

# Adult PROGRAMS

AT THE PARAMUS PUBLIC LIBRARY  
April - June 2018

## KNIT AT NIGHT

Join a group of fellow knitters!

Bring your own projects or work on a project to donate for someone in need. An expert will be on hand to advise and answer all of your knitting questions.

Mondays, April 2, May 7, June 4,  
7—8 PM



No registration  
required.

## SPRING PLANTING WITH BRACCO FARMS

Get ready for spring planting with Bracco Farms! Learn from professional growers how to cultivate a sustainable garden in your backyard!

Monday, April 16, 7 PM



## GYM WORKOUT AT HOME

presented by MAVEN

No equipment. No problem!

Learn safe and effective home-based exercises and all the equipment you need is already in your home! Join the Fitness Pros from the Maven Center as they cover it all... upper body, lower body, core and mobility-stretching. No registration necessary.

Tuesdays, April 10, April 17, April  
24, May 1, 7 PM

## WATERCOLOR PAINT NIGHT

Create a watercolor painting at the library with an instructor. Register one month in advance online ([www.paramuslibrary.org](http://www.paramuslibrary.org)) through the calendar or contact Adult Services (201) 599-1305.

Monday, May 21, 7 PM



## YOGA



Relax and stretch at the library with a certified yoga instructor.

Bring your own mats!

Space is limited. Registration is required for each class session and opens two week prior to each class. Register online ([www.paramuslibrary.org](http://www.paramuslibrary.org)) through the calendar or contact Adult Services at (201) 599-1305.

Thursdays, April 12, April 26, May  
10, June 14, 7—8 PM

## DECLUTTER, DESTRESS, AND GET YOUR SPRING CLEANING DONE!

With Jamie Novak

Join bestselling author and organizing humorist, Jamie Novak, to learn a few simple organizing tricks for key areas of your home and life. Come for a laugh (or two) and to learn how to easily clear the clutter and spring clean your home!

Thursday, May 31, 7 PM

No registration  
necessary.



## WE CREATE TOGETHER

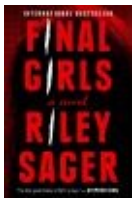
*Intergenerational Programs*  
Drop in between 4 – 5:30 PM.

Friday, April 6 / Book Page  
Decoupage  
Friday, May 4 / Paper Flowers  
Friday, June 8 / Flower Crowns

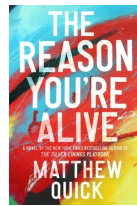
Register one month in advance  
either online  
([www.paramuslibrary.org](http://www.paramuslibrary.org)) or contact  
Youth Services (201) 599-1309 or  
Adult Services (201) 599-1305.

# NOVELS AT NIGHT

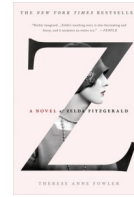
Read a fabulous book and then join us for a fascinating discussion.  
7 PM at the 9-Iron Grille, 314 Paramus Road. Cash Bar.



APRIL 5  
*The Final Girls*  
by Riley Sager



MAY 3  
*The Reason You're Alive*  
by Matthew Quick

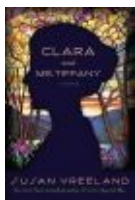


JUNE 7  
*Z: A Novel of Zelda Fitzgerald*  
by Therese Anne Fowler

## FRIDAY AFTERNOON BOOK CLUB



Join us for stimulating conversation.  
Discussion begins at 1 PM at the Main Library.



APRIL 20  
*Clara and Mr. Tiffany*  
by Susan Vreeland



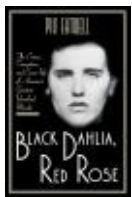
MAY 18  
*Is This Tomorrow*  
by Caroline Leavitt



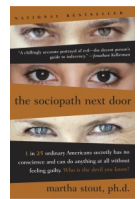
June 15  
*I Always Loved You*  
by Robin Oliveira

## TRUE CRIME BOOK CLUB

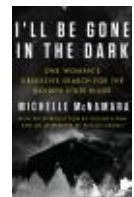
Read true stories about the most notorious crimes and discuss theories. 7 PM at the Main Library. Register 1 month in advance online at [www.paramuslibrary.org](http://www.paramuslibrary.org) or by calling Adult Services (201) 599-1305.



APRIL 19  
*Black Dahlia, Red Rose*  
by Piu Marie Eatwell



MAY 17  
*The Sociopath Next Door*  
by Martha Stout



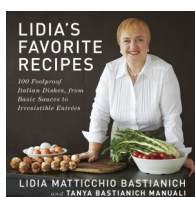
JUNE 28  
*I'll Be Gone in the Dark*  
by Michelle McNamara



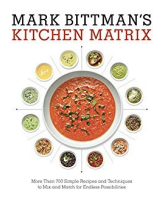
## COOKBOOK CLUB

It is all about sharing. We pick the cookbook, you choose and make the recipe. Make it... sample it... discuss it! Recipes will be prepared at home. 1:30 PM at the Main Library. Register 1 month in advance online at [www.paramuslibrary.org](http://www.paramuslibrary.org) or by calling Adult Services (201) 599-1305.

APRIL 2



*Lidia's Favorite Recipes: 100 fool proof Italian dishes, from basic sauces to irresistible entrees*  
by Lidia Bastianich



MAY 7  
*Mark Bittman's Kitchen Matrix*  
by Mark Bittman



JUNE 4  
*Lucky Peach 101 Easy Asian Recipes*  
by Peter Meehan