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# February 2021

**CURRENT HOURS:** Please visit [mtp.lib.info](http://mtp.lib.info) for information about our current procedures and hours for curbside pick-up.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b> Virtual Explore the Mediterranean Diet with Giant Nutritionists 12:00 PM Midweek Money Matters: Saving for Investing - 6:00 PM	<b>3</b> Midweek Money Matters: Saving for Investing - 10:00 AM Stay Put Story Time - 10:45 AM Virtual Weight Management with Giant Nutritionists - 12:00 PM Toastmasters Virtual Meeting 6:30 PM	<b>4</b> Stay Put Story Time Junior 10:45 AM Virtual Grocery Store Tour with Giant Nutritionists - 6:30 PM	<b>5</b> Virtual Self-Care with Giant Nutritionists - 12:00 PM	<b>6</b>
<b>7</b> <b>CLOSED</b>	<b>8</b>	<b>9</b> Virtual Explore the Mediterranean Diet with Giant Nutritionists 12:00 PM Midweek Money Matters: How Much do I Need to Retire - 6:00 PM	<b>10</b> Midweek Money Matters: How Much do I Need to Retire 10:00 AM Stay Put Story Time - 10:45 AM Virtual Weight Management with Giant Nutritionists - 12:00 PM	<b>11</b> Stay Put Story Time Junior 10:45 AM Virtual Grocery Store Tour with Giant Nutritionists - 6:30 PM	<b>12</b> Virtual Self-Care with Giant Nutritionists - 12:00 PM	<b>13</b> Virtual Galenthe's Day with Giant Nutritionists - 7:00 PM
<b>14</b> <b>CLOSED</b>	<b>15</b> <b>LIBRARY CLOSED: PRESIDENTS' DAY</b>	<b>16</b> Virtual Explore the Mediterranean Diet with Giant Nutritionists 12:00 PM Midweek Money Matters: Making Your Retirement Investments Last 6:00 PM	<b>17</b> Midweek Money Matters: Making Your Retirement Investments Last 10:00 AM Stay Put Story Time - 10:45 AM Virtual Weight Management with Giant Nutritionists - 12:00 PM Toastmasters Virtual Meeting 6:30 PM	<b>18</b> Stay Put Story Time Junior 10:45 AM Virtual Grocery Store Tour with Giant Nutritionists - 6:30 PM	<b>19</b> Virtual Self-Care with Giant Nutritionists - 12:00 PM	<b>20</b>
<b>21</b> <b>CLOSED</b>	<b>22</b>	<b>23</b> Virtual Explore the Mediterranean Diet with Giant Nutritionists 12:00 PM Virtual TED Circles: How to Meaningfully Reconnect with Those Who Have Dementia 6:00 PM Midweek Money Matters: Investment Scams - Protecting Your Investments from Fraudsters 6:00 PM	<b>24</b> Midweek Money Matters: Investment Scams - Protecting your Investments from Fraudsters 10:00 AM Stay Put Story Time - 10:45 AM Virtual Weight Management with Giant Nutritionists - 12:00 PM MTPLE Board Meeting - 5:30 PM Virtual Film Discussion: <i>Living Vincent</i> - 6:30 PM	<b>25</b> Stay Put Story Time Junior 10:45 AM Virtual Grocery Store Tour with Giant Nutritionists - 6:30 PM	<b>26</b> Virtual Self-Care with Giant Nutritionists - 12:00 PM	<b>27</b>
<b>28</b> <b>CLOSED</b>						

**Virtual Explore the Mediterranean Diet with Giant Nutritionists**

Join Mary Robinson, RD, LDN and Joni Rampolla, RDN, CSOWM, LDN on Zoom each Tuesday at 12 PM from February 2nd - February 23rd for a 30-minute virtual class all about the heart-healthy benefits of the Mediterranean Diet. Register through Eventbrite.

**February 2:** What is the Mediterranean Diet? with Joni

**February 9:** Building Your Plate & Snacks within the Mediterranean Diet w/ Mary

**February 16:** The Mediterranean Lifestyle with Joni

**February 23:** Virtual Mediterranean Diet Store Tour with Mary

**Tuesdays, February 2, 9, 16 & 23 at 12:00 PM**

**Virtual Weight Management with Giant Nutritionists**

Join Giant nutritionist Joni Rampolla, RDN, CSOWM, LDN on Zoom each Wednesday at 12 PM from February 3rd - February 24th for a 30-minute virtual class all about weight management and how to make healthful decisions each day. Register through Eventbrite.

**February 3:** Heart Health and Your Weight

**February 10:** Mindfulness

**February 17:** Why Am I Not Losing Weight?

**February 24:** Overcoming Emotions

**Wednesdays, February 3, 10, 17 & 24 at 12:00 PM**

**Virtual Grocery Store Tour with Giant Nutritionists**

Join Giant nutritionists Shanna Shultz, RD, LDN and Mary Robinson, RD, LDN on Zoom each Thursday at 6:30 PM from February 4th - February 25th for a 30-minute virtual class exploring heart-healthy options throughout grocery store. Register through Eventbrite.

