



## Huntingdon Valley Library Newsletter - Jan. 29, 2017

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### [Calendar of Events](#)

#### Upcoming Events:

- **Monday, Jan. 30**
  - **Preschool Storytime** - 10:30 am for 3,4 & 5 year olds with Miss Glynnis. Stories, songs, and a craft.
  - **Computer Help Desk** - Drop-in from 12 to 1:30 pm.
  - **Sit N Knit** - 4 pm. Beginners and experienced knitters welcome.
  - **Evening Yoga** - at 6:30 pm with Theresa Landolfi. Drop in class, Cost \$7.00 per class. All levels welcome. Bring an exercise mat. Ages 10 and up.
- **Tuesday, Jan. 31**
  - **Toddler Storytime** - 10:30 am for ages 1 & 2 year olds with Miss Vanessa
- **Wednesday, Feb. 1**
  - **Library Morning Yoga** - 10:30 am. Yoga with Theresa Landolfi. \$7 per session, drop-in. Community Room.
  - **Tutoring help by Lower Moreland HS students** - 4:30 to 5:30 pm. Tutors are available to help Elementary school students on Wednesdays. Please sign up via email [tutoringhv@gmail.com](mailto:tutoringhv@gmail.com).
  - **Book Worm Book Club** - 6 pm. We will discuss a book, learn some stuff and create a craft that goes along with the story. Copies are available at the front desk. Open to children in grades 1 and 2. [Registration is required.](#)
- **Thursday, Feb. 2**
  - **Teen Reading Lounge** - 6:30 pm. Join us for *Delectable Drama* in this NO STRESS discussion group for Teens in grades 6-8. [Registration is requested.](#)
- **Friday, Feb. 3**
  - **Movie - Deep Water Horizon** - 11 am. This story honors the brave men and women whose heroism would save many on board and change everyone's lives forever. Stars: Mark Wahlberg, Kurt Russell, and Douglas M. Griffin. PG-13. Runtime: 1 hr 33 min. Movie is Free and Open to All!

Huntingdon Valley Library | 625 Red Lion Road

**Book Worm Book Club**

Wednesday, February 1 at 6:00 pm

*Freedom on the Menu: The Greensboro Sit-Ins* by Carole Boston Weatherford

**Children in grades 1 and 2!**

Once a month, we will discuss a book, learn some stuff and create a craft that goes along with the story. Copies are available at the circulation desk. Registration is required.

(215) 947-5138 | [www.hvlibrary.org](http://www.hvlibrary.org)



### Library Hours

Mon.-Thurs. 10 am to 9 pm  
 Friday 10 am to 5 pm  
 Saturday 10 am to 5 pm  
 Sunday 1 pm to 5 pm

### Friends

### Fundraisers



#### Mah Jongg -

Monday 11:30 to 3:30 pm.

#### Canasta -

Tuesday 11:30 & Wednesday at 12:00 pm

\$2 | Community Room

**Parking in the Lower Level.**

[Get Involved.](#)

### Visit our Website

Learn more online at: [www.hvlibrary.org](http://www.hvlibrary.org)

- [January Events Post](#) with the full calendar.

**[Visit our Calendar of Events](#)**

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**News and Notes**



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**Director's Corner**

**A Matter of Balance: Managing Concerns About Falls**



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Provided by: **Montgomery County Health Department** in the **Friends Learning Lab** of the **Huntingdon Valley Library**

Coaches: **Pat Fallon**, Master Trainer and **Cory McGinn**, Coach

This 8-week course is an award-winning program designed to reduce the fear of falling and increase the activity level of older adults who have concerns about falls. The course consists of 8, two-hour sessions taught by trained volunteer Matter of Balance coaches. We will meet once a week for 8 weeks. The class is limited to 15 participants, but we will have a wait list and the possibility to schedule a second class. Registration is a commitment to attend all 8 classes, as they build upon one another.

