

November
2021

CHECK IT OUT



Newsletter for Adults @ the Enid Public Library



"November's sky is chill and drear, November's leaf is red and sear."

-Sir Walter Scott

DINOVEMBER: WHEN THE DINOSAURS COME OUT TO PLAY



Once upon a time parents, Refe and Susan Tuma decided to surprise their children with scenes of their plastic toy dinosaurs getting up to mischief in their house at night while they slept. That led to a book published in 2015 by the Tumas called, "What the Dinosaurs Did Last Night: A Messy Adventure. Many public libraries have embraced this theme as a way to draw children and their grown-ups into the library. Plastic dinosaur toys will be staged depicting library and holiday adventures throughout the month of November. Watch the showcase on the first floor near the service desk change as the dinosaur adventures begin. We will post some of their antics on Facebook and Instagram.

WHY HEALTH PROGRAMMING IN LIBRARIES?

Libraries have a long history of meeting public demand for consumer health information. An IMLS study showed that an estimated 37 percent of library computer users (28 million people) use library computers and seek assistance from librarians for health and wellness issues, including learning about medical conditions, finding health care providers, and assessing health insurance options. Only about 12% of adults in the United States have good health literacy, according to the U.S. Department of Health and Human Services. This means that about 88% of adults may lack the skills to manage their health and reduce their risk of disease and sickness. According to the US Centers for Disease Control and Prevention, health literacy is the degree to which individuals have the ability to find, understand and use information and services to inform health-related decisions and actions for themselves and others. The Institute of Museum and Library Services and the Oklahoma Department of Libraries has awarded a health literacy grant to fund health and wellness programs to the Enid Public Library. Programs will be offered throughout the year. Upcoming classes include nutrition, cooking, Tai Chi, exercise, mindfulness, and gardening. *This project is brought to you by the Oklahoma Department of Libraries with a federal grant from the Institute of Museum and Library Services through the Library Services Technology Act.*



HOW DO YOU INSTAPOT?

Do you have an instant pot hanging around your kitchen that you aren't sure what to do with? We can help! Joy Rhodes, OSU Extension Educator will present a class on Instant Pot Meals at 5:30 p.m. on November 16. Participants in this class will receive tips and recipes. And of course, we will sample the dishes prepared. Registration is requested, but not required. To RSVP call 580-234-6313 or email mholmes@enid.org.



TAI CHI CLASSES BEGIN

Tai Chi for Strength and Tranquility is a video-based course tailored to older adults. Using slow meditative movements and a non-impact format, this course is a safe way to build strength and balance. Meets Thursdays at 10:00 a.m.

EASY YOGA FOR STRENGTH & BLANCE

Join us Monday evenings at 5:15 p.m. for Easy Yoga. This class is for everyone, regardless of age or mobility, and is designed to increase strength and sense of balance. The movements may be performed seated, standing holding a chair, or free standing. Bring your own mat or use one of ours.



LIFELONG LEARNING AT PLEGC

CONVERSATIONAL ENGLISH

Drop-in English classes are held at 1:00 p.m. on Thursdays. We will cover vocabulary, pronunciation, and grammar. Childcare is not available. All skill levels are welcome. Participants for this series must be vaccinated for COVID-19. Please email refdesk@enid.org for virtual attendance via Zoom if you cannot attend in person.

U.S. CITIZENSHIP ASSISTANCE

The Enid Public Library offers citizenship test prep classes to assist in the preparation of the naturalization test and interview. Classes are held Wednesdays from 6-7 PM. Free citizenship information is located in our Citizenship Corner on the library's second floor. For additional information email mholmes@enid.org or call 580-616-7183.



MARSHALL ISLANDS HISTORY AND CULTURE TO BE HELD WEDNESDAY, NOVEMBER 3

Learn about the history of the Marshall Islands with local leader Terry Mote. Participants will learn about the establishment of the Republic of the Marshall Islands and the relationship between the islands and the United States. The class meets on Wednesday, November 3 at 4:00 PM. All ages are welcome.

INTRO TO GOOGLE DOCS

Learn how to access and use Google Docs, an online word processor, starting with the basics. We will use Chromebooks from the library's computer lab. If students do not have an existing Google or Gmail account, please stop by the library for assistance setting up an account prior to the day of class. This class meets Thursdays at 4:00 p.m.

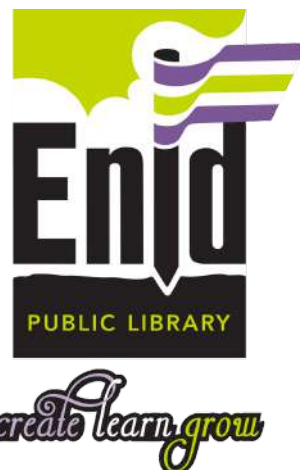
BOOK CLUB NEWS



The Second Tuesday Book Club meets at 6:00 p.m. on 11/9 to discuss the *Taste of Home Simple & Delicious Cookbook*. Participants are welcome to bring in samples of dishes prepared using the book. The book for December is *The Good Good Pig* by Sy Montgomery.

BOOK-A-LIBRARIAN

Need help with a tablet, phone, or computer? Want to download one of our digital libraries? Book an appointment with Sarah at 580-616-7196.



BOOK FOLDING WORKSHOP

Transform a book into a work of art in this free workshop. With simple folds, you can create an infinite number of patterns by repeating the folds on book pages. Participants will complete an owl-shaped book folding project. Please bring a ruler with metric measurements if possible. Register for this class at the service desk or call 580-234-6313 or email mholmes@enid.org. Class size is limited to 15. Teens and adults. Takes place at 5:30 p.m. on 11/23.



BOOK PAGE CHRISTMAS CRAFTS



Get ready for the holiday season with the Enid Public Library's instructional program on how to make festive holiday crafts out of book pages. These lovely ornaments are the perfect addition to any tree and make a thoughtful hand-made give to give. All material provided. We will have a variety of projects suitable for all ages. Younger children will need the help of an adult. Please let us know you are coming by registering each person so we will have sufficient supplies. Register at the front desk or by calling 580-234-6313.

CRAFT A LIBRARY BOOK NOOK

Learn how to turn a magazine holder into a literary book nook. All materials will be supplied. This is for teens and adults. Note: we will be using sharp knives and hot glue guns. Please register to ensure we have sufficient supplies. Register at the front desk or call 580-234-6313.



VIEW EPL'S ON-LINE EVENT CALENDAR

<https://enid.okpls.org/events/month/2021-11/>

PRINT A PDF EVENT CALENDAR

https://enid.okpls.org/wp-content/uploads/2021/10/November_2021.pdf

UPCOMING FOL EVENTS

BOOK, BAKE & CRAFT EXPO IN DECEMBER

Join us for a holiday expo on December 11 from 10-2. This is a great opportunity to meet local authors. We will have books by local authors, baked goods, and crafts for sale just in time for holiday gift giving.

MURDER MYSTERY FUNDRAISER SCHEDULED FOR FEBRUARY 4

Friends of the Library is planning a fundraiser for early February. Plans include a catered meal, cash bar, costume contest, and a contest to see who can solve the crime, with trophies for the winning team members. Watch the FOL Facebook page for updates. <https://www.facebook.com/enidlibraryfriends>.

