



GUILDERLAND PUBLIC LIBRARY

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GUILDERLANDLIBRARY.ORG

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Winter Reading Challenge 2022

Introducing the **Fifth Annual Winter Reading Challenge for all ages!** Our goal is to read **3,000 books** during January. Join in the fun by logging all of your reading this month on

Beanstack, individually or as a family. Simply sign up or login at: <https://guilderlandlibrary.beanstack.org/reader365>. Let's win some awesome prizes for all to enjoy!

Lerner Publishing Group is this year's sponsor, and the theme is **Read for a Better World**, encouraging readers of all ages to explore diversity, empathy, and positive action through literature. As an added bonus, we have unlimited access to Lerner's "Read for a Better World" books this month, located in the *activities* section on Beanstack.

Ancestry.com Update

In March 2020, when libraries around the world had to close their doors due to the global pandemic, ProQuest and Ancestry made the decision to grant public library patrons temporary at-home access to the popular Ancestry Library Edition database. This at-home access ended December 31. Fortunately, **GPL patrons can access the database within the Library**, either on their own laptop, tablet, mobile device, or one of our computers. While we're still working on re-establishing limited public computer use, patrons can request one of our Chromebooks in-house, or stop at our Express Computer Station for 20-minute single-use sessions.



LIBRARY HOURS

Monday—Thursday.....9:30 am–9 pm
Friday.....9:30 am–6 pm
Saturday.....9:30 am–5 pm
Sunday.....1–5 pm
Masks are required for all patrons ages 2+.



Tax-Aide News

Although the Guilderland Public Library will not be a site for AARP Foundation's Tax-Aide services in 2022, their services are available in the greater Albany area, February through mid-April.

Please do not call us; instead, call the phone numbers listed below starting **Tuesday, January 18:**

Crossings of Colonie

Wednesdays, 9 am–3 pm
February 9–April 13

Tuesday, March 1 instead of Wednesday, March 2
Tuesday, April 5 instead of Wednesday, April 6

Contact: Town of Colonie Senior Resources
518.459.3977

Cohoes Senior Center

Tuesdays & Fridays, 9 am–2 pm
February 8–April 12

Contact: Cohoes Senior Center
518.235.2420

Valatie Village Office

Tuesdays, 1–4 pm
Thursdays, 9 am–4 pm
February 1–April 12

Contact: 518.758.9342

AARP Foundation Tax-Aide provides in-person and virtual tax preparation help to anyone, free of charge, with a special focus on taxpayers who are over 50 and have low to moderate income. Tax help is provided in safe environments based on a number of factors, including where you are located, COVID-19 spread and volunteer availability.

Please call the numbers listed above, not the library, to make an appointment for AARP Tax-Aide assistance.

ADULT PROGRAMS & RESOURCES

HEALTH



Intro to Intuitive Eating:

A Non-Diet Approach

Intro to Intuitive Eating: A Non-Diet Approach

5 Wednesday sessions:
January 12, 19, 26 & February 2, 9 @ 7 pm
Tired of the January dieting ritual?
 Registered Dietitian Mariel Baron provides the knowledge and

inspiration needed to ditch restrictive diets and ultimately find food freedom through this five-part virtual program. She incorporates an evidence-based long-term approach geared toward trusting our gut and cultivating a positive mindset toward healthy eating habits. If you're looking to make lasting changes in 2022 with a fresh, sustainable approach to healthy nutrition, learning how to listen to your body and become an intuitive eater—this program is for you! **[R]**

Virtual Yoga
Thursdays, January 13 & 27 @ 6:30 pm

These virtual gentle yoga classes are suitable for all levels and experience. Learn proper techniques for a stress-free workout that stretches and strengthens the body gradually. Sessions will include breathing techniques, physical poses, rest and meditation. Interested? Register now—we expect this program to fill up fast! **[R]**



Genealogy with Lisa Dougherty

Wednesday, January 12 @ 6-8 pm

Ready to explore your family tree, delving deeper into generations past...or need a little help continuing your search? Professional Genealogist Lisa Dougherty offers customized family history consultations on a virtual basis. Lisa's extensive

experience includes serving as genealogist-in-residence at the Irish-American Heritage Museum in Albany. Visit her website at: <http://www.upstatenygenealogy.com/> **[R]**

Local history and genealogy resources may be found at GPL as well. While the primary focus is on Guilderland, we also have materials on other local communities, plus books to aid your genealogical research. To learn more, go to: <https://bit.ly/GPLHistoryGenealogy> or call us at: **518-456-2400 x 3.**

BOOK DISCUSSION GROUPS

We offer three virtual book discussion options to fit your schedule and interests! Details at: <https://guilderlandlibrary.org/book-discussion/>



Night Owls Online [R]

Mondays @ 7:30 pm
 Led by Librarian Maura Powers-Smith. Reading the most talked-about fiction and nonfiction titles.

