

## We'll Get You Through The Winter

By Laura Stoll, Assistant to the Director/Office Manager

We can all agree that winters in Central New York can be long, cold, and snowy. When you add in a pandemic that keeps us at home for long periods of time, the need to keep your mind and body active is even greater. Thankfully, the Kirkland Town Library is here to help pass the time until the spring sunshine with unique activities for all ages in our “We'll Get You Through The Winter” program.

If you're looking for a fun challenge, join us this month as we explore the theme of “nourish.” To get started, visit our website or stop by the Library to get a copy of our game board. Hop and skip along the game board's path, choosing the activities that you would like to do. You can do some or all of them and you don't need to go in order. The instructions for each activity are available online and on paper at the KTL. On the board game, color in or check off the squares of the activities you complete. At the end of the month, bring your completed board back to the Library. Everyone who participates in at least one activity earns a prize.

Our staff created twenty different activities that fill the board game. They include reading, exploring our collection, making crafts, cooking, and other ways to nourish your mind, body, and spirit this month. Here are just some of the activities you will find on the game board.

Start the challenge with activity 1 by borrowing an item from the Library. You can come inside or try our curbside service. We also offer home delivery so we can bring the KTL right to you. Everyone who checks out an item this month gets a special surprise.

Sticking with our theme, our staff has curated a list of recommended books that they find nourishing. There are picture books for kids (“Miss Rumphius” by Barbara Cooney), chapter books for kids and teens (“Wonder” by R.J. Palacio), and nonfiction and fiction for adults (the “Chicken Soup for the Soul” series and “Dandelion Wine” by Ray Bradbury). Of course, we all find nourishment from different sources so choose your own. Either way, this fulfills activity 4 on the game board.

We are excited to now offer a selection of thirteen different board games for patrons to borrow. We have party games like Codenames and Telestrations, strategy games like Labyrinth and Santorini, and word games like Chunky Monkey Business and Oodles. Whether you want to play with a partner (Battleship or Patchwork) or with the whole family (Machi Koro, Dixit, or Uno Attack), we have something for you. Check out the full list at [www.kirklandtownlibrary.org/games](http://www.kirklandtownlibrary.org/games); if you borrow one, you've completed activity 7 on the game board.

Local fitness instructors have invited our patrons to attend Zumba and yoga classes this month. Sara Miller is offering a free kids/family yoga class on Monday, January 18 at 11 a.m. via Zoom. Call or stop in to register; we'll make sure you have the Zoom link before the event. If Zumba is more your thing, join local instructor Helen Dick for a weekly class on Wednesday and Friday afternoons. Complete instructions for how to contact Helen are on our website at [www.kirklandtownlibrary.org/winter2021/](http://www.kirklandtownlibrary.org/winter2021/). Take one of these classes and you'll have completed activity 14 on the game board.

It wouldn't be winter without our third annual .5K run/walk and since it's nourishing for the body, we've made it one of our “We'll Get You Through the Winter” activities. The event takes place on Saturday, January 30 at 10:30 a.m. Walk, run, stroll, hop, ski, or slide your way

1/3 of a mile from where the sidewalk ends (Elm Street near the Clinton Cider Mill) to where everything else begins (the Kirkland Town Library). Sign up on our website or stop by the Library to fill out a paper registration form.

Our staff has also put together lists of resources to help you try some new nourishing activities. Learn about meditation with a list of suggested audio books, apps, and podcasts. Later in January, you can pick up a compilation of favorite comfort food recipes. (Share one with us and we'll add it to the collection.) Learn how you can get organized with bullet journaling.

The list goes on and on! To read more about "We'll Get You Through The Winter" and to get started with the January activities, visit [www.kirklandtownlibrary.org/winter2021/](http://www.kirklandtownlibrary.org/winter2021/) or stop by. Join us again in February as we explore and in March as we get creative.