

For immediate release

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## May Library Programs and Activities

Creston, IA – Gibson Memorial Library is offering several virtual programs for the month of May. Below is a detailed listing:

**Library Board Meeting** will be on **Monday, May 3, 2021** in the Library's Genealogy Room.

The next monthly Library Board meeting will be held on Monday, June 7, 2021 at 5:15 PM in the Genealogy Room. Library Board meetings are open to the public.

Patrons can always view upcoming Board meetings, and the library board's agenda on the Library's Facebook and online at the library's website at:

<https://www.creston.lib.ia.us/about/library-board>

**"What is on your nightstand?"** on **Thursday, May 6, 2021 at 5:00 PM** through Zoom. Join us for a casual conversation about the books you are currently reading and the books you wish you had time to read or simply come to connect with other people.

Need help with ZOOM? Watch this useful tutorial:

<https://www.youtube.com/watch?v=d7xXZxRDFUU&t=7s>

ZOOM Link: <https://us02web.zoom.us/j/8524207703>

Meeting ID: 852 420 7703

Mobile: 13126266799, 8524207703, # - US (Chicago)

Find your next read by looking at our compiled lists of previous nightstand events on our website at: <https://www.creston.lib.ia.us/services/programs/nightstand-lists>

**Social Justice Book Club** will be held on **Monday, May 24, 2021 at 5 PM on ZOOM**. The book being discussed is *White Fragility: Why it's so hard for white people to talk about racism* by Robin DiAngelo. Copies of the book may be picked up at the library to be checked out.

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<https://www.youtube.com/watch?v=d7xXZxRDFUU&t=7s>

ZOOM Link: <https://us02web.zoom.us/j/8524207703>  
Meeting ID: 852 420 7703  
Mobile:13126266799, 8524207703, # - US (Chicago)

**Adult Book Discussion** will be held on **Tuesday, May 25, 2021 at 5 PM on ZOOM**. The book being discussed is *Educated: A memoir* by Tara Westover. Copies of the book may be picked up at the library to be checked out.

Need help with ZOOM? Watch this useful tutorial:  
<https://www.youtube.com/watch?v=d7xXZxRDFUU&t=7s>

ZOOM Link: <https://us02web.zoom.us/j/8524207703>  
Meeting ID: 852 420 7703  
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**Crochet Group** this group meets every week on Wednesday's from 1 PM to 3 PM in the Genealogy Room of the Library.

**Healthy Body. Healthy Mind. Betterment Kits** the Library now offers Healthy Body Healthy Mind Betterment Kits! There are three kits available:

**The Exercise Kit**

-Tube exercise resistance bands, grip strengthening hand exerciser stress balls, plastic jump rope, resistance bands for participants to keep, comfort fit adjustable ankle/wrist weights and resistance band and stretching workout books.

**The Yoga Kit**

-A yoga mat, yoga blocks, exercise ball and hand/foot-pump, exercise ball fitness cards, yoga DVDS, yoga flash cards and four yoga books.

**Nutrition and Healthy Lifestyle Kit**

-Health resources brochures, nutritional information and three books including Look Cook Eat, My Cooking Recipe Book and Diabetic Cookbook for beginners

The purpose of this program is to inform, teach and help youth and older adults, specifically those with a disability or mobility issue, to learn concepts regarding health, nutrition and exercise. This program aims to inspire individuals to learn more about their health needs and to become more active at their own pace.

This service has been provided by grant funding from Iowa's University Center for Excellence in Developmental Disabilities (Iowa UCEDD).

This program is also a partnership between Gibson Memorial Library, Lamoni Public Library, Leon Public Library and Southern Iowa Resources for Families, Inc.

**2021 Public Library Association's Early Literacy Calendar** beginning on **January 1, 2021 through December 31, 2021**.

Each month stop into the Library and grab an activity-packed calendar! On one side is a calendar with a fun skill-building activity for each day and the other contains supplementary content like nursery rhymes, early literacy tips, song lyrics or suggested reading material. Get your copy today for FREE at the Library! These materials have been made available by the Public Library Association (PLA).

**Beginning Genealogy Packets to Go!** Terry Madison has compiled beginning Genealogy packets to go! These packets may be picked up in the Genealogy room at the Library. There are helpful tools and sheets in the packet to begin your genealogy journey!

**Crochet Group** the Crochet Group will be meeting weekly on Wednesday from 1 PM – 3 PM at the Library in the Genealogy Room.

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The Library is open its regular business hours: **Monday & Wednesday 10 AM to 8 PM. Tuesday, Thursday and Friday 10 AM to 6 PM. Saturday 10 AM to 3 PM.**

For more information, please visit the Gibson Memorial Library website at: [www.creston.lib.ia.us](http://www.creston.lib.ia.us) and the Gibson Memorial Library Facebook page.

If you would like to support the Gibson Memorial Library, you may volunteer your time by joining: The Library Board, the Friends of the Library Board, the Capital Campaign or consider making a contribution to the Library online at their website: <https://www.creston.lib.ia.us/>

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