

Lakeville Public Library Newsletter

4 PRECINCT STREET LAKEVILLE, MA 02347

www.lakevillelibrary.org

(508) 947-9028

Volume 81, January 2018

NEW LIBRARY HOURS

The Lakeville Public Library will open on Monday mornings at 10:00am (instead of 12:00 Noon) beginning

Monday, January 8th



**LEGO and Snap Circuit
Free Build**

Thursday, January 25th from 4:00-6:00

Bring your creativity and get ready to work together using Snap Circuits to make things light up, spin and fly and use your imagination to build great creations with LEGOs. This program is free and open to everyone.

NO registration is required. For more information see Ms. Teresa in the Children's Room.

Poetry Writing Workshop

Tuesday, January 9th at 6:30pm

Reducing Inflammation Through Nutrition

Tuesday, January 23rd

6:30pm

We all know inflammation on the surface of the body as local redness, heat, swelling and pain. It is the cornerstone of the body's healing response, bringing nourishment to a site of injury or infection. However, when chronic inflammation persists throughout the body, it can do damage and cause illness.

Stress, lack of exercise and exposure to toxins can all contribute to such chronic inflammation, but dietary choices also play a big role as well. Learning how specific foods influence the inflammatory process is the best strategy for containing it and reducing your risk of disease.

Jenn Mullen, a health and wellness coach, Lakeville resident and the founder of Just Live Mindfully (www.JustLiveMindfully.com) will offer advice for selecting and preparing anti-inflammatory foods to help your body maintain optimum health. Ms.

Mullen will also suggest recipes to consider including in your diet along with samples to try!





What's Coming Up For Kids and Teens this **January**



LEGO and Snap Circuit Free Build

Thursday, January 25th from 4:00-6:00

Winter/Spring Storyhour

Starts January 23rd

Tuesdays & Thursday at 10:30 am—3 Year Olds & Under

Thursdays at 1:00 pm—4 & 5 Year Olds



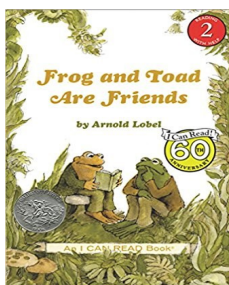
Bookworms for 1st & 2nd Graders

January Meeting:

Thursday, January 11th at 6:30

Frog and Toad are Friends

by Arnold Lobel



February Meeting:

Thursday, February 8th at 6:30

Nate the Great

by Marjorie Weinman Sharmat



Saturday, January 6th from 11:00-1:00

Saturday, January 20th from 11:00-1:00

Saturday, February 3rd from 11:00-1:00

Come learn to play or share your experience with others!

February Vacation Week

ANIMAL WORLD EXPERIENCE

Wednesday, February 21st at 1:00 and 2:00

Candy Bar Bingo

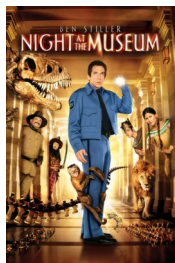
Thursday,

February 22nd

at 6:00



FAMILY MOVIE MATINEES!



Monday, February 5th at 2:00

Night at the Museum

Tuesday, February 20th at 2:00

The Lion King



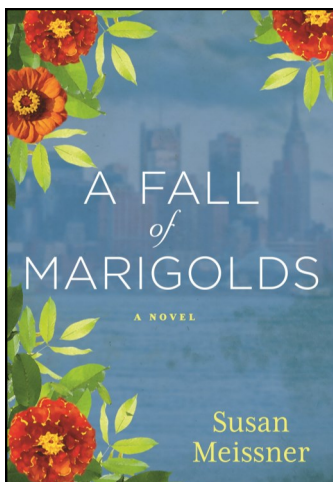
Novel Teas Book Group

Join us on the last Tuesday of every month.
Newcomers always welcome!

Tuesday, January 30th at 6:30

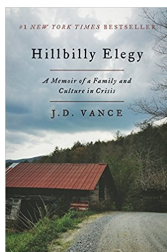
A Fall of Marigolds

By Susan Meissner



Copies are available for checkout at the Main Desk.

Copies of next month's choice may also be available at the desk, just ask for next month's selection!



Coming Up in February:

Hillbilly Elegy
By J.D. Vance

Weekly Activities:

Tuesdays

Find Your Past: Genealogy - 5:30

Mahjong Club - 5:30

Thursdays

Hooks n' Needles Knitting - 5:00

Cribbage Club - 6:00

Writers' Group

**Tuesday, January 9th
at 6:00**



Do you crave feedback for writing work you are doing? Consider joining our new writers' group!

All levels welcome - from beginners to published authors. (Ages 18+)

Our focus: Fiction: from YA to Adult

Light refreshments will be served.

The Library will be closed:

Monday, January 1st

for the New Year's Day

Great Ponds Gallery

January 3rd – February 22nd

“Red” by Joseph Fontinha

During the months of January and February, the Great Ponds Gallery will feature “Red”, an exhibit of larger-than-life oil paintings by Lakeville artist, Joseph Fontinha. Inspired by the seasons of the local cranberry bogs, Mr. Fontinha has preserved those moments in his art.





next Friends of the Library Meeting:
Monday, January 8th at 6:00

The Friends of the Lakeville Library are always looking for new members to join our group and to help us out with events! Please consider stopping by our meetings, typically the first Monday of every month, to see what it's all about!

Always feel free to email us with any questions or if you would like to get more involved with the friends at:
friendsofthelakevillelibrary@gmail.com

Community Events

Winterfest

Sunday, January 28th
1-5pm

Loon Pond Lodge @ Ted Williams Camp

Coming up in February



Tues. Feb. 6th @ 6pm
Filomena Tripp

Discounts and Coupons *Reserve Online or Call!*

			<i>Passes and coupons provided for you with funds raised by the Friends of the Lakeville Public Library</i>		

I forgot my Library Card!

Scan it to your Smart Phone and never forget it again!



There are several Apps out there that you can scan your "loyalty card" in to and our scanners can simply scan your phone!

Download eBooks & eAudiobooks!

Did you know you can download FREE library eBooks and eAudiobooks to your device?
Download the OverDrive App and start listening!
Bring your device down to the library if you need help getting started.



You have **devices.**
We have **eBooks!**

If you would like to start receiving your newsletter digitally

Email: jviveiros@sailsinc.org

or simply let us know at the circulation desk!



Library Hours:

Monday 12 - 8, Tuesday 10 - 8, Wednesday 10 - 6, Thursday 10 - 8, Saturday 10 - 2
Friday & Sunday - Closed