



Check it out!

Shaler North Hills Library October 2015 www.shalerlibrary.org 412-486-0211

Mark your calendars

Library Hours

Monday 10-8
Tuesday 10-9
Wednesday 10-8
Thursday 10-9
Friday 10-6
Saturday 10-5
Sunday 1-5

Extended hours for adults

Mondays and Fridays the adult section of the library opens at 8:30AM

SNHL Board meeting

Wednesday, October 14 at 7:30PM

Attention Senior Citizens

If you are a senior, age 60+, looking for fun, companionship and a delicious meal then the Senior Center North is looking for you! Nativity Lutheran Church
Rt. 8 and Mt. Royal Blvd., Allison Park, PA Call Meg 412-486-6426
Monday-Friday 9AM to 1:30PM
Daily lunch for \$1.00 donation
Bingo, cards, crafts, exercise and more!

SAVE THE DATE! Friends of SNHL Book Sale Blow Out!

Saturday, October 10 and Sunday, October 11

Thousands of books, music CDs, DVDs, books on tape/CD and puzzles! Interested in volunteering? Check with Sharon McRae at 412-486-0211 or mcras@einetnetwork.net. We accept donations of gently used books, games, puzzles, music and film anytime. Thank you.

Social Security & Retirement Seminar

Thursday, October 1 at 6:30PM

Ian Knott from New York Life will be discussing Social Security and retirement options. Please register 412-486-0211

Sun Style Tai Chi classes with John Boynton

Monday evenings starting October 5 at 6:30PM

This form of Tai Chi was created by a team of medical doctors. It is specifically designed for those who experience *Arthritis, Neuropathy, Balance Issues, Joint replacement, Systemic disorders, and Weakness of the limbs and a loss of Flexibility*. You will need: The will power to work on your mental focus, your practice discipline, your ability to learn. Loose clothing. Shoes without heels. \$2 per 45 minute class one day per week. (Most Mondays starting October 5.)

Art and Inspiration with William Rock presents an evening with Victor Beltran and "Sketching, a way to live in the moment."

Thursday, October 8 at 7:00PM

Please join us for this special evening of hands-on sketching with guidance from Victor Beltran, artist, photographer, director, and meditation guide. Victor will inform us about the ways in which sketching techniques are able assist us in finding ways to live in the moment.

Marion Martino art group—artist reception

Tuesday, October 13 at 7:00PM

Join us for an evening of meeting and conversing with the featured artists of the SNHL downstairs Art Gallery. This month please welcome the watercolor artists of the Marion Martino art group.

Dr. Rick Goins, chiropractor, presents Sit and Be Fit

Tuesday, October 13 at 7:00PM

Learn about ways in which you can exercise without over-straining your body. Dr. Goins will teach you tips and techniques to keep you healthy. All are welcome.

Ask a Physical Therapist

Friday, October 16 from 9:45AM to 10:15AM

Here is your chance to ask physical therapist, Deana Guarnero from Keystone Physical Therapy about those aches, pains, or balance issues. Free consultation, bring your questions!

Skulls to Know—for adults

Saturday, October 17 at 7:00PM

Join us for an evening of skull identification with our resident science teacher, **Pat Milliken**. We will explore a myriad of different skulls and learn interesting and surprising facts about the beings to whom they belonged. Don't miss this opportunity to develop your "inner scientist"! (A children's version of this program is scheduled for 2:00PM.)

Soapmaking with Lori Chandler of Ashgrove Soaps—2 classes

Saturday, October 24 from 10AM–5PM

All day workshop—Soapmaking 101 and Soapmaking 201. Students bring their own bag lunch.
Workshop fee: \$40

Felicia Lynn Band, musical group

Sunday, October 25 at 2:00PM

Join us for an afternoon of great contemporary and country music with the Felicia Lynn Band. They are back performing at the library by popular demand. Since her last performance at SNHL, Felicia Lynn has been very busy. She recently sang the national anthem at the Nascar series in Smithton, and Felicia is now a **Nashville recording artist**. Free and open to all.

Friends in Harmony, singing group

Wednesday, October 28 at 6:30PM

Welcome back this special *a cappella* singing group. Enjoy their program for the fall season.

