, it is back! Bring your favorite slow cooker soups, chilis, or appetizers to share. If you would rather, you can bring your favorite breads, rolls, or chips for dipping. We will supply the bowls, napkins, and utensils.

## **Best Picture Nominee Screenings Thursdays at 2:00 p.m.**

**February 13, 20, and 27**

Join us for a preview of the 2025 Academy Awards! In the weeks leading up to the Oscars on March 2nd, we'll showcase some of the Best Picture nominees. Don't miss this opportunity to experience these acclaimed films and join the anticipation of Hollywood's biggest night! Call us or check our calendar to find out which films are showing on which day.

# Teens

Ages 12-18

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## Community Weaving Project Ongoing Through Winter

During the winter months, a community weaving project will be set up in the Teen Space. Stop by the Library and add your own piece(s) to the project using the materials provided.

## Nintendo Switch Drop-In Gaming First and Third Tuesday of Each Month at 4:30 p.m.

Come to the Library to play Nintendo Switch games on our huge SMART Board! One Nintendo Switch, a selection of games to play, and snacks (!) will be provided. *No registration required. No program on January 21.*

## Settlers of Catan Saturdays at 2:00 p.m. December 7, January 4, and February 1

Join other teens to play Catan, a board game requiring strategic resource management as you settle a new world and attempt to create the largest kingdom.

## Teen Advisory Group Tuesdays at 4:30 p.m. December 10, January 14, and February 11

We are dedicated to supporting the interests of our teen community members! By joining the Teen Advisory Group (TAG), you can provide valuable input to the Teen Librarian on programming, collection development (such as book and video game selections), and more – all while enjoying snacks! Volunteer hours will be awarded to active participants.

## Nailed It or Failed It Thursday, December 12 at 4:30 p.m.

How good are your confectionary skills? Contestants are invited to show off those skills by replicating three holiday marshmallow pops to the best of their ability. The winner will leave with a trophy and bragging rights! And, of course we'll eat the pops afterwards!

## Magic: The Gathering, Commander Format Saturdays at 2:00 p.m.

December 14, January 25, and February 22  
Play the Commander format of *Magic: The Gathering* with other teens! Please note, knowledge of the game is required. If you have your own decks, please bring them along.

## No-Sew Sock Gnomes Wednesday, December 18 at 6:00 p.m.

Who doesn't love gnomes? Come to the Library and make a pair to add some whimsy to your winter - no sewing required! All materials will be provided.

## Yarn Wall Hanging Wednesday, January 15 at 6:00 p.m.

Stop by the Library and learn how to create and customize a yarn wall hanging to complement your existing décor. Yarn, beads, and dowels will be provided. If you have a particular color scheme in mind, please feel free to bring along your own yarn.

## Social Walk Tuesday, January 21 at 3:30 p.m.

Let's take a walk! We will meet on the playground at Major Edwards Elementary School before walking down to the Library where we will enjoy hot chocolate.

## Reinvent Your Ramen Noodles Tuesday, January 28 at 5:00 p.m.

Are you tired of the same old boring ramen? If so, come to the Library and use the fixings provided in our ramen bar to elevate your noodles to the next level. Maybe you'll discover a new favorite combination!

## Karaoke Night Thursdays at 6:30 p.m. January 30 and February 27

Join West Boylston Middle High School's Tri-M Music Honor Society for an evening of karaoke! Light refreshments will be served. *All ages are welcome; no registration required!*

## Tech Take-Apart Thursday, February 6 at 4:00 p.m.

What's inside a VCR tape? What is a VCR tape?? Come to the Library and find out! There will be different pieces of technology that teens can take apart and explore. And, we will have a tech guy there to help and explain what the different components are and what they do.

## Open Play After Hours Gaming Event Friday, February 7 at 6:00 p.m.

One Up Games is back with another three-hour video game free-play event! Explore virtual worlds with the Oculus Quest, or play the latest titles on Xbox Series S, PlayStation 4, and Nintendo Switch! *For ages 10 to 17.*

## Embroidery Kits Wednesday, February 19 at 6:00 p.m.

Visit the Library to pick up an embroidery kit. If you would like help getting started, Jessica will be available!



# Children

## Birth to Age 11

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### Letters to Santa

**December 1 through December 18**

Santa's mailbox returns to the Children's Room on December 1. Mail your letter by the 18th to receive a reply from Santa!

### Winter Raffle

**December 1 through December 18**

Every time you check out an item fill out a raffle ticket for a special holiday prize.

