

Library Hours

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

Closing hours will be changing in 2020!!

*Extended Hours for Adults

Mondays and Fridays the Adult section of the Library opens at 8:30am. Children's opens at 10:00am.

Closures

Closed on Dec. 31 & Jan. 1 for the New Year's Holiday.
 Closed on January 31 for Staff In-Service Day.

Meetings

SNHL Board
 January 8, 7:30pm
SNHL Friends
 No meeting.



1822 Mt. Royal Blvd
 Glenshaw PA 15116
 412-486-0211
 shalerlibrary.org

Adult Winter Reading! January 20 to February 28

Winter is the best time to read! The world slows down and you can catch your breath and lose yourself in a good story. Cozy up with a good book in a comfortable spot, with a cup of tea, a comfy blanket and enjoy some winter reading.

While you're reading, sign up for our program and have a chance to win a 'cozy' prize as well.

Register in person or on our website: shalerlibrary.org

For every 2 books you read or listen to (or 10 books read to a child), submit an entry for a chance to win a weekly prize.



Martin Luther King Jr.

'Beloved Community' Collage Making Please join us the week of January 20-26

Shaler North Hills Library, Millvale Community Library and Shaler Area High School students, through Mr. Nick Haberman's class, invite you to come together to help build our own 'beloved community' through collage making.

You are invited to share your reflections, your concerns, your passions, your dreams and express them artistically. Let us work together peacefully, for social, ecological and economic progress.

Please stop by our collage making stations any time this week to contribute. The collages will be on display in our Community Room during the month of February.

Free pizza on Wednesday, January 22, 3:00pm!



Oatmeal Cookie & Tea Day!

January is "Oatmeal Month" and we'll be celebrating on **Monday, January 20** with free oatmeal cookies, courtesy of our Food for Thought Book Group and our local Subway. Come on by and have a snack while you register for the Winter Reading program.



CHANGE IN HOURS FOR 2020!

Please note that beginning January 1, 2020, the Library will **close at 8:00pm** Monday through Thursday. Friday, Saturday, and Sunday hours remain unchanged.

Inside....

Page 3-4—New Year, New You Programs—Healthy Eating and Addressing Addiction; Help with Your New Gadgets! Lunch n' Learn for Seniors; Spirituality Discussion Group; Lunar New Year
Page 5—Mini-Golf at the Library! The Great Debates! Soup Cook-Off Fundraiser
Page 6—Valentine Cookie Decorating Class
Page 6—Be a Census Worker
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Health & Wellness

**Exercise Class for All Levels
with John Uddstrom**
**Every Monday and Friday morning \$
8:45am to 9:45am**

Class focuses on stretching, balance, body toning and Tai Chi. The class is offered twice per week, Monday and Friday mornings. Cost is \$2.00 per class, \$10.00 per month or \$100.00 for the entire year. Cash or check. Drop-ins allowed. Must sign-in and pay at the circulation desk. Fees are payable to Shaler North Hills Library.

Please note: Exercise classes require registration and signed waivers.

Where Can I Donate/Recycle...

We often get questions about locations to drop things off. Here's a quick cheat sheet to help you:

Books, DVDs, CDs, Magazines: The Library.

We'll take your donations, use what we can and put the rest in our bi-annual Book Sales! Please put in our collection bin in the lobby. (Magazines should be within two years, please!)

Cell Phones: We accept old cell phones to go to the domestic violence shelter for re-programming and/or re-use. Drop off at the Circulation Desk.

Eyeglasses: We have a collection box in our lobby from the Lions' Club.

U.S. Flags: We have a NEW collection box in our lobby!

Expired/Unwanted Medications: The Shaler Police Department has a collection box in the lobby of the Police Department. (The Library has a flyer by the bulletin boards with more information.)

Ways to Help YOUR Library...

Friends of the Shaler North Hills Library



The Friends of the Shaler North Hills Library actively work to make SNHL a better place. They annually donate over \$20,000 through fundraisers, membership dues and raffles. ALL funds go towards library programming and the purchase of special items the library could not otherwise afford. Membership is only \$15.00, \$25.00 for household. For more information contact Janet Miller at jmmpitt@msn.com. (The membership form is also available on the Library website.)

Community Connections

We're connecting with our local Shaler organizations and businesses. We want to know what you and your employees or members are reading/listening to/ watching! Watch for cool posters on our bulletin board to the left of the elevator to learn more about your community neighbors. If you'd like to participate, please email Ing Kalchthaler at kalchthaleri@gmail.com

Shop or Donate!

