

WALPOLE TOWN LIBRARY

JANUARY 2023 NEWSLETTER

PROGRAMS

Special Events:

Caregivers Support Group: Tuesday, 1/10, 2 pm, Main Library.

Library Trustee Meeting: Tuesday, 1/10, 4:30 pm, Main Library.

Step into the New Year With Less Stress: Monday, 1/23, 5 pm, Main Library.

On-Going Adult Programs:

Knitting Group: Mondays 1-3 pm, Main Library. Beginners welcome!

Conversations With Friends: Mondays 2-3 pm, North Walpole Branch.

Library Book Group: Last Thursday of the month, 12 noon, Main Library.

Crafternoon: Second Friday of the month, 1:30 pm, Main Library. All supplies provided.

Write it Down Writers Group: Third Saturday of the month, 10 am, Main Library.

On-Going Kids and Families Programs:

Wiggle Time: Mondays at 10 am, Main Library. **NO PROGRAM 1/2.**

Story Time: Wednesdays at 10 am AND 5:30 pm, Main Library.

Story Walk: Distant Hill Nature Trail. Dawn to dusk every day. New stories each month.

STEP INTO THE NEW YEAR WITH LESS STRESS

Monday, 1/23, 5 pm, Main Library
with Naomi Hall, Ed.D.

What if you took time in the new year to prioritize yourself so you can show up as your best self? Let's take a look at practical steps for stress management/reduction, including techniques you can use in the moment to self-regulate and ideas for reducing your overall stress.

SPOTLIGHT ON LIBBY

Libby is a free app where you can borrow ebooks, digital audiobooks, and magazines from your public library. You can stream titles with Wi-Fi or mobile data, or download them for offline use and read anytime, anywhere.

All you need to get started is a library card. This free app, created by OverDrive, is available for Android and iOS (iPhone/iPad/iPod touch) devices. A modified version is also available for Kindle devices.

More for information or assistance email Julie jrios@walpoletownlibrary.org

SPOTLIGHT ON UNIVERSAL CLASS

Universal Class offers the highest quality online courses for patrons interested in the lifelong pursuit of knowledge for either personal or professional reasons. Free with your library card, classes are available for credit or just enjoyment. There are over 500 courses to choose from in categories like business, accounting, computer skills, do-it yourself, arts and crafts, test prep, homeschooling, self-help, office skills, health and medicine and more! To learn more visit the Digital Resources section of our webpage or email Julie at jrios@walpoletownlibrary.org.

Perhaps no place in any community is so totally democratic as the town library. The only entrance requirement is interest.

Lady Bird Johnson

NON-FICTION BOOK SPOTLIGHT

Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive
By Marc A. Brackett

Marc Brackett, founding director of the Yale Center for Emotional Intelligence, has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works.

FICTION BOOK SPOTLIGHT

Light it Up By Nicholas Petrie

Combat veteran Peter Ash leaves a simple life rebuilding hiking trails in Oregon to help his good friend Henry Nygaard, whose daughter runs a Denver security company that protects cash-rich cannabis entrepreneurs from modern-day highwaymen. Henry's son-in-law and the company's operations manager were carrying a large sum of client money when their vehicle vanished without a trace, leaving Henry's daughter and her company vulnerable.

After finding himself on the defensive for too long, Peter marshals his resources and begins to dig for the truth in a scheme that is bigger--and far more lucrative--than he'd ever anticipated. With so much on the line, his enemy will not give up quietly...and now he has Peter directly in his sights.

GET TO KNOW OUR BOARD OF TRUSTEES MEMBERS

Each month we'll ask a Board member these five questions to get to know them better.

Susan Johnson, Trustee

1. *What does your family look like?*

My immediate family is very small ; my husband and daughter, but as a Hubbard, I have lots of other family in Walpole.

2. *What's the last book you read?*

The Secret Keeper by Kate Morton.

3. *What 3 things would you bring to a deserted island?*

Definitely a book- something really long or a collection of novels , my dog for companionship and lots of water.

4. *If you could travel anywhere, where would you go?*

An African safari is on my bucket list.

5. *What was your first job?*

My first job was waitressing at the Hooper Golf Club monthly suppers.

FREE NEWSPAPERS, MAGAZINES AND MORE!

Did you know that your library card gives you online access to local newspapers such as The Brattleboro Reformer, The Eagle Times, The Concord Monitor, The Nashua Telegraph, The New Hampshire Union Leader, and The Boston Herald?

For up-to-date news and information at your fingertips, head to our website at www.walpoletownlibrary.org and click on the NewsBank icon.

MAIN LIBRARY

48 Main St., Walpole, NH 03608
603.756.9806
Monday 10 am to 7 pm
Tuesday 1 to 6 pm
Wednesday 10 am to 7 pm
Thursday 1 to 6 pm
Friday 1 to 6 pm
Saturday 9 am to 1 pm



www.walpoletownlibrary.org

NORTH WALPOLE BRANCH LIBRARY

70 Church St, North Walpole, NH 03609
603.445.5153
Monday 1-4 pm
Tuesday 3-7 pm
Friday 9 am to 1 pm
Saturday 9 am to 1 pm