

*The Friends of the Guilford Free Library present*

# Lunch & Learn

## Spring 2010

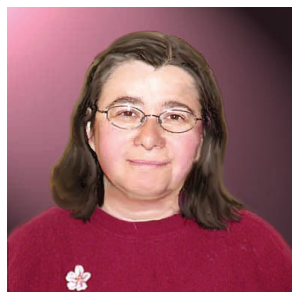
Tuesdays, 12-1 pm.

**Tuesday, Feb. 16, 2010:** Madison resident **Donald Rankin** will talk about *The Pequot War of 1637*. Rankin is a retired surgeon and Chair of the Department of Emergency Medicine at Park City Hospital, Bridgeport. He is currently a docent at Meigs Point Nature Center. His program will include Native American lore and he'll bring artifacts from the era to augment his presentation.



**Tuesday, March 2, 2010:** Branford attorney **Mark Connell**, a specialist in elder law and estate planning, will present an informational program describing *Home Ownership Options for Seniors*. Come and find out about different ways you can “own” your home, how to avoid running out of money, tax traps to avoid in choosing how to own your home, why early planning is important, and much more.

**Tuesday, March 16, 2010 :** Guilford resident **Al DiMarzio** takes us on another video adventure in Italy. This trip documents *How Italy Got its Name*. Join us for stunning photography and entertaining commentary by the creator of “Guilford, CT—Gem of the Shoreline” and many other video documentaries, four of them about Italy.



**Tuesday, March 30, 2010:** **Maria Tomasetti** of the Alzheimers Association of Connecticut presents *Brain Power — Tricks to Enhance Your Memory*. The program will look at diet, exercise, mental activity and social interactions to reduce memory problems. Tomasetti will present some challenging brain games and review memory aids and remembering strategies.

**All are welcome - Admission is always free  
The Friends serve coffee and light refreshments**

*Guilford Free Library ~ 67 Park Street, Guilford ~ 203-453-8282 ~ [www.guilfordfreelibrary.org](http://www.guilfordfreelibrary.org)*