When you shop, use Amazon Smile and select Shaler Library; sign up for Shop'n Save Perks and designate the library; pay your late fees and get your card updated; honor a loved one with an Honor or Memorial Book; donate through our PayPal account on our website.

ART SESSIONS

Open to the public. Fees for supplies.

Acrylic Painting with Scott Bryte
Wednesdays at 2:00pm \$

Contact Scott Bryte via the Library.

Open Watercolors Session
Thursdays at 10:00am to 12:00pm \$

Contact Maggie Wood via the Library.

Art Gallery

January: Greyson Pilarski

Display Cases

January: Art Sale Items



New Year, New You—Join Us!



Plant-Centered Diet

What is it, and how can it work for me?

Tuesday, January 7, 6:30pm (REG)

- ◆ *Keep trying diets and continue feeling unhealthy or struggling to get weight off?*
- ◆ *Feeling bloated or struggling with digestive issues?*
- ◆ *Have brain fog or a difficult time focusing?*
- ◆ *Have you heard of the term plant-based but feel too uninformed or overwhelmed to give it a try?*

Join us for a 60-minute workshop where you'll learn the basic principles of a plant-centered approach to eating, and how it could work for you. Please register.

Sarah Kaminski is a Pittsburgh native, educator, Holistic Health & Lifestyle Coach, Plant-Based Recipe Developer and Meal Planning guru through The Veg Out Project.

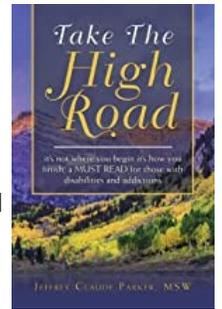


Exploring Mental Health & Addiction: Help from Someone Who's Been There

Tuesday, January 28, 6:30pm (REG)

**Take The High Road:
It's not where you begin it's how you finish;
a MUST READ for those with
disabilities and addictions**

Author and Social Worker Jeffrey Parker shares his personal journey struggling with addiction, epilepsy, and mental health diagnoses.



From understanding the nature and sources of the problems, to ways to change priorities and shift your energy to helping yourself (or a loved one), he will discuss his experiences and his path to recovery.

The author believes that courage, resilience and faith are crucial factors needed to overcome adversity and take the high road.

Questions and sharing welcome. Books available for purchase.

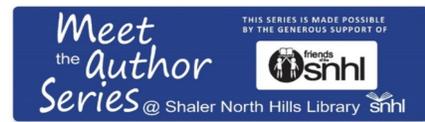
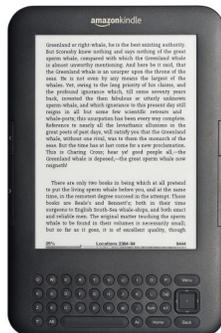
Help with Gadgets!

**Thursday, January 9,
2:00-4:00pm (REG)**



Did Santa bring you a new gadget? We can help you get started with free eBooks, audiobooks, films, TV shows, magazines, and more! Bring your gadget and explore a whole new world of free eResources at this open house.

Free! Snacks! Please register.



Health & Wellness Resource Center

Have you explored this consumer database offered by the library? You can discover reliable health information through access to full-text articles of nursing and allied health journals, pamphlets, newsletters, periodicals, newspapers, encyclopedias, and more.

Visit our website under eLibrary Research and look for the resources under Health & Wellness. You can access from home or at the library! Check out MedlinePlus and Healthfinder.gov too.

New Year, New You—Join Us!



Lunch and Learn Wednesday Series (REG)

Let's learn something new together! Adults, bring your lunch and join us on three Wednesdays each month for a time of great conversation. Each week will bring a new topic to explore. We'll also provide the drinks and something sweet to eat.

