

CALENDAR OF ADULT AND COMMUNITY PROGRAMS

Health and Wellness Faire

Saturday, January 24, 2009 • 10 am to 2 pm • Community Center
FML will give out information on the library and on the Friends that would be of interest to seniors.

Library Materials Selection, Purchase, and Allocation

Thursday, January 29, 2009 • 11:30 am • Library Meeting Room
Greg Bodin, San Mateo County Library Collections & Cataloging Services Manager, will discuss how materials are selected and allocated to the County Libraries.
As a convenience, we have scheduled his discussion for 11:30 am, after the Board of Directors meeting.
All FML members are invited. Don't miss this interesting presentation.

City of Millbrae Lunar New Year Festival

Sunday, February 1, 2009 • 1 to 3 pm • Civic Center Plaza
FML will sell Chinese books along with other types of books, as well as giving out information on the Library and Year of the Golden Ox.

Second Program of Ikebana Flower Arranging

Wednesday, February 11, 2009 • 7:00 pm in the Library Meeting Room
Presented by Nancy Locke.

Reception and Book Signing for Local Author San Jose Police Detective Wayne Farquhar

Saturday, February 28, 2009 • 2 pm • Library Meeting Room

Wayne Farquhar will discuss his first mystery novel, *Blood over Badge*, at the Millbrae Library at 2 p.m. on Saturday, February 28, 2009. Wayne is a 27-year veteran police lieutenant with the San Jose, California Police Department. He has worked as a detective in Homicide, Sexual Assaults, Child Exploitation, Vice and Internal Affairs and has spent more than ten years working as a hostage negotiator. His knowledge and experience translate well into his first novel with Jack Paige as homicide detective and rookie, Casey Ford, as his new partner. This partnership turns into a baptism of fire as they attempt to solve the murder of the mayor's daughter.

After his presentation, Wayne Farquhar will answer questions from the audience. He will be available to sign copies of his book, which will be on sale before and after his talk. Refreshments will be served.

A Well Being Workshop - 'Be a Mindful Being'

Facilitator: Chau Yoder

Wednesday, March 11, 2009 • 7 pm • Library Meeting Room

Mindfulness, the Eastern art of learning to live in the present moment, is currently emerging in the Western hemisphere as a useful tool for enhancing well-being and reducing stress. Mindfulness has its roots in Buddhism, and it also is considered a perennial philosophy. Most people are completely comfortable with the concept of 'present moment' awareness or the 'power of now.' When people look deeply into the roots of their own background they can easily connect with this philosophy. In this context, mindfulness is practiced in a nondenominational and nonsectarian manner. All individuals are welcome regardless of their age, race, sex, or spiritual path.

Chau Yoder is a Chi Gung and Mindful Living Trainer. She has acquired her training from the highly respected Zen Master Thich Nhat Hanh*. She has been offering various workshops, classes and training throughout the Bay Area to promote healthy and happy living since 1989.

This engagement will be 1 hour in length, focusing on balancing the body and mind.

-15 minutes of teaching the philosophy of mindfulness

-30 minutes of chi gung exercise

-15 minutes of guided meditation

“The Tea Ceremony”

Saturday, March 21, 2009 • 1 to 2 pm • Library Meeting Room

Learn about and participate in “The Tea Ceremony”, taught in English and Mandarin

MEMORY AND AGING; USE IT OR LOSE IT!

Thursday, March 26, 2009 • 1 pm • Library Meeting Room

Moira Fordyce MD, MB ChB, FRCPE, AGSF

- * Why does memory matter?
- * How does our memory change throughout life?
- * Are there factors that can protect and even improve our memory?
- * How can we memorize more effectively?
- * Does mood affect our memory?
- * Does morale affect our memory?

These are some of the questions that are explored in this useful, practical workshop. Since we are all aging, and we all have, or have had parents, there is something of interest for all adults – young, middle-aged, and older.

**Children's Events
Winter/Spring 2009**

Storytimes

Pajama Preschool Storytime

Tuesday evenings – 7:00 pm
January 20-May 5

Wear your pajamas, if you like
For children ages 3-6.

Toddler Time Storytime

Wednesday mornings – 10:30 am
January 21- May 6

For ages 2-3 years old,
with a caregiver

**Bilingual Chinese/English
Preschool Storytime**

Thursday mornings – 10:30 am
January 22-May 7

For children ages 3-6
(all languages welcome!)

Babies and Books Storytime

Friday mornings – 9:30 am
January 23-May 8

For ages 0-2, with a caregiver

Fridays @ Four Cafe

Friday afternoons – 4:00 pm
January 23-May 8

Bring your own cup
for cocoa or lemonade
For school-aged children,
ages 6 and up

**Family Events
Winter/Spring 2009**

Drop-In Chess

Each Monday Night from 6-8 pm
All ages welcome. Beginners to
advanced. Instruction available!

Baby Yoga!

With Tiffany Belzer

Friday, January 30 – 9:30 am
Mom/dad and baby (ages 0-2)

work together to promote
emotional well being with yoga.
Dress comfortably; bring a
blanket and a favorite toy.

Dan Chan

The Magic Man

Tuesday, February 10 – 7:00 pm

Celebrate

The Lunar New Year

Saturday, March 7 – 10:00 am
with an evening of mystery &
magic. All ages welcome.

Spring Crafts

Kids 7-12 years old are invited to
create a special spring craft
project. All supplies will be
provided. Space limited.

Must pre-register,
beginning February 14.

Toddler Dance Party

Friday, March – 9:30 am
(waiting for confirmation)

Babies, toddlers and preschoolers
are invited to rock out with
toddler tunes for the entire
family!

**Family Events
Winter/Spring 2009**

Bubbleman!

Tuesday, April 21 – 7:00 pm
The one and only, the original
Bubbleman, Louis Pearl returns
with big bubbles, little bubbles,
baby bubbles, bubbles inside of
bubbles, round bubbles,
square bubbles

Mother's Day Crafts

Saturday, May 2 – 10:00am
Kids 7-12 years old are invited
to create a special Mother's Day
gift. All supplies will be
provided. Space limited. Must
pre-register, beginning April 11.

**For Teens
Winter/Spring 2009**

T3: Teens @ Three-Thirty

Every Wednesday
January 21st-May 21st in the
Library Meeting Rooms

*Dates Subject To Change
Due To Room Availability*

1st Wednesday of the Month:

Board games

2nd Wednesday of the month:

Wii games

3rd Wednesday of the month:

Movies

4th Wednesday of the month:

Surprise event