**The course is open to anyone:**

- concerned about falls
- interested in improving balance, flexibility and strength
- who has fallen in the past
- who has restricted activities because of falling concerns
- who is age 60 or older, ambulatory and able to problem-solve

The program also includes a free visual screening, home safety information, and prescription medication misuse presentation.

**For more information**, please contact Pat Fallon: 610-278-5117 x 6782 or email: [pfallon@montcopa.org](mailto:pfallon@montcopa.org)

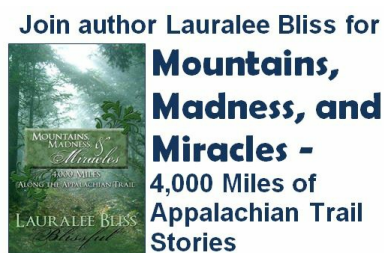
**Course Schedule** - all courses are on **Thursdays** from **1:30 to 3:30 pm** in the **Friends Learning Lab (1st floor)**.

**NOTE:** [Registration is required, class size is limited to 15](#). Register online at the [March 2](#) event. There is a wait list, as well.

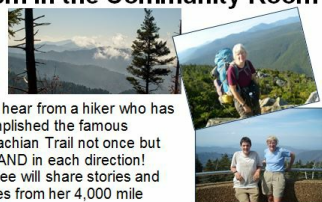
- March 2 - Introduction to the program
- March 9 - Exploring thoughts and concerns about falling
- March 16 - Exercise and fall prevention
- March 23 - Assertiveness and fall prevention
- March 31 - Managing concerns about falls
- April 6 - Recognizing fall-ty habits
- April 13 - Recognizing fall hazards in the home and community
- April 20 - Practicing no fall-ty habits fall prevention: Putting it all together

## [Register Today!](#)

### New to the Calendar:



Join author Lauralee Bliss for  
**Mountains,  
Madness, and  
Miracles -  
4,000 Miles of  
Appalachian Trail  
Stories**  
Friday, February 24  
at 7 pm in the Community Room



Come hear from a hiker who has accomplished the famous Appalachian Trail not once but twice AND in each direction! Lauralee will share stories and pictures from her 4,000 mile journey.

**Special After Hours Program**

On **Friday, Feb. 24** at 7 pm, come hear from Lauralee Bliss, a hiker who has accomplished the famous Appalachian Trail not once but twice AND in each direction! Lauralee will share stories and pictures from her 4,000 mile journey that she undertook northbound with her teen son and then southbound as a solo hiker. Be inspired to reach for your hiking dreams, whatever they may be.

[RSVP Today!](#)

Along with our Travelogue series, this author visit leads up to the county-wide **One Author, One County** event featuring **Rick Steves** at the Keswick Theatre in Glenside, PA on March 26, 2017 at 7:30 pm. Tickets are \$20-\$35 at [keswicktheatre.com](http://keswicktheatre.com).

[Learn more.](#)

Montgomery County Libraries Present  
**One Author, One County 2017**

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**RICK STEVES**  
Broadening Your Global  
Perspective Through Travel



Meet the Author!  
Sunday, March 26, 2017  
7:30 pm: Keswick Theatre  
Glenside, PA

Event tickets \$20-35. On sale NOW!  
[WWW.KESWICKTHEATRE.COM](http://WWW.KESWICKTHEATRE.COM)  
OR 215-572-7650

## Get Involved

**Board Contact Information:** [Board of Trustees](#)

**Minutes** are available online: [Minutes Archive](#)

**Annual Meeting** is Thursday, February 9 at 7:00 pm.

**Regular Meeting** is Thursday, February 9 at 7:30 pm.

Visit the [Donate page](#) to Support Your Library.

Donate



## Friends of Huntingdon Valley Library

[www.hvlibrary.org/friends](http://www.hvlibrary.org/friends)

The **2017 Newsletter** is now available! Curious to know more? More information about this and other Friends events and activities are available on the Web.