January Sessions (12:15pm to 1:00pm)

January 8: New Year Legends and Lore (exploring the stories and traditions of the new year)

January 15: Healthy Living Re-start (if you have resolved to eat better in the new year and are having a little trouble, need a little inspiration, or if you want to inspire the rest us)

January 29: National Puzzle Day (puzzles of all sorts)

Please register. Questions? Email Miss Ing at Kalchthaleri@gmail.com

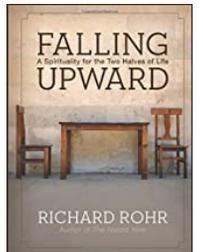
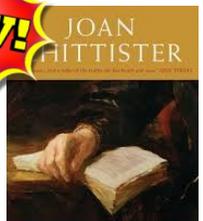


What's Next: Spirituality for the Second Half of Life

Six-Week Series, February 6-March 12, 6:30-7:30pm (REG)

Join Rev. Ingrid Kalchthaler in this six-week study as we contemplate the second half of our lives from a spiritual perspective. When we hear the term "the second half of life" thoughts of getting old and dealing with health concerns come to mind to the exclusion of others. Not true! There is so much more to be gained as we begin the process of letting go. We can let go of black-and-white thinking, of regrets and resentments and misconceptions. We can embrace forgiveness, compassion and the truth that we are much more than what we have accumulated and what we have accomplished. No matter what half of life in which you find yourself, we will come together to explore this broad, encompassing path of spirituality. Using Richard Rohr's work *Falling Upward* and Joan Chittister's *The Gift of Years* we will explore this journey together.

Miss Ing is an ordained American Baptist pastor and her path is Christianity, but this class welcomes people from all faith perspectives.



Happy Lunar New Year! (REG)

Saturday, January 18, 11:00am to 12:00pm

Celebrate the Year of the Rat through story, art and dance and a performance by the Yanlai Dance Academy.

Please register online via our website's Event Calendar. All ages welcome!



Talking to Strangers by Malcolm Gladwell

Let's talk about how we talk to each other. Face-to-face with guidance by quirky, unique author Gladwell. Please join us for any of these discussion sessions:

- March 24, 12:00pm
- March 24, 6:30pm
- June 23, 12:00pm
- June 23, 6:30pm
- September 29, 12:00pm
- September 29, 6:30pm

February Fun!



WHAT?!?!?!? Playing Golf IN the Library? You Bet!

A FUNdraiser sponsored by the Friends of SNHL

You mean you haven't heard about our great mini-golf outing each February??? It's the most fun you can have indoors while the snow is falling outside. With your help, we create 18 crazy holes of mini-golf that you and your family can play. Past themes have included Harry Potter, Wizard of Oz, the Beatles, Apollo 11. You won't want to miss this family-fun event! Here's how to participate:

- 1) Mark your calendars NOW for the weekend of February 15-17.
- 2) You can 'adopt' a mini-golf hole to design. Think of a theme and contact the library to get on the roster. Email Sharon McRae at mcraes@einetwork.net to get scheduled for a hole.
- 3) Build your hole (items may be hung on the book stacks or sitting on the carpet)...make sure there's an actual 'hole' for folks to putt to! Details will be provided on bringing your hole in for set-up.
- 4) Gather a team of family or friends and plan to come golf that weekend. Donation is \$5 per person, ages 10 and up; \$2.50 for our younger pros!

The Great Debates! (But for Fun!)

As the new year approaches and the new year contains a presidential election, we hope to bring a little levity to what may be a heated time. We will be hosting a small series of debates about issues that matter but are often not addressed in major debates, perhaps because they are "too hot" or "too divisive" for even the most rabid of candidates to tackle publicly. The issues that we really want to address but are too afraid to tackle, except perhaps behind closed doors. SNHL will Bring the More, will boldly go where we WANT and NEED to, but haven't yet dared to go.

Tuesday, February 11, 6:30pm

LOVE VS. A GOOD BOOK

Are mushy interpersonal relationships overrated or it is not enough to cuddle up with a interesting novel?



Then...Join us for a tasty evening with Being Nutritious founder, Laura Yautz, Registered Dietician and National Board Certified Health and Wellness Coach AND Foodie! She will fill us in on all that is good AND good for our hearts!

Future topics:

- Cats Vs. Dogs
- Bike Vs. Walk
- Harry Vs. Ron (Harry Potter)
- Candy Corn Vs. Chocolate

COME! TASTE! VOTE!



Soup Cook-Off Fundraiser Saturday, February 29 from 2:30 to 6:00pm

Calling all soup chefs and soup lovers! This is a chance to show off your soup-making skills and share the warmth with your fellow community members. Will you be crowned the soup cook-off winner? Votes will be by people's choice. Find out during this special fundraiser for the library.

\$10 a ticket to sample soups and vote for your top three favorites. Enjoy salad & bread; baked goods for sale and raffles too!

\$10 to enter your winning soup.
Deadline 2/15/20

Pick up a form at the Library with all the details on how to enter or scan the QR code to download the application.



