


November 2015 – Mindfulness Month for Wellness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Respect 9:00am “Blood Pressure: Risks & Opportunities” @ United Churches of Durham	2 11:30am Tai Chi @ Durham Lib. 12:30 DMLWC Meeting @ RSD13	3 (School Closed)	4 11:30am Tai Chi @ Durham Lib. 3:30pm Yoga @ Strong 6:00pm Crafting at Coe @ Levi E. Coe Library	5	6	7 12:00pm Sydney Sherman @ Levi E. Coe Library Walk the Labyrinth @ Middlefield Federated Church
8 Responsibility 9:00am “Brain Health for Wellness” @ United Churches of Durham Walk the Labyrinth @ Middlefield Federated Church	9 11:30am Tai Chi @ Durham Lib.	10	11 Veterans Day (School & Libraries Closed)	12 5:30pm Jessica Robinson, Author” @ Levi E. Coe 6:30pm Art Explorers @ Durham Lib.	13 7:00pm Comm Connections through Film @Strong School “Field of Dreams”	14 12:30pm Lunch Bunch @ Durham Library Walk the Labyrinth @ United Churches
15 Kindness Be The One Week 9:00am “Body Scan and Meditation” @ United Churches of Durham Walk the Labyrinth @ United Churches	16 11:30am Tai Chi @ Durham Lib. 5:30pm Cynthia Wolfe Boynton, Author @ Levi E. Coe Library	17 6pm DMLWC Meeting @ Perk	18 11:30am Tai Chi @ Durham Lib. 3:30pm Yoga @ Strong 6:00pm Crafting at Coe @ Levi E. Coe Library	19 6:30pm Thanksgiving with the American Girls @ Durham Library 6 pm Community Yoga Korn School	20 6:30pm DMYFS Fun Night	21 Walk the Labyrinth @ Church of the Epiphany
22 Honesty 9:00am “Driving with Chant” @ United Churches of Durham	23 11:30am Tai Chi @ Durham Lib. 6:30pm Star Wars Origami @ Durham Lib.	24 3:30pm Yoga @ Strong 7pm Community Thanksgiving Church of the Epiphany	25 11:30am Tai Chi @ Durham Lib. 1pm Powderpuff (Early Dismissal)	26 Thanksgiving Day (School Closed)	27 (School Closed)	28
29 Courage	30 11:30am Tai Chi @ Durham Lib. 7pm Bench	1	2 11:30am Tai Chi @ Durham Library	3	4	5 9-12 Community Round-up

	warmers Alumni BBall Game		(School - Early Dismissal)	(School - Early Dismissal)		
Throughout the Month:	Library Books & Displays: Visit Levi. E. Coe & Durham Libraries to see books on display and check out the display cases!	Be The One Week: CRHS, Strong & Memorial School EDGE Members will promote making healthy choices to their peers.	Church Bells Ring @ Noon: United Churches of Durham, Church of the Epiphany, and Middlefield Federated Church will ring their bells in unison, everyday, to remind the community to be mindful.	Social Media: How are you being mindful this month? Show us! #CEVChallenge #WellnessMonth		 www.dmlwc.org

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October	29	7:00pm – Durham Public Library Sydney Sherman, Reiki Practitioner & Spiritual Medium “Understanding Energy: Biological, Spiritual & Universal” <i>Back by popular demand! Sydney returns to the library to discuss how maximizing different forms of energy is key to emotional, physical and spiritual well-being. Reservation are strongly encouraged. Funded by PALS.</i>	Open to the Community. For more information: 860-349-9544
October	30		
October	31	Happy Halloween!	
November	1	9 – 9:45am – United Churches of Durham - Lower Level, Fellowship Hall Lloyd Cannon, R.N. & Lori Cannon, R.N. “Blood Pressure: Risks & Opportunities” <i>Have your blood pressure checked and talk with a husband-wife nursing team about strategies for wellness.</i>	Open to the Community. Presentations are held before 10am Sunday Service.
November	2	11:30am – 12:30pm – Durham Public Library Tom Cushing “T’ai Chi for Better Balance”	Must Register. For more information: 860-349-9544
	2	12:30 – 2:00pm – RSD13 Central Office – Conference Room DMLWC Meeting <i>Open meetings! All are invited to come help us plan initiatives to help keep our youth safe, healthy, and drug-free.</i>	All Welcome! For more information: www.dmlwc.org
November	3		
November	4	11:30am – 12:30pm – Durham Public Library Tom Cushing “T’ai Chi for Better Balance”	Must Register. For more information: 860-349-9544

