

Check It Out

NAMPA PUBLIC LIBRARY NEWSLETTER
JANUARY 2021



The library building may be closed, but we are here working for you! Holds pickup, Ask a Librarian and computer sessions are available 52 hours per week!

These services are available:

Monday thru Thursday: 9am – 6pm

Friday & Saturday: 9am – 5pm

We want to assist you with getting the library materials you want and we like to stay busy!

- To put items on hold, you can log in to your account in the catalog at nampalibrary.org/catalog
- To speak with a librarian, call 208-468-4474 (get help placing holds, schedule a computer lab session, ask question, etc.)
- To schedule a computer lab session, visit nampalibrary.org/computerlab or call 208-468-4474
- The Nampa Public Library will continue to monitor COVID-19 public health updates and provide community updates via our website (nampalibrary.org/coronavirus) and social media channels.

Free virtual counseling for Nampa residents 18+!

Sign up for secure and free virtual counseling with Natalie Millett from Treasure Valley Compassionate Therapy, LLC. Counseling is paid for through the Be Well Nampa grant.



**The Be Well Nampa project is funded by the National Network of Libraries of Medicine (NNLM) through the NNLM All of Us Community Engagement Award*

Watch our This is Nampa Community Engagement Interview with Natalie Millett! Click [HERE](#).

We are still offering FREE VIRTUAL COUNSELING for Nampa residents 18 and older!

Sign up for secure and free virtual counseling with Natalie Millett from Treasure Valley Compassionate Therapy, LLC.

All counseling is paid for through the Be Well Nampa grant.

See more details and sign up for sessions at
nampalibrary.org/counseling

Virtual WINTER COLORING CONTEST



NAMPALIBRARY.ORG/WINTER
ENTRIES DUE BY 5PM, JAN. 9!

Grab Bags &
Book Bundles
are available!

For all ages!

See categories at
nampalibrary.org/grabbags



CHILDREN &
TEEN UPDATES

watch now!



INTERVIEW WITH SEAN ROGERS!

This is Nampa Community Engagement Interview (Junior)

Sean Rogers has won praise and acclaim nationally and internationally for his artistic mastery at the keyboard. Sean tours extensively as a collaborative pianist with vocalists and instrumentalists throughout the United States. As a concert artist, his solo career has taken him throughout most of the United States as well as concert engagements in eight other countries on the piano and organ. In Concert, Sean demonstrates his master skill of improvisation on the piano in a fusion of Jazz, Classical, and Latin idioms bringing a style which has given him an opportunity to perform in venues in New York, Chicago, Los Angeles, London and Frankfurt, Germany. He has 4 arrangements published through SONOLOGY Music. Sean is a concert artist who is just as comfortable in classical as he is with jazz. He tours nationally in his own shows and productions showcasing music from the "Great American SongBook" and improvising music for silent movies on both piano and organ. Sean received the prestigious Mayor's "Excellence in the Performing Arts Award for 2016" in Nampa, Idaho. (excerpt from Sean's website)

Learn more about Sean at <http://www.seanrogersmusic.com/>

VIEW OUR ONLINE EVENT CALENDAR

**ADULT CLASSES
AND EVENTS**

THE NPL
BOOK NERD

PODCAST



CHECK OUT OUR PODCAST SERIES!



click here!



NAMPA PUBLIC
LIBRARY

BE WELL
Nampa

NATURAL
GROCERS

**BOOST YOUR
WELLBEING BAGS**



For January we'll be providing a "Wellness Fair in a Bag" with the theme of "Healthy Habits for the New Year."

Pick yours up at the Holds Pickup Window beginning Jan. 4! Limited quantities available.

See what items are in the bag by watching [THIS](#) video!



Nampa Public Library &
Natural Grocers presents

Building Healthy & Delicious Meals

Tuesday, Jan. 5, 5:30-6:30 PM

TAUGHT VIA ZOOM BY NUTRITIONAL HEALTH COACH, JENNYFER BERG, WITH NATURAL GROCERS

Let's get back to the basics! Discover the importance of getting off the blood sugar roller coaster using high-quality proteins, fats, and carbohydrates to build healthy & delicious meals. Together we'll make meal planning easy!



REGISTER TODAY AT
nampalibrary.org/healthy



Vermicomposting Basics

Don't have space for an outdoor compost pile? Want to compost indoors? Join in as we discuss how to create your own vermiculture bin plus care and maintenance of your new friends.

TWO DATES TO CHOOSE FROM:

Jan. 7, 6-7 PM

or

Jan. 11, 12-1 PM

nampalibrary.org/compost

*This is an online class taught by Nic Usabel,
UI Extension, Canyon County.*

VIRTUAL TRIVIA NIGHT

**OUTWIT YOUR COMPETITORS WITH
GENERAL FACTS AND TRIVIA**

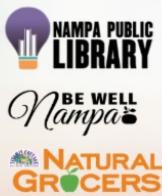
JANUARY 7 & 21

7:00 - 8:30 PM

FOR INDIVIDUALS & PAIRS!



REGISTER AT NAMPALIBRARY.ORG/TRIVIA



NAMPA PUBLIC LIBRARY &
NATURAL GROCERS PRESENT

IMMUNE SUPPORT 101: NUTRITION AND IMMUNE FUNCTION

Taught by Nutritional Health Coach,
Jennyfer Berg, with Natural Grocers

TUESDAY, JAN. 19, 2021
5:30 TO 6:30 PM
VIA ZOOM

REGISTER TODAY AT
NAMPALIBRARY.ORG/IMMUNE

VIRTUAL GAME NIGHT: DUNGEONS & DRAGONS!

Wednesday, January 20, 6–9 PM

Hosted through Zoom and www.roll20.com

6 spots available

Register at nampalibrary.org/dnd



HOLDS PICKUP, COMPUTER LAB & ASK A LIBRARIAN HOURS

Monday, 9am-6pm

Tuesday, 9am-6pm

Wednesday, 9am-6pm

Thursday, 9am-6pm

Friday, 9am-5pm

Saturday, 9am-5pm

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NAMPA PUBLIC LIBRARY



Nampa Public Library | 208-468-5800 | <http://nampalibrary.org>

STAY CONNECTED