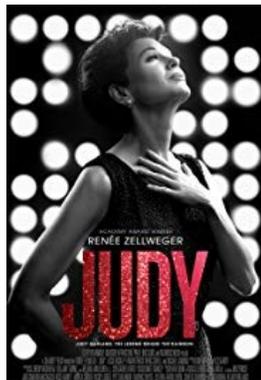
For more information, contact Sharon McRae
mcraes@einetwork.net.

Programs and Reminders

Missed it at the Movies? Don't Miss These Blockbusters from Last Year!

Join us on the third Tuesday of every month at 1:30pm. (For adults)

No registration required....stop on by, we'll provide the popcorn!



Judy

Tuesday, February 18 at 1:30pm

For Judy Garland fans, don't miss this amazing performance by Renee Zellweger. Judy arrives in London for a series of sold-out concerts.

Downton Abbey

Tuesday, January 21 at 1:30pm

You loved the series—now watch the follow-up story of the Crawley family, wealthy owners of a large estate in the English countryside.



Be A Census Worker! Come Find Out More in 3 Sessions

A local representative from the Pittsburgh Area Census Office will be on hand at the Library to help you apply for census worker employment. Plan to stop by at any of these sessions to learn more and get help with applying online:

Sunday, January 12: 1:00-5:00pm

Wednesday, January 22: 5:00-8:00pm

Sunday, January 26: 1:00-5:00pm

Joining up to help with the Census will also provide you with a great opportunity to earn some extra cash. There's paid training, flexible hours, and weekly pay (\$23.50 to \$26.00/hour).

Make It Take It @ SNHL!

Everyone needs an escape with friends! Why not join us for this series of fun evenings out where you'll get to explore your creative side? Registration required.

Valentine Cookie Decorating Workshop

(REG-REQ, \$)

Friday, February 7, 7:00pm

- For adults 21 and over
- Cost: \$35/person
- Decorate 10 Valentine's Day cookies with professional instruction. All supplies included.
- Register in person or by phone.
- Payment due at registration (cash, check, credit card or library's PayPal on website; no refund once supplies bought)
- BYOB and light refreshments
- Space limited to 30 adults



2020—Mark Your Calendars!



January 31: Closed for Staff

In-Service Day

February 7: Valentine Cookie Decorating Class

February 15-17: Mini-Golf in the Library

February 25: Meet the Author, Ron Kaiser

February 29: Soup Cook-Off Fundraiser

March 13: Succulent Garden Workshop

March 23: Botanical Drawing Class Returns

March 29: Dear Wife: a Civil War Musical Play

April 10-12: Closed for Easter Holiday

April 17: Jewelry Making Workshop

April 24-26: Giant Used Book Sale

BEST READS OF 2019

We love a good 'best of' list! Have you checked out the lists from Goodreads, Amazon, NPR, or our own Book Groups? Just ask us for a copy of any list and you can get started on some great reads for the winter.

Monday Night Book Group's Favorites:

- 1) Tied— *Great Alone* by Kristin Hannah, *The Dry* by Jane Harper
- 2) *Christmas Bells* by Jennifer Chiaverini
- 3) *Woman in the Window* by AJ Finn

Mystery Book Group's Favorites:

- *Rescued* by David Rosenfelt
- *The Silent Patient* by Alex Michaelides
- *Back Blast* by Mark Greaney

The Lively Lunch Book Group Favorite:

- *Driving Miss Norma* by Tim Buaerschmidt and Ramie Liddle



**Meet with State Representative
Lori Mizgorski
Wednesday, February 12
5:00-7:00pm**

The public is invited to meet with their state representative at Shaler North Hills Library. No appointment is necessary.



Christmas Tree Recycling Program

Allegheny County is again offering its annual Christmas Tree Recycling Program this holiday season. County residents may drop off Christmas trees from Thursday, December 26, through Tuesday, January 14, 2020 at all nine regional parks from 8:00 a.m. until dusk. All lights, decorations, tinsel and stands must be removed from trees prior to drop-off. Trees will be mulched and used in the county parks.

North Park Location: Swimming Pool Parking Lot
Hartwood Acres Location: Mansion Parking Lot

We need your donations!

Yes—we accept the following items:

- ◆ Books for adults—hardback & paperback
- ◆ Books for kids
- ◆ Audiobooks
- ◆ Music CDs
- ◆ DVDs
- ◆ Puzzles & Games (all pieces, please!)
- ◆ Magazines (less than two years old)

(Please—no textbooks, VHS tapes, or magazines older than two years!) We add items to our collection, replace worn-out copies, use children's books as prizes and we sell many donations at our spring and fall Book Sales to raise money for our programs.

