## NEWSLETTER



Join us at the Library to explore different diets and discuss Food: What the Heck Should I Eat? by Dr. Mark Hyman. Kelly will lead the discussion and offer suggestions for shopping, cooking at home, and healthy snacks.

Wednesday, October 3 7:00pm



Join us at the Library to learn about the benefits of pilates and Neurokinetic therapy. Michelle from the Pilates Hive will give a presentation, followed by a Q&A session.

Click the image for information about the Pilates Hive.

Tuesday, October 23 7:00pm



Pre-K - 5th grade. Stop by the Library for simple crafts. Snack provided. No registration required.

> Mondays 3:15-4:15pm October 8 - 29



Pre-K - 5th grade.

Stop by to build with LEGO blocks after school.

Snack provided. No registration required.

Wednesdays 3:15-4:15pm September 26 - October 24





Bring your laptop, mobile device, or eReader and Nick will help answer your questions.

Nick will be here twice this month.

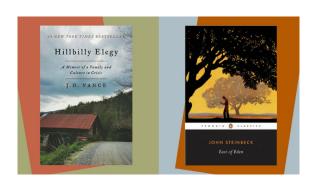
Friday, October 5 & 19 10:30am - 12:00pm



Join us after hours to work on your current project, whether it be drawing, quilting, felting, etc. and exchange ideas with other makers. This collaborative environment may spark inspiration for your next creative endeavor!

(Our supplies are limited, so please bring what you need.)

Sunday, October 7 4:00-5:30pm



All are welcome to attend our monthly book discussion groups. Copies of the books are available at the circulation desk.

The Afternoon Book Discussion will meet at the Old School House on Tuesday, October 9 at 4:00pm. This month's selection is *Hillbilly Elegy* by J. D. Vance.

A Night Out with Books will meet upstairs at the Library on Tuesday, October 9 at 7:00pm. This month's selection is *East of Eden* by John Steinbeck.



Join us at Beery Field for this fun Halloween family event! Smokin' Joe's Barbecue will be selling food and local businesses will have candy for Trick or Treaters.

- Jumbo inflatable obstacle course
- Games
- · Explore the Police Hum-V
- Candy
- Story walk

Candy donations accepted at Douglas City Hall.

Saturday, October 27 1:00-3:00pm

## **DID YOU KNOW?**

Our #DigSaugatuck grant through Central Michigan University is complete. Commercial Record issues from 1957-1967 are now available online!

Click the newsboy to search by keyword or to browse by date.