	4	3:30pm – Strong Middle School Kirsten Deitz “Yoga” <i>Come participate in an open yoga class! All community members are welcome!</i>	Open to the Community. Free Event. Bring mat, towel, and water.
	4	6:00pm – Levi E. Coe Library “Crafting at Coe” <i>Session three of five.</i>	Adult Event. Reservations required. 860-349-3857
November	5		
November	6		
November	7	Walk the Labyrinth @ Middlefield Federated Church	860-349-9881
November	7	12:00pm – Levi E. Coe Library Sydney Sherman, Author & Spiritual Medium “Understanding Your Senses” <i>Sydney realized she was different from a young age: she saw dead people. This gift, as well as misunderstandings about it, set her apart from others. Now as an adult, Sydney has learned about her gift and embraces it. Sydney returns to the library to help attendees learn how to use and understand their senses to connect with a passed loved one.</i>	Adult Event. Reservations required. 860-349-3857
November	8	9 – 9:45am – United Churches of Durham - Lower Level, Fellowship Hall Charles Whitaker, M.D. “Brain Health for Wellness” <i>Have a conversation with a local Neurologist. Neurology focuses on nerves in the head and neck that help coordinate our muscle strength, movement, balance, reflexes, memory, speech, and other cognitive abilities. Learn important tips on how to keep your nervous system healthy!</i>	Open to the Community. Presentations are held before 10am Sunday Service.
November	8	Walk the Labyrinth @ Middlefield Federated Church	860-349-9881
November	9	11:30am – 12:30pm – Durham Public Library Tom Cushing “T’ai Chi for Better Balance”	Must Register. For more information: 860-349-9544
November	10		
November	11	Veterans Day	School Closed Durham Library Closed Levi E. Coe Library Closed
November	12	5:30pm – Levi E. Coe Library Jessica Robinson, Author “New England Farmgirl” <i>Jessica Robinson was raised on a small farm in Connecticut, where her family raised livestock and grew their own crops, as well as operated a maple sugar</i>	Adult Event. Reservations required. 860-349-3857

		<i>house. Today, Jessica lives on a small farm in North Carolina with her family and operates Carolina Farmhouse Kitchen, a blog which features local food and farming, household tips, old-fashioned recipes, ideas for backyard entertaining, and life behind the scenes of a far.</i>	
	12	6:30pm – Durham Public Library “Art Explorers: Van Gogh” <i>(3-6 years old) Kids will learn about artists Vincent Van Gogh and make their own masterpiece inspired by his painting Starry Night.</i>	Must Register. For more information: 860-349-9544 ext. 1
November	13	7 pm Community Movie Night @ Strong School “Field of Dreams”	No cost
November	14	12:30pm – Durham Public Library “Lunch Bunch/Nutmeg Book Discussion” <i>(Grades 4-6) Prepare for the Nutmeg at Night Gameshow (coming in March 2016) by reading and discussion one of the Nutmeg Award nominees each month. In November, we will discuss The One and Only Ivan by Katherine Applegate. Books are available at the circulation desk. Bring your lunch; dessert provided.</i>	Must Register. For more information: 860-349-9544 ext. 1
November	14	Walk the Labyrinth @ United Churches	
November	15	9 – 9:45am – United Churches of Durham - Lower Level, Fellowship Hall Clara Chapman, Ph.D. “Body Scan and Meditation” <i>Explore Body Scan and Meditation as two faith resources with a local psychologist.</i>	Open to the Community. Presentations are held before 10am Sunday Service.
November	15	Walk the Labyrinth @ United Churches	
November	16	11:30am – 12:30pm – Durham Public Library Tom Cushing “T’ai Chi for Better Balance”	Must Register. For more information: 860-349-9544
	16	5:30pm – Levi E. Coe Library Cynthia Wolfe Boynton, Author “Connecticut Witch Trials” <i>Connecticut’s witch hunt was the first and most ferocious in New England, occurring almost fifty years before the infamous Salem witch trials. Between 1647 and 1697, at least thirty-four men and women from across the state were formally charged with witchcraft. An award-winning journalist, playwright and poet, Cynthia Wolfe Boynton uncovers the dark history of the Connecticut witch trials and this first panic in the new world.</i>	Adult Event. Reservations required. 860-349-3857
November	17	6:30 – 7:30pm – Perk on Main DMLWC Meeting <i>Your First Cup is on Us! Come have a conversation on how we can continue to work together to help keep our youth safe, healthy, and drug-free. Your first cup of coffee, tea, or hot chocolate is free!</i>	All Welcome! For more information: www.dmlwc.org
November	18	11:30am – 12:30pm – Durham Public Library Tom Cushing	Must Register. For more information:

