Are you an empty nester or recent retiree looking for a way to give back to your community? Maybe your kids recently started school and you’re looking for a way to keep busy during the day? The Friends of the Upper Saddle River Library is always looking for new members!

If you’re passionate about the library and would like to help raise money to support all the wonderful resources we offer, consider joining the Friends. They meet monthly at the library from September to June, and they’re always looking for fresh ideas, as well as extra sets of hands to help out in their fundraising efforts for the library.

If you’re interested, simply let me or anyone else at the library know, and we’ll pass along your information. You can also email Nona Maher, President of the Friends at: nona.maher@gmail.com.

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**Thank You, Volunteers!**

Thanks first to the 2019 Upper Saddle River Library Board of Trustees who guided and supported the library: Dennis Schubert, Miriam Bakal, Robert Fretz, Christina Cucci, Wren DiGisi, Steve DiMartino, Robin Friedman, Joanne Minichetti, Mayor and Dr. Brad Siegel, Superintendent. Our appreciation extends to the wonderful Friends of the Library, led by Nona Maher, who support the library community through sponsorship of programs, improvements, scholarship, and our local directory.

Thank you to all of the community organizations who support the library: SRV Junior Woman’s Club, USR Woman’s Club, Upper Saddle River Educational Association, SRV Lions Club and the USR Dept. of Public Works for helping us achieve another wonderful year.

Warmest Regards,
Kathleen McGrail, Director

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**America, and U.S.R., Loves its Libraries!**

Did you know that according to a recent Gallup poll visiting the library was by far the most common cultural activity among Americans in 2019? And that in 2019 more residents of Upper Saddle River visited the library and borrowed materials than the previous year?

The library saw 103,543 people pass through our doors in 2019. That’s an increase of almost 2.5% from 2018. And patrons came for all types of reasons: to attend programs and lectures, scout meetings, cultural events, community organization meetings and of course, to borrow materials! Over 102,000 physical items were borrowed last year while our various electronic resources were used nearly 28,000 times!

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**Got Time? Got Ideas?**

**Library Matters** Molly McKenney, Adult Services Librarian

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**Library Hours**
Monday–Thursday 9:30 am to 8:30 pm
Friday 10 am to 5 pm
Saturday 10 am to 5 pm
Sunday (Sept–mid May) 1 pm to 5 pm

**Holiday Closings**
Good Friday April 10th
Easter Sunday April 12th

**Board of Trustees’ Meeting**
Wednesday, March 18th at 6:30 pm
Wednesday, April 15th at 6:30 pm

**Sign up Online for eNews**
Sign up for eNews at [www.uppersaddleriverlibrary.org](http://www.uppersaddleriverlibrary.org) and receive monthly emails about programs and events at the library. You may opt out at any time.
**Adult Programs & News**

| **Introduction to Meditation taught by Stacey Woods** | Thursday, March 5th · 7–8:15 pm  
There are many reasons to begin a meditation practice, whether you are interested in meditation for stress relief, to improve focus, physical health or just curious. Stacey, an instructor at Body Positive Works in Saddle River, will give you the foundation and easy ways to begin. Registration is required. |
| --- | --- |
| **Local, Fresh, Naturally Grown Farming with Bracco Farms** | Thursday, March 12th · 7–8:30 pm  
Anthony Bracco of Bracco Farms in Pine Island NY will discuss the methods used in organic farming and how they can be applied to small scale backyard vegetable gardening. Topics will include use of tools, sighting the garden, soil preparation, produce varieties, starting and planting seeds and seedlings, pest control and crop harvesting. Registration is required. |
| **Advanced Strategy Canasta Class** | Monday, March 16th · 6:30–8:30 pm  
Do you already know how to play Canasta and want to brush up your skills and learn new strategies? Certified Canasta Coach, Andrea Hershman, will not only guide you but make sure you have fun while playing. Class is free to USR cardholders and they are given registration priority. Cost for out-of-town attendees is $20. In-person registration is required. |
| **Seasonal Mocktails: Taste a Drink and Learn the Art of Non-Alcoholic Mixology with Vanessa Young** | Thursday, April 2nd · 7–8 pm  
Mocktails are perfect for entertaining and everyday enjoyment. Learn how to use seasonal ingredients to make flavorful and sophisticated non-alcoholic drinks with Vanessa Young, founder of the Thirsty Radish. Sample a new flavor combination while we discuss the art of making drinks, syrups, infusions, and edible garnishes. Registration is required. |
| **Library Art Series: The Museum of Modern Art** | Thursday, April 30th · 7–8 pm  
Bart D’Andrea, artist and teacher, returns to the library with a slide presentation of the fine art paintings and sculptures in The Museum of Modern Art’s permanent collection. If you’ve heard Bart lecture before, you know how special and informative this evening will be. Registration is required. |
| **Brain Building Nutrition with Kelsey Lubeck, RD** | Thursday, April 23rd · 1–2 pm  
Do you want to maintain your working memory? Your brain, the most important organ in your body, depends on you to feed it well. Registered Dietician Kelsey Lubeck, Shop Rite of Ramsey, will talk about how nutrition supports good memory and concentration. Recipes and samples will be provided. Registration is required. |

