

# Saltash Town Council Library Hub NEWSLETTER

FEBRUARY 2024

## Wellness month



### Craft & Artisan Fayre

on Saturday 24th February  
10.30am - 12.30pm

Enjoy a one hour taste  
of mindfulness with  
Sarah-Linda Johnson

**Thursday 8th February**  
**11am - 12 noon**

Enjoy a free one hour taste of mindfulness  
with Sarah-Linda.

Mindfulness is a gentle, wise and friendly way of  
lessening the grip of unhelpful thoughts and  
behaviours that interfere with our wellbeing.

With regular practise, we learn how we can  
experience more ease, stability and contentment  
in our lives.

Whatever our circumstances may be  
Sarah-Linda will guide you through some simple  
mindful pauses and practices.



### A guide to Yoga with Gee.



'Yoga with Gee' is an introduction  
to Hatha Yoga.

A gentle flow of Yoga for all abilities and ages  
which will also have nourishing mindfulness meditation  
practises embedded in the class.  
No expectations, it is just your time to be in the present  
moment and hold space for yourself.

**Saturday 17th February 11am**



What to bring:-  
Wear comfortable clothing  
A Yoga mat or if not, a beach towel  
A blanket / yoga Blocks or a cushion  
A drink for hydration

### South West Reading Challenge

Monday 19th Feb - Friday 14th June

For all ages - great prizes!

Look out for details coming soon

### DEMENTIA VOICE CHOIR

are performing a variety  
of songs for everyone to enjoy  
and join in if they wish.

(Approximately 30 minutes)

**FRIDAY FEBRUARY 16th 11am**



# Notice Board



**GIANT CRAZY GAMES DAY**  
Thursday 15th February  
from 10.30am

The poster features a large, colorful board game mat on the floor with two children playing. A large die is being rolled. A circular spinner with numbers 20, 50, and 80 is also visible.



**FILM FRIDAYS**  
Great family films every Friday at 2pm.

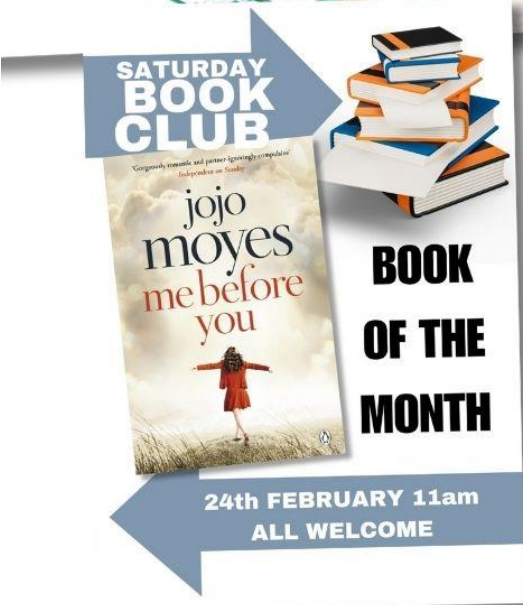
- Friday 2nd: **THE MONUMENTS MEN**
- Friday 9th: **STAR WARS: THE FORCE AWAKENS**
- Friday 16th: **STARDUST**
- Friday 23rd: **The Thrill of It All**



**STORY TIME**  
Every Monday 10.30am

**MUSIC MAN**  
Every Tuesday 10.30am

**LEGO CLUB**  
Every Thursday 3.30pm



**SATURDAY BOOK CLUB**  
Previously dramatic and action-packed...  
*jojo moyes*  
*me before you*

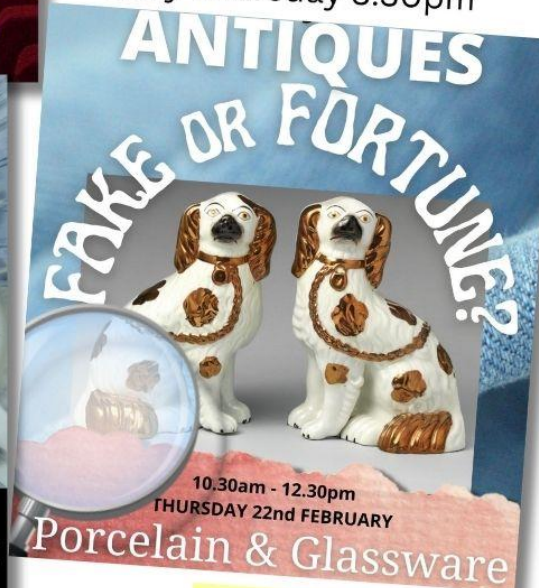
**BOOK OF THE MONTH**

24th FEBRUARY 11am  
ALL WELCOME



**TIME**

**science week**  
COMING SOON



**ANTIQUES OR FORTUNES?**

10.30am - 12.30pm  
THURSDAY 22nd FEBRUARY  
Porcelain & Glassware



**WarmSpace**  
available during opening hours

## January events & activities



**CORNWALL COUNCIL WASTE ENGAGEMENT ROADSHOW**



**GIANT CRAZY GAMES DAY**



For Ukrainian nationals needing support email:- [homesforukraine@cornwall.gov.uk](mailto:homesforukraine@cornwall.gov.uk)

For more Library information & daily updates,  
check our Facebook page - [www.facebook.com/saltashlibraryhub](https://www.facebook.com/saltashlibraryhub)