Norwalk Public Library Main Children's - 203-899-2780 Ext. 15131 January 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day	**2**	**3** Healthy Resolutions 6 pm	**4**	5 Music & Movement 10 am or 10:40 am Chess for Kids* 10:30 am Bilingual Storytime 11:30 am
6	7 Zumba for Kids & Parents 5 pm Zumba for Teens & Adults 6 pm	**8** Tunes & Tales 10 am Lapsit Storytime 11:30 am Mad Science 4 pm*	**9** Story & Crafts 4 pm Yoga for Kids (Ages 3+) & Parents with Saraswati's Yoga Teachers 5 pm Yoga for Teens/Adults 6 pm	**10** Tunes & Tales 10 am Lego Club 4 pm* Healthy Resolutions 6 pm	**11** Family Concert with Dierdre 10 am Story & Crafts 4 pm	12 Music & Movement 10 am or 10:40 am Chess for Kids* 10:30 am Bilingual Storytime 11:30am Local Hero Letter Writing 10 am -2:30 pm
13	**14** Zumba for Kids & Parents 5 pm Zumba for Teens & Adults 6 pm	**15** Tunes & Tales 10 am Lapsit Storytime 11:30 am Mad Science 4 pm*	**16** Story & Crafts 4 pm Yoga for Kids (Ages 3+) & Parents with Saraswati's Yoga Teachers 5 pm Yoga for Teens/Adults 6 pm	**17** Tunes & Tales 10 am Lego Club 4 pm* Healthy Minds, Healthy Bodies Kick-Off AT STEPPING STONES 5-7 pm	**18** Family Play - Storybook Yoga 10am Story & Crafts 4 pm*	19 Music & Movement 10 am or 10:40am Chess for Kids* 10:30 am Bilingual Storytime 11:30 am
20	**21** MLK Jr. Day	**22** Healthyville Exhibit Begins! Tunes & Tales 10am Lapsit Storytime 11:30am Mad Science 4pm*	**23** Story & Crafts 4 pm Writers Club 4 pm Yoga for Kids (Ages 3+) & Parents with Saraswati's Yoga Teachers 5 pm Yoga for Teens/Adults 6 pm	**24** Tunes & Tales 10 am Lego Club 4 pm* Healthy Resolutions 6 pm	**25** Family Storytime 10 am Story & Crafts 4 pm	26 Music & Movement 10am or 10:40am Chess for Kids* 10:30 am Bilingual Storytime 11:30 am
27	**28** Zumba for Kids & Parents 5 pm Zumba for Teens & Adults 6 pm	**29** Tunes & Tales 10am Lapsit Storytime 11:30 am Mad Science 4 pm*	**30** Story & Crafts 4 pm Yoga for Kids (Ages 3+) & Parents with Saraswati's Yoga Teachers 5 pm Yoga for Teens/Adults 6 pm	**31** Tunes & Tales 10 am Lego Club 4 pm* Healthy Resolutions 6 pm		

DOORS WILL CLOSE 10 MINUTES AFTER THE START OF EACH PROGRAM AND NO ONE WILL BE ADMITTED INTO THE PROGRAM AFTER THAT TIME, EXCEPT MAD SCIENCE WHICH BEGINS PROMPTLY AT 4 pm. * LIMITED SPACE IN THESE PROGRAMS. SEE DESCRIPTION ON BACK.

FACTSET

Greater Norwalk Chamber of Commerce

Healthy Minds Healthy Bodies

Healthy Minds, Healthy Bodies

Norwalk Public Library's Healthy Minds, Healthy Bodies Initiative.
Sponsored by FactSet and Norwalk Chamber of Commerce

Healthy Resolutions - As part of the Healthy Minds, Healthy Bodies initiative, with funding support from FactSet, the Library and Norwalk Health Department bring you "Healthy Resolutions", a four-week program held on Thursday evenings from 6 – 7 pm at the Norwalk Public Library, main library. The program will focus on a different healthy resolution each week. Each week is connected to the last. Attend all 4 sessions and enter a raffle for a gift basket (over $100 value)! If possible, please register ahead of time on our website www.norwalklib.org.

Healthy Minds, Healthy Bodies Kick-Off - at Stepping Stones
Stop by Stepping Stones for some food, fun and fitness from 5 to 7pm. There will be free samples of healthy food donated by local restaurants, fitness stations and healthcare experts to give advice to the whole family on living a healthy life. The program is sponsored by the Norwalk Chamber of Commerce.

Healthyville - Enjoy a miniature version of Stepping Stones Museum for Children's Healthyville Exhibit right here at the library from January 22 through February 5 in the Children's Department.

