



The Bookcase Agawam Public Library

January 2021

Happy New Year!

Welcome 2021!



"Ten to Try" Winter Reading Challenge

Designed to get you out of the winter reading rut, our Adult Winter Reading Challenge on Beanstack provides participants with ten new categories to try. Readers can win a raffle ticket for each category completed. Earn the chance to win some library swag and fun prizes.

Visit our Beanstack site to register:

<https://agawamlibrary.beanstack.org>

Join us January 19 - February 20

Relax and Refresh

Mindfulness: A Meditation Practice and a Way of Life

presented by Constance Hallinan-Lagan for the
Agawam Public Library

Monday, January 11 @ 7:00 p.m.

This is a virtual program. Please register here.



What better way to start off the new year?! Be kind to yourself and join us to learn more about the practice of mindfulness. This is an interactive webinar that will provide attendees with the opportunity to experience progressive relaxation, mindfulness meditation and guided visualization. Motivational speaker Constance Hallinan-Lagan will lead our presentation. Constance lectures nationwide on personal development and life enrichment for many different organizations. She will bring information and insight, humor and hope to all attendees.

Experience Hygge

What is Hygge?



WHAT IS HYGGE?

Roughly translated, hygge is Danish for "a warm atmosphere and enjoying good things in life with good people." Hygge is a lifestyle that can best be described as "cozy". It has become very popular all over the world in the past few years and we are thrilled to be offering our own version of cozy to ease you into this easy way of life. For more on hygge, check out this great article from VisitDenmark.com

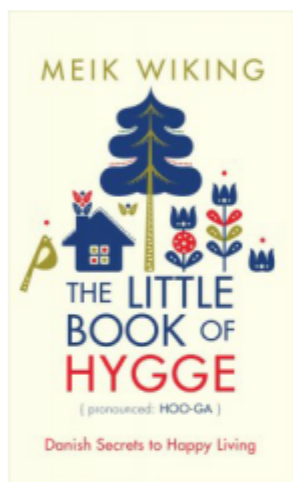


Create your own Tea-Light Snow People

Our **Adult Grab & Go Craft Bag** features the materials you'll need to create your own tea-light snow people. Let the tea-light create a warm glow to color by when you try your hand at some winter-themed coloring pages. Coloring can be therapeutic and create a sense of calm and cozy. To register for our hygge themed Grab & Go Craft Bag, [click here](#). Supplies are limited, so serious inquiries only, please.



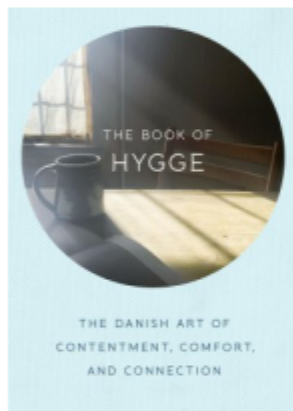
For Additional Reading on Hygge



The little book of hygge : Danish secrets to happy living

by Meik Wiking

A guide to the Danish philosophy of well-being shares advice and ideas for taking healthy breaks, living in the moment, creating positive atmospheres, building relationships and finding the richness of life in everyday small comforts. (self-help).



The book of hygge : the Danish art of comfort, coziness, and connection

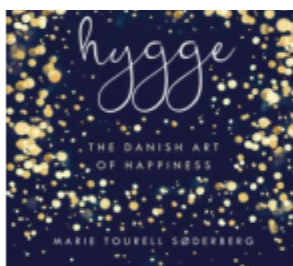
by Louisa Thomsen Brits

A full-color lifestyle guide to the centuries-old Danish art of togetherness and contentment shares advice for incorporating hygge practices into everyday life, from making coffee together at breakfast and sharing meals to sitting beside a fire or snuggling into bed with a good book.



Hygge : the Danish art of happiness

by Marie Tourell Soderberg



Others books will tell you how to do hygge. This is the only book that will show you. Now Danish actress and hygge aficionado Marie Tourell Soderberg has travelled the length and breadth of her home country to create the perfect guide to cooking, decorating, entertaining and being inspired the hygge way.

Brush Up Your Resume for the New Year!

Free Resume Assistance

Contact Jackie Owens to help you create or redesign your resume.

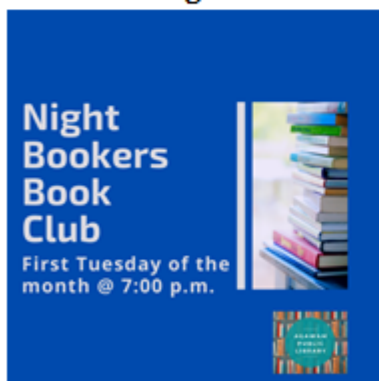
(413) 786-0606



January Book Clubs - Click to Register!

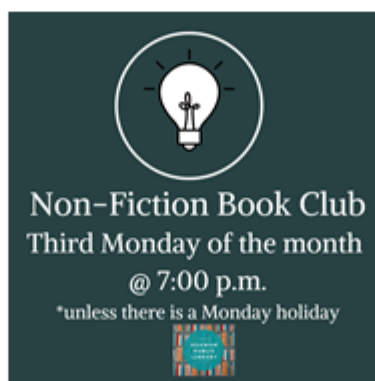
January 5 @ 7:00 p.m.

The Night Circus by
Erin Morgenstern



January 25 @ 7:00 p.m.

Option B by Sheryl Sandberg



January 27 @ 2:00 p.m.

Finding Dorothy by
Elizabeth Letts



The Agawam Library will be closed on Monday, January 18 in observance of Dr. Martin Luther King, Jr. Day.

Winter Weather Closings & Delays

If the library closes due to inclement weather, please tune-in or log-on to the local television stations; Channel 22 (WWLP) and Channel 40 (WGGB/WSHM).

Closings, delayed openings and early closings will also be announced on our social media outlets.



Follow Us On Social Media

Call for an appointment to browse our collections or use a computer. 413-789-1550

Agawam Library Hours

Tuesday, Thursday, Saturday
*Library Browsing & Computer Use
By Appointment*

Monday – Saturday
Grab & Go Pick-Up

Mon-Thu: 9a-9p Fri: 10a-6p Sat: 10a-5p

Agawam Library

750 Cooper St
Agawam, Massachusetts 01001
(413) 789-1550

<https://www.agawamlibrary.org/>