



New Year's Resolutions: *The Art of Good Nutrition*



NORTHBOROUGH
FREE LIBRARY
— YOUR PLACE TO CONNECT —



CONTACT INFO

34 Main Street
Northborough, MA 01532

508-393-5025

northboroughlibrary.org



LIBRARY HOURS

MON
12:00PM – 8:30PM

TUES-THURS
9:30AM – 8:30PM
~ effective 1/23/20

FRI-SAT
9:30AM – 5:00PM

SUNDAY
CLOSED

JANUARY 2020

Please join us for our ongoing drop-in nutrition series, *The Art of Good Nutrition*, on Wednesday mornings from 10:00 - 11:15 am, with Registered Dietitian Judy Palken, MNS, RD, LDN starting on January 8th. The series is generously funded by the Friends of the Northborough Library. The meetings take place in the cafe located on the second floor of the library. No registration is required and all are welcome to attend. Here are the topics we will be discussing in 2020:

- 1/8/20 *The Art of Good Nutrition*
- 2/19/20 *A Focus on the Kitchen*
- 3/11/20 *Eating for the Health of Our Planet*
- 4/15/20 *Health Benefits of Fiber*
- 5/13/20 *Local Supermarket Tour (details will be announced)*
- 6/10/20 *Fruit - Let's Get Enough*
- 7/8/20 *Vegetables - More is Enough*
- 8/12/20 *Dining Out Healthfully*
- 9/9/20 *Mediterranean Diet*
- 10/14/20 *Food Guides - A Bit of History*
- 11/11/20 *Healthy Holiday Eating*
- 12/9/20 *Physical Activity*

Please note: Some dates are subject to change. Check our website for the most up-to-date information. Have a Happy & Healthy New Year!

Announcing Our New Hours in 2020!

We are pleased to announce new operating hours effective Thursday, January 23, 2020 when we will be open from 9:30 am – 8:30 pm, including Thursday evenings. We look forward to serving you!

Adult Programs



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Logging in to Overdrive?



Beginning January 21, 2020,
you will need to use your library card
number **and** your password or PIN.

For better security and to protect your privacy, C/W MARS is making this change when logging into your Overdrive and Libby ebook accounts. Beginning on January 21st, your current login will have expired and the app will ask you to verify your account credentials. You will need to enter your library barcode/username and your Evergreen PIN/password. Please note:

- The username and password/PIN are the same ones you use to log into your Evergreen Account.
- A link to reset your username and password will be on the Overdrive login page
- Having trouble logging in? Visit, call or email adults@northboroughlibrary.org

Adult Book Groups

Monday Evening Group
Mon., Jan. 27th | 7-8:30 PM
Conference Room

The Worst Hard Time
by Timothy Egan

Mystery Book Group
Weds., Jan. 15th | 7-8:30 PM
Conference Room

SS-GB
by Len Deighton

Marie's Book Buddies
Fri., Jan. 10th | 10-11:30 AM
Conference Room

The Grapes of Wrath
by John Steinbeck

Teen Programs



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— TEENS —

LEGEND

★ Registration Required

Minecraft Club

Monday, Jan. 6th | 6-8 PM
Wednesday, Jan. 15th | 6-8 PM
Monday, Jan. 27th | 6-8 PM

Computer Lab ★

Join our growing club! You are not required to have your own Minecraft account to participate. This club is for all Teens in grades 6-12.

Algonquin Regional High School Astronomy Presentations

Wednesday, Jan. 8th | 7-8 PM

Meeting Room

The Astronomy class from ARHS will be presenting their projects on missions to the planets and beyond. Stop by to talk with the students, learn about our solar system and see models of the spacecrafts that have explored it.

Drop in Gaming

Monday, Jan. 13th | 6-8 PM

Teen Room

Bring along some friends and come test out the Teen Room's new Nintendo Switch! All Teens entering grades 6-12 welcome!

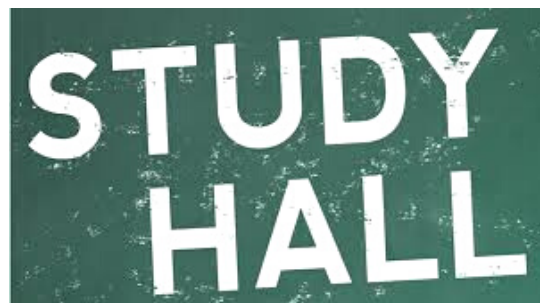


Teen Study Hall

Wednesday, Jan. 22nd | 6-8 PM

Meeting Room

Need a quiet place to study for midterms? Stop by our Teen Study Hall for a quiet place to study on your own or in small groups. Feel free to bring along your own snacks or beverages.



Teen Advisory Group (T.A.G.)

Wednesday, Jan. 29th | 7-8 PM

Meeting Room

T.A.G. meets once a month to discuss all things Teen. T.A.G. plans Teen events and helps the Teen Librarian choose new materials for the Teen Room. Teens in grades 6-12 are welcome.

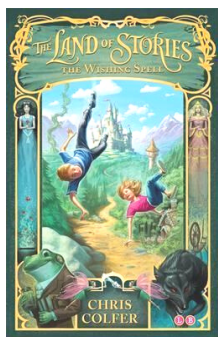


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KIDS

LEGEND

★ Registration Required

January Events



New! Kids & Family One Read

A family-oriented book club that meets bi-monthly!

We're giving you another reason to snuggle up with a good book this winter! Join a new book club: the Kids & Families One Read! During the next few weeks, we'll be reading *The Wishing Spell* by Chris Colfer. Kids can read independently or you can read it aloud with the whole family. Books and bookmarks with discussion questions are available at the Children's desk. Visit us at the library to post your answer to the question of the week. Mark your calendars now: we'll be celebrating the One Read with a party on Tuesday, January 28th at 4pm. All families are welcome to participate. No registration is required for the book club. Registration is requested for the party.

CrafterMOON

Friday, January 10th | 1:00-4:00 PM 

Room of Requirement

Looking for something fun to do this afternoon? Stop by the library to make a fun craft to celebrate tonight's full moon. All materials will be provided. Families welcome.

Beginning Reader Book Club

Thursday, January 16th | 4:00-4:30 PM

Room of Requirement ★

This book club is for newly independent readers to practice reading out loud by working through a story together in a small group. Best suited to kindergarten-aged children. Parents and caregivers will remain outside of the room for this independent book club. Books will be available to check out in advance in the Children's Room.

LEGO Club

Mondays, January 13th & 27th | 3:00-5:00 PM

Room of Requirement

Calling all future master builders! Drop by the library to build and create with our HUGE collection of LEGOs! Complete our weekly challenge or free build. It's up to you! Best suited for kids in grades K-5.

Dance It Up with Rainbow Fish!

Saturday, January 18th | 2:30 - 3:00 PM

Meeting Room ★

Join us as the Dance It Up! kids' dance troupe performs a choreographed dance to a reading of the book *Rainbow Fish* by Marcus Pfister. Stick around afterwards to make a Rainbow Fish-themed craft to take home. Families welcome.



Stories, Songs & Stretches

Saturday, January 18th | 10:30 - 11:00 AM

Meeting Room ★

Saturday Stories is a family program perfect for busy parents who cannot attend our weekly story times and for familiar storytime friends. Kids and their parents or caregivers are invited to play together through stories, songs and yoga shapes. No experience necessary! For families with children ages 4 through 7.



Please visit www.northboroughlibrary.org for a complete list of our events and registration info.