



PINE RIVER LIBRARY NEWSLETTER

JANUARY 2024



Monday, January 15th



The library will be now hosting two monthly matinees! First Friday Matinees are aimed at adults and Family Friday Matinees (third Friday of the month) will be kids' movies.



**First Friday
Matinee
January 5
1:30 PM
Oppenheimer
(Rated R)**



**Family
Friday
Matinee
January 19
1:30 PM
The Little
Mermaid
(2023)**

Best of Luck to Liz!



This has been a big year for Liz vonTauffkirchen: she is celebrating earning her Masters in Library Science along with a new role. Liz is leaving us to go to our neighbors, Ignacio Community Library, where she will be working as their new Assistant Director! We will miss you Liz and wish you every success with your move!

Planning Ahead: April Quilting Class

If you have never quilted - this class is for you! Melinda Malone, a local quilting teacher, will provide guidance in cutting fabric with a rotary cutter, ruler and mat, and simple straight line sewing. This class is free, but students are required to buy their own supplies and have use of their own sewing machine. Melinda will provide the batting for everyone who signs up. This class runs all Wednesdays in April from 1:30-3:30 PM. In case you are interested in taking advantage of winter sales and collecting materials ahead of time here is the supply list:



For a lap size quilt (6x8 blocks) the following fabric is needed (NOTE: NO FAT QUARTERS)

- A variety of ten quarter yard cuts of flannel
- One 2.5 yard cut flannel for the back

For a large lap size quilt (8x9 blocks) the following fabric is needed (NOTE: NO FAT QUARTERS)

- A variety of fifteen quarter yard cuts of flannel
- One 3.75 yard cut of flannel for the back

Life Coaching Series Launches for New Year



[Brooke Smith](#), local author and Master Certified Life-coach, will be hosting a FREE five part Life Coaching series at the library in the coming month. Check out the full listing of classes below

Life's Change Cycle | Tuesday, January 16 | 6-8 PM

If change is the only thing we're ever guaranteed, why is it so shocking when it happens? When you can understand what is really going on when change occurs, you are able to accept the challenges with clarity, groundedness, and learn to use the transition to create something truly magical. In this workshop, you will learn about the three types of catalytic changes we face, how to honor the transition so you don't land right back in square one - again, how to use the process to excel in your new life, and how to create a partnership between who you are right now and who you are becoming.

Body Compass | Tuesday, February 6th | 6-8 PM

From a young age, we've been trained to ignore the messages our body sends us and instead to think our way through our choices and actions. The Body Compass workshop will help you build the connection between both your mind and body, possibly for the first time ever, so that you can learn to make moment-by-moment choices based on your integrity and truth.

The Drama Triangle | Tuesday, March 26th | 6-8 PM

In every situation involving people, there are dynamics in place. One person is facing a situation with another person who shares the ordeal with a third in order to gain perspective and ensure they're taking appropriate action. Have you ever considered what role each of those people play into that dynamic?

Wildly Imaginable Goals (WIGs) | Tuesday, April 23 | 6-8 PM

Brooke believes that our goals are limited to the constructs of our current imagination. When we can expand our thinking by just a touch, we can explore beyond what our current imagination has to offer, so that we can think up WILDLY IMPROBABLE GOALS that are achievable, successful, and best of all, FUN!

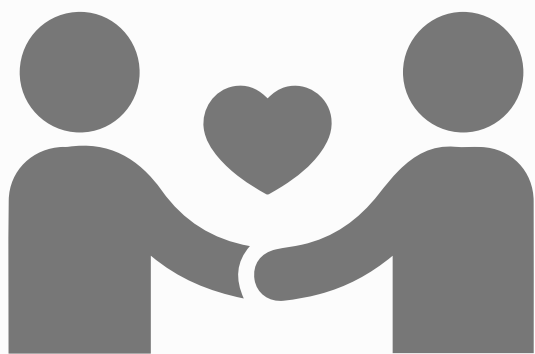
Turtle Steps | Tuesday, May 14 | 6-8 PM

You've had a goal in mind for a while now, and it keeps getting tabled due to a series of life events that are beyond your control. A day job. Kids. Family. House. Car. Whatever. You tell yourself, "During my next vacation, I'll focus on writing my book," or, "Maybe when I retire, I can finally start traveling!" What if the goal could be reached in no time flat in under five minutes a day?? And it won't feel like work at all. Sounds like a dream, doesn't it? Well, it's possible!

