

***We hope to see you at our
ongoing daytime programming:***

Cookin' the Books

Fourth Monday of the month @ 12 pm

Morning Tech Classes

Second Tuesday of the month @ 10 am

Well Read Wednesday Book Group

Fourth Wednesday of the month @ 10 am

Afternoon Concerts

Third Thursday of the month @ 2:30 pm

Drop-in Needleworkers Group

Every Friday @ 10 am

Healthy Aging

*The Wilmington Memorial Library is hosting a
ten month Healthy Aging series with federal grant
funds provided by the Institute of Museum and
Library Services and administered by the
Massachusetts Board of Library Commissioners.*

***The library would like to
thank and acknowledge the following
community partners for their support:***

**The Buzzell Senior Center
Winchester Hospital**



Massachusetts Libraries

BOARD OF LIBRARY COMMISSIONERS



**INSTITUTE of
Museum and Library
SERVICES**



*There are many things you can do to help
yourself age well, including exercising and
eating well, but did you know that
participating in activities you enjoy also
supports healthy aging?*

*Join us and kickstart your healthy aging
journey.*



**Wilmington
MEMORIAL Library**

Community Starts Here

175 Middlesex Ave. • Wilmington, MA 01887

Main Line: 978-658-2967 • wilmlibrary.org



**Wilmington
MEMORIAL Library**

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Calendar of Events

Healthy Aging: Fit For Life

KICKOFF PROGRAM:

The Memory Laners Concert and Social

Saturday, November 2, 2019 @ 2:30 pm



The Memory Laners sing songs from the 50s and 60s – Roy Orbison, Elvis Presley, and many others. Join us for a stroll down the magical eras of music. Attending cultural events and listening to music enhances biological

functions and reduces social isolation, so plan to attend and start your healthy aging journey!

Improv for Healthy Aging

Monday, November 4, 2:30 pm

Learn and practice improvisation to improve language skills, promote thinking, and decrease stress.

Dr. Tom Perls: Living to 100

Thursday, November 7, 7 pm

Find out how to live to 100 from Dr. Tom Perls, an international leader in human exceptional longevity.

Healthy Aging TED Talks

Monday, November 18, 10 am

Watch and discuss two short lectures: *How to Live Passionately No Matter Your Age* with author Isabel Allende and *Life's Third Act* with Jane Fonda.

Eye Health for Seniors @ the Buzzell Senior Center

Wednesday, November 20, 12 – 1 pm (lunch provided)

Register with the senior center at 978-657-7595.

Presented in partnership with the Winchester Hospital and Buzzell Senior Center.

The Science of Happiness

Monday, December 2, 2:30 pm

Lizzie Linn Casanave, professor of philosophy at NECC, will explain how you can achieve happiness by changing the way you think.

Holiday Mosaic Workshop & Social

Thursday, December 5, 6:30 pm (\$7)

Register at the main desk starting Monday, November 4

Create either a beautiful trivet or a circle suncatcher ornament using stained glass mosaic tiles.

Outsmart Aging

Saturday, December 7, 10 am

Dr. Matthew Raider will bring his meditation experience and his knowledge of geriatric medicine to help you stay active and independent.

Road Scholar

Thursday, January 2, 7 pm

Road Scholar is America's first and the world's largest educational travel organization for adults.

Lessons from the Blue Zones

Monday, January 6, 2:30 pm

This program presents research on the physiology of aging and longevity enhancement by exploring four areas of the world where people live the longest.

Online Dating Over 50

Saturday, January 11, 10 am

If you're single and of a generation that found dates the old fashioned way, then this workshop is for you.

Winter Coffee House: The Last Duo

Friday, January 31, 7 pm

Tickets on sale at the main desk starting Thursday, January 2 (\$5)

Chase away the winter blues with The Last Duo, who play the sounds of the 60s and 70s. Coffee, tea, and snacks served.

Nutrition for Healthy Aging

Monday, February 3, 2:30 pm

Town Nurse Traci Mello will talk about how our bodies change as they age and what steps you can take to maintain good health.

Cooking for One or Two

Thursday, February 6, 6:30 pm

Join Chef Liz Barbour of The Creative Feast for this fun and delicious cooking demonstration.

Parkour for Balance and Agility

Saturday, February 8, 2 pm

Recommended for ages 40/50+

Parkour principles help active aging adults become physically stronger and mentally confident.

- Visit wilmlibrary.org to register for events.
- Check the website in the New Year for spring and summer Healthy Aging programs.