Thank you so much!!

Community News

AARP Smart Driving Courses (REG-REQ) \$

The library partners with AARP to offer driving courses. Please note there are two courses offered: a two-day Smart Driver course and a Refresher course. You MUST have taken the two-day course in the last three years to register for a Refresher. If you are not sure when you took the class last, call your car insurance company. Most companies offer a discount on your insurance for completion.

SCHEDULE

Smart Driver Refresher Course

Friday, February 7
2:00-6:00pm

Smart Driver Introductory Course

Tuesday & Thursday, February 25 & 27
(Must attend BOTH!)
2:00-6:00pm

REGISTRATION

You must register in advance. Call the Library at 412-486-0211.

PAYMENT

AARP Members: \$15 Non-members: \$20

You will pay the instructor when you come for the class.

BOOK GROUPS

These groups are open to all! No registration necessary. Come make new friends!

Monday Night Book Group**Second Monday, 6:30pm**

January 13— *There There* by Tommy Orange
February 10— *Keeping the Faith* by Jodi Picoult

Lively Lunch Book Group**Fourth Wednesday, 12:30pm**

January 22— *The Library Book* by Susan Orlean
February 26— *Save Me the Plums* by Ruth Reichl

Fantasy Book Group**First Wednesday, 12:30pm**

January 8 (note date!)— *10,000 Doors of January* by Alix Harrow
February 5— *Impyrium* by Henry H. Neff

Food for Thought Book Group**Third Wednesday, 6:30pm**

January 15— *Fiction in the Kitchen*
February 19— *All Things Candied* (Candy demo)

Afternoon Mystery Book Group**Third Thursday, 2:30pm**

January 16— *Something in the Water* by Catherine Steadman
February 20— *The Blinds* by Adam Sternbergh

COMMUNITY-LED BOOK GROUPS**Eckhart Tolle Discussion & Meditation Group**
facilitated by Ken Herbold**Wednesdays, 10:00am to 12:00pm**

New members are welcome as we discuss and meditate on Eckhart Tolle's works.

Readings in Alternative Everything

facilitated by Richard Kajuth, Eds, PhD

Second Wednesday, 6:15pm

New book: *The Gentle Art of Blessing: a simple practice that will transform you and your world* by Pierre Pradervand

PROGRAM REMINDER!

All Library programs are open to new members. Programs are free unless otherwise noted. **Please register if you plan to attend** as this helps us with our arrangements. For programs that require registration, please register online or call the library at 412-486-0211.

- (REG) : Registration is requested
- (REG-REQ): Registration is required
- (\$): Programs with a fee

CREATIVE & SOCIAL GROUPS**What's Your Story?****Second and Fourth Monday, 12:30pm to 2:30pm**

Do you have some heart-felt stories from your life you'd like to write about and share with others? Come as often as you are able.

SNHL Card Club**First and Third Tuesday, 5:00pm to 8:00pm****Second and Fourth Tuesday, 1:00pm to 4:00pm**

If you like to play card games with adults please come and meet new friends, hone your card-playing skills, and learn new card games.

Needles and Hooks by the Books!**Every Wednesday, 2:00pm**

Bring your knitting or crochet projects and join us for an hour together at the library. Meets downstairs in the Large Print Room. Drop in the first Wednesday of the month for a free learning session!

Rummikub Game Night for Adults**First Thursday, 6:00pm**

Group plays Rummikub. Bring a friend and a snack to share. Open to all.

SNHL Quilt Group**Every Friday, 12:00pm**

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

Binge Bag Comfort!**NEW!**

Netflix is awesome...but binge your favorite DVDs with the girls, the guys, the kids, or with a pet on your lap! You can find a 'binge bag' of DVDs on a theme and check them out all at once. Binge watching westerns, classics and more...all from your favorite library—**for FREE!** Bags check out for three weeks. Come browse the selection today!

(DVDs to be checked out and returned all together. One barcode, one bag.)

Sign up to know more about Adult Programs!

Want to be in the 'know' for our programs and events? Sign up for our email newsletter on our website. Go to the right-hand column, give us your name and email and confirm. You'll be notified about once a month of the interesting things going on at SNHL! (We don't use your email for any other purpose and don't share it.)