



Are you ready for a challenge? Adults who read or listen to five qualifying books between January 1 and February 28 will earn an EPL coffee mug. Those who read or listen to 20 qualifying books between January 1 and February 28 will be entered into a grand prize drawing that includes an Amazon Fire Tablet and other cozy reader gifts. Prizes will be awarded at a celebration dinner on March 7 at 6:00 PM. Register and participate on the Beanstack app, at [enid.beanstack.org](http://enid.beanstack.org), or stop by the library to pick up a paper log and return it by March 2. Contest rules are found on the Beanstack app and on the paper log.

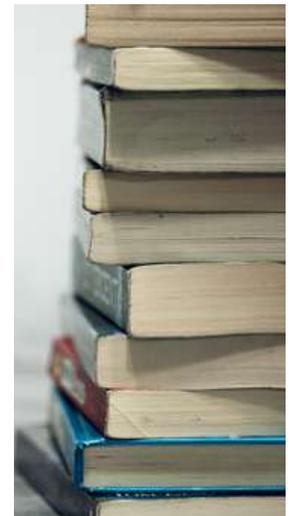
## EPL OFFERS BOOK CLUB SETS

Does your book club struggle to find book sets? The Enid Public Library provides selected book club sets to local book clubs! Each set contains 4-10 copies of the book and most have a discussion guide. Many of the titles are also available as eBooks and digital audio downloads.

Book club sets check out for eight weeks, allowing plenty of time to distribute and read the book. Sets are packaged together and are checked out to one individual, who is then responsible for returning the set with all contents. This includes the band holding the set together. Sets should be returned during library hours as they will not fit in the book drop.

Sets are checked out through the Adult Programs Coordinator. She may be contacted at [mholmes@enid.org](mailto:mholmes@enid.org) or 580-616-7183.

Find a list of book sets in our catalog by entering N/A BOOK CLUB SETS in the search field.



## EPL OFFERS BOOK DELIVERY FOR HOMEBOUND PATRONS

The library provides a free delivery service to help those who are elderly or disabled and cannot get to the library to check out books and other materials. Email [mholmes@enid.org](mailto:mholmes@enid.org) or call 580-616-7183 for information or assistance.

# HEALTH LITERACY PROGRAMS AND ACTIVITIES FOR ADULTS



**Staying Active and Independent for Life (SAIL)** is a fitness program for older adults that can be done either seated or standing. Performing exercise that improves strength, balance, and fitness is critical for staying active and reducing the risk of falls. This class is offered Mondays and Wednesdays at 11:30 am beginning 1/10. (Does not meet on 1/17 due to MLK Jr. Holiday.) For more information call Chris Anderson, Northwest OHAI Center of Healthy Aging, at 580-297-5137, or email him at Christopher-M-Anderson@ouhsc.edu or email Margo Holmes, EPL's Adult Program and Development Coordinator at mholmes@enid.org. You need not be registered to attend. Please dress in comfortable clothing, including supportive athletic shoes.

**Mindfulness Lunch & Learn** meets each Tuesday at noon. Merriam-Webster defines mindfulness as the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis. Bring a sack lunch and join us for this weekly Lunch & Learn series where we explore and begin the practice of mindful thinking. Beverages and dessert will be provided.

**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. This class meets Thursdays at 10:00 a.m. Please dress in comfortable clothing, including supportive athletic shoes.

Join us after work on 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.

*The above projects are 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.*

# HEALTH LITERACY PROGRAMS AND ACTIVITIES FOR ADULTS, CONTINUED



**Developing a Positive Attitude: Lunch & Learn** A positive attitude is a mental outlook of optimism and of expecting good things to happen. People who possess this attitude are easier to get along with, are happy and spread joy around them. Joy Rhodes, OSU Extension Educator will lead this one-hour workshop at noon on 1/13. Lunch will be provided. Please RSVP by 1/11.

**Grow Your Own: Garden Planning** Growing your own food can save you money, help the environment, and increase the flavor and nutritional value of what you eat. Learn some of the basics of planning your food garden from a Garfield County Master Gardener in this free class at 5:30 pm on 1/18.

## CIVICS AND HISTORY PROGRAMS FOR ADULTS



### 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](mailto:mholmes@enid.org) or call 580-616-7183.

### CONVERSATIONAL ENGLISH

Drop-in English classes are held at 1:00 p.m. on Thursdays. Classes will cover vocabulary, pronunciation, and grammar. Childcare is not available. All skill levels are welcome.

### MARSHALL ISLANDS HISTORY AND CULTURE

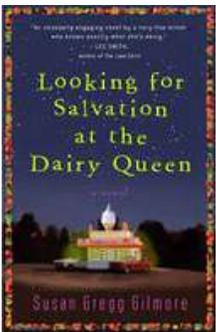
Learn about the history of the Marshall Islands with local leader Terry Mote. Participants will learn about the establishment of the Republic of the Marshall Islands and the relationship between the islands and the United States. The class meets on Wednesday, January 10 at 4:00 PM. All ages are welcome.

## FIRST TUESDAY BOOK CLUB

The new year means a new time for our book club. We now meet on the first Tuesday of each month at 6:00 PM. In January we will discuss *Looking for Salvation at the Dairy Queen* by Susan Gregg Gilmore. Fans of Fannie Flagg and Beth Hoffman will enjoy the gentle humor and southern setting of this novel. If you would prefer to join in virtually email [mholmes@enid.org](mailto:mholmes@enid.org) to receive a Zoom invite.

## TYPING 101

Do you wish you were more familiar with the computer keyboard? Typing 101 is designed to help you learn touch typing. Students should bring headphones or earbuds if possible. This class is offered courtesy of GCF Global ® and meets on the second and fourth Friday at 10:00.



## SIT & STITCH

Calling all crafters! Bring your stitchery projects to the library on the first and third Friday and stitch with us. We will meet in the James Room from 10:00-12:00.

## CHASE THE CHILL

Chase the Chill is back at the Enid Public Library! The purpose of this service project is to keep Enid residents warm this winter. Anyone who has a need may take warm-weather items, including socks, hats, scarves, and gloves. All items are stocked on the Chase the Chill clothesline located outside on the west side of the library. Anyone interested in donating new socks, hats, scarves, or gloves for Chase the Chill may do so in the donation bin located at the first-floor service desk.

## VIEW EPL'S ON-LINE EVENT CALENDAR

<https://enid.okpls.org/events/month/2022-01/>

## PRINT A PDF EVENT CALENDAR

[https://enid.okpls.org/wp-content/uploads/2021/12/January\\_2022.pdf](https://enid.okpls.org/wp-content/uploads/2021/12/January_2022.pdf)

