CABOT PUBLIC LIBRARY

NEWS & PROGRAMS
OCTOBER 2026

LIBRARY HOURS: Monday noon – 6 p.m., Tuesday 10 a.m. – 6 p.m., Wednesday 11 a.m. – 6 p.m., Thursday noon – 6 p.m., and Saturday 9 a.m. – noon.
Curbside library service is still available during regular library hours.

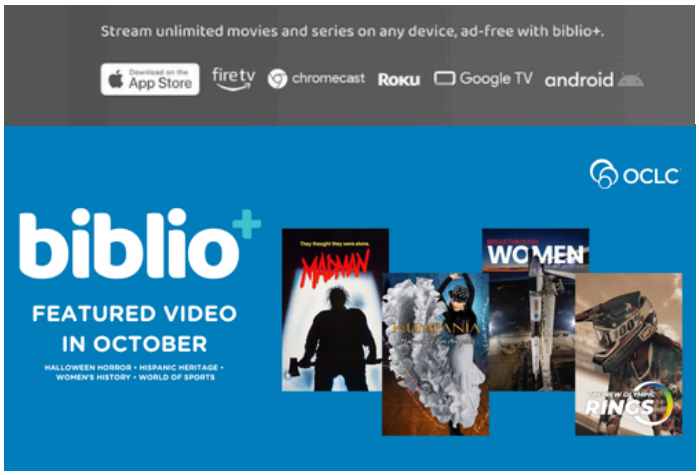
BANNED BOOKS WEEK

OCTOBER 4-10, 2026

For Banned Books Week, **join us in reading and advocating for the freedom to read diverse literature.** Visit the library to see a list of the most challenged books of 2025.

BIBLIO+

Do you want **FREE and unlimited access** to groundbreaking film and captivating television? **All you need is a library card** – visit the library to sign up!



Visit the library to check out a new book!

ADULT

YOUTH

CABOT PUBLIC LIBRARY

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chinese Medicine Discussion Jiu Jitsu	2	3
4	5	6 Illistration Workshop	7 Story Time Mah Jongg Fire Safety Lesson	8 Jiu Jitsu Chimney Fire Safety	9	10
11	12 CLOSED	13 D&D	14 Story Time	15 Cooking with Kids Jiu Jitsu	16	17
18	19	20 D&D	21 Story Time (at Burtt's)	22 Book Group Jiu Jitsu	23	24
25	26	27 D&D Pumpkin Carving & Pizza	28 Story Time	29 Sleepy Hollow Storytelling at Burtt's Jiu Jitsu	30	31
		** **All programs and events are free and all are welcome!** Visit our website at cabotlibrary.com or check FPF for added programs. **If you have a program suggestion or question, please email amandaotto.cabotlibrary@gmail.com**				

Chinese Medicine Discussion: Fall, Letting Go, and the Lungs

Thursday, October 1 - 6:30 p.m. - Do you ever wonder why respiratory issues seem to spike every autumn? In Chinese Medicine, each season relates to specific internal organs and elements. Join local acupuncturist Christina Ducharme to explore the energies of autumn and the Metal element. We'll discuss how to release what no longer serves us, honor the harvest of our past experiences, and practice simple at-home acupressure techniques to support the Lungs and Large Intestine through the seasonal shift.

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Nature Illustration Workshop - Tuesday, October 6 - 3:30 p.m. Join members of the Lake Champlain Basin Program to learn how to draw your favorite plants and wildlife. You don't have to be an expert illustrator to share the beauty of our ecosystems with others. Draw what species you love most and show what makes them special. People want to save the things they love!

Dungeons and Dragons (ages 11+) Ongoing, Tuesdays 3:30 - 5 p.m. Join Losada Stoddard as DM. Come for the mysteries and magic, tails and talons, puzzles and prophecies!

Mah Jongg Meetup - October 7 - 10:30 a.m. - noon. Play the ancient tile game with friends and neighbors. Game sets will be available for use, no equipment is needed. Both fun and challenging, the game of Mah Jongg is said to improve memory, decision-making skills and patience.

Story & Activity Time (birth - ages 5+) Ongoing, Wednesdays - 10:30 - 11:30 a.m. Cabot Rec Field Pavilion Join Amanda Otto for stories, songs, crafts, snacks and open play. Visit the library afterwards to discover our new selection of picture books, take-home kits and more. All are welcome!

10/7 - Join us at the Fire Station with firefighter Kerri Moll and Therapy Dogs Rudy and Tilly to read stories and learn about fire safety, equipment and trucks!
10/21 - Join us at Burtt's for a special fall themed Story & Activity Time

Charge into Fire Safety, Safe Charging is a Super Power (ages 8+) - Wednesday, October 7 - 2:30 p.m. - Join us at the library for a NFPA (National Fire Protection Association) prepared lesson taught by our local Volunteer Firefighters. Safe charging means making smart choices, every time you plug in. Everyday safe charging habits can help prevent lithium-ion battery fires. **Snacks Provided!**

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Chimney Fire Safety - Thursday, October 8 - 6 p.m. - Join your Cabot Volunteer Firefighters for an info session on Chimney Fires. It is that time of year, when we are all gearing up to put our chimneys to work! The Fire Department will explain what causes a chimney fire and how to prevent one. All are welcome!

