



## STANISLAUS COUNTY LIBRARY

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## PRESS RELEASE

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FOR IMMEDIATE RELEASE:

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### March Events at the Oakdale Library

Community members of all ages are invited to enjoy free programs at the Oakdale Library this March, beginning two Dr. Seuss themed programs celebrating the author's birthday. On Wednesday, March 1 at 3:30 p.m. children are invited to the "One Fish, Two Fish, Fishbowl" craft. Participants will make fishbowls using paper plates, paint and goldfish crackers. A birthday party for Dr. Seuss will be held on Thursday, March 2 at 3:30 p.m. Children will make Thing 1 or Thing 2 hats and enjoy something sweet to eat.

The public is invited to receive free tax preparation assistance from Volunteer Tax Assistance (VITA) volunteers, trained by the IRS. Sessions will be held at the Oakdale Library through March 30 on Thursdays from 4 to 7:30 p.m. Please call the library at (209) 847-4204 to reserve a spot, as space is limited.

LEGO Days will be held on Fridays, March 3, 10, 17 and 24 at 3 p.m. Finished LEGO creations will be displayed at the library. Children under the age of 4 are welcome to participate, however they must have direct parental supervision at all times.

Toddlers and preschoolers can enjoy "Wee Move and Play" on Mondays, March 6 and 27 at 11 a.m. This program features an hour of music, movement, and sensory play.

The library will offer free computer classes, beginning with Computer Basics on Tuesdays, March 7 and 14 at 10:30 a.m. An Internet Basics class will be offered on Tuesday, March 21 at 10:30 a.m. Advance registration is required for all computer classes; please contact the Oakdale Library at (209) 847-4204 to sign up.

The NAMI\* Connection Recovery Support Group will meet at the library on Tuesday, March 7 from 5 to 6:30 p.m. (\*National Alliance on Mental Illness) This free, peer-led support group is designed to help adults living with mental illness. Participants can gain insight from hearing the challenges and successes of others. The group is led by NAMI-trained facilitators who follow a structured model to ensure that everyone in the group has an opportunity to be heard.

Kristin Harris, an advanced nutrition consultant student from the Bauman College Wellness Program, will teach a five week nutrition and wellness course on Tuesdays at 6:45 p.m. Topics covered in this course include eating for health, lean proteins and clean fats, allergy-free eating, and how to gain energy and lose weight. The course will conclude on March 21.

Teens are invited to craft with Perler beads on Wednesday, March 15 at 3:30 p.m. When heat is applied, these colorful beads fuse together, preserving each unique design.

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“STEAM\* Activity: March Madness” will be held on Monday, March 20 at 3:30 p.m. (\*Science, Technology, Engineering, Art and Math) Following a reading of John Coy’s *Hoop Genius*, children will investigate different balls’ ability to bounce based on design and material. This program is designed for ages 5 to 12.

A *Beauty and the Beast* globe craft will be offered on Wednesday, March 22 at 3:30 p.m. Children will make glitter globes of the magical rose from *Beauty and the Beast*. All ages are welcome to participate, however children 4 and under must have direct parental supervision.

The Oakdale Library Book Club will meet on Tuesday, March 28 at 11:30 a.m. to discuss *Our Lady of the Forest* by David Guterson. Book clubs allow community members to expand their knowledge of books through meaningful discussions with others.

Children’s programs and the Oakdale Library Book Club are sponsored by the Friends of the Oakdale Library. The Oakdale Library is located at 151 S. First Ave. in Oakdale. For more information, please call the Oakdale Library Branch Supervisor, Wayne Philbrook, at (209) 847-4204.

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