MEET THE AUTHOR Series for October

*made possible by the generous support from our **Friends of SNHL** organization.*

Laurie Dhonau, *Building the Temple*

Tuesday, October 13 at 6:30PM

Join us in welcoming new author Laurie Dhonau and listen to her story about getting and staying healthy. Laurie created a weight-loss program using her belief system based in Christianity. All are welcome.

Kathleen Jacobs Shoop, *The Road Home*

Monday, October 19 at 6:30PM

We are happy to welcome Kathleen Jacobs Shoop back to SNHL as a guest author. Her new book *The Road Home*, Book #2 of the Letter Series is a riveting tale of hope and redemption that seamlessly and beautifully goes back and forth in time. All are welcome.

Upcoming Events at SNHL

Greater Harmony Chorus Sweet Adeline International

Tuesday, November 3 at 7:30PM

Join us for an event of *a cappella* harmony with the Greater Harmony Chorus Sweet Adeline International women's chorus. Don't miss this evening of beautiful music that includes show tunes, popular music, and barbershop harmony. All are welcome.

Rug Hooking show

November 7-8, WOOLWORKS.

Saturday, 10 a.m. to 5 p.m.; Sunday, 1 to 3:30 p.m. Free. A biennial rug show featuring recent work of members of The Pittsburgh Rug Hooking Guild. Rug hooking and braiding demonstrations.

Contact: Fritz Mitnick 412-767-5698, fritzmitnick@comcast.net; directions at www.shalerlibrary.org/contact-info.

Celebrate Zinfandels! Wine Tasting Event sponsored by the Friends of SNHL

Saturday, November 7 at 7:00PM

Look for details in the near future.

Get Your Artist On! Painting with Elaine Bergstrom

Friday, November 13 at 7:00PM

Girls Night Out? Date Night? It's that and more with lots of fun for adults. Come and try your artist side with guidance from Elaine Bergstrom. Bring snacks, wine, and your creativity.

COST: \$25 prepaid at registration or \$35 night of the event includes canvas, paints, brushes and Elaine's guidance. You take your work of art home at the end of the session. Join us for fun, social interaction, and to express your creativity. **Please register as space is limited to 30 people.**

Ongoing events at SNHL

Art and Inspiration with William Rock

Class is ongoing—Every Thursday at 7:00PM

Artist William Rock facilitates a forum for artists, poets, writers, and musicians to discuss creativity and explore technique in their work. Artists are encouraged to share their work and bring ideas, theories and inspirations to share with others. Dialogue the ways in which inspiration and mysticism inform each other throughout the creative process. Explore your inner self and realize that now is the time to rediscover your creative nature. Suggested donation is \$5.00 per class. All are welcome.

Tai Chi Style Movement with John Uddstrom, Instructor

Class is ongoing—Monday and Friday mornings 8:45AM to 9:45AM

Class focuses on stretching, balance, body toning and Tai Chi. The class is now offered twice per week, Monday and Friday mornings. The cost will be \$2.00 per class, \$10.00 per month or \$100.00 for the entire year. Fees are payable to Shaler North Hills Library, and collected at the checkout desk.

Acrylic painting with James Guentner

Class is ongoing—Every Wednesday at 2:00PM

Contact James Guentner 412-486-7516 for details about supplies and fees.

“The Power of Now: A Guide to Spiritual Enlightenment”

Discussion / meditation group is ongoing—Every Wednesday from 10:00AM to noon

New members are welcome as we discuss and meditate on the book “The Power of Now: A Guide to Spiritual Enlightenment” by Eckhart Tolle.

Wednesday Night Painters with Teri Geever

Class is ongoing—Every Wednesday at 6:30PM

Bring your art supplies and join us from 6:30PM to 8:00PM each week. Fee is \$10.00 per session payable to *Teri Geever*.

Elaine Bergstrom -Thursday morning art class

Thursdays from 10:00AM to 12:00PM

Simplify your watercolor painting with just six colors. Learn about color bias, Glazing vs. Mixing. Seeing values and how to create form. All levels are welcome. Supply list provided. Contact Elaine Bergstrom at 412-358-8789.

