



# OCEAN COUNTY LIBRARY

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

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[www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)

Susan Quinn, Director

October 4, 2018

## PRESS RELEASE

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### November Programs Coming to Jackson Library

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

- “Write Your Story” 11 a.m. Thursday, Nov. 8. In commemoration of National Novel Writing Month, the Jackson Branch is opening its computer lab and Quiet Study Room for novice and experienced novel writers. Please bring laptop if using Quiet Study Room. No registration required.
- “Afternoon Film” 2:30 p.m. Thursday, Nov. 8. The Jackson Branch will screen a 2017 biopic about Senator Ted Kennedy. (PG-13) 101 min.
- “Medicare Made Simple for 2019” 2 p.m. Monday, Nov. 12. Join Registered Nurse Phoebe Shagan to discuss Medicare and the changes in store for 2019.
- “Getting an ‘A’ for Memory” 2 p.m. Wednesday, Nov. 14. Learn about the importance of staying mentally healthy to remain independent as we age. This program will explore normal memory loss and methods for boosting brain power. It will be presented by Nurse Practitioner Melanie Vernacchia.
- “Essential Oils 101” 7 p.m. Monday, Nov. 19. Learn what essential oil are and how to use them to support natural wellness, provide energy and balance, and relieve stress.
- “Coloring for Adults” 10 a.m. Tuesday, Nov. 20. Rediscover the joy of coloring. Coloring sheets and art supplies will be provided along with light refreshments and relaxing music.
- “Evening Film” 6 p.m. Monday, Nov. 26. The Jackson Branch will screen a 2017 biopic about NAACP lawyer Thurgood Marshall. (PG-13) 118 min.
- “Essential Oils for Immune Support” 7 p.m. Thursday, Nov. 29. Use essential oils to build and maintain a healthy immune system. Topics will include gut health, recipes for diffusers and rollers, hand sanitizer, and immune boosting tea.

The branch is located at 2 Jackson Drive.

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).