



Library IN THE LOOP

Happy and Healthy New Year from Peoria Public Library!

Does “New Year, New You” ring true to you?

Peoria Public Library has a number of programs in January to better your physical and mental health – from yoga to learning how to consume news and social media in ways that won’t stress you out!

We’ll list some teasers here, but be sure to pick up a paper event calendar or [visit our website](#) to check out all our offerings!

Friday, Jan. 7 – DIY Pop It Fidgets – 3:15 p.m. to 4:15 p.m. at Lincoln Branch

Do sensory toys soothe your anxiety? Using common household items, we will create our own Pop It fidget toys. Supplies provided. Open to children of all ages.

Friday, Jan. 7 – Drop In: First Fridays Art – 3 p.m. to 5 p.m. at Lakeview Branch

Creative outlets can help both your mental and physical health. This drop-in art program gives your child the space and supplies to express themselves however they choose. Ages 5 and up. (Please dress for a mess.)

Wednesday, Jan. 12 – Building Better Media Habits in 2022 – 6 p.m. to 7 p.m. at North Branch

Join Dr. Cory Barker, Assistant Professor of Communication at Bradley University, for the first program in a year-long series intended to guide your news consumption and social media use. Learn to build better media habits. For adults.

Saturday, Jan. 15 – Autism Resource Group – 10 a.m. to noon at Lakeview Library

Parents and caregivers of children with Autism Spectrum Disorder are invited to join us for resource sharing and support. Email EliseHearn@ppl.peoria.lib.il.us for more information.

Tuesday, Jan. 18 – Yoga with Adriene – 12:15 p.m. to 1:15 p.m. at Main Library

Starting mid-January and continuing every Tuesday and Thursday in 2022, we will host a free, virtual yoga class with one of the top yoga instructors on YouTube. Adriene Mishler of ‘Yoga with Adriene’ has built a following of more than 10 million with her approachable style to yoga. Please bring your own yoga mat.

Thursday, Jan. 20 – Healthy Living for Your Brain & Body – Noon to 1 p.m. at North Branch

Join guest speaker Julie Scardina to learn about recent research in the areas of diet and nutrition, exercise, cognitive ability and social engagement. Also learn how to keep your healthy habits up. This program is made possible by the Alzheimer’s Association. For adults.

Thursday, Jan. 20 – Cooking with Brooke – 6:30 p.m. to 7 p.m. at North Branch

Local registered and licensed dietitian Brooke Rush will give us tips and a few recipes for eating healthy throughout the year. Space is limited so call (309) 497-2143 or email programming@ppl.peoria.lib.il.us to RSVP. For all ages.

Saturday, Jan. 29 – Medicare Basics – 10:30 a.m. to 11:30 a.m. and 5-6 p.m. at North Branch

Navigating Medicare can be confusing. Learn what is and isn’t covered and how to protect your savings from out-of-pocket Medicare expenses.



Seeking our First Artist in Residence: McClure Branch

Are you a local artist? Do you love the library? Do you want to share your art? Peoria Public Library has partnered with the Delta Kappa Gamma Society and have been awarded a grant to establish an Artist in Residence for Spring 2022 at McClure Branch.

Deadline to apply is Jan. 24.

Email SarahCouri@ppl.peoria.lib.il.us for more information and details on how to apply.

Thanks to the grant, the chosen artist will be paid for their time teaching at McClure Branch. All supplies will also be provided, and the Nu Chapter will provide food, assistance, and support.

As the official Artist in Residence at McClure, we will display your art on the walls, help you host an evening class at the library, help you hold weekend office hours at McClure, and team you up with a community organization to teach a week-long session with local kids! Questions? Call: 309-497-2700



Back by Popular Demand... Say Cheese!

We started our PPL Photo Challenge in 2021, choosing a different theme each month and asking you to email us your favorite original photo matching that theme.

The response – and submissions! – were beyond our expectations so, of course, we're continuing this challenge in 2022. This year, we're bringing one of Peoria's jewels into the mix: Springdale Cemetery. Two of the challenges will require you to explore one of the oldest cemeteries in the state.

This month's challenge:

Orange

Visit our website to learn more.

Winter Reading Challenge

January starts our traditional Winter Reading Challenge! Visit peoriapubliclibrary.beanstack.org to register virtually or pick up a paper reading log at any Peoria Public Library location.

Complete the challenge for your age group by Feb. 28th to be entered in our random drawing to win a gift card or Amazon Kindle Fire.

Open to all ages.

New Book Clubs Starting This Month

It's cold. It's dark. Wintertime is the best time to lose yourself in a good book. But it can also be a good time to find yourself with a good Book Club.

Peoria Public Library has two new book clubs starting in January, joining the ranks of the nearly dozen book clubs we already host.

Welcome to our Adult-ish Book Club, the next chapter of what was our YA for Adults Book Club. We still like YA, but we've grown to wanting to explore other genres as well. Join us if you want to discover and discuss popular books in a relaxed setting. We don't mind if you haven't finished the book, as long as you don't mind if we give away the ending.

Adult-ish Book Club will meet every third Tuesday of the month from 6:30 p.m. to 7:30 p.m. at Lakeview Branch, 1137 W. Lake Ave.

Come in person or join us via Zoom instead.

Email programming@ppl.peoria.lib.il.us for the Zoom link. January's Book: *The Lost Apothecary* by Sarah Penner.

Come January, we will also debut our **Diverse Voices Book Club**, which will discuss

books that open our eyes to the lives of marginalized people so we can better understand our neighbors. Diverse Voices Book Club will meet every first Wednesday of the month from 6:30 p.m. to 7:30 p.m. at Lakeview Branch, 1137 W. Lake Ave. Come in person or join us via Zoom instead. Email programming@ppl.peoria.lib.il.us for the Zoom link.

January's Book: *The Prophets* by Robert Jones Jr.

We'd love to know if there is a book club you'd like that we don't have. Please fill out this [brief survey](#) and give us your feedback. We promise to take any and all ideas seriously.

Happy reading!

All locations of
PEORIA PUBLIC LIBRARY

will be

CLOSED

in honor of

Martin Luther
King, Jr. Day