Plus, more programs including:

The Secret to a Happy, Healthy Relationship: A Program for Men!

Tuesday, January 9th and 23rd, 5:30-7:00 PM



Do you want to experience love and companionship, but you've given up on dating and resigned yourself to a life of solitude? There is another way! Join a group of like-minded **men over 50** to explore what a healthy, happy relationship looks like and how to achieve it. Gain insights into the minds of women while uncovering your own patterns and roadblocks in a judgment-free environment.

This group will be led by local life Coach Cheryl Coffey. With more than 20 years of experience and countless hours of training in various forms of conflict resolution, Cheryl will teach you the skills necessary to better understand yourself and the women you meet. Don't spend another day feeling frustrated by the dating world – sign up today and start your journey towards finding the love and companionship you desire. To register call 970-880-1263.

Drop-in DIY Body Scrub

Wednesday January 10, 4-6 PM

Start the New Year off with properly exfoliated skin! Stop by between 4-6 PM and make your own personalized salt scrub mix!





YOUTH SERVICES

NOTE: All youth programs (except Yoga for Kids) start January 16th

KIDS PROGRAMS

Hopper's Storytime: Thursdays 11-11:30 AM

Join us weekly to read books, meet new friends, and make a craft together!

STEAM Power Hour (Grades 3-5): Mondays, 4-5 PM

Junior STEAM Power Hour (Grades K-2): Wednesdays, 4-5 PM

Join us weekly to explore new interests, delve into the wonders of learning science, and create artistic masterpieces! Pre-registration required. Visit www.prlibrary.org/kids-programs/ to register.

NEW!!!! Yoga for Kids: Tuesdays, 10:15-11 AM (Starting January 9)

Children will work on breathing, stretching, balance (both body and mind) and learn mindfulness techniques that they can take off of the mat! This child-centered and literacy-based class will include stories, songs, games and a mindful bite. For homeschooled and elementary kids, ages 5-11. Donation Based. Classes are taught by Evelyn Van Antwerp M.Ed., E-RYT 500.



TEENS PROGRAMS

Teen Free Play: Tuesdays and Thursdays, 4-5 PM

Join us after school for Tabletop games, PlayStation, Oculus, food, and fun!

Teen Tabletop Club: Monthly on the First Friday, 11 AM-1 PM (Taking a break in January)

Join us for a monthly tabletop gaming session! Magic, D&D, Cthulhu, and more- you choose the adventure!



Monthly/Weekly Events

Community Knitting and Crochet Group | Sundays, 1-3 PM

All are welcome! Whether you have been knitting and/or crocheting for years or you would like to learn, we are happy to have you and will do our best to help you get started.

Open Art Studio | This program is taking a break for the winter!

Local artists of all ages and all mediums are invited to come work on their own project in a group setting at the library.

Typeset Writers' Group | Monday, January 8: 6-8 PM

No rules, just writing! Each month a member of the group will bring an article for discussion. Participants also have the option to bring two pages of their own writing to read aloud, but it's not required. If you'd like to read your own writing, please bring it in manuscript format.

Card Making at the Pine River Senior Center | Tuesday, January 9: 10-11 AM

Join us at the Pine River Senior Center every second Tuesday of the month and create two beautiful handmade cards. 100% free!

