

Hollis Social Library Programs Winter 2011

All programs are FREE and open to the public.
Space is limited. Please sign up at 465-7721.

UPCOMING ADULT PROGRAMS

A Resolution you can live with: Weight Management in the New Year

with Esther Perreault, ND and Julia Greenspan, ND of Greenhouse Naturopathic Medicine

Thursday, January 20, 2011,

Library Meeting Room, 7:00 pm – 8:30 pm.

Learn ways to achieve lifelong weight management through healthy living and identifying what works for you. Healthy and simple ways to detoxify the body in the New Year will also be addressed.

Home Energy Solutions with Karen Cramton of Nashua Energy Options, LLC

Wednesday, January 26 and February 2, 2011

Library Meeting Room, 7:00 pm - 8:30 pm

January 26 – Energy Efficient Water Heating Options

Do you keep your oven warmed to 350° all day so it is ready for cooking dinner at 6pm? Probably not. So why are you keeping water hot 24 hours per day, 7 days per week, 365 days per year? Join Nashua Energy Options at the Hollis Social Library to discover efficient methods of heating water for domestic use. We will explore new technologies to discover more effective ways of heating water. Have a plan for when your water heater needs replacing!

February 2 – Solar Hot Water

Can we really heat our water with the sun in New Hampshire? Yes we can! How do you think about solar hot water? Is it strictly green, or is it also a compelling investment? Come join the conversation. We'll explore solar water heating systems and learn how they work. We'll also cover methods of migrating to solar water heating and define the state and federal incentives currently available. Is solar in your future?

Naturopathic Approach to Cardiovascular Disease and Type 2 Diabetes

with Esther Perreault, ND

Thursday, February 17, 2011

Library Meeting Room, 7:00 pm – 8:30 pm

Learn about the natural approach to treating cardiovascular disease and Type II Diabetes. With a focus on atherosclerosis, high blood pressure, high blood sugar and elevated cholesterol.

World War II Recollections with Glider Pilot Bob Winer

Saturday, February 19, 2011

Library Meeting Room, 2:00-4:00 pm

World War II veteran and retired attorney, Bob Winer, shares his experiences as a glider pilot who flew a glider into Normandy on D-Day. Don't miss this opportunity to hear about history in the making from a first hand source. A short personal film will be shown. Space is limited. Please sign up.

When Life Hands You Lyme's: Prevention for the Upcoming Tick Season

with Julia Greenspan, ND

Thursday, March 17, 2011

Library Meeting Room, 7:00 pm – 8:30 pm

Develop an understanding of the tick and how it becomes infected. Find out how you can reduce your chances of getting a tick bite with both conventional and natural approaches. Dr. Greenspan will also give a step-by-step protocol when a bite happens in order to drastically decrease the chances of being infected with Lyme disease and associated co-infections.

Ongoing Programs

Monday Night Scrabble: Every Monday 6:30-8:30 p.m., Library Meeting Room

Do you like to play Scrabble? Join us every Monday for fun rounds of this classic word play game. Invite your favorite Scrabble partner to come with you, or meet new opponents. Please bring a Scrabble board if you have one.

Knitting Club: Every Tuesday, 3:00 – 4:00 p.m., Library Meeting Room

Meet, mingle and trade yarns with local knitters! Come to the Knitters Club and have fun comparing patterns, sharing techniques and trading tips on stitches, sweaters and mittens. Drop in, no sign up required.

Tuesday Book Group: Third Tuesday of every month. Library Meeting Room, 9:30 a.m.

Next meeting: January 18

Meet new friends and discuss great books. This group meets regularly on the third Tuesday of the month. No sign up required. Check with the library for selection of the month.

Computer Clinics: Every Friday, Library Meeting Room, 11:00 a.m. - 1:00 p.m.

Do you need assistance with basic computer skills? Sign up for a half hour session of private tutoring. Our skilled staff will help your with basic computer needs. Let us know what you need to learn.

Writer's Block: Every Saturday, Library Meeting Room, 9:00 a.m.

The Writer's Block is a dynamic group of aspiring writers that meet every Saturday morning for inspiration and support. Everyone is welcome- come share your ideas, come share your efforts. Please call 465-7728 after 5 p.m. for more information. Meets every Saturday at the library from 9:00 a.m. to 12:00 p.m.

Online sign up for programs

Library patrons may now sign up for programs online. Visit the library website at www.hollis.nh.us/library and go to our calendar link. If you see a program with a "hand" after it just click on the hand and insert you name, phone number and email.

All programs are free and open to the public. Space is limited for most programs so please sign up online, at the library or by phone at 465-7721. For more information on these and other programs visit our website at www.hollis.nh.us/library.