

Letterboxing @ your library®

Libraries “Cache” in on Geocaching Treasure Hunts

By Alan NaPier | July 16, 2013



As physical collections shrink in response to the digital revolution, most libraries are scrambling to keep the turnstile spinning. In central New York, near Syracuse, Liverpool Public Library has found one answer this past spring in the cache hunt craze, namely, the growing geocaching craze.

Geocaching is a cross between an outdoor scavenger hunt—except that it is fueled by GPS technology. Participants in this popular activity search for a hidden treasure, or cache, using a global positioning system (GPS) coordinate



Program Ideas, Pt. 3

Teenagers



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Reginald Burnette Jr. & Anthony Propernick | Movers & Shakers 2017 – Innovators

By [LJ](#) on  March 13, 2017  [Leave a Comment](#)



Wheels of Change

When Reginald Burnette Jr. was in third grade, one of his grandfathers gave him a bicycle. “He would work on his car and do an oil change, and...I would do a tire change [on my bike],” says







Ping Pong at the Library

by Kacper Jarecki on August 29, 2016



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Teen yoga class gives kids a chance to unwind



▲ HIDE CAPTION

Instructor Lynn Edgar teaches a teen yoga class at the library in Hendersonville Wednesday afternoon. The beginning Reading Program. - MIKE DIRKS/TIMES-NEWS

