



# OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

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Susan Quinn, Director

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## PRESS RELEASE

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### October Programs at Jackson Library

**JACKSON** – The Jackson Branch of the Ocean County Library will host a variety of programs throughout October.

- “Armchair Traveling Series: Best American Hikes (Documentary)” 10:30 a.m. Thursday, Oct. 11. Explore the world without leaving the library. This documentary will take you through four of the best hikes in the United States. This film is available through OCL database Access Video on Demand.
- “Afternoon Film” 2:30 p.m. Thursday, Oct. 11. Call the branch or visit [theoceancountylibrary.org/events](http://theoceancountylibrary.org/events) for film information.
- “Coloring for Adults” 10 a.m. Tuesday, Oct. 16. Create Mexican paper star ornaments in vivid colors. Material provided, along with light refreshments and classical music.
- “Mindfulness Meditation: On Impermanence” 3 p.m. Friday, Oct. 19. Open to novice and skilled practitioners. Learn to ride the wave of impermanence and change with grace and equanimity through mindfulness. Practice includes teachings, meditations, and sitting in silence. A Q&A session will follow the program.
- “Evening Film” 6 p.m. Monday, Oct. 22. Watch a film in commemoration of Hispanic Heritage Month. Call the branch or visit [theoceancountylibrary.org/events](http://theoceancountylibrary.org/events) for film information. No registration required.
- “Immigrant State: Jersey’s Influential Gate” 2 p.m. Tuesday, Oct. 23. New Jersey holds an important part of American’s immigration history. Dr. Carlos Decena from Rutgers University will present film clips, texts, and media coverage on national and statewide issues. Q&A and candid discussion encouraged. This program is sponsored by NJ Council for the Humanities and OCL Cultural Awareness Team.
- “Meet the Neurologist” 10 a.m. Wednesday, Oct. 24. Dr. Taimur Zaman, Chief of Neuroscience at Kennedy Health System, NJ, will talk about memory loss related to Alzheimer’s disease. This program is sponsored by Alzheimer’s NJ.
- “All About Autism Support Group” 6:30 p.m. Wednesday, Oct. 24. Explore the ways in which autism affects our lives. Teen volunteers will run supervised activities for your children who are 12 or under. Please notify when registering whether you will bring children.

- “Brain Joggers” 10:30 a.m. Monday, Oct. 29. Exercise your mind by playing games and working puzzles.
- “South Jersey Ghost Research” 7 p.m. Monday, Oct. 29. South Jersey Ghost Research will host an evening of intrigue, enlightenment, and “spiritual” inspiration. Participants will watch a video presentation, see photo displays, hear audio clips, and witness an equipment demonstration. A Q&A session will follow the presentation. South Jersey Ghost Research is a professional research group with years of experience investigating ghosts and hauntings in New Jersey, Pennsylvania, Delaware, and New York.

Registration is required for these free programs unless otherwise noted. To register, call the branch at 732-928-4400 or visit [theoceancountylibrary.org/events](http://theoceancountylibrary.org/events).