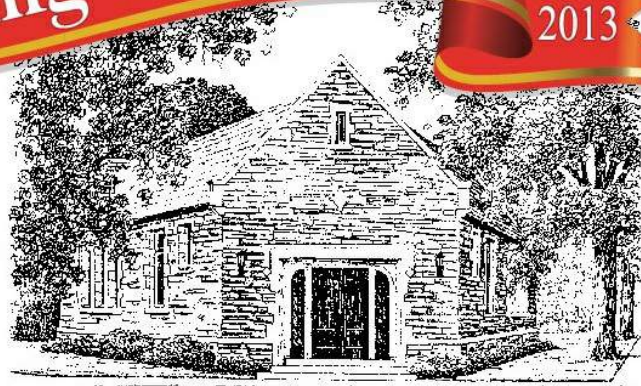


▶ 1913

Celebrating 100⁺ years

2013

Reed Memorial Library



serving the Carmel Community

Reed Memorial Library

Carmel, New York

Library Hours

Monday, Wednesday and Friday 10 am to 5 pm

Tuesday and Thursday 10 am to 7 pm

Saturday 10 am to 1 pm

Convenient free parking is available along Seminary Hill Road and in the Gilead Church parking lot a short way down Seminary Hill Road.

REED MEMORIAL LIBRARY



Mondays, April 4th - June 27th 9:30-10:15 am

Perfect for active older adults who are looking for a class with easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Come ready to sweat and prepare to leave empowered and feeling strong!



**This is an online class.
You will have to use
Zoom to attend.**

**Registration Required
To learn more call 845-225-2439
or visit us online at
www.carmellibrary.org
1733 US-6 Carmel, NY 10512**

Reed Memorial Library

Classic Stretch with Corrie



Mondays April 4th - June 27th at 10:30 am

Stretch classes are mobility-based sessions that aim to improve functional capacity, flexibility and movement, recover better, and prevent injury. They teach you how to properly activate and control important stabilizing muscles and perform movements with effective dynamic and static stretching, while getting supple and energized.

Online Class. Registration required. Visit www.carmellibrary.org/calendar to register.

Reed Memorial Library, 1733 Route 6, Carmel
845-225-2439

BUILDING WORK

If you have visited the library in the last couple of days you may have noticed something that has been hidden for the last 109 years... the inner building blocks of the library's front wall.

You can see the backside of the granite blocks covered with tar, the steel beam on which the marble and granite rest, the old wooden door frame showing its age.



This exploration began in 2020 when the cause of cracks in the front façade was being investigated. Removing the plaster wall confirmed that the steel beam above the entry door exhibits heavy rust and rust jacking. This appears to be the primary cause of the staggered cracks in the granite on either side of the front doors and the spalling of the marble above the door. Removing the plaster also revealed the rough framing around the front door shows significant movement. The condition of the door frame does not provide a stable structure on which to fasten the entry doors. It helps to explain the difficulty we often have opening and closing the doors.

The remedy to these issues awaits the evaluation and expertise of our architect and engineer.

An application for a New York State Library Construction grant has been submitted to significantly help fund this restoration work.

Taking care of the library building is an investment in our community's future. We look forward to being here for many decades to come.

Working IN

Tuesdays at 2 pm

April 5th – June 28th

This is an online class. You must use Zoom to attend.



Gentle exercises and stretches for seniors with Agi Kadar.

Agi is a health and fitness consultant who works with seniors individually and in groups to help everyone live healthier, happier, more functional lives.

Taught by Agi Kadar
Health & Fitness Consultant
Author of Are You a Gym Rat Mouse?

Registration required. Visit www.carmellibrary.org/calendar to register.
Reed Memorial Library, 1733 Route 6, Carmel, NY 10512
www.carmellibrary.org

MOVE EVERY DAY

For Balance, Strength & Flexibility

This is an online class. You will have to use Zoom to attend.

Fridays at 2 pm
April 8 to July 1



Would you like to feel better, be stronger, look younger, and live longer?

Simple movement every day can help get you there!

