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**Sleep and the Healthy Heart**

**Sunday, November 1 at 2pm**

Dr. Kenneth Sassower will present the latest medical research connecting sleep apnea, hypertension, and heart health, plus strategies for preventing and treating a wide range of sleep issues. Dr. Sassower is a triple Board-certified neurologist who specializes in sleep disorders and epilepsy at Massachusetts General Hospital. RSVP at www.mhl.org/eventcalendar or call 978-623-8401, x31. This program, sponsored by Memorial Hall Library and the Merrimack Valley Chapter of Hadassah, is part of Hadassah’s national campaign initiative “Every Beat Counts: Hadassah’s Heart Health Program™.”

**Friends’ Concert Series: Hungrytown**

**Sunday, November 8 at 2:30pm**

Jazz singer, Rebecca Hall, and drummer, Ken Anderson, met in New York City. They became inspired to pursue a different kind of music when a close friend died and left them her 1960’s folk album collection and guitar. They moved to Vermont and became Hungrytown, releasing their first CD in 2008. Their unique music has received extensive radio airplay worldwide, and has appeared on several television shows, including the Independent Film Channel’s hit series, *Portlandia.* Sponsored by the Friends of MHL.

**Financial Aid & College Planning Workshop**

**Thursday, November 5 at 7pm**

Certified College Planning Specialist, Jim Femia, will present a workshop for students and parents about college planning and financial aid. Topics include how to evaluate aid packages, how students can position themselves for favorable offers of aid, and how to avoid costly mistakes on the FAFSA and CSS Profile. Register at www.mhl.org/eventcalendar.

**Paddy on the Net: Irish Genealogy Databases**

**Tuesday, November 10 at 7pm**

Michael Brophy will present the best websites for Irish genealogical research, including recent landmark additions of vital records and census information. Register at www.mhl.org/eventcalendar or call 978-623-8401 x31. Sponsored by the Friends of MHL.

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Programs are subject to change. Please call 978-623-8401 x31, or visit our website www.mhl.org in advance.
November 2015 Adult Programs

Discover Your Past Genealogy Club
Thursday, November 12 from 10-11am
Everyone is welcome. Predetermined topics, plus participants learn from each other. Register at www.mhl.org/eventcalendar or 978-623-8401, x31.

The Mother Connection Preschool Fair
Thursday, November 12, 5:30-7:30pm
Meet representatives from area preschools and TMC parent representatives. Pick up a free TMC Preschool Fair Booklet. Be entered to win a door prize. Wiggle Words class at 6pm. Co-sponsored by Memorial Hall Library and The Mother Connection.

Pillowcase Sewing Workshop
Thursday, November 5, 3-5pm
Sew a personalized pillowcase for yourself or to give as a gift in this hands-on workshop. Register at www.mhl.org/eventcalendar. Limit 6. A list of what to bring will be sent by email.

Pub Trivia Returns!
Tuesday, November 10, 7:30pm
MHL librarians test your knowledge of popular culture and events, sports, literature, science, and more with another night of pub trivia at Andolini’s. Teams encouraged. Prize for winner. Co-sponsored by MHL & Andolini’s Restaurant, 19 Essex St, Andover.

Pocket Parks & Public Art
Thursday, 11/19, 7pm
LWV @ the Library
Continuing the conversation about the Historic Mill District, this will be an interactive public session to discuss the possibilities for public art and pocket parks in Andover. A collaboration of MHL, LWV of ANA, Andover Historical Society, and AHS interns.

Book Groups & Writing Groups at MHL
Nonfiction Group - Wednesday, Nov. 4, 7pm
Missing Microbes by Martin J. Blaser, MD
Morning Group - Monday, Nov. 16, 10:30am
The Son by Philipp Meyer
Great Books Group - Tuesday, Nov. 24, 7:30pm
The Prime of Miss Jean Brodie by Muriel Sparks
Writer’s Group -Thursday, November 12, 7pm

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