



Meditating for Wellness

Dear Community,

As we settle into the hustle and bustle of our routines in 2022, it's worth seeing where we can make space to take care of ourselves. Even small additions to our everyday can make a big difference, whether it's remembering to hydrate, giving ourselves a few minutes in the evening with a good book or trying something like meditation.

Meditation is being widely recognized as one way of helping improve health and reduce stress. Join us for our upcoming online workshop, [Meditation for Health Wellness](#) with Dr. Matthew Raider for a chance to practice this technique for yourself.

Our offerings are designed to fit into your wellness journey, however that looks for you. Try out yoga from the comfort of your own home with our online [vinyasa yoga or gentle chair yoga](#) sessions. Or access the [Calm app](#) for free, guided mindfulness and meditation at your own pace. Take a breath and take what you need from our variety of offerings. They'll be here for you when you need them.

Try Now



Tax Preparation Resources

It's time to file taxes for 2021, but it's not always easy to navigate how to do so. We have information to help you access the deadlines, forms and free resources available to the public to file in a timely fashion.

Access Now



Meet Alia Volz: Author of Home Baked

San Mateo County Libraries is excited to welcome San Francisco-based author [Alia Volz](#) on [Tuesday, February 15 at 6:30 PM](#) to discuss her autobiography, [Home Baked](#). In the 1970s, Volz's mother ran Sticky Fingers Brownies, a pioneering underground marijuana edibles bakery. When HIV/AIDS swept the city in the 1980s, Alia's mom turned to providing soothing edibles to those fighting for their lives at the dawn of medical marijuana.

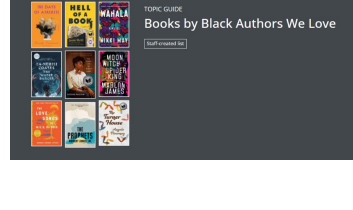
Register Now



Celebrating Local Author-Illustrator Shawn Harris

We're excited to congratulate local author and illustrator [Shawn Harris](#) for earning a Caldecott Honor for his book [Have You Ever Seen a Flower?](#) The story follows a child experiencing a flower by seeing its colors, smelling its fragrance and imagining a tiny world within it. Read on for more about Harris, his work and the other [2022 youth media award winners](#).

Explore More



Books by Black Authors We Love

Check out this staff-curated list of books by Black authors we love, and look for more booklists to come in February in honor of Black History Month.

Read More



For the Love of eMagazines

Did you know that you have access to hundreds of eMagazines through OverDrive's [Libby app](#)? If you are a seasoned eMagazine user, you may have used RBDigital in the past. As of February 2021, all of RBDigital's content is on OverDrive's Libby app!

Discover More

Explore More

Explore, learn, and connect at our [library programs](#)!

Knitting and Crochet Circle

Friday, January 28 • 10:00 AM

We're inviting all knitters and crocheters, aspiring or experts, to join the Knitting and Crochet Circle. This circle meets every second and fourth Friday of the month on Zoom. Bring your current project to unwind, socialize and troubleshoot!

Labor Market Information: Find Your Next Job

Tuesday, February 1 • 10:00 AM

This workshop will provide job seekers with the basics of how to effectively use Labor Market Information as an essential tool to make informed, accurate decisions on how to get a job, improve their skills or enhance their careers.

Piano Teacher Vocational Training for Youth

Thursday, February 3 • 6:30 PM

Are you looking for motivation to practice your piano? Digital Monkey Piano School is offering a series of vocational training workshops for those who have a background in music and like to work with kids.

Leung's White Crane Lion Dances

February 3, 11, 12 • 11:00 AM

February 15 • 1:30 PM

The famous SF Leung's White Crane will bring you a traditional lion dance to celebrate Lunar New Year on various days at [Millbrae Library](#), [Half Moon Bay Library](#), [Leo J. Ryan Park](#) (near our Foster City Library) and [Brisbane Library](#).

Virtual Family Pajama Storytime

Monday, February 7 • 7:00 PM

Grab your teddy bear and wear your pajamas for a fun evening. Hear new stories, sing songs and learn wiggles that the whole family can enjoy together, from toddlers to grown-ups.

中文藝術講座- 劉虹:金門 Chinese Docent Lecture – Hung Liu: Golden Gate

Thursday, February 10 • 7:00 PM

劉虹是美國當代最重要的在中國出生藝術家之一。她的作品展：金門（Golden Gate），現在正於de Young美術館中展出。本次講座將會探索劉虹的根、所受的訓練以及她現實主義風格的作品。

Hung Liu was one of the most important Chinese-born artists working in the United States. Her paintings are the focus of *Golden Gate*, a compelling new installation at the de Young Museum. This talk will explore Liu's roots, training and the Social Realist style of painting.

Explore All Events

Community Picks

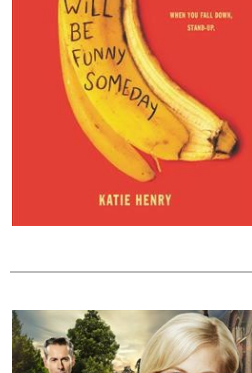
Our Community Picks titles are available digitally through [online resources](#) or in print at [our libraries](#).



Children's Fiction: [Can Bears Ski?](#) by [Raymond Antrobus](#)

Is Little Bear ignoring his friends when they say hi, or is something else going on? A discovery opens new doors in a tale for kids with deafness and all children learning to navigate their world.

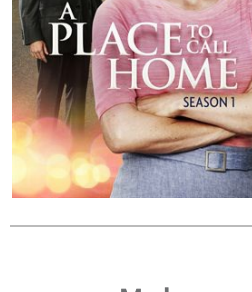
Jessica, Pacifica Libraries



Young Adult Fiction: [This Will Be Funny Someday](#) by [Katie Henry](#)

Sixteen-year-old Izzy has trouble hearing in loud spaces and lets her boyfriend do all the talking for her... until she finds herself onstage at a comedy club. Recommended for grades 8 through 12.

Angela, Pacifica Sharp Park Library

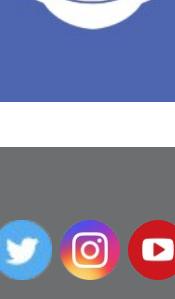


Adult Streaming: [A Place to Call Home](#) created by [Bevan Lee](#)

Set in post-WWII Australia, *A Place to Call Home* is a drama of secrets, passion, romance and intrigue. You can view this series on one of our streaming services, [Hoopla](#).

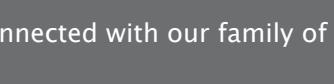
Amy, Woodside Library

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



[smcl.org/covid](#)

For the latest updates on COVID-19



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](#)

You are receiving this email because you have an active library card at San Mateo County Libraries. You can [unsubscribe](#) if you prefer not to receive future emails. You will continue to receive messages related to your library account, including holds and checkouts from [plsinfo.org](#).

If you are not already subscribed to our weekly eNewsletter or would like to browse past issues, visit our [eNewsletter page](#).