## 2017 Friends Newsletter

📅 January 22, 2017 👤 Sharon 📧 [Friends News and Events](#) [Edit Post](#)



Curious to know more about the Friends of Huntingdon Valley Library? The January 2017 annual newsletter just came out full of information, highlights of the work done by these dedicated volunteers in 2016, and great events planned for 2017, like the Four Aspects of Art Nouveau lecture series with Elizabeth Anderson! Find out more about the upcoming After-meeting programs, mark [.]

[» Read more](#)

### Meetings:

- **February 2 - Orchard Artworks** from Bryn Athyn. A visual presentation on the history of this local artists' cooperative. Includes a show and tell from the Artworks. The Artworks is open for a visit after the meeting and program. [Details on the Web.](#)
- **March 2 - Settlement Music School.** Learn more about Mary Louise Curtis Bok (daughter of the founder of the Curtis Publishing Company in Phila) who founded the Curtis Institute and also was a benefactor to the early Settlement Music School.

You're Invited... February Meeting and Program  
Friends of Huntingdon Valley Library  
Thursday, February 2, 2017 12:30 PM  
**Orchard Artworks at the Historic Powell House**



### Upcoming Events:

Spring is just around the corner... will you be ready??

**KREMP FLOWERS**  
Friends of Huntingdon Valley Library  
Annual Floral Design Workshop  
at  
**Kremp Florist**  
220 Chestnut Hill Road  
Willsie Grove, PA 19090  
Wednesday, April 5, 2017 @ 1:30 PM  
Cost: \$30 (pay by March 28<sup>th</sup>)

Join the Friends to experience the joy of flower arranging. A top floral designer will provide instruction to help you to create a unique floral design.

The one-hour class includes all flowers, greens, design accents and containers. Space is limited for this very popular program, so register now in the Friends' Center at the Huntingdon Valley Library.

**NOTE:** Parking is available at Kremp's at across the street.

Work stations are "standing height." Bring a chair if you anticipate the need.

Bring your own tools (hoops / floral shears).  
Bring gloves or tape (use your own gloves).

(Dress for safety and comfort. Open-toed shoes are not permitted.)

**Used Book Sale** March 21-25, 2017. Donations taken up to 2-weeks prior to the sale.

**Tea Party and Fashion Show**  
March 30 at 12:30 pm. More details soon!

**Kremp Flower Arranging**  
April 5 at 1:30 pm. Sign up at the Friends station. \$30 due by Mar. 28. Event held at Kremps. [Details on the Web.](#)

**NYC Bus Trip**  
May 3 - Sign up at the Friends Station begins February 1. Price is \$42 (tip included).

### Chocolatium

Lunch and Tour, exact date TBD

**Book Club** - Members of the book discussion group do not have to be members of the Friends. We meet the third Thursday of each month at 12:30. eBook editions available through [OverDrive](#) to Huntingdon Valley borrowers.

- **February 16:**  
*Dr. Mutter's Marvels: A True Tale of Intrigue and Innovation at the Dawn of Modern Medicine* by Cristin O'Keefe Aptowicz - **Copies now available at the circulation desk!**
- **March 16:**  
*The Rent Collector* by Camron Wright
- **April 20:**  
*Flight of Dreams* by Ariel Lawhon

More information about upcoming Friends events is available at the [Friends Page](#).

The Friends also provide [museum passes](#) as a membership benefit.

- [Glencairn Museum](#)
- [University of Pennsylvania Museum of Archaeology and Anthropology](#)
- [Pennsylvania Academy of Fine Arts](#)
- [Academy of Natural Sciences](#)
- [Morris Arboretum](#)
- [Simeone Automotive Museum](#)
- [Bucks County Children's Museum](#)
- [Moravian Tile Works](#)



**Friends Fundraiser Corner**



Stop by today to sign up for an upcoming **Friends of the Library Fundraiser**. Proceeds support the Library's Wish List.

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