Library Board Meeting | Wednesday, January 10: Noon

Mahjong Meetup | Friday, January 12 & 26: 4-5:30 PM

Mahjong is a tile-based table-top game developed in 19th century China. Similar to the Western card game rummy, mahjong is a game of skill, strategy, and luck. It is entertaining to play and, like dominoes, is relatively easy to learn. All are welcome, join us twice monthly to play!

Death Café | Tuesday, January 16: 1-2:30 PM

Pine River Library is one of many groups in 79 countries across the world that host Death Cafés. A Death Café is a time and place where people come to share food, drink tea or coffee, and discuss death openly and honestly. The aim is to increase awareness about death in order to help people make the most of their (finite) lives. Join us every third Tuesday of the month.

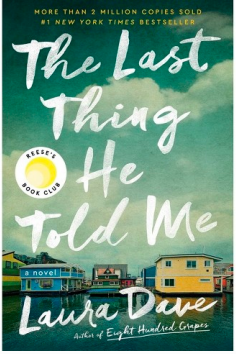
Spanish Conversation Hour | Thursday, January 25: 11:30-12:30 PM

Join us for an hour of conversation en español at the library. Come practice your Spanish in an informal setting. All ages and language levels welcome!

Pine River Senior Center Outreach | Friday, January 26: 11:30 AM-12:30 PM:

Enjoy books and DVDs available for check out, delivered to you at the Senior Center with an extended loan period (4 weeks, rather than the standard 1-3 weeks) each month.

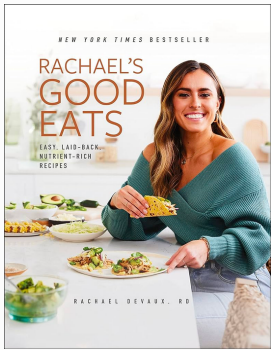
BOOK CLUBS



Bookmarks Book Club

Second Wednesday of the Month (January 10) | 2-3:30 PM

Bookmarks is a relaxed book club open to all adults. We read a variety of genres and always welcome new members. Stop by the front desk today to check out your copy of this month's title: *The Last Thing He Told Me* by Laura Dave. This page turner thriller is about a woman who thinks she's found the love of her life—until he disappears.



Cookbook Club

Third Wednesday of the Month (January 17) | Noon-1 PM

Each month we gather together and share a potluck of recipes from a chosen cookbook, chef, or cuisine! Stop by the library and pick up a copy of that month's cookbook and then call or email Darcy to RSVP and let the library know what recipe you'll be making for the potluck (970.884.2222 ext. 522, darcy@prlibrary.org)! In January we'll be cooking from *Rachael's Good Eats : Easy, Laid-back, Nutrient-rich Recipes* by Rachael DeVaux.

EXERCISE CLASSES

Yoga for all | Tuesdays & Thursdays, 9-10 AM (Except January 2nd)

This class lets us move dynamically from one posture to another. We create awareness and harmony between the mind and body that allows us to remove stress and anxiety. We use our breath to move deeper into our body while warming, lengthening, and strengthening our muscles. All you need is a yoga mat and a water bottle. Some yoga tools such as blocks, a blanket and a strap are encouraged. These classes are on a donation basis. Taught by Evelyn Van Antwerp M.Ed., E-RYT 500.

Full Body Fit Class | Monday-Thursday, 8:15-8:50 AM:

