

This Week @ Your Library

Jan 30-Feb 5, 2021

- connect
- explore
- grow



catawba county
library system

828.465.8664



www.catawbacountync.gov/library

Online
828.465.8665

Virtual STRONG Fitness with Honey & Jossiah

Saturday, January 30 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 will 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**. [This word is case-sensitive. Enter it exactly as shown.] You can also visit www.facebook.com/ZumbaWithHmongSibs/.



Contribute to Our Seed Library

Saturday, January 30 from 9 am-6 pm

Help the library build a seed library, where the community can exchange seeds for free! Starting January 30 (also known as Seed Swap Day), the library will accept seeds at all locations during their standard business hours. The seed swap collection will be available to the public in early March and will be housed at the Main Library in Newton.



Virtual Zumba with Honey & Jossiah

Monday, February 1 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/. Meets every Monday.



ZUMBA

Spring into Reading STEAM Program: Exploring Shadows

Tuesday, February 2 at 4 pm

Join us to learn about Groundhog Day, explore light and shadows, and build a variety of shadow puppets together. Participants must register at <https://www.tinyurl.com/SpringIntoReading> to receive the Zoom link and materials. **Note:** This is the first of seven STEAM programs connected to our youth-targeted Spring Into Reading challenge. Participants can use the same link to register for any of the weekly STEAM programs running from February 2 through March 18.



ESL Class – Intermediate

Tuesday, February 2 at 6 pm

Practice speaking English with us on Tuesday evenings! We'll spend the first 20 minutes or so on grammar and then start our conversations. If you'd like to register for class or get more information about the weekly series that runs through May 2021, please call the Newton branch at 828.465.8664.



Intro to Canva

Wednesday, February 3 at 11 am

Want to jazz up your social media posts? Make flyers for an event? Create a personalized card for a friend? Join us for a Zoom session on the basics of Canva, a free, easy-to-use graphic design program! We'll cover the how-to's of creating an account, customizing your designs, and sharing those designs with friends and family. Register for the session at <https://tinyurl.com/cclscanvaintro>. You'll receive a Zoom link to attend the virtual program.



Live Preschool Storytime via Zoom

Thursday, February 4 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! Please register at <https://tinyurl.com/CatawbaThursdayStorytime>. You'll receive the registration confirmation and Zoom link in your email.

LIVE Library to Go in Catawba

Thursday, February 4 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.



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 to receive the Zoom invitation.

Community

828.465.8665

Virtual Tai Chi

Wednesday, February 3 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 the day of the class.



Positive Parenting Workshops

Thursday, February 4 from 6-7:30 pm

The Catawba County Partnership for Children is hosting a three-part series to offer practical tips for managing common parenting challenges and helping families develop loving relationships. The series meets via Zoom on February 4, 11, and 18. Call 828.695.6565 to register and get the Zoom meeting info.



Registration

828.465.8665



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!



REGISTER KIDS NOW!

Our *Spring Into Reading* challenge runs seven weeks, beginning on Groundhog Day (February 2) and ending on the first day of spring (March 20). The challenge has two parts:

- 1) Kids are asked to read a total of 120 minutes each of the 7 weeks.
- 2) They're encouraged to attend 5 of the 7 virtual STEAM programs we're offering as well.

If they complete the reading challenges and the STEAM program requirements, they'll be entered into a drawing to win a cool, 3-D-printed monster!

To register for the virtual STEAM programs, visit <https://tinyurl.com/SpringIntoReading>. To log reading time and completed STEAM participation, register at <https://catawbacountync.beanstack.org/reader365>.

Materials for the STEAM challenges will be available separately as kits for the February programs and for the March programs. Kits will be sent to your branch of choice within 3-4 business days following registration. Supplies are limited, but many of the materials included in both kits are basic household items that you may already have on hand.

The STEAM challenges are as follows:

- Week 1: Shadow Puppets
- Week 2: Borax Crystal Snowflakes
- Week 3: Ski Challenge
- Week 4: Save Han Solo
- Week 5: Bug Out Robots
- Week 6: Origami Rainbow Flowers
- Week 7: Pi Day

For more details, call 828.465.8665 or visit www.catawbacountync.gov/library.

FITNESS PROGRAMS

Thursday's Zumba class and Saturday's STRONG class will wind down at the end of January. Monday's Zumba class will continue to meet weekly, and we invite you to keep an eye out here as we explore options for additional fitness opportunities.

Kits for Pick-Up

828.465.8665

Happy ValenThyme! DIY

Kit Pick-up: January 30-February 15

Celebrate your love of herbs during the Valen"thyme" season with a take-home kit you can use to explore the health benefits and recipe options of thyme. The kit includes seeds, a flower pot, items to make a cute herb stake, and instructions. You can pick one up at the library you specify when registering. Sign up for your kit at <https://tinyurl.com/ccls-valenthyme-reg> and register for our live Zoom program at 2 pm on Monday, February 15, where you'll plant thyme, create the herb stake, and learn all about the versatile herb. One kit per household, please, while supplies last.

Valentine's Day Origami

Kit Pick-up: February 1-11

This Valentine's Day, celebrate the special people in your life by making them an origami surprise message card! Register online at www.tinyurl.com/valentineorigami and then pick up your take-and-make kit at the branch of your choice (please allow 2-3 days for delivery). Join us on Thursday, February 11 at 4 pm for a Zoom meeting with step-by-step instructions.