### Holiday Cookie Plate Paint Party

**Tuesday, December 3 at 6:00 p.m.**

It's cookie season! Join us to glaze a ceramic cookie plate that will become a family keepsake. *Ages 7 to 12.*

### Cookies in a Jar

**Wednesday, December 4 at 6:00 p.m.**

Santa has lost his family's secret cookie recipe. We will read the book *Cookies for Santa* and then recreate his famous recipe to put in a decorative jar. *Ages 5 to 12.*

### Santa Visit

**Saturday, December 7 from 11:00 a.m. to 1:00 p.m.**

Santa is coming to Beaman Library...on a fire truck! Sign-up for a time slot the day of the event.

### Book Eaters Club

**Tuesdays at 4:00 p.m.**

**December 10, January 14, and February 11**

Readers in grades 3 through 5 will chat about what they are reading, swap book recommendations, and engage in activities and crafts that align with book themes chosen by the kids. You do not have to read a specific book each month to be a part of this club!

### Music and Movement with Ms. Meredith

**Saturdays at 11:00 a.m.**

**December 14, January 4, and February 1**

Ms. Meredith is back to stretch, dance, and hop around to fun, kid-friendly music to get energized! *Registration is not required.*

### Self-Guided Gift-Making Stations

**Tuesday, December 17 - All Day**

Looking for holiday gift ideas? Sign up for a timeslot to visit our gift-making stations! Kids can make up to three gifts to give to friends and family. *Ages 5 to 12.*

### Homeschool Hangout: Setting Goals

**Wednesday, December 18 at 1:00 p.m.**

This month we will be talking about setting goals for the new year Mad Lib-style before kicking off the holiday season with games and cookie decorating.

### Fuzzy the Stringman

**Friday, December 20 at 3:30 p.m.**

Make a cute string snowman using household items!  
*Ages 7 to 12.*

### Hibernation Day and Craft to Go

**Saturday, December 21 at 11:00 a.m.**

The weather outside may be getting frightful, but we'll mark the shortest day of the year with a story and cozy craft to bring home.

### Movie Matinee and Popcorn

**Fridays at 1:00 p.m.**

**December 27:** Take a road trip with a purple space alien in *Home*. ©Dreamworks. *Rated G for all ages.*

**January 17:** Celebrate the Lunar New Year with the classic animated film *Mulan*. ©Walt Disney Pictures. *Rated G for all ages.*

### Happy Noon Years!

**Tuesday, December 31 at 11:00 a.m.**

Don't stay up until midnight! We'll count down to noon and celebrate with crafts, food, stories, and virtual fireworks to ring in the New Year.

### Drop-In Story Time and Craft

**Wednesdays at 10:30 a.m.**

**January 8 and 22, February 12 and 26**

Join us for a story and craft. *No registration needed. All ages with an adult.*

### Art Class

**Wednesday, January 8**

**4:00 p.m. for ages 5-8 and 6:00 p.m. for ages 9-12**

Make a winter centerpiece to celebrate the new year.

### Cardboard Maker Space

**Saturday, January 11 at 2:00 p.m.**

Build the vehicle, costume, or fort of your dreams! Come with your ideas, we will provide the cardboard, tape, and tools. Bring any additional items you would like to add to your creation. *Ages 5 to 10.*

### Martin Luther King Week of Service

**Tuesday, January 14 through Tuesday, January 21**

Bring in hats and gloves to donate to Cradles to Crayons and take home a Freedom Bell project to celebrate the life and service of Dr. Martin Luther King Jr.

### Homeschool Hangout: *Hiveclass* and Pokémath

**Wednesday, January 15 at 1:00 p.m.**

**For Parents:** We will be introducing a new online program *Hiveclass*, available for you to use at home or with your homeschool group.

**For Kids:** Learn about Pokémath; math skills based on the game of Pokémon.

### **Learn to Play Pokémon**

**Wednesday, January 22 at 6:00 p.m.**

Come learn all there is to know about the Pokémon card game. Players are encouraged to bring their own cards if they have them. *Ages 8 to 12.*

### **Global Story Time**

**Saturdays at 11:00 a.m.**

Listen to a featured story from a different culture read aloud in its original language by a guest reader!