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<tr>
<th><strong>Automatic Renewals</strong></th>
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| **Adult Programs** | **Registration is required. Register online or at the circulation desk** |

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| **Afternoon Movies** | Drop-in and join your friends for a new movie at 1 pm on Thursday afternoons. We’ll provide the snacks!  
• March 5th “Harriet”  
• March 19th “Ford v Ferrari”  
• April 2nd “Knives Out”  
• April 16th “A Beautiful Day in the Neighborhood” |
| --- | --- |

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| **Fitness Classes** |  |
| **Strength & Tone** | Mondays @ 9:30–10:30 am  
March 2nd–April 27th · 9 classes  
Fees: USR $54 / Non-USR $67.50 |
| **Gentle Yoga Stretch** | Tuesdays @ 11 am–12 pm  
March 3rd–April 28th · 9 classes  
Fees: USR $54 / Non-USR $67.50 |
| **Qigong** | Thursdays @ 10–11 am  
March 5th–April 30th · 7 classes  
no classes on April 9th, April 16th  
Fees: USR $42 / Non-USR $52.50 |
| **Tai Chi Easy** | Fridays @ 10–11 am  
March 6th–April 24th · 6 classes  
no classes on April 10th, April 17th  
Fees: USR $36 / Non-USR $45 |

Each class must have a minimum of seven enrollees or that class will be cancelled. Find class information at www.uppersaddleriverlibrary.org.

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**Drop-in Storytime** · up to 36 mos. with a caregiver
Wednesdays, March 4th–April 29th @ 10:15–11 am
Circle time, songs, stories and more. No class April 8th.

**Maker Monday** · K–5th Grade
Monday, March 23rd @ 3:30–5 pm
Tinker and create! Register, then drop-in 3:30–5 pm.

**Comic Crew** · 3rd–5th Grade
Tuesdays, March 24th & April 21st @ 3:30–4:30 pm
Read the graphic novel at home, and meet up with us for discussion, snacks, and mystery activities. Register.

**Drop-In Nintendo® Club** · 3rd–5th Grade
Wednesdays, March 25th & April 15th @ 3:15–4:45 pm
Drop in for Nintendo® Switch games and snacks!

**Zumba Kids** · ages 5–10 years
Mondays, April 13th & 27th @ 3:30–4:15 pm
Jam out to your favorite music with kid-friendly routines. Caregivers are welcome to join in the fun. Register.

**Frozen Party with Queen Elsa**
Friday, April 17th @ 6 pm · All ages/families
Join Queen Elsa for an evening of Frozen fun! Games, sing-a-longs, readings and a meet-and-greet. Register.

**Author for a Day** · Monday, April 20th
K–2nd Gr. @ 3:15–4 pm & 3rd–5th Gr. @ 4:15–5 pm
Celebrate National Library Week by writing, illustrating, and assembling your own book. Register.

**Earth Day Dioramas** · K–2nd Grade
Wednesday, April 22nd @ 3:30–4:30 pm
Learn about the different biomes of our planet, like deserts and rainforests, then create a 3-D diorama. Register.

