



Descriptions of BPL Health Literacy Programs

Automated Renewal
918-338-4182
Circulation
918-338-4171
Reference
918-338-4169
Youth Services
918-338-4170
Local & Family History
918-338-4167
Literacy Services
918-338-4179
Adminstrative Services
918-338-4161

Children’s Programs

LEGO Club
January 20, 10:00 AM

LEGO Club
February 17, 10:00 AM



[Pound w/ Tarah](#) is a full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Pound uses lightly weighted drumsticks engineered specifically for exercising. It is designed for all fitness levels. Bring water, mat, and drumsticks (if you have some). A limited number of drumsticks will be available at the class. Drumsticks can also be checked out from BPL.

[Foam Roll & Stretch w/ Ashley](#) relieves muscle tension, improves mobility/flexibility, reduces risk of injury, improves blood flow, and relieves stress. Equipment is provided.

[CHEERFIT w/ Macie](#) is a total body, mood-boosting workout. Sweat, sculpt, and dance it out with a combination of cardio exercises, alongside cheer and pom-inspired choreography! Elevate your heart rate with a fusion of signature moves to improve balance, endurance, flexibility, and coordination. Pom poms are provided! No prior cheer or dance experience is required and there is no jumping, stunting, or tumbling involved!

[Tai Chi w/ Bee](#) involves a series of slow, gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai Chi will help improve your balance and wellness.

[Dance ‘N Define w/ Tarah](#) incorporates a mixture of dance, core work, and lightweight/full body toning. Please bring a mat and two light handweights, if you have them.

[HIGH Fitness w/ Ashlynn](#) is a NEW fitness class held on Thursdays at 5 pm. HIGH Fitness took old-school aerobics and transformed it into a modern, heart-pounding, fun and effective workout. Classes are fun, easy to follow, and choreographed to set you up for success.

[Zumba