**January 25:** Thai with Ms. Kate

**February 22:** Brazilian Portuguese with Eduarda

### **Cookies 'n Crochet Club**

**Tuesdays at 6:00 p.m.**

**January 28 and February 25**

Join Ms. Sue to learn how to crochet while relaxing and enjoying cookies. *Ages 9 to 14.*

### **Beaman Bakers: Slow Cooker Cooking**

**Wednesday, January 29 at 6:00 p.m.**

Learn how to make delicious one-pot meals using slow cookers! We will review how to read recipes, select utensils, and practice kitchen safety. Just in time for our Souper Bowl event on Saturday, February 8 at 12:30 p.m. *Ages 9 to 12.*

### **Arteca Karate**

**Friday, January 31 at 3:30 p.m.**

Master Jared is back to share his wisdom on focus, listening, and respecting others and ourselves. There will be music, exercise, and board breaking. *Ages 5 to 12.*

### **Fungus Amongus**

**Tuesday, February 4 at 6:00 p.m.**

Get hands-on with some weird (and gross) science, and learn about the organisms that are all around us. Help create a fungal display that will be in the Children's Room throughout February. *Ages 8 to 11.*

### **Valentine's Day Take-It Make-It Craft**

**Friday, February 14**

Come pick up a craft to make at home with your family. *While supplies last.*

### **Cooking with Kate: Valentine Cake Pops**

**Friday, February 14 at 3:30 p.m.**

Join Ms. Kate to learn how to make and decorate Valentine Cake Pops. *Ages 5 to 12 with an adult.*

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## **February Vacation Week**

### **Pajama Bingo**

**Tuesday, February 18 at 10:30 a.m. and 1:30 p.m.**

Bring a pair of new pajamas to be donated to Cradles to Crayons and wear your pajamas if you want! *Ages 4 to 12.*

### **Indoor Mini Golf**

**Wednesday, February 19 - All Day**

The Library crayons have all quit and hit the golf course! Sign up for a timeslot to golf in the Children's Room and bring the crayons home! *All ages.*

### **Tween Cricut Design Studio**

**Thursday, February 20 at 2:00 p.m.**

Experiment with Cricut designs and a heat press to create a unique product. Choose from our selection of items or bring your own to personalize. *Ages 10 to 12.*

### **Movie Matinee and Popcorn**

**Friday, February 21 at 1:00 p.m.**

Laugh along with everybody's favorite Monday-hating, lasagna-loving cat in *The Garfield Movie*. ©Sony Pictures. *Rated G for all ages.*

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### **Homeschool Hangout: Brain Gym**

**Wednesday, February 26 at 1:00 p.m.**

Developmental Specialist Pam Formosa from Brain Fit Academy will teach us ways to exercise our brains to keep them in tip-top shape.

### **Beaman Bakers: Simple Cake Decorating Techniques**

**Wednesday, February 26 at 6:00 p.m.**

Learn simple, fun ways to decorate a cake or cupcakes. Bring your ideas of what you want your cake to look like and we will show you how to achieve it. *Ages 9 to 12.*

## **Recurring Early Literacy Programs**

Session 3: January 7 through February 13

### **Tuesdays at 10:15 a.m. - Toddler Time**

*Ages 2 to 4*

*6-week sign up*

A 6-week program with stories, music, and STEM activities to help your child enjoy books, build pre-reading skills, develop social skills, and have fun.

### **Tuesdays at 11:15 a.m. - Sensory-Friendly Story Time**

*Ages 2 to 5, limit 4 children per session*

*Weekly sign up*

A story time for children who enjoy a quieter, slower-paced experience. We will work on pre-reading skills and social skills through sensory-based activities and interactive stories.

### **Thursdays at 10:15 a.m. - Mother Goose**

*Ages birth to 5 with an adult caregiver*

*Weekly drop-in December through February, no registration required*

Join us weekly for stories, rhymes, musical instruments, and more! *No class December 26.*

### **Thursdays at 11:30 a.m. - Lunch Bunch**

*Ages 4 and 5*

*6-week sign up*

Four- and five-year-olds can bring a lunch from home to enjoy while reading stories, and building school readiness skills like sharing, listening, and taking turns. We'll practice fine motor skills via crafts and activities built around the story of the week. Space is limited!

### **Saturdays at 11:00 a.m. - Drop-In Story Time**

*\*Unless there is a special program planned.*

# Beaman Browser

FRIENDS OF THE BEAMAN MEMORIAL PUBLIC LIBRARY  
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RESIDENTIAL CUSTOMER  
WEST BOYLSTON, MA 01583

Please help support our Library programming!

## Friends Membership 2025

- \_\_\_\_\_ Senior (60 plus) \$10.00
- \_\_\_\_\_ Individual \$15.00
- \_\_\_\_\_ Family \$25.00
- \_\_\_\_\_ Supporter \$50.00
- \_\_\_\_\_ Sponsor \$100.00
- \_\_\_\_\_ Benefactor \$250.00



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City, State, Zip \_\_\_\_\_  
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**Please make checks payable to: The Friends of the Beaman Library,  
8 Newton Street, West Boylston, MA 01583**

## Book Sale Friends Night Invitation

**2025**



The Beaman Memorial Public Library is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.)

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