

LET'S BE FRIENDS

Friends of the Creston Public Library Newsletter

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Library Director:
Danielle Dickinson Thaden

Assistant Library Director:
Jordan Foote

*The Friends of the Library Board meet
the third Monday of the month at 1:00
at the library. All FOL members are
welcome to attend.*



HOLIDAY BAKE SALE

We appreciate your support of the Creston Library by coming to our Annual Holiday Bake Sale. It was very successful and all proceeds will go to the library for books, programs and other needs.

A big thank you goes to all the great candy, cookie, pie and goodie bakers who donated their specialties to the bake sale. We also want to thank the workers who set up and manned the tables. This event certainly could not have happened without all of your help.

VALENTINE COOKIES

February is the time for our Valentine Cookies fundraiser. Can you help with baking, decorating, packaging or delivering the cookies this year? Please contact Peg Anderson 641-782-4000 if you would like to help! She will get your name to the chairman. This is the 25th year of the Friends of the Library Valentine Cookie Fundraiser. It will be a special event so let us know how you would like to help.



The library staff have been busy planning lots of fun activities for you and your family to enjoy, learn and experience. If you are a FOL member and have email, O.J. Fargo sends a complete listing of all of the offerings each month. The Friends of the Library newsletter highlights some of the activities, but for a full list, please check O.J.'s email or pick up a monthly calendar at the library.

New Year's Resolutions!

Do you want to become more healthy, The Gibson Memorial Library has some help for you!

Tai Chi for Arthritis with Connections Area Agency on Aging

Tai Chi for Arthritis and Fall Prevention is an 8-week course for improving strength and balance.

The course will start on Wednesday, January 7 and end on Friday, February 27th.

The course will be offered twice a week on Wednesdays and Fridays from 11 AM - 12 PM at Gibson Memorial Library in the Genealogy Room.

Contact Nikki at 800-432-9209 ex 8710 or email her at ncorderman@connectionsaaa.org, for more information or to register.



Chair Yoga w/Radiant Wellness Solutions



A 1-hour class taught by Michelle Wilson, certified Accessible Yoga teacher.

A gentle class designed for those looking for a practice that is gentle yet effective. The class will focus on mindful yoga techniques to improve brain health, resilience to stress, and increase mobility. Michelle calls this type of practice innercise--yoga that incorporates all aspects of the ancient practice: evidence-based mindful movement for your busy life. All bodies

are welcome. Multiple variations of each posture will be taught in this class, allowing truly anyone to practice.

Breathing, postures, relaxation, and mindfulness. No experience or flexibility is needed.

A handout will be provided for you to practice at home, if you choose.

Thursday, January 15

11 AM - 12 PM

Genealogy Room

Author Visit: Dan Henderson

Join Iowan author, Dan Henderson, as he presents his newest book, *Rhythm & Pep!*

"This is a non-fiction story of two Iowa brothers born in the 1890s near Clarinda, Iowa who had a dream of getting into show business. At that time, show business meant vaudeville."

Wednesday, January 21st

4:30 - 5:30 PM

Genealogy Room