		“T’ai Chi for Better Balance”	860-349-9544
	18	3:30pm – Strong Middle School Kirsten Deitz “Yoga” <i>Come participate in an open yoga class! All community members are welcome!</i>	Open to the Community. Free Event. Bring mat, towel, and water.
	18	6:00pm – Levi E. Coe Library “Crafting at Coe” <i>Session four of five.</i>	Adult Event. Reservations required. 860-349-3857
November	19	6:00 pm Community Yoga Korn School	\$5 Donation: bring mat, towel, and water
November	19	6:30pm – Durham Public Library “Thanksgiving with the American Girls” <i>(7-12 years) Step back in time to see how Thanksgiving was celebrated by Kaya, Felicity, Samantha, and Molly. Prepare homemade butter, set a Victorian table, create a Native American craft, and play vintage games. Scenery, props, costume accessories and music will enhance our historical journey.</i>	Must Register. For more information: 860-349-9544 ext. 1
November	20	6:30 – 8:30pm – Middlefield Community Center DMYFS “5 th & 6 th Grade Fun Night!” <i>All Memorial School students are welcome to attend the 2nd Fun Night of the school year! Join DMYFS staff in a safe environment with DJ Brian MacDuff, Games, Food for Purchase, and FUN!</i>	Must Register. \$5 fee For more information: 860-349-0258
November	21	Walk the Labyrinth @ Church of the Epiphany	
November	22	9 – 9:45am – United Churches of Durham – Lower Level, Fellowship Hall The Rev. Stephen C. Washburn “Driving with Chant” <i>Distracted driving and road rage are top reasons for car accidents in the United States. Listen to recorded insights from an Alban Institute senior consultant about how chanting can help us while driving, and talk with a Pastor who follows this practice.</i>	Open to the Community. Presentations are held before 10am Sunday Service.
November	23	11:30am – 12:30pm – Durham Public Library Tom Cushing “T’ai Chi for Better Balance”	Must Register. For more information: 860-349-9544
	23	6:30pm – Durham Public Library “Star Wars Origami” <i>(6-10 years) Using only paper, kids will make fun Star Wars puppets and figures.</i>	Must Register. For more information: 860-349-9544 ext. 1
November	24	3:30pm – Strong Middle School Kirsten Deitz “Yoga” <i>Come participate in an open yoga class! All community members are welcome!</i>	Open to the Community. Free Event. Bring mat, towel, water.
November	25	11:30am – 12:30pm – Durham Public Library	Must Register.

		Tom Cushing “T’ai Chi for Better Balance”	For more information: 860-349-9544
	25	1:00pm – CRHS Powderpuff Game!	
November	26	Happy Thanksgiving!	
November	27		
November	28		
November	29		
November	30	11:30am – 12:30pm – Durham Public Library Tom Cushing “T’ai Chi for Better Balance”	Must Register. For more information: 860-349-9544
	30	7:00pm – Coginchaug Gymnasium Benchwarmers “Alumni Basketball Game” <i>Come watch alumni basketball players, both men and women, play on the Coginchaug Court! Alumni Cheerleaders and Pep Band Members will also make an appearance! All are welcome as spectators! If you would like to play, contact the Benchwarmers!</i>	For more information: Henry Bugai Jr. Henry_bugai_jr@yahoo.com
December	1		
December	2	11:30am – 12:30pm – Durham Public Library Tom Cushing “T’ai Chi for Better Balance”	Must Register. For more information: 860-349-9544
	2	6:00pm – Levi E. Coe Library “Crafting at Coe” <i>Last Session!</i>	Adult Event. Reservations required. 860-349-3857
December	3		
December	4		
December	5	9:00am – 12:00pm – Coginchaug Gymnasium - Community Round-up! <i>The largest community food drive in our community! Plan to be part of a collection team or help sort the collected items! This community effort supports local food pantries in Durham and Middlefield, DMYFS Backpack Nutrition Program, and Amazing Grace Food Pantry.</i>	More information will be available soon!