

JANUARY 2023

OKEECHOBEE LIBRARY

TALES FOR TOTS STORYTIME GROUP!

Calling all parents/guardians, the Okeechobee Library is looking for volunteers for our **Tales for Tots Storytime group!** With crafts, snacks, and books provided by the Library, this parent/guardian led group will be well equipped to promote the importance of family time in literacy development. Call **863-261-6571** or email **okeechobee@myhlc.org** for more information on how to participate.

ZODIAC BOOK BOX!

Check out our **special edition Book Box: Zodiacs!** Sign up to receive a Library book and box full of items chosen specifically for your zodiac sign. Each box contains snacks, stickers, and other fun giveaways! Keep everything inside the box for **FREE**, just return the box and book. This limited edition box is available for **Teens and Adults. Spaces limited;** sign ups open January 7th. Please **call 863-763-3536.**



EMANON JAZZ CONCERT!

Join us for a night of jazz with a special concert by the **Emanon Jazz Quartet on Wednesday, January 4th @ 3:00 p.m.!** This **FREE concert** is sure to delight any music-lover. **BONUS!** Attend this performance and receive **2 FREE vouchers** for another Jazz performance at the South Florida State College!

PAINTING CLASS!

Join us at the Okeechobee Library on **Saturday, January 21st @ 11:00 a.m.** for a **FREE Painting Class!** Easy to follow and fun to create, stop by for a fun and cozy winter-themed program. All supplies will be provided. **Open to all ages. Spaces limited, registration opens January 7th. Call 863-763-3536** or come in to sign up.

JANUARY CRAFT KIT

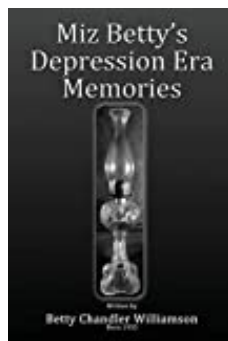
Stop by the Library all month long for a **FREE Take Home Craft Kit!** January's craft kit will be a **Beaded Snowflake!** All kits will have necessary materials and instructions.

BOOK BOXES!

Calling readers of all ages to check out our **FREE monthly Book Boxes!** Each box contains a book selected just for you, **snacks, stickers, and other fun giveaways!** Keep everything inside the box for free, just return the box and book at the end of the month. Available for all ages with our Children's, Teen, and Adult Book Boxes. **Spaces limited; sign ups open January 7th Please call 863-763-3536.**

BOOK CLUB

Join us this month to discuss our latest read and receive a **small gift bag** with items related to this month's book! Book Club will meet **Thursday, January 26th @ 2:00 p.m.** to discuss **Miz Betty's Depression Era Memories by Betty Chandler Williamson.**



FAMILY FLICKS!

Join us for a **FREE movie and popcorn** at the Library! Our family-friendly movie showing will be held on **Saturday, January 28th @ 3:00 p.m.** This month's Family Flick will be **"Meet the Robinsons"**!



UPCOMING DATES!

- **Wednesdays, All month @ 1:00 p.m.- 3:00 p.m.**
Crochet Club
- **Thursdays, All Month @ 1:00 p.m. - 3:00 p.m.**
Crafting & Coloring Club
- **Wednesday, January 4th @ 3:00 p.m.**
Jazz Ensemble Concert
- **Tuesday, January 17th @ 4:00 p.m.**
Friends of the Library Meeting
- **Saturday, January 21st @ 11:00 a.m.**
Painting Class
- **Thursday, January 26th @ 2:00 p.m.**
Book Club - Miz Betty's Depression Era Memories
- **Saturday, January 28th @ 3:00 p.m.**
Family Flicks - Meet the Robinsons



HOW ABOUT SOME MEDITATION!

Looking to pick up a new hobby? Why not try out these simple meditation exercises to see if this might be a hobby you'd enjoy!

SLEEP MEDITATION: VISUALIZATION

Visualization for relaxation and sleep utilizes the imagination to create a mental location where the mind can be calm, and the body can be relaxed.

1. Start by closing your eyes and imagining in your mind a peaceful and relaxing place like a beach or a park.
2. Allow your imagination to feel and see everything, using all of your senses. Feel the warm sun, hear the ocean, or watch the birds.
3. If stressful thoughts enter your mind, acknowledge them, and dismiss them.



STRESS MEDITATION: PROGRESSIVE MUSCLE RELAXATION

This exercise is designed to help the body progressively relax, just like the name sounds.

1. Get into a comfortable position, either sitting or lying down.
2. Begin by taking a few deep breaths from the abdomen.
3. Working your way up or down the body, strive to tense each large muscle or muscle group for about five seconds or so, then relax the muscles.
4. Try and notice the contrast between a tensed state and a relaxed state inhaling as you tense the muscle and exhaling as you relax and let go.



BREATH MEDITATION: RELAXING BREATHING

This technique, also known as the 4-7-8 breathing exercise, is a natural tranquilizer for the nervous system.

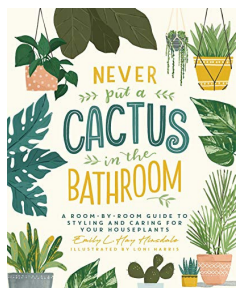
1. Sit with a straight back and relax your shoulders.
2. Place your tongue tip against the tissue behind your upper front teeth and try and keep your tongue in place as you breathe.
3. Inhale through your nose to a count of four.
4. Hold your breath for seven seconds.
5. Exhale through your mouth for approximately eight seconds.

This is considered one cycle of breath. You may repeat this three or four more times.

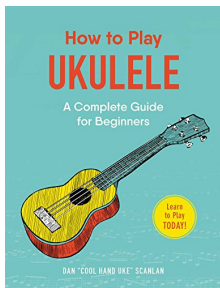


NEW YEAR, NEW YOU!

It's a brand new year and time to start working on those resolutions! Check out these books and movies on hobbies to help you get started!



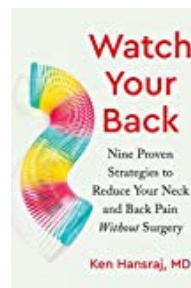
Never Put a Cactus in the Bathroom



How to Play Ukulele



Disney Princess Tea Parties



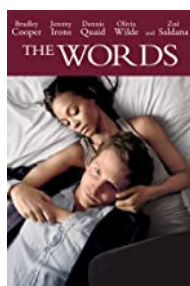
Watch Your Back



Game Night



The Dressmaker



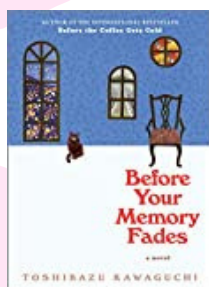
The Words



Whiplash

HOW TIME FLIES!

Check out these stories about how mystifying time is!



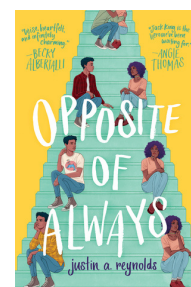
Before Your Memory Fades



Displacement



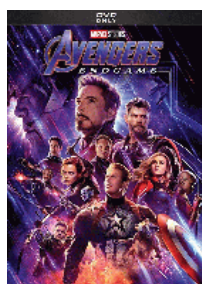
This is How You Lose the Time War



Opposite of Always



The Time Traveler's Wife



Avengers Endgame



Mr. Peabody & Sherman



Last Night in Soho