January 10: *The Hellfire Club*, by Jake Tapper
February 7: *Maybe You Should Talk to Someone*, by Lori Gottlieb

Memoirs in the Morning [R]

Wednesdays @ 10:30am
 Led by Librarian Josalyn Wilder. Reading the best biographies of the moment.

January 19: *Between Two Kingdoms: A Memoir of a Life Interrupted*, by Suleika Jaouad
March 16: *Maid: Hard Work, Low Pay, and a Mother's Will to Survive*, by Stephanie Land
 Look for the *Memoirs in the Morning* community group on [goodreads.com](https://www.goodreads.com) to join the online discussion anytime!

Green Reads [R]

Thursdays @ 6 pm
 Led by Librarian Maria Buhl in collaboration with Albany Guardian Society. A book and film discussion group on nature, health, and the environment.

February 10: *The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness*, by Sy Montgomery
April 14: *Honeyland*, a 2019 documentary

INTERIM BOARD VACANCIES



The Guilderland Public Library Board of Trustees is looking to fill two short-term vacancies through June 2022.

The criteria for GPL board members is as follows:

- U.S. resident
- Guilderland Central School District resident
- At least 18 years old

To be considered, please submit a resume and a brief statement of interest to: nominating-committee@guilderlandlibrary.org no later than **January 10, 2022.**

YOUTH PROGRAMS & RESOURCES



Activity Kits
Infants through Teens
 Our curbside kits tend to go fast! Check our online Events calendar often, and register up to two weeks in advance before a kit is ready for pick up. Currently available, as of this writing: **[R]**

- **Winter Fun-Sheets—grades K-2**
 Pick up Tuesday, January 11 through Sunday, January 16
- **Marble Mazes—grades 3-5**
 Pick up Tuesday, January 18 through Sunday, January 23
- **Peek-a-Boo—ages 6-24 months**
 Registration starts Tuesday, January 11
 Pick up Tuesday, January 25 through Sunday, January 30
- **Peek-a-Who—grades 6-12**
 Pick up Tuesday, January 25 through Sunday, January 30

Live Virtual Storytimes

Thursdays @ 10:30 am
 Let's meet up online for a live (and lively) Zoom session featuring books, songs and lots of fun! Prepare in advance with easy homemade props for a more interactive experience! You'll find suggestions while registering on the Events tab of our website. **[R]**



Discovery Pages

New content: Wednesday, January 12
 Find new Discovery Pages for early childhood and middle school children featuring eBooks, audio books, crafts, music and more! Look for fresh content the second Wednesday of every month: guilderlandlibrary.org/gplkids.



children's content, including read alouds and storytimes.

The Foundry Teen Page
guilderlandlibrary.org/teens/

The Foundry is the name of our new teen space. It's also a place online where teens can discover new books, activities, events, learning tools, volunteer opportunities and much more. Check it out!



Choose Your Own Adventure: Ancient Egypt
Friday, January 28
Grades 3-5

Go back to Ancient Egypt and solve the mystery in this interactive adventure. You choose how the story unfolds—try different plot twists! <https://guilderlandlibrary.org/gplkids>



ADDITIONAL RESOURCES



How Did You Find It?
GPL's monthly podcast
Have you heard? Our monthly podcast, **How Did You Find It?**, drops the third Friday of each month. Listen on all major platforms! We welcome your feedback at: podcast@guilderlandlibrary.org.

Dial A Story
for children and adults

Relax with a brief story using our Dial A Story line! Simply call **518.456.2400** and **press 5**, then choose 1 for an adult story; 2 for a children's story; and 3 for an international story.



Become a Literacy Volunteer

Looking for a meaningful volunteer opportunity? Consider becoming a tutor with Literacy Volunteers of Rensselaer County (LVORC). A New Tutor Orientation is scheduled for **Saturday, January 8, 9:30 am -12:30 pm at the Viking Child Care Center in Troy**. After the orientation, you'll take an online course on tutoring basics, then attend two more in-person sessions. For more information: **518-244-4650 or mhellerlvorc@aol.com**.

ON THE CALENDAR

- Closed—Martin Luther King, Jr. Day**
Monday, January 17
- American Red Cross Blood Drive**
Tuesday, January 18, 1-6 pm
- GPL Board of Trustees Meeting**
Thursday, January 20 @ 6 pm

Streamed live on **YouTube** and archived for later viewing. Public commentary may be submitted at any time to: pc@guilderlandlibrary.org

