

## Upcoming Bloomfield Library Events

### Get off the worry-go-round

*Wednesday, Dec. 2, 6 p.m.*

Stress and worry are not your fault; they are your default. So says Sharie Spironhi, motivational speaker and author of ‘Why We are Wired to Worry and How Neuroscience Will Help You Fix It.’ Inspired by her overnight defeat of bipolar disorder, Spironhi says she is an example of neuroplasticity, the brain’s ability to change and heal. She tells of defeating manic depression, (present in her life from childhood forward), then willing her brain to rewire itself. Here’s what you’ll hear:

- Why we are wired to worry and believe it will help fix problems.
- The brain’s inability to distinguish the real and the imagined.
- How to alter the brain’s programming in three weeks.



### Mistletoe & Holly

*Saturday, Dec. 5, 2 p.m.*

Karen Luschar, a Broadway singer with global credits, will appear at the Bloomfield Library to perform holiday classics and lesser known treasures, including Christmas in Killarney, A Song of Christmas, Scarlet Ribbons, Let It Snow, Christmas Memories, I’ll Be Home for Christmas, O Holy Night, Count Your Blessings, White Christmas, The

Most Wonderful Time of the Year, and The Happiest Christmas. The program also will include an audience sing-along.

### ‘Washington D.C., A Destination of Monumental Proportions’

*Monday, Dec. 14, 6 p.m.*

Enjoy a travel seminar about Washington, D.C. as told through the eyes of travel writer David Kriso, who will share his enthusiasm for the city’s monuments, museums and more. Hear memorable experiences for all ages — an intimate dinner in town, a comfortable stay at a five-star hotel, an evening monuments tour, taking in a game . . . there’s even a tale about the Metro subway.