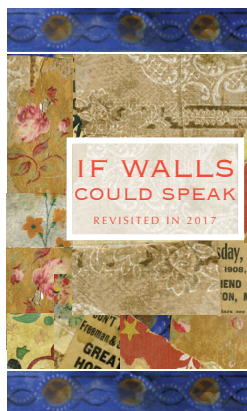


The books are here! If you want your own copy of what we call The Book, ask at the desk. \$20.00 each.

Don't miss the Friends' of Cook Memorial Library Cabin Fever Book & Bake Sale on Saturday, March 3 from 10-1. Shop the book sale, buy soup or chili for lunch and a baked treat to take home, bid on a variety of items in the silent auction.



Visible Mending and Mending Sewcial, Saturday, March 3, 1:30-4 pm. Mender and maker Juno Lamb will offer instruction and guidance. Bring a pair of holey blue jeans or some other fabric garment with holes or tears, or work on a sample patch. Mending materials will be provided; instructional portion at 1:30 or drop in to sit and sew at any time.

Baby Lapsit Time is now happening weekly, Tuesdays at 1:00 pm. Some weeks Amy will share rhymes and songs and back tickles that your babies will enjoy, other weeks someone with specialized training or skills will share baby-specific info. For example, on March 13, learn about baby massage!

Healthy Living for Your Brain & Body: Tips From the Latest Research will be the program for this month's Practical Wisdom discussion, on Wednesday, March 14 at 10:30 am. All are welcome to join us as Melissa Grenier, Regional Manager of the NH Chapter of the Alzheimer's Association, tells about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Hands-on tools will help you create a plan for healthy aging. Call or stop in to sign up so there will be enough handouts.

4-H Maker Club is going strong with 9 members. For the month of March, they will work on mousetrap cars, perfecting their designs to increase distance. They will bring the cars to 4-H Activities Day in Meredith on March 24. In April, the club will begin a new project, so that would be a good time to join. The club is for kids age 9 and older and meets on Mondays from 3:30 to 5 pm. For more info, contact club organizer Claes Thelemarck at claes.thelemarck@unh.edu.

A Soothing Gathering, Friday, March 16, 4-5:30 pm. Celebrate spring, join visiting yoga instructor, Sumr Soudi Breez to explore kundalini yoga, stress release, tapping, Qigong, and self-care practices to enhance daily life. Cost: donations. Bring: mat or towel, journal, and wear comfy clothes.

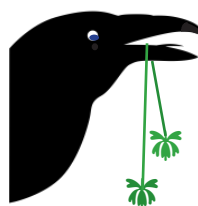
Mindful Travel with an Artist's Eye, save the date, March 28 at 7:00 pm, and come to a talk by photographer Larry Elbroch and printmaker Vicky Elbroch. Their artwork will be on display at the library in March and April.

Brown Bag Book Group will read *Exit West* by Mohsin Hamid and meet for a discussion on March 28 at 12 noon. The Nonfiction Book Group will read *Killers of the Flower Moon* by David Grann and discuss on April 3 at 6:30 pm. Borrow books now and join us.

WHAT ARE YOU READING TAMWORTH?

COOK MEMORIAL LIBRARY

March 2018



Did you know that... to help us as we update our strategic plan, we're going to initiate community conversations to find out what matters to you. What are your aspirations for the town and people of Tamworth? Let us know.

(603) 323-8510 • cooktamworth@gmail.com
tamworthlibrary.org

Fridays through all of March 10:30 a.m.
Yoga for preschoolers *Tara Schroeder*

Saturday, Mar. 3 10:00 a.m.-1:00 p.m.
Cabin Fever Book & Bake Sale

Saturday, Mar. 3 1:30 p.m.-4:00 p.m.
Visible Mending & Sewcial *Juno Lamb*

Mondays 3:30-5:00 p.m.
4-H Makers' Club ages 9 and up

Tuesdays, Mar. 6, 13, 20 10:30 a.m.
Storytime for young children

Tuesdays all month 1:00 p.m.
Baby Lapsit Time

Tech Tuesdays 1:00-2:00 p.m.
and other times by appointment

Wednesdays, Mar. 7, 14 3:45-4:30 p.m.
Lego Club for kids ages 5-8

Monday, Mar. 12 5:00 p.m.
Library Trustees' meeting

Tuesday, Mar. 13 5:30 p.m.
Friends of CML Board Meeting

Wednesday, Mar. 14 10:30 a.m.
Practical Wisdom discussion: Brain & Body

Friday, Mar. 16 4:00-5:30 p.m.
A Soothing Gathering

Monday, Mar. 26 5:00-7:00 p.m.
Bibliomaniacs Reading Club ages 10 and up
SIGN UP in advance

Wednesday, Mar. 28 7:00 p.m.
Mindful Travel with an Artist's Eye



What Are You Seeding?
As you begin planning your garden, remember our Seed Share seed library is back again this year. Bring seeds to share, take seeds to plant. Find the Seed Share in our Front Room.

WHAT ARE YOU SEEDING TAMWORTH?