

# Off the Shelf

*Galesburg Public Library Newsletter*



The library will be closed on March 8 for staff development.

## Candidate Forum

The NAACP Galesburg will host a candidate forum featuring School Board Candidates upstairs at the library on Wednesday, March 1, from 7:00–9:00 PM.

# NAACP

## Mindful Meditation

Whether you're curious about meditation or practice regularly, you are invited to join a free meditation session on Tuesday, March 21, at 10:00 AM. This session will be done sitting in a chair, and no experience is needed. The session will last about 45 minutes. The session will be led by Gopi Om (Nicole Sopko), who began teaching in 2005.

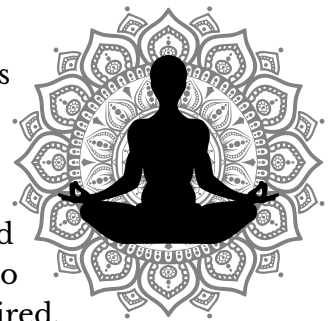
## Big Write Deadline

The deadline to enter The Big Write, Galesburg Public Library's annual creative writing contest, is Monday, March 20. More details can be found at [www.galesburglibrary.org](http://www.galesburglibrary.org) and at the Reference or Children's Desks.

## Yoga for Adults & Teens

Join certified yoga instructor Michelle Johnson of Lavender Lotus Yoga Studio. Eight sessions for adults and eight sessions for teens — all free! — will be offered over the next eight months. For adults, registration is requested at the Reference Desk. A waiver form will need to be signed before the session. For teens, in addition to the waiver form, adult permission is required.

The form can be picked up and returned at the Reference Desk. Adult sessions this month will take place on March 1 and March 29 at 4:00 PM. The teen session will be on March 15 at 4:00 PM.



## Home Ownership: No Experience Necessary

Thinking of buying a home but unsure how to get started? Come hear from local real estate professionals over two sessions at the Galesburg Public Library. They will provide an overview of the entire home-buying process and answer your questions. The first program will take place on Tuesday, March 14, at 6:30 PM. The second program will take place the following week, on Tuesday, March 21, at 6:30 PM.

## Share Your Life Story

The Galesburg Public Library, in partnership with the University of Illinois Extension Office, will be offering a seven-session workshop where participants will get help learning to write their own story. No prior writing skills are need. The group will meet every Monday, from 10:00–11:00 AM, beginning on February 27 (excluding March 13) and lasting until April 17. Advance registration is required at the Reference Desk.

# Children's Events

## March Mammal Madness

Join us again this year for March Mammal Madness, an imaginary competition that lets you vote on which animals will win in a series of simulated encounters. Pick up a bracket in the Children's Room starting Feb. 27, fill it out with your predictions, and watch what happens! Completed brackets are due back by March 13 at 5:00 PM.

## Toddler Stay and Play Storytime

Wednesdays at 10:00 AM

Stories, songs, and movement for kids 18-36 months old. Storytimes last around 25 minutes and are followed by age-appropriate art or playtime.

## Animal Explorers ✓

Thursday, Mar. 2, 4:00 PM

Pick up a free take-home explorer kit, then meet to share info on the animal of the month. For kids in grades K-3.

## Family Storytime

1st and 3rd Mondays, 6:00 PM

Stories, crafts, activities & more for the whole family.

## LEGO Mania

Thursday, Mar. 9, 4:00 PM

Build with LEGO blocks on a monthly theme. For kids of all ages with an adult.

## My Little & Me Yoga ✓

Saturday, Mar. 11, Noon-1:00 PM

Join certified yoga instructor Alyssa Pacheco for a free hour of movement and fun. Each adult/child pair will enjoy 30 minutes of stretching together followed by 30 minutes of post-practice crafts and activities. Suggested for children ages 5 and up.

## Spring Celebration ✓

Monday, Mar. 20, 10:00 AM

Celebrate the first day of spring and learn how the seasons affect the world around us. Presented in partnership with University of IL Extension. For kids ages 5 and up with an adult.

## Kids' Book Club ✓

Thursday, Mar. 23, 4:00 PM

Discussion of the book *Glitch* by Laura Martin. For grades 4-6.

## Bilingual Storytime

Saturday, Mar. 25, 11:00 AM

Did you know that hearing stories & songs in two languages can give your brain a boost? Let's read, sing, and play together in English and Spanish. Aimed toward kids ages 5 and under with an adult.

## Passport Club ✓

Tuesday, Mar. 28, 6:00 PM

Explore a new culture each month and get your passport stamped. For K-6 with an adult.

# Teen Events

*All events open to teens ages 12-18 or in grades 7-12, unless otherwise specified. Want to know whenever there's a teen event going on? Text @teen61401 to 81010 to join our GPL Teen Event Reminders List.*

## Teen Advisory Board

Thursday, Mar. 9, 6:00-6:45 PM

Talk about teen services at the library with other teens and get free pizza!

## Air-Dry Clay Sculpting ✓

Thursday, Mar. 9, 6:45-7:30 PM

Sculpt something fun out of air-dry clay!

## Pi(e) Day ✓

Tuesday, Mar. 14, 6:00-7:00 PM

Celebrate Pi Day with a variety of pi-themed (and pie-themed) activities!