Yoga – Children & Parents - **Wednesdays 5 pm**: Get stretching during this Yoga class taught by teachers from Saraswati's Yoga Joint! The class is open to children ages 3 to 12 and their parents or caregivers. No registration necessary but the program is limited to the first 80 people who arrive. Be sure to bring some water to stay hydrated and a yoga mat or towel. (Disclaimer: If your child is restless during the class, please bring them over to the coloring table for a quiet activity so that the rest of the class in not disrupted.)

Yoga – Adults & Teens - **Wednesdays 6 pm:** Get stretching during this Yoga class taught by teachers from Saraswati's Yoga Joint! The class is open to adults and teens ages 13 and up. No registration necessary but the program is limited to the first 80 people who arrive. Be sure to bring some water to stay hydrated and a yoga mat or towel.

Zumba – Children & Parents - **Mondays 5 pm**: Move and groove to some fun and upbeat music in this Zumba class run by Karen for children ages 3-12 and their parents! No registration necessary but the program is limited to the first 80 people who arrive. Be sure to bring some water to stay hydrated.

Zumba – Adults & Teens - Mondays 6 pm: Move and groove to some fun and upbeat music in this Zumba class run by Karen for adults and teens ages 13 and up! No registration necessary but the program is limited to the first 80 people who arrive. Be sure to bring some water to stay hydrated.

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Healthy Minds, Healthy Bodies

You come to the library to exercise your mind but what about exercising your body? The whole family can learn how to eat right and get fit through the Norwalk Public Library's great variety of books and DVDs and can then experience hands-on activity through a variety of Zumba, yoga, nutrition classes and exhibits, all in one place! Pick up a "Passport to Health" form at the Main Library in January and, if you get it stamped at eight "Healthy" programs between January and March you can be entered into a raffle to win a gift basket full of healthy items!

Bilingual Storytime (Spanish/English): Saturdays at 11:30 am We will read books, sing songs and do rhymes in both Spanish and English.

***Children's Chess for Kids**: Saturdays - Free chess program open to all school age children during school year. Contact Chris Potts at 203-847-5824 or harrypatzer@optonline.net

Family Concert with Dierdre -Friday, January 11 - 10 am. - Clap, sing and dance along with Miss Deirdre and her lively and interactive music program – open to kids of all ages and their caregivers.

Family Play – Storybook Yoga

Parents and children of all ages will enjoy an interactive look through some of their favorite picture books with fun yoga moves and games.

Family Storytimes

Bring in the whole family to enjoy stories, music, rhymes and movement together. The program is meant for children birth to age 5 and their caregivers!

***Lego Club:** School-age children (Kindergarten through 5th grade) may come in to build exciting Lego creations on Thursday afternoons at 4pm.
LIMITED TO A MAXIMUM OF 20 CHILDREN. No registration but tickets will be handed out starting at 3:30pm.

Local Hero Letter Writing - Let's look for the good in our lives! Do you have a hero in the community? Maybe it's a teacher or a parent or a family friend?
Maybe you are grateful to police officers and firemen for keeping us safe? Children of all ages can come in and write a letter to their hero or heroes and we will mail it to them!
Volunteers will be here to help those children who want to express their gratitude but are not yet able to write on their own.

***Mad Science** - For the curious elementary school-age child (K-5th grade). Join in the hands-on fun with lots of experiments to learn about different scientific principles.
MAXIMUM OF 20 CHILDREN! No registration but tickets will be handed out beginning at 3:30 pm each Tuesday. Starts promptly at 4 pm.

Music & Movement: Saturdays - Families with children birth to age 5 can come for a fun interactive music class at the 10 am or 10:40 am class.

Story & Crafts: 4:00 pm Children of all ages and their caregivers may come for a short story and craft on either Wednesday or Friday afternoon! No registration necessary.

Storytimes: Lapsit - Tuesdays at 11:30 am. - Stories, tunes & rhymes for infants not yet walking and their caregivers.
There will be free play following the short storytime so parents and caregiver can meet others with children of a similar age.
Tunes & Tales -Tuesdays or Thursdays at 10am. For children ages 3 and under to enjoy interactive stories, songs and games that encourage their emerging language skills followed by playtime! A caregiver must be present. Limited to the first 20 children who arrive; stop by the front desk to pick up your nametag before 10am.

Writers Club: 4th Wednesday of each month at 4 pm to 5:15 pm. A monthly writing club for Children ages 8 - 12.
Students will learn a variety of writing formats, write their own stories, poems, essays, and articles.
Join us for fun lessons on characterization and meet real authors. **This is a drop-in program limited to the first 25 to arrive.**

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