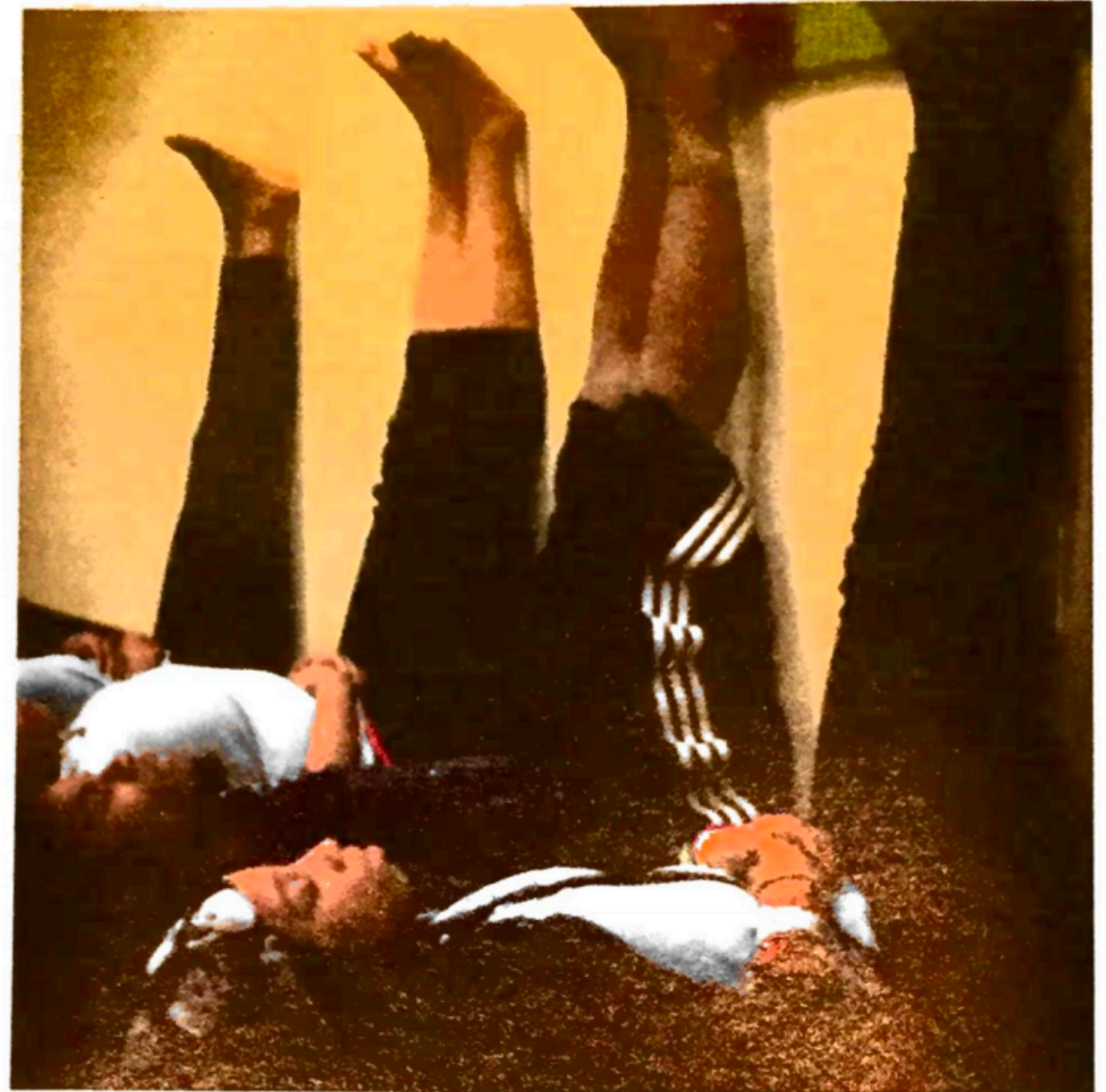


PHOTO CREDIT: AMY THORNLEY

TEENS ENJOYING LIBRARY YOGA PROGRAM



26/05/2015

Program Ideas, Pt. 4

Adults in 20s/30s



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Why Should Kids Have All the Fun? | Programs That Pop

By Andrew Fuerste-Henry and Sarah F. Smith on  March 13, 2015



Once a month, giddy adults come to the Carnegie-Stout Public Library in Dubuque, IA, just before closing time, armed with Nerf blasters. Other patrons stare with curiosity and a little alarm. Once the building is closed, the quiet reference area explodes with noise, excitement, and foam darts. This is our favorite program: Nerf Capture the Flag, open to anyone 18 and older.



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Library offers free pole dancing class

BY DAVID KNOWLES

NEW YORK DAILY NEWS Monday, February 4, 2013, 10:32 PM



Nikki Clarke, a pole dancing instructor, shows off her moves at Mayfield Library in Dalkeith, Scotland. (STV EDINBURGH)

A library in Scotland has hit upon a novel way of boosting attendance:
pole dancing.



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By [Tom Christensen](#), County of San Diego Communications Office

Jan. 29, 2016 | 10:22 AM

They come from a variety of backgrounds and each has different challenges, but for one hour a week in the Lemon Grove Library, a group of special needs adults all have one thing in common – their enthusiasm.



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Yoga for Job Seekers

Sub Header:

Computer Classes@TLC

Date:

Thursday, May 18, 2017 - 2:00pm - 3:00pm

Branch: [Main](#)

Yoga for Job Seekers



Program Ideas, Pt. 5

Adults, all ages + Families



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Fitness Classes Flood Local Libraries

Return to Story

11 of 12

POST A COMMENT



Libraries are about a whole lot more than books these days.

Just ask any librarian across the East End. Each will say that

[WERE YOU HERE? UPLOAD YOUR OWN PHOTO](#)

Check out fitness options at libraries



Yoga at the Rogers Memorial Library in Southampton. MICHELLE TRAURING



Zumba instructor Gerty Rey, far right, leading the Jan. 3 class at Rancho Bernardo Library, which included students, from left, Ruth Castillo and Mildred Mata. Photo by Elizabeth Marie Himchak



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Get fit, healthy for free at Sonoma County libraries



A series of free fitness classes are now available ... at the library?

Tiba Brown offers fitness, friendship and fun with Zumba

This entry was posted on April 9, 2014 by [Erin O'Brien](#), in [Blog](#) and tagged [Charles B. Washington Branch](#), [confidence](#), [fitness](#), [friendship](#), [inspiration](#), [Joanne Ferguson Cavanaugh](#), [Let's Move](#), [library](#), [library program](#), [Michelle Obama](#), [North Omaha](#), [Omaha Public Library](#), [OPL](#), [Tiba Brown](#), [Washington Branch](#), [women](#), [zumba](#). [Bookmark the permalink.](#) [Leave a comment](#)



People are visiting the Library for far more than just books these days; they're coming to learn how to grow gardens, manage finances, and make environmentally-friendly choices.

They're also coming to break a sweat. Tiba Brown has been spreading her passion for [Zumba](#) at the [Washington Branch](#) of [Omaha Public Library](#) (OPL) on Monday nights since 2011. It is in this hour for the past three years that she has created a space devoid of self doubt and judgment, and brimming with confidence and freedom of self-expression.