Taught by Agi Kadar
Health & Fitness Consultant
Author of *Are You a Gym Rat-Mouse?*

Registration required. Visit www.carmellibrary.org/calendar to register.
Reed Memorial Library
1733 Route 6, Carmel, NY 10512
845-225-2439

COVID HOME TEST KITS

The Town of Carmel recently gave us a large supply of COVID home test kits. Kits are available in the library lobby as long as supplies last.

PUTNAM COUNTY LIBRARIES PRESENT:

NEW PARENTS SUPPORT GROUP

FRIDAYS at 11AM



The **New Parents Support Group** provides no-cost, professionally-facilitated support for all who seek professional advice, peer companionship, and kind support. This warm and welcoming group is co-facilitated by [Katherine Whiteside](#) (CPD:CBI) and [Dr. Rachel Lemonik](#) (PsyD). This group is open to all residents of Putnam County.

To join our weekly group, please email beautifulmamas1s3@gmail.com to request a Zoom invitation.

WHAT'S NEW

A small sample of recently added titles. Interested? Grab your library card, click the title and request!

Fiction

[Black Cake](#)

[Anatomy: A Love Story](#)

A Flicker in the Dark
The Paris Apartment

Non-Fiction

A Little Closer to Home: How I Found the Calm After the Storm

Influence is Your Superpower

Funny Farm: My Unexpected Life with 600 Rescue Animals

Unthinkable: Trauma, Truth, and the Trials of American Democracy

DVDs

Belfast

Ghostbusters: Afterlife

House of Gucci

King Richard

**THE ENDOCRINE SYSTEM: A WHOLE BODY
APPROACH TO TREATMENT**

PART OF A MONTHLY 2022 SERIES
ON MAINTAINING GOOD HEALTH
FOLLOWING AYURVEDIC PRINCIPLES

presented by

Dr. Somesh N. Kaushik

Ayurvedic and Naturopathic Physician

TUESDAY, MARCH 22, 2022

7:00-8:30 PM

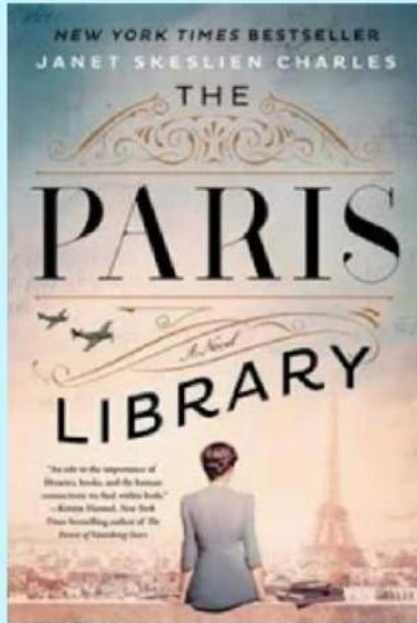
On Crowdcast

at <https://bit.ly/endocrineMar22>

Brought to you by the New York Putnam County Libraries and the Field Library



REED MEMORIAL LIBRARY



READS AT REED BOOK CLUB

1733 US 6

Carmel, NY 10512

845-225-2439

www.carmellibrary.org

devans.durkin@carmellibrary.org

Tuesday, April 5th

4:30 pm

On Zoom

**Contact us to reserve
the book**

In-Stitches Needlework Club

**Will meet in the library
Thursdays at 5:30 pm**



Beginners and experienced knitters and crocheters are invited to drop in and join this fun and friendly group.

POUGHKEEPSIE BOOK FESTIVAL



- Free Admission
- 40+ Authors & Illustrators
- Books for Sale
- Crafts
- Storybook Characters



In partnership with:
Poughkeepsie City
School District, Friends of
Poughkeepsie Public Library
District, & Merritt Bookstore.
Masks may be required based
on local conditions.



Saturday, April 2, 10 am - 4 pm
Poughkeepsie High School
70 Forbus Street

PP POUGHKEEPSIE PUBLIC
LD LIBRARY DISTRICT

(845) 485-3445 x 3320
[Bit.ly/PokBookFest](https://bit.ly/PokBookFest)
#PokBookFest

Library Board Meeting

Wednesday April 6 at 5 pm