**Robot Obstacle Course** · Tuesday, April 28th
K–2nd Gr. @ 3:15 pm & 3rd–5th Grade @ 4:15 pm
Work in teams to build an obstacle course, then see if you can ‘drive’ our Sphero® robot through it! Register.

**Super Smash Bros. Tournament** · 6th Gr. & up
Thursday, March 12th @ 3:30–5 pm
Compete against friends to win a prize. Enjoy snacks, games, and fun competition. Register.

**Watercolor Painting Workshop** · 6th Gr. & up
Tuesday, March 17th @ 3:30–5 pm
Learn different watercolor painting techniques and create a beautiful painting to bring home. Register.

**Throw-back Thursday** · 6th Grade & up
Thursday, April 16th @ 3:30 pm
Have a blast from the past with retro Nintendo® games, board games, crafts and snacks! Register.

**YA Trivia** · 6th Grade & up
Thursday, April 30th @ 3:30 pm
Compete against your friends to see who knows the most useless knowledge. Prizes will be awarded to the top contestants! Register.

**Movie Monday** · 6th Grade & up
March 2nd, 16th, 30th & April 13th, 27th @ 3 pm
Start of the week got you down? Drop-in and take your frustrations out on a movie! Popcorn is provided.

**Monday Funday** · 6th Grade & up
Drop-in @ 3 pm for fun activities and snacks.
• March 9th: Board Games
• March 23rd: Maker Monday
• April 20th: Drop-in Craft

**Wednesday Warriors** · 6th Grade & up
March 4th–April 29th @ 3 pm
Drop-in and join your friends for Nintendo® games and snacks. No program on April 8th.

**FAMILY TRIVIA NIGHT!**

**Registration opens March 9th.** Children’s programs require in-person registration, except ‘Drop-ins’ Y.A. program registration is on the website calendar, or in the Y.A. Department.
Book Clubs
Pick up selected books at the circulation desk. Book clubs meet at the library unless noted.

Cook. Eat. Chat. Repeat. · 7 pm with Framed Cooks
Each attendee chooses a recipe from the selected cookbook, prepares it at home, and brings in to share and discuss. Registration is required as seating is limited.
• March 24th “Martha’s American Food: A Celebration of Our Nation’s Most Treasured Dishes, from Coast to Coast” by Martha Stewart
• April 21st “The Home Cook: Recipes to Know by Heart” by Alex Guarnaschelli

Get Lit(erary) Book Club · 7 pm
meets at Houlihans Restaurant, Rt. 17 Ramsey, NJ
• March 26th “Less” by Andrew Sean Greer
• April 23rd “The Last Time I Lied” by Riley Sager

Novels at Night Book Club · 7:30 pm
• March 4th “Bowlaway” by Elizabeth McCraken
• April 1st “Tidelands” by Philippa Gregory

Coffee Talk Book Club · 10 am
• March 5th “Daisy Jones and the Six” by Taylor Jenkins Reid
• April 2nd “Our Souls at Night” by Kent Haruf

Library Groups
Drop-In groups meet weekly unless noted.

Chat & Stitch · Wednesdays · 12 pm
Enjoy the company of other needlecrafters.

Go Club · Tuesdays · 6:30 pm
Learn to play the strategic game of Go.

Scrabble Club · Wednesdays · 7 pm
Pit your wits against fellow word lovers!
• March 11th and 25th
• April 15th and 29th

Bridge Club · Fridays · 10 am
Bridge lovers with a passing knowledge of bidding and play-of-hand are welcome to join.

Friends’ Book Sales Find a bargain!
• Saturday, March 7th, 10 am to 1 pm
• Saturday, April 11th, 10 am to 1 pm

Museum Pass Program
Sponsored by the Friends of the USR Library, free passes to ten museums in the NJ/NY area are available for USR cardholders to borrow. Find museum pass information at: www.uppersaddleriverlibrary.org, under the ‘About’ tab. Reserve a pass online.

Sign up for library eNews and register for Adult Programs on our website:
www.uppersaddleriverlibrary.org