

# February

## MONTHLY PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Chair Yoga 1 pm	3 Friends Mtg 7pm	4	5 Board of Trustees Mtg 7pm	6	7
8	12 Book Discussion 6 - 7:30 pm	10	11	12 Winter Reading Book Discussion 6:30 pm	13	14 
15	16 President's Day  Library is Closed	17	18 Crafternoon 1:30 pm Crafterdark 6:30 pm	19 Writer's Cafe 6 pm	20 Sound Bath 11:30 am	21
22	23	24	25	26 Book Discussion 7 pm	27 Bingo 1 pm	28

Register for programs online at  
[castleshannon.librarycalendar.com/events/month](https://castleshannon.librarycalendar.com/events/month)  
 or call 412.563.4552.

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## Feb 2, 1 - 2 pm - Chair Yoga

Join Michele Buehl of Sound Intuition Wellness and Massage the first and third Monday of the month for Chair Yoga.

Classes are free but a donation is appreciated.  
Registration is not required.

## Feb 9, 6:30 pm - Book Discussion

Second Monday of the Month Evening Book Discussion  
*Wuthering Heights* by Emily Bronte

## Feb 12, 6:30pm

### Winter Reading Challenge and Book Discussion for Adults

Winter is here and so is our Adult Winter Reading Challenge and Book Discussion.  
First, read author Claire Keegan's novella *Small Things Like These*, then join the in-person book discussion!  
Everyone who participates will receive a small goody bag.  
Registration is appreciated.



## Feb 18, 1:30-3:30 PM or 6:30-8:30 PM

### Crafternoon & Crafterdark Vintage Jewelry Heart

Don't know what to do with Grandma's vintage jewels?  
Join us to turn them into a heart ornament.  
A \$5 donation would sprinkle extra magic.  
Bring your favorite snacks and drinks to keep the creativity flowing!

## CALENDAR

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## Feb 19, 6 - 8 pm - Evening Writer's Café

New and seasoned creative writers welcomed

## Feb 20, 11:30 am - Sound Bath

Experience deep relaxation with a sound bath. Using crystal bowls, Tibetan bowls, chimes, drums, ocean drum, and rattles, Sound Bath Facilitator and Astrologer, Amy Grubesky will help participants move energy through their bodies, release stress, and enjoy a peaceful, meditative state.

\*Attendees are welcome to lie on a mat or sit in a chair during the program.

\*Please bring a yoga mat if you plan to lie down.

\*You are also welcome to bring a pillow, blanket, or eye mask if you like.

\*Registration is required by Thursday, February 19/ there is curr

## Feb 26, 7-8 pm - Book Discussion

### Last Thursday of the Month Book Discussion

*Miss Eliza's English Kitchen:*  
a novel of

*Victorian Cookery and Friendship*  
by Annabel Abbs

## Feb 27, 1-2 pm - Bingo

Join us for bingo fun. Doors open at 12:45.