## Yoga for Teens ✓

Wednesday, Mar. 15, 4:00-5:00 PM

Join certified yoga instructor Michelle Johnson of Lavendar Lotus Yoga Studio. Requires waiver signed by parent or guardian. Free.

## Dungeons & Dragons Club ✓

Monday, Mar. 27, 6:00-7:00 PM

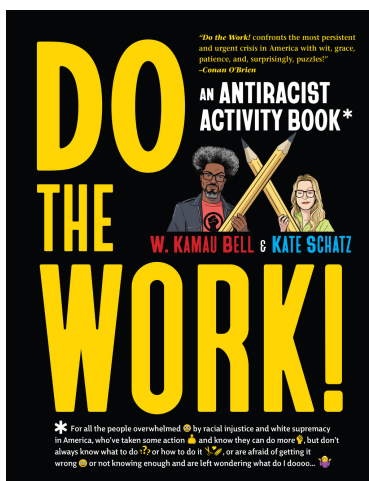


## Adult Events

*All events are subject to change. Copies of book club titles are available for checkout at the library.*

### Do the Work

**Thursday, Mar. 2, 6:30 PM at the library**  
Second of two discussions of the workbook *Do the Work*. This interactive workbook gives readers hands-on understanding of systemic racism and how we can dismantle it. Presented in partnership with the NAACP. Please order your own copy of the workbook online or purchase a copy from Wordsmith Bookshoppe. If you missed the first session, you are still welcome to attend.



### Tuesday/Thursday Book Discussions

**Tuesday, Mar. 14, 1:00 PM upstairs at the library**

**Thursday, Mar. 16, 6:30 PM at Jimmy's Pizza**  
*The Growing Season* by Sarah Frey is a memoir of one tenacious woman's journey to escape rural poverty and create a billion-dollar farming business in Southern Illinois.

### Buzzwords

**Thursday, Mar. 23, 6:00 PM  
at Reserve Artisan Ales**

*Daisy Jones and the Six* by Taylor Jenkins Reid charts the whirlwind rise of an iconic 1970s rock group and their beautiful lead singer, revealing the mystery behind their infamous breakup.

### Tome Raiders Sci-Fi/Fantasy Book Club

**Friday, Mar. 24, 6:00 PM at Hardee's**

When COVID-19 sweeps through New York City, Jamie Gray, the narrator of John Scalzi's *The Kaiju Preservation Society*, is stuck as a dead-end driver for food delivery apps. Then he makes a delivery to an old acquaintance who works at "an animal rights organization." What he doesn't tell Jamie is that the animals his team cares for are not here on Earth.

### Food for Thought

**Thursday, Mar. 30, 11:30 AM at Cornucopia**

As vivid and fast-paced as a thriller, *Wastelands* by Corban Addison takes us into the heart of a legal battle over the future of America's farmland and into the lives of the people who decided to fight.

### Adult Coloring

**Monday, Mar. 13, 1:30-3:30 PM**

Join us in adults-only coloring for relaxation.

### Writer Support Group

**Monday, Mar. 13, 6:00 PM**

Meet with other writers to hone your skills and give and receive constructive feedback.

### Movie Club

**Tuesday, Mar. 21, time TBA**

Meet to watch a new movie at the AMC. Exact time and title will be announced the week before. We'll head to Culver's afterwards for discussion.

### Free Movie

**Friday, Mar. 24, 2:00 PM**

Free showing of the movie *A Man Called Otto*, starring Tom Hanks and based on the best-selling novel by Fredrik Backman. (120 min., rated PG-13, ©Columbia Pictures)





# Calendar

March 1	March Mammal Madness Begins
March 1	Yoga for Adults
March 1	NAACP Candidate Forum
March 2	<i>Do the Work</i> Book Discussion
March 2	Animal Explorers Club
March 6	Family Storytime
March 8	Library Closed
March 9	LEGO Mania
March 9	Teen Advisory Board
March 9	Air-Dry Clay Sculpting
March 11	My Little & Me Yoga
March 13	Adult Coloring
March 13	Writer Support Group
March 14	Pi(e) Day for Teens
March 14	Tuesday Book Club
March 14	Home Ownership Program
March 15	Yoga for Teens
March 16	Thursday Book Club
March 20	Spring Celebration for Kids
March 20	Family Storytime
March 20	Big Write Deadline
March 21	Mindful Meditation
March 21	Movie Club
March 21	Home Ownership Program
March 23	Kids Book Club
March 23	Buzzwords Book Club
March 24	Free Movie: <i>A Man Called Otto</i>
March 24	Tome Raiders Book Club
March 25	Bilingual Storytime
March 27	Dungeons & Dragons Club
March 28	Passport Club
March 29	Yoga for Adults
March 30	Food for Thought Book Club

## New CPR & First Aid Kits Available for Checkout

Thanks to a generous donation by the American Heart Association and OSF St. Mary Medical Center, groups and organizations may learn life-saving techniques with the CPR & First Aid kit, available for checkout. The kit contains instructional DVDs and ten inflatable manikins for training groups and individuals in hands-only CPR. We hope this new addition will increase the number of bystanders trained in CPR in our community.



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