

This Week @ Your Library

Jan 9-15, 2021

- connect
- explore
- grow



catawba county
library system

828.465.8664



www.catawbacountync.gov/library

Online
828.465.8665

Souper New Year!

Early January

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 9 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/. Meets every Saturday.

Taller de imagen estratégica II

Lunes 11 de enero a las 6 pm

Conoce la formula para crear una imagen yestilo propio, cómo crear seguridad al hablar y cuál es tu marca personal. Presentado en español por la Asesora de Imagen Pública, Verónica Arrocho. Para más información de como obtener el enlace para participar contacte a Soraya at splace@catawbacountync.gov. Lugar: Zoom.

Virtual Zumba with Honey & Jossiah

Monday, January 11 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.

St. Stephens Digital Book Club

Monday, January 11 at 6:30 pm

The St. Stephens branch's next digital book club meeting centers around 'books set during wintertime,' so select something appealing that fits the theme and come prepared to chat with others about their chosen reads! The group meets at www.facebook.com/groups/St.StephensBookClub/.



Among Us Take & Make Keychain Kit

Tuesday, January 12 at 6 pm

Calling all Among Us gamers! Join us as we celebrate the fandom and make our own outer space-themed Among Us keychains. This program is for youth ages 12-18 while supplies last. Please register at <https://tinyurl.com/CatCoAmongUs>. You'll receive the registration confirmation and Zoom link in your email.



Live Preschool Storytime via Zoom

Thursday, January 14 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 feelings and emotions. 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 14 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**. [Please note that this word is case-sensitive. Enter it exactly as shown.] You can also visit www.facebook.com/ZumbaWithHmongSibs/. Meets every Thursday.

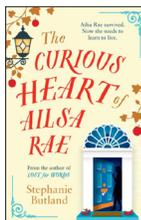


Let's Get Organized*January 15 at 4 pm*

Make headway on your resolution to be more organized and share your tips and tricks with others. Library staff will share some ways you can re-purpose items you may already own to bring calmness and order to various parts of your home, including your kitchen, home office, bathroom cabinet, and closet. Register at <https://tinyurl.com/ccls-organize-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 to receive the Zoom invitation.

**Community**

828.465.8665

In-Person, Outdoor Tai Chi*Tuesday, January 12 at 3 pm*

Join Dr. George Place, director of the Cooperative Extension, for tai chi at Riverbend Park (6700 N NC Hwy 16 Conover, NC 28613), 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 13 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.

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!