**February 4:** Sodium with Shanna

**February 11:** Fiber with Mary

**February 18:** Sugar with Mary

**February 25:** Fat with Shanna

**Thursdays, February 4, 11, 18 & 25 at 6:30 PM**

**Virtual Self-Care with Giant Nutritionists**

Join Giant nutritionists Holly Doan, RD, LDN and Joni Rampolla, RDN, CSOWM, LDN on Zoom each Friday at 12:00 PM from February 5th - February 26th for a 30-minute virtual class offering suggestions for self-care to reduce stress. Register through Eventbrite.

**February 5:** Nutrition and the Stress Response

**February 12:** Boost Your Mood with Food

**February 19:** Simple Steps to Beat Stress

**February 26:** Practicing Mindfulness

**Fridays, February 5, 12, 19 & 26 at 12:00 PM**

**Virtual Film Discussion**

Love movies? Join us the 4th Wednesday of the month for our Virtual Film Discussion. Watch the movie beforehand, and come ready to discuss on Zoom with other film enthusiasts. This month, we will be discussing *Loving Vincent*. You can watch it through Hoopla or borrow it from the library.

*\*Registration is required with a valid email address. Visit our website to learn more about how to register and to review our Social Media Policy and Code of Conduct before registering. Email [info@mtpl.info](mailto:info@mtpl.info) if you have any questions.\**

**Wednesday, February 24 at 6:30 PM**

**Adult Brain Games Grab Bags**

Give your brain a workout with our Brain Game Grab Bags for Adults! We will have an assortment of puzzles, brain teasers, and fun activities for you to take home to challenge the mind. Registration is required and starts on Monday, February 15th. Pick up your bag during our Curbside Pick-up hours the week of February 22nd. Bags must be picked up by 2pm on Saturday, February 27th.

**eResources at MTPL**

Looking for ways to access digital books, movies, music, magazines, online classes, and other resources from your home? Visit our online databases page on our website ([mtpl.info/online-databases/](http://mtpl.info/online-databases/)) to access resources like Hoopla, OverDrive, Mango Languages, Universal Class and so many more directly from your computer, tablet or smart phone!

Registration is required for all programs. Register on our website at [www.mtpl.info](http://www.mtpl.info), by calling the Library at (717) 560-6441, or when you visit the Library. *Manheim Township Public Library is located at 595 Granite Run Drive Lancaster, PA 17601.*

**\$10 for the 10th Anniversary**

Share your love for the special kiddos in your life with the Library! Each \$10 contribution will be put towards a picture book that will be added to our Children's Collection. A limited-edition Anniversary bookplate will be placed inside the book in honor of a special child in your life. We are 10% to our 10th Anniversary goal! Please visit <https://mtpl.info/10-for-10/> to make your contribution.

**Returning Library Materials & Account Information**

Items can be returned to our regular book drops. Items that are returned will be quarantined and they will remain on your account until the quarantine period is finished. **Once the quarantine period is ended, items will be backdated to their return date.** Patrons will not receive fines for the quarantine time. Please do not renew returned items. Doing so will result in fines being accrued. If you have concerns about your account or due dates, please email us at [info@mtpl.info](mailto:info@mtpl.info) or call the Library at 717-560-6441. If anyone in your household is experiencing symptoms of illness, please wait to return your items.

**Curbside Holds Pick-up at MTPL**

Manheim Township Public Library is currently offering curbside holds pick-up for select library materials. For the most up-to-date information about how to request items and for details about the process for picking up your items when they are ready, visit: [mtpl.info/curbside-holds/](http://mtpl.info/curbside-holds/)  
*Due to the volume of requests, there may be delays in this process.*

**Adult Reading Challenge**

Join us for our year-long reading challenge for adults! Patrons ages 18 + can participate in our monthly challenges. From September 2020-August 2021, we will post a new challenge each month. Multiple entries are allowed, but each title can only be submitted once. Readers can submit books, audio books, graphic novels, or eBooks. One prize winner will be awarded the last day of each month, and at the end of the year a grand prize winner will be announced. Entries can be submitted: [mtpl.info/adult-reading-form/](http://mtpl.info/adult-reading-form/)

*For our February 2021 Challenge,  
read a book that you loved when you were younger!*

**LIBRARY CLOSED: Presidents' Day Monday, February 15th****Virtual Programming for Kids & Adults**

Join us online for virtual programs this month! Many children's programs can be viewed through our Facebook page and others will use Zoom. Visit our events calendar on our website for registration and details regarding how to connect to each particular virtual program. See below for a quick reference to many of our popular programs.

**Virtual Programs for Children and Families**

**Stay Put Story Time (3+)** - Wednesdays, February 3, 10, 17 & 24 at 10:45 AM  
**Stay Put Story Time Junior (birth - 3)** - Thursdays, February 4, 11, 18 & 25 at 10:45 AM

**Virtual Programs for Adults**

**Virtual Toastmasters** - Wednesdays, February 3 & 17 at 6:30 PM  
**Virtual TED Circles** - Tuesday, February 23 at 6:00 PM  
**Virtual Film Discussion** - Wednesday, February 24th at 6:30 PM