

# This Week @ Your Library

Jan 16-22, 2021

- connect
- explore
- grow



**catawba county**  
library system

828.465.8664



[www.catawbacountync.gov/library](http://www.catawbacountync.gov/library)

**Online**  
828.465.8665

## Souper New Year!

January 16-22

It's often said that January brings soup weather. Truly, is there anything so restorative to body and soul than a nice, hot bowl of soup on a cold winter's day? Reserve one of our soup jar kits while supplies last – then join us on Zoom to talk about variations to the recipe and how to put the jars together so you can have an easy dinner handy, right on your shelf. Register to receive a kit and/or the Zoom invitation for our discussion and demo at <https://tinyurl.com/ccls-souper-reg>. Limit of one soup jar kit per household. Please allow 4 business days for the kit to arrive at the branch of your choice.



## Virtual STRONG Fitness with Honey & Jossiah

Saturday, January 16 at 9 am

Get in shape with this class's high-intensity interval training, which relies on body weight, muscle conditioning, and cardio and plyometric moves. Every squat, lunge, and burpee is driven by original music to help you burn calories while toning arms, legs, abs, and glutes! Access the session with this Zoom link: <https://us02web.zoom.us/j/723012922?pwd=Umh5bTdaSkdWekxXMVV4N1ZBQVRsQT09>. Then



enter this meeting ID: **723 012 922** and follow it with this passcode: **STRONG**. [Please note that this word is case-sensitive. Enter it exactly as shown.] You can also visit [www.facebook.com/ZumbaWithHmongSibs/](https://www.facebook.com/ZumbaWithHmongSibs/). Meets every Saturday.

## Virtual Zumba with Honey & Jossiah

Monday, January 18 at 6 pm  
This fun dance workout is appropriate for every skill and ability level and open to anyone 14+ (parental signature required for teens under 18). Access the session with this Zoom link: <https://us02web.zoom.us/j/87120563944?pwd=S09kaEVkd0dydm1VYW14WnVUZG9sUT09>. Then enter the meeting ID: **871 2056 3944** and follow it with the passcode: **Dance**. [Please note that this word is case-sensitive. Enter it exactly as shown.] You can also visit [www.facebook.com/ZumbaWithHmongSibs/](https://www.facebook.com/ZumbaWithHmongSibs/). Meets every Monday.

## New Year's New Careers

Tuesday, January 19 at noon with a second session at 5:30 pm

Whether you're ready to enter the workforce for the first time or just want to make a change for 2021, the folks at ProStaffing can inform you about the kinds of jobs that over 100 employers in Catawba County are trying to fill right now. Learn about these opportunities as well as tips for pursuing a new job, next steps, and how to improve your chances of being hired. Register at <https://tinyurl.com/ccls-careers-reg> to receive the Zoom invitation.



## Black History Discussion Group

Wednesday, January 20 at 4 pm  
Back from a 2020 hiatus, we're gathering this month to learn more and talk about "African Americans at the 1936 Olympics" Parts 1 and 2 on YouTube. (Find the videos online at [https://tinyurl.com/cclsvideo-](https://tinyurl.com/cclsvideo-olympics-pt1)

[olympics-pt1](https://tinyurl.com/cclsvideo-olympics-pt1) and <https://tinyurl.com/cclsvideo-olympics-pt2>.) Watch the videos and then register at <https://tinyurl.com/ccls-bhdg> to receive the Zoom link.

## Online Catalog Tutorial

Wednesday, January 20 at 6 pm  
Did you know you can access the library catalog from home? You can also use an online account to select items for pick-up. Join us to learn how to manage your library account, place holds, and save lists and searches. To participate, register at <https://tinyurl.com/cclsonlinecatalog>. You'll receive a Zoom link to attend the virtual program on the morning of January 20th.

## LIVE Library to Go in Catawba

Thursday, January 21 from 10 am-2 pm  
The Library to Go will be visiting the Town of Catawba on the 1st and 3rd Thursdays of each month at Redeemer Lutheran Church (200 South Main St). To ensure safety, we're asking visitors to make their stops brief, to sanitize their hands as they come in, and to wear a mask while in the building. We'll be taking temperatures at the door and will have extra masks and hand sanitizer for everyone to use.