Workout using your own body weight or light hand weights to work all the body parts! The free classes are always similar in style but always different moves to keep it fun and fresh. You'll need a yoga mat & light hand weights. If you don't have them, there are extras that can be used. All ages and fitness levels are welcome! Note: sometimes this class may be held outside in the Library Park! These classes are hosted by local fitness instructors Brian and Tammy Williams. Follow them on the [Mountaintop Movement Facebook page](#) for more info!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SAT.
 PINE RIVER LIBRARY	1 LIBRARY CLOSED	2 8:15 AM: Full-Body Fit 1:00 PM: FOL Shed Book Sale	3 8:15 AM: Full-Body Fit	4 8:15 AM: Full-Body Fit 10:00 AM: Open Art Studio 4:00 PM: County Commissioner Matt Salka Office Hours	5 1:30 PM: First Friday Matinee: <i>Oppenheimer</i>	6
7 1:00 PM: Community Knitting & Crochet Group	8 8:15 AM: Full-Body Fit 6:00 PM: Typeset Writers Group	9 8:15 AM: Full-Body Fit 9:00 AM: Yoga for All 10:00 AM: Card Making at the Senior Center 10:15 AM: Yoga for Kids 1:00 PM: FOL Shed Book Sale 6:00 PM: A Program for Men: The Secret to a Happy, Healthy Relationship*	10 8:15 AM: Full-Body Fit 12:00 PM: Library Board of Trustees Meeting 2:00 PM: BookMarks Book Club: <i>The Last Thing He Told Me</i> by Laura Dave 4:00 PM: Drop-in Program: DIY Salt	11 8:15 AM: Full-Body Fit 9:00 AM: Yoga for All 11:00 AM: Hopper's Storytime' 4:00 PM: Teen Free Play	12 4:00: Mahjong Meetup	13
14 1:00 PM: Community Knitting & Crochet Group	15 LIBRARY CLOSED	16 8:15 AM: Full-Body Fit 9:00 AM Yoga for All 10:15 AM: Yoga for Kids 1:00 PM: FOL Shed Book Sale 1:00 PM: Death Café 4:00 PM: Teen Free Play 6:00 PM: Life Coaching Series: The Universal Cycle of Change	17 8:15 AM: Full-Body Fit 12:00 PM: Cookbook Club: Rachael's Good Eats* 4:00 PM: Junior STEAM Power Hour (Grades K-2)*	18 8:15 AM: Full-Body Fit 9:00 AM Yoga for All 11:00 AM: Hopper's Storytime' 4:00 PM: : Teen Third Thursday	19 1:30 PM: Family Friday Matinee: <i>The Little Mermaid (2023)</i>	20
21 1:00 PM: Community Knitting & Crochet Group	22 8:15 AM: Full-Body Fit 4:00 PM: Kids Junior STEAM Power Hour (Grades 3-5)*	23 8:15 AM: Full-Body Fit 9:00 AM Yoga for All 10:15 AM: Yoga for Kids 1:00 PM: FOL Shed Book Sale 4:00 PM: Teen Free Play 5:30 PM: A Program for Men: The Secret to a Happy, Healthy Relationship*	24 8:15 AM: Full-Body Fit 4:00 PM: Junior STEAM Power Hour (Grades K-2)*	25 8:15 AM: Full-Body Fit 9:00 AM Yoga for All 11:00 AM: Hopper' Storytime' 11:30 AM: Spanish Conversation Hour 4:00 PM: Teen Free Play	26 11:30 AM: Pine River Senior Center Outreach 4:00 PM: Mahjong Meetup	27
28 1:00 PM: Community Knitting & Crochet Group	29 8:15 AM: Full-Body Fit 4:00 PM: Kids Junior STEAM Power Hour (Grades 3-5)* 6:00 PM: Pine River Garden Club Meeting	30 8:15 AM: Full-Body Fit 9:00 AM Yoga for All 10:15 AM: Yoga for Kids 1:00 PM: Friends of the Library (FOL) Shed Book Sale 4:00 PM: Teen Free Play	31 8:15 AM: Full-Body Fit 4:00 PM: Junior STEAM Power Hour (Grades K-2)*	<div> <div>JANUARY @</div> <div>Pine River Library</div> <div>395 BAYFIELD CENTER DR.</div> <div>970.884.2222 WWW.PRLIBRARY.ORG</div> </div>		

ORANGE=CHILDREN'S BLUE=TEEN GREEN=ADULTS PURPLE=ALL AGES

*Preregistration required