Libraries embrace changing role

By Kaitlyn Krasselt Published 3:56 pm, Monday, July 25, 2016



Photo: Erik Trautmann / Hearst Connecticut Media



IMAGE 2 OF 10

Leslie Kerr, right, leads Walk Areobics with Leslie Kerr at The Norwalk Public Library Main Branch on Thursday. The library is ramping up programming in an effort to curb declining membership.





Figure 4.


Take a Walk! Innovative Programming from Winnipeg Public Library

Kirsten Wurmman,
Librarian and Branch Head, West End
Winnipeg Public Library
kwurmman@winnipeg.ca



Tips to Create Your Own Walking Programs

- Create a basic outline and ask yourself:
 - Where will the group meet? (At the library?)
 - Will there be refreshments? (Always a lovely idea!)
 - What do we do in case of inclement weather?
- Consult your library's general liability insurance:



Take the first step for your health.

Join the library's walking club.

- Walking Club meets Tuesdays, beginning September 1st, at 5:00 pm.
- We will meet at the library and walk for 30 minutes.
- Be sure to wear your pedometer or use your smart phone to track your steps. Pick up a walking log from the library to track daily steps.
- Always consult your physician before beginning any exercise program.

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Estill County Public Library



Get Walking at Your Library Project

Farmville Public Library, in partnership with the School of Information and Library Science at UNC Chapel Hill, Gaston County Public Library and Fontana Regional Library, is embarking on an exciting endeavor that will focus the public's attention on the benefits of walking and living a healthy lifestyle.

The project is simple: Check out one of our pedometers for 1 month. When you check it back in, tell us what you thought of it. Did you discover that you take less steps each day than you thought? Was your actual step count exactly where you thought it was at? No matter the feedback, we want to hear it!

This project is in no way a contest, rather a way to encourage walking on a daily basis, which will hopefully return healthy outcomes for everyone.



**Ask us to check you
out a pedometer!**

Rural Public Libraries as Community Change Agents: Opportunities for Health Promotion

Mary Grace Flaherty

Assistant Professor, School of Information & Library Science, University of North Carolina at Chapel Hill, Email: mgflaher@email.unc.edu

David Miller

Library Director, Farmville Public Library, 4276 W. Church Street, Farmville, NC, Email: dmiller@farmville-nc.com



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Rye Public Library running group is one for the books



BOOK IT!



FOR A BETTER WORLD

HOOVER LIBRARY 5K MAY 20, 2017



ARSL
The Association for Rural & Small Libraries

St. George, Utah
Sept 6th - 9th, 2017

time left
114 **07**
days hrs

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Featured: Estherville's Couch-to-5K



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All program participants were asked to sign a liability waiver and a photo release.



Mondays:
9/14, 9/28, 10/12,
10/26, 11/9, 11/23
7:30-8:30 pm
*No registration or
partner necessary!*

LINE DANCING
w/ THE FRIENDS OF THE LIBRARY

Program Ideas, Pt. 6

Older Adults



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Brandon Messick/News-Herald photo

Sally Pierson follows along with instructors' movements at Tuesday's inaugural Tai Chi class, hosted by the Mohave County Library. Pierson hopes to relieve her arthritis through Tai Chi.

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Thoughts on the Power of the Arts with Older Adults

admin

June 10, 2013

Blog, Teaching Artists, Voices



Joan Green dances with her "Dancing on the Balcony" students at the Grove Hall branch of the Boston Public Library, spring 2013.



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Beyond Programs: Ideas for Spaces and Collections



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17. Get fit

Build your mind and muscles with [health and fitness resources](#) from the San Antonio Public Library. A number of library locations are home to outdoor fitness centers, walking trails and playgrounds. SAPL also offers classes in partnership with the San Antonio Department of Parks & Recreation including yoga and cycling. And don't forget about the other fitness resources at the library, including workout videos, books on healthy cooking and more

18. Attend concerts, movie screenings and author lectures

Take advantage of all of the [free and fun programming at the Library](#). Dozens of exciting events take place at local library



A total of five San Antonio Public Library locations – the Johnston, Memorial, Mission, Parman and Tobin branches – are home to outdoor fitness centers. Courtesy photo.



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