## Live Preschool Storytime via Zoom

Thursday, January 21 at 10 am  
Gather the kids and join us for a live, interactive preschool storytime! This family-friendly virtual event will include singing, reading, finger plays, and lots of your favorite activities! This week, we will be learning about rhyming and wordplay. Please register at <https://tinyurl.com/CatawbaThursdayStorytime>. You'll receive the registration confirmation and Zoom link in your email.



**Virtual Zumba with Honey & Jossiah**

Thursday, January 21 at 5:30 pm

This fun dance workout is appropriate for every skill and ability level and open to anyone 14+ (parental signature required for teens under 18). Access the session with this Zoom link:

<https://us02web.zoom.us/j/87120563944?pwd=S09kaEVkd0dydm1VYW14WnVUZG9sUT09>. Then enter the meeting ID: **871 2056 3944** and follow it with the passcode: **Dance**. [This word is case-sensitive. Enter it exactly as shown.] You can also visit [www.facebook.com/ZumbaWithHmongSibs/](http://www.facebook.com/ZumbaWithHmongSibs/). Meets every Thursday.

**Letter Writing and Pen Pals**

Thursday, January 21 at 6:30 pm

Increase your social connections at a comfortable pace! Join us to learn how to find a pen pal, get tips for writing your first letter, and get the scoop on letter-writing challenges, including InCoWriMo and LetterMo. We'll also talk about tools, postage, safety tips, and how to keep track of outgoing/incoming letters. Register at <https://tinyurl.com/CCLS-letterwriting-reg>.

**Upcoming! Hearts & Minds OLBC**

Thursday, February 18 at 5:30 pm

This OnLine BookClub has a focus on health and wellness. We'll meet on Zoom to discuss

Stephanie Butland's *The Curious Heart of Ailsa Rae*. Make yourself a cup of tea or coffee and settle in with the rest of us to talk about this novel and its themes of life, loss, love, and living. Send an email to [share@catawbacountync.gov](mailto:share@catawbacountync.gov) to receive the Zoom invitation.

**Community**

828.465.8665

**In-Person, Outdoor Tai Chi**

Saturday, January 16 at 9:30 am

Join Dr. George Place, director of the Cooperative Extension, for tai chi at Bakers Mountain Park (6680 Bakers Mountain Road, Hickory, NC 28602), where you'll learn to

improve your well-being and balance. Class will be followed by an easy, hour-long hike for those who are interested. Being active outside during the winter months is good for your physical and mental health! To participate, please call 828.465.8247.

**Virtual Tai Chi**

Wednesday, January 20 at 12 noon

Join our lunchtime tai chi class, led by Cooperative Extension director Dr. George Place. This short virtual session is designed to help people relax in their homes or offices during a quick 30 minutes.



It also helps promote balance and alleviate the effects of arthritis. To get the Zoom code, check [www.facebook.com/catawbacountylibrarysystem](http://www.facebook.com/catawbacountylibrarysystem) the day of the class.

**Take the Cooperative Extension Survey Through January 22**

Please share your opinion! The Catawba County Cooperative Extension Service is conducting a short survey to understand how they can help meet the needs of our community. Whether or not



you're familiar with the Cooperative Extension Service, they would like to hear from you. The survey should only take about five minutes of your time. Thanks in advance for your help! To complete the survey, click here: <https://www.surveymonkey.com/r/CatawbaCountyCES>.

**SUFFRAGE: Hickory Museum of Art Through January 24**

This exhibit celebrates the 100th anniversary of the ratification of the 19th Amendment. Six regional artists display artwork that responds to themes associated with the women's suffrage movement, and a special series of panels created by CVCC graphic design students traces the movement's milestones. Also shown is an installation called *The Feminist To Do List* by fiber artist Susan Lenz. Its 42 vintage quilt blocks feature civic-minded call-to-action phrases. Collaborators include the Historical Association of Catawba County, the Catawba County Library System, the League of Women Voters, and the United Arts Council of Catawba County.

**PROGRAM REGISTRATION**

By scanning this QR Code with the camera app of your smartphone, you'll open an Internet browser and will be directed to our online events calendar. Then, simply click on any program name to find a link that will allow you to register online!

**MARTIN LUTHER KING, JR. HOLIDAY**

Please note that all library branches will be closed on Monday, January 18 for the MLK, Jr. holiday. However, virtual Zumba will still take place via Zoom at 6 pm. We will reopen on Tuesday, January 19 with standard business hours.