Gracie Jiu-Jitsu for Young Kids (ages 6+) - **Ongoing, Thursdays - 3:30 - 5 p.m. - Willey Building 3rd FL** - Join Yeshua Boyer for a fun, beginner-friendly introduction to Gracie Jiu-Jitsu for young kids. Classes will focus on the "Gracie Games" and are inspired by the Gracie Bullyproof program for kids. Jiu-jitsu is the "gentle art," and Gracie Jiu-Jitsu focuses on empowering smaller individuals to use leverage to restrain larger, faster, stronger opponents. We will provide a safe, supportive environment for students to practice specific drills and games focused on body safety, listening to instructions, staying calm, and showing respect for each other. You are welcome to join any one of the classes or all of them. No special gear or clothing is required, though we recommend comfortable, athletic or fitness wear. A $5-10/class donation is not required, but is appreciated to help us cover the costs of insurance and the mats. All are welcome! Yeshua Boyer has studied and taught kids and adults Gracie Jiu-Jitsu over the last 13 years. Parents and caregivers are welcome to join and learn how to play these games with their kids. To learn more about the Gracie kids' program visit - https://www.youtube.com/watch?v=NCvZpU4JvvM

Cooking with Kids - (ages 6+) - **Thursday, October 15 - 3:30 - 5 p.m.** - Roll up to the library for this hands on sushi making program with Brittany French Hirano and Amanda Otto! This program combines storytelling, hands-on food prep, and basic nutrition. Children will learn kitchen safety and practice math through measuring, while making simple, delicious, and healthy snacks or lite meals. *This program is funded by the Weineg Foundation*

Registration is required - space is limited.
Please email amandaotto.cabotlibrary@gmail.com for more details or to sign up.

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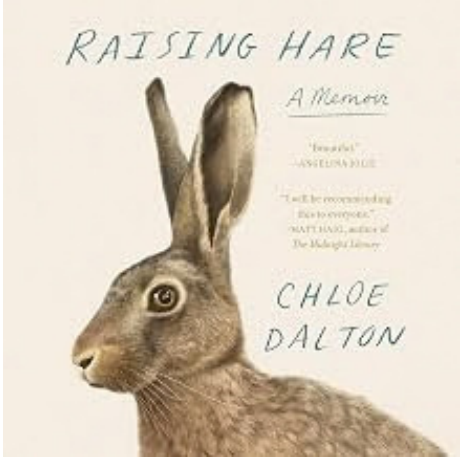

Cabot Book Group - Tuesday, October 22 - 2 - 3 p.m.
October's book selection is Raising Hare by Chloe Dalton. Imagine you could hold a baby hare and bottle-feed it. Imagine that it lived under your roof and bounded around your bedroom at night, drumming on the duvet cover when it wanted your attention. Imagine that, more than two years later, it still ran in from the fields when you called it and slept in your house for hours on end.

Community Pumpkin Carving Event with Pizza - Tuesday, October 27 - 5 p.m. - Kids, families and individuals are invited to celebrate autumn with us and enjoy time with friends and neighbors carving pumpkins, eating pizza and drinking apple cider. **Please bring your own carving utensils.** If you wish, completed pumpkins can be used for our inaugural pumpkin walk at Burtt's Apple Orchard – see details below. Many thanks to Burtt's for donating pumpkins for this event! **Pre-register is helpful to make sure we have enough of everything.** Email amandaotto.cabotlibrary@gmail.com or call the library at 802-563-2721. **All are welcome to this free community event!**

This program is co-sponsored by the CCA, the Cabot Resilience Hub Project, and is supported by the Land Access and Opportunity Board to help build our community's resilience.

Illuminated Pumpkin Walk and The Legend of Sleepy Hollow Storytelling Event and at Burtt's Apple Orchard - Thursday, October 29 - 6 p.m.

Join us for an illuminated pumpkin walk followed by a retelling of Washington Irving's spine-tingling tale. **The illuminated pumpkin walk begins promptly at 6pm. The storytelling event* begins promptly at 6:45pm.** Approximate length of the story is 50 minutes. Dress for the weather and feel free to bring a lawn chair. Hot apple cider and donuts will be available for purchase. *Recommended for ages 8+
Rain date - Friday, October 30

This program is co-sponsored by the Cabot Trails Committee.

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Cooking with Kids

Cabot Book Group

Story & Activity Time at Maple Lane Farm

Thanks so much to Liz Gaines and Jennifer Gochey for volunteering at the library. Additional thanks to our program volunteers and collaborators including Kate Chatot, Reeve Basom, Losada Stoddard and Yeshua Boyer. Thanks too to Burtt's Apple Orchard for donating apples to support our programs. We are so grateful to our Library Trustees who provide support and direction: Angela Ogle, Leah Sare, Kurt Steinert, Erin Ruddell, and Taeryn Robbins

See you at the library!

Kathleen Hoyne & Amanda Otto - Co-Directors
Darren Celley - Assistant Librarian
Clementine O'Connor - Library Services Assistant