



## Poetry and Mindfulness Series

Where meditation and verse come to life

Dear Community,

Mindfulness and poetry are transformative practices that can bring a sense of calm to our lives, and we are thrilled to offer more experiences around these helpful practices. Join us as we continue our series with San Mateo County Supervisors [Warren Slocum](#) and [Carole Groom](#) to prioritize the mental health of our communities.

On [Tuesday, August 31 at 7:00 PM](#), start your poetry and mindfulness journey through a guided meditation with [Janet Stickmon](#), followed by a discussion of how to inspire a poetry and mindfulness practice of your own led by [San Mateo County Poets Laureate Emerita](#) Caroline Goodwin and Lisa Rosenberg.

Mental health challenges, such as anxiety, stress, and insomnia, can arise in these uncertain times. To ensure greater access to self-care and healing, we're proud to be the first public library to partner with [Calm](#), a mindfulness app and service, which offers guided meditations, relaxing soundscapes, and sleep stories for all ages.

[Explore More](#)



### [Summer Learning Challenge Until August 31](#)

As our [summer programming](#) comes to an end, we want to thank all of you for an incredible time full of exploration, laughter and reading. There's still time to enter the [Summer Learning Challenge](#) for the opportunity to win one of thirteen \$1,000 college scholarships! Don't forget to turn in those [reading logs](#) and fill out the [finisher form](#) by **Tuesday, August 31** to share what you read and for your chance to win!

We can't wait to tell you what we have in store for the fall. Keep an eye out on our social media accounts ([Facebook](#), [Instagram](#), and [Twitter](#)) for the latest news updates and events from us. Hope to see you soon!

[Finish the Challenge](#)



### [Be in the Know for the September 14th Election](#)

A state-wide election is coming up on **September 14**, and our [non-partisan voting resources page](#) can help you cast your vote. It connects voters in San Mateo County to official channels to check their voter registration status, view important dates for this election, and find local voting centers and secure ballot drop boxes near you (some are even at a few of our libraries!). Our site also lists helpful items like non-partisan voting guides, voting rights information, and sources to fact-check election information and news.

[Get Informed](#)



### [Free Meals at the Library](#)

We're excited to continue our popular meals at the library program through the fall. We nourish more than minds and are thrilled to expand access to nutritious meals. Meals will be available at our [East Palo Alto Library](#) and [Half Moon Bay Library](#) on a new schedule. Beginning Monday, August 30, we're adding the [North Fair Oaks Library](#) as our newest site. Stop by any of these locations Monday-Friday between 3:30 and 4:30 PM to pick up a free meal (while supplies last). The menu varies, but we can always guarantee that it will include organic fruit, veggies, and milk to ensure a complete and balanced meal.

[Learn More](#)



### [Reserve Rooms and Equipment](#)

Have you visited our [reserve equipment or spaces](#) page? Computers are available for on-demand use as well as for [reservations](#). Our 3D printers are available for [reservation](#) for up to 2 hours, with staff happy to show you how to create your own 3D objects. Select locations also offer [sewing machines](#) and [bicycles](#) to check out. Need a quiet space to study or hold a meeting? [Reserve a space](#) at your nearest location (note that masks are still required for everyone over the age of 2 in all of our indoor spaces).

[Make a Reservation](#)

# Explore More

Explore, learn, and connect at our [virtual library programs](#)! You might also be interested in ...

#### [High Low Movie Club Presents a Highbrow Film](#)

Thursday, August 26 • 8:00 PM

Join a showing of our highbrow film pick, [The Strange Little Cat](#), a German film putting the absurdities of everyday life on display.

#### [First Wednesday Book Club](#)

Wednesday, September 1 • 7:00 PM

This is a monthly, ongoing discussion of works of all forms and genres for the most casual or avid readers alike. This month we're discussing [The Lost City of Z](#) by David Grann.

#### [Vinyasa Yoga](#)

Thursday, September 2 • 11:30 AM

Interested in learning yoga or want to join others in your community for free online sessions? Learn how to focus on relieving stress and rejuvenating your body from a certified yoga instructor.

#### [K-Ming Chang's Bestiary Author Talk](#)

Tuesday, September 7 • 7:00 PM

Join author K-Ming Chang to hear about her experience writing the fantastic tale [Bestiary](#), a novel of migration, queer lineages and girlhood.

#### [Dementia and Mild Cognitive Impairment Basics](#)

Wednesday, September 8 • 10:00 AM

Learn about dementia and mild cognitive impairment with Jessica Hickabay from the Stanford Alzheimer's Disease Research Center.

#### [Sanchez Book Club](#)

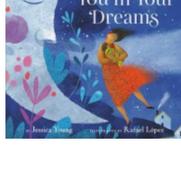
Thursday, September 9 • 7:00 PM

Do you like talking about books? Then join our friendly book club for anyone 18 and older to discuss [Squeeze Me](#) by Karl Hiaasen.

[Explore All Events](#)

# Community Picks

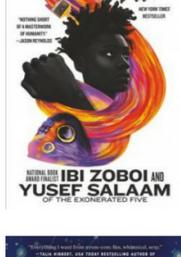
Our Community Picks' titles are available digitally through [online resources](#) or in print through [Curbside Pickup](#).



**Children's Fiction:** [I'll Meet You in Your Dreams](#) by [Jessica Young](#), illustrated by [Rafael López](#)

A child and parent journey through life together--always remembering that even if the other is far away, they can meet in their dreams.

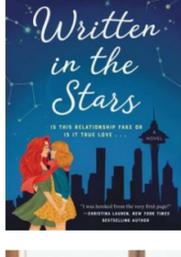
*Jessica, Pacifica Libraries*



**Young Adult Novel:** [Punching the Air](#) by [Ibi Zoboi](#) and [Yusef Salaam](#)

Amal is in prison for a crime he didn't commit. But he is also an artist, which gives him strength. This novel in verse is intense - but what would you expect from Ibi Zoboi ([American Street](#)) and Yusef Salaam ([of the Exonerated Five](#)).

*Kathryn, Portola Valley and Woodside Libraries*



**Adult Fiction:** [Written in the Stars](#) by [Alexandria Bellefleur](#)

An adorable romance that blends humor, family drama and astrology. Just fluffy enough to be enjoyable, and with two leads that were equally entertaining.

*Jenna, Foster City Library*



#### eResource Spotlight: [O'Reilly for Public Libraries](#)

Due to the fast pace of the industry, quality how-to books and reference guides for computers and tech are often made irrelevant 2-3 years after their release. This eResource gives you access to an incredible selection of business technology learning tools like books and video courses with your library card. Whether you need to learn how to deploy your customer's accounts to the cloud or program a simple game, O'Reilly is a great place to look for resources.

*Kajah, Millbrae Library*

Make sure to [follow our blogs](#) for updates on new events, resources, and services.



Stay connected with our family of libraries!

## San Mateo County Libraries

ATHERTON | BELMONT | BRISBANE | EAST PALO ALTO | FOSTER CITY | HALF MOON BAY | MILLBRAE | NORTH FAIR OAKS  
PACIFICA SANCHEZ | PACIFICA SHARP PARK | PORTOLA VALLEY | SAN CARLOS | WOODSIDE | BOOKMOBILE

Open for Exploration™

[smcl.org](#)

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