

This Week @ Your Library

Nov 7-14, 2020



catawba county
library system

828.465.8664



www.catawbacountync.gov/library

Online

828.465.8665

Lemon Sugar Scrub Jar Kit DIY

November 1-30

Lower humidity may dry out our skin, so this month, we've got you covered for skin care with a DIY kit using natural ingredients found in most households. To participate, send an email to share@catawbacountync.gov, including your name and the library location where you'd like to pick up your kit.

LIVE Zumba with Honey & Jossiah

Mondays at 6 pm

This fun dance and movement class is appropriate for every skill and ability level and open to anyone 14+ (parental signature required for teens under 18). Classes are held outdoors in the lower parking lot of the Newton Library, weather permitting.



Virtual Zumba with Honey & Jossiah

Thursdays at 5:30 pm

This online class is appropriate for every skill and ability level and has the added convenience of being done from your own home! Use this Zoom link (<https://zoom.us/j/189229946>) or locate it at www.facebook.com/ZumbaWithHmongSibs/.

Virtual STRONG Fitness with Honey & Jossiah

Saturdays at 9 am

This high-intensity interval training class gets you in shape using your

body weight, muscle conditioning, and cardio and plyometric training moves. Every squat, lunge, and burpee is driven by original music. You'll burn calories while toning arms, legs, abs, and glutes! Use this Zoom link (<https://zoom.us/j/723012922>) or locate it at www.facebook.com/ZumbaWithHmongSibs/.

St. Stephens Digital Book Club

Monday, November 9 at 6:30 pm

The theme for this month is family, so select a book you like that deals with families and come prepared to talk about your chosen read! Find the Facebook group at www.facebook.com/groups/St.StephensBookClub/.

Library Board of Trustees Meeting

Tuesday, November 10 at 12 noon

The 7-member library advisory Board gathers for its quarterly meeting at the Main Library in Newton.

Understanding and Responding to Dementia-Related Behaviors

Tuesday, November 10 at 2 pm

Learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease. Presented by the Alzheimer's Association Western Carolina Chapter via Zoom. To register, visit tinyurl.com/CatawbaCo2.

Meet Niche Academy

Wednesday, November 11 at 6 pm

Interested in learning the basics of social media platforms or Google and Microsoft Office products? Join us for a walk-through of the library's new video tutorials provided by Niche Academy. Register before November 9 by sending an email to share@catawbacountync.gov with the subject line "Niche Academy." We'll share a Zoom link the day before the program.



Virtual Music Storytime with the North Carolina Symphony

Thursday, November 12 at 10 am

The NC Symphony presents its virtual Music Discovery program, funded by PNC Grow Up Great. Geared for preschool and elementary-age children and their families, the program will feature a NC Symphony musician reading a book about music, talking about their instrument and how other instruments make their sounds, and leading kids in a sing-along – plus more surprises! Participants are invited to participate using toy instruments at home, such as maracas, bells, or tambourines. Space is limited. Register at tinyurl.com/CatawbaThursdayStorytime.



Meditation for Those Who Fidget

Thursday, November 12 at 1 pm

Mindfulness has been proven to bestow a variety of health benefits on its practitioners, but 'sitting with the breath' doesn't come naturally to everyone. If you've wanted to cultivate mindfulness but had little success at sitting still and doing nothing for even two minutes, join this brief Zoom session to learn how even a fidgety person can find their own way to mindfulness. Send an email to share@catawbacountync.gov to receive the Zoom invitation.

DIY: Friendship Bracelets via Zoom

Thursday, November 12 at 4 pm

November 13 is World Kindness Day. Celebrate by learning how to make a friendship bracelet for yourself and a friend. Kits are available for pick-up at any branch. For youth 11-18 while supplies last. Register at <https://tinyurl.com/y497wo4o>. The Zoom link will be sent Wednesday, November 11.



Community

828.465.8665

Downtown Newton's Literacy Walk

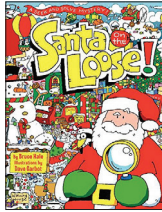
November 1-December 31

This self-directed, progressive book walk invites you to engage with the kids as you make your way around Courthouse Square.

Start your journey at Two Pink Magnolias (211 N College Ave)

and travel through town reading a special

Christmas book! Enjoy the local businesses as you explore each page of the story. A different book will be highlighted each month. For details, go to www.downtownnewton.org/downtownevents.



Downtown Newton's Christmas Crawl

November 6-14

This nine-day, open-house event gives people the opportunity to see what well-known businesses are offering during the holiday season. Shops, restaurants, salons, bars, and more will be showing off their merchandise, and there may be complimentary gifts! Stop by the library and let us know you're doing the Christmas Crawl to claim your own swag.

SUFFRAGE Exhibit: Hickory Museum of Art

October 31-January 24, 2021

Stop by the Coe Gallery to view a new exhibit celebrating the 100th anniversary of the

ratification of the

19th Amendment. Six regional artists

will 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 will trace the movement's

milestones. Also featured is an

installation called *The Feminist To Do*

List by fiber artist Susan Lenz. Its 42

vintage quilt blocks have been stitched

with civic-minded call-to-action

phrases. The exhibit was created

with 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!