Art Gallery at SNHL hosts artists each month

On the first floor of the library in the computer area SNHL hosts an Art Gallery that is available for artists to show their work. It is a changing gallery that features a new artist each month. Some of the art is for sale. Please inquire at the Reference Desk. Would you like to display your work in the SNHL Art Gallery? Please see Marie Jackson, or contact her: 412.486.0211 or jacksonm@einetwork.net

SNHL Card Club

First and Third Tuesday from 5:30PM to 8:30PM

Second and Fourth Tuesday from 1:00PM to 4:00PM

We've established a **Card Club at SNHL**. If you like to play card games with adults, please call the library at 412-486-0211 to join in this social activity. Meet new friends, hone your card-playing skills and learn new card games.

Back to School Wish Tree @ SNHL through September



Brighten our day by donating new items for SNHL programs! 'Tis the season at all of the stores! While you are shopping for your kids, please consider the library. As you know, the library served over 71,000 kids, teens and adults at nearly 1,400 programs in 2014! We're on track to surpass that for 2015. That's a lot of glue sticks! :) Stop in and pick up a handout listing our needs or visit our website at www.shalerlibrary.org. We couldn't do what we do without your generosity, kindness and support. Thank you so much for your time and consideration.

ONGOING PROGRAMS

All programs are free unless otherwise noted. For programs that require registration, call the library at 412-486-0211 or stop by the checkout desk.

BOOK GROUPS

Afternoon Mystery Book Club

Meets the third Thursday of the month at 2:30PM

October 15—*Resolve* by J.J. Hensley

November 19—*A Fatal Grace* by Louise Penny

December 17—*I, Ripper* by Stephen Hunter

Nonfiction Book Club

Meets the fourth Tuesday of the month at 2:00PM

October 27—*A Curious Mind* by Brian Grazer

November 24—*A Philosophy of Walking* by Frederic Gros

December 22—*Hold Still* by Sally Mann

Monday Night Book Group

Meets the second Monday of the month at 6:30PM

New members are welcome to attend. Reading picks include contemporary fiction and nonfiction.

October 12—*The Orphan Train*, by Christina Baker Kline

Food for Thought Book Group

Meets the third Wednesday of the month at 6:30PM

This group is a cookbook discussion group. Each month we will choose a "food theme" and you simply check out a library cookbook based on that theme, prepare a dish from the cookbook, and talk about your recipe and book.

October 21—Apples and Pumpkins

November 18—Super Soup

December 16—Your Favorite Food

Readings in Alternative Everything—a new book group facilitated by Richard Kajuth

2nd Wednesday of each month at 6:15PM

October 14—*Autobiography of a Yogi* by Paramahansa Yogananda

Book Banter

Meets the second Tuesday of the month at 2:00PM

Join us for conversation about the books you have read or are currently reading.

Books to Film

Let's meet up quarterly to watch a movie based on a book! We can chat briefly about the differences too! (It's ok if you haven't read the book—but be prepared to check it out after watching the film!).

Saturday, November 28 at 7PM—*Wild*

Game Night for Adults

Meets the first Thursday of every month at 6:30PM

Bring a favorite game, a friend, and a snack to share.

Knit by the Books!

Every WEDNESDAY at 2:00PM Bring your knitting projects and join us for an hour of knitting together at the library. We meet downstairs.

Quilt Group

Each Friday at 12:00PM

Hang out with other quilters, share ideas and just have a great time!

MOVIE PROGRAMS

The Trip is On Us!

Meets the third Tuesday of the month at 1:30PM

October 20—Holy Lands

November 17—MOROCCO presented by Penny Soldatos and Marvin Fields

December 15—SPAIN presented by Irma and Larry Wolfson

Classic Movies in the Afternoon

Meets the last Friday of each month at 1:30PM

October 30—*Annie Get Your Gun*

Book-A-Librarian

Simply contact us about the best time for you and we will arrange a **customized class just for you**. 412-486-0211

Language Exploration with Mango

Learn in a small group setting to practice language skills using the Mango Language database provided by the library. The database is accessible from your home computer, free, with your library card!

Wednesdays at 2:00PM—Explore Italian

Wednesdays at 1:00PM—Italian for Beginners

NEW DATE
AND TIME

A Message from **Janet Miller**, President
Friends of Shaler North Hills Library

Back to school and the Friends of SNHL are planning an exciting fall season starting with the **Book Sale in October**. Look for a **wine tasting program in November** and the **2nd annual St. Nick's Day in December**.
Thank you.