



Maxfield Public Library

January 2018

Blood Pressure and Lifestyle Connection

Learn what your numbers mean. We will talk about some simple changes that you can make to manage and lower your Blood Pressure. These life skills can also reduce your risk of stroke, diabetes and heart disease. Participate in this FREE class and take charge of your health. First 30 minutes is an optional Blood Pressure Clinic. Light refreshments will be served.

Wednesday, Jan 17

5 – 6:30 PM

Reserve your spot!

Concord Hospital Center for Health Promotion



8 Route 129, Loudon, NH

603-798-5153

www.MaxfieldLibrary.com

HOURS

Mon & Wed 2 pm – 7:30 pm

Tue & Thu 10 am – 7:30 pm

Saturday 9 am – 1 pm

Holiday Closings

Martin Luther King Jr Day

Monday, 15 January

Integrative Approach to Essential Oils

Most of us know how aromatherapy impact our mood, but do you know how to maximize your essential oils for your physical, mental, emotional and spiritual well-being? In this class you will learn practical easy ways to enjoy the benefits of essential oils. You will experience oils & create your own blends. Given by: Sandra Grace CHI, LMT, ILC, RMT

Saturday, 13 January @ 10 am

SIGN UP FOR YOUR SPACE IN THIS CLASS TODAY!!



SNOW POLICY FOR CHILDREN'S PROGRAMS & LIBRARY HOURS



Story time and Music and Movement Class will follow the Merrimack Valley School District with closings and delays. If school is cancelled for the day, there will be NO story time or music class that day. If school has a delayed opening on Tuesday or Thursday, the program will start at 11:00 am.

The Library typically follows the same rule for closing for winter weather. You can check for delays or cancellations on Channel 9, the WMUR website, the library website or Facebook or you can call the library at 798-5153.

CHILDREN'S ACTIVITIES



MUSIC AND MOVEMENT: Join us on Tuesdays at 10:30 am for songs, rhymes, yoga, drumming, and more!

STORY TIME

On January 4 story time will hear *Big Pets* by Catherine Ipcizade and Dashka Slater's *Escargot*. Don't be surprised if your child decides that a snail might be their favorite animal! Each child will leave a slimy...er, shimmery trail, after craft time.

On January 11, planning for a brisk day, the children will put together some warm mittens after hearing two folk tales: Paul Galdone's *Three Little Kittens* and Jan Brett's adapted Ukrainian folk tale, *The Mitten*.

Because January 21 is Squirrel Appreciation Day, we will be reading about squirrels on January 18. *A New Home* by Tim Bowers and *Those Darn Squirrels!* by Adam Rubin will be the weekly book selection.

On January 25 story timers will warm up by listening to stories of dragons. They will learn lots of new 'facts' as they read *Dragons Love Tacos* by Adam Rubin and *The Best Pet of All* by David LaRochelle. Every child will create their own pet dragon to take home, but remember - no spicy tacos!!



Spiritual Living Discussion Group

Starting in January, the group will begin monthly discussions from the book, *The Happiness Project* by Gretchen Rubin.

Stop by the library for a copy of the book if you wish to participate in the 'Happiness Project'.

The first meeting will be **Tuesday, January 9 at 6 pm**, when we discuss the first chapter:

January: *Boost Energy Vitality*.



YOGA

The library offers yoga classes on Mondays and Thursdays at 6 pm, and Tuesdays at 1 pm. Low – impact chair yoga is offered Tuesdays at 9 am and Thursdays at 11 am. The cost per session is \$5.00.

NEW!!! HOT YOGA CLASS

Have you ever wanted to try a different type of yoga? Join Fran, January 3 at 6 pm, for our first ever hot yoga class. Depending on participation, this could be a permanent addition to the yoga schedule. Please bring a mat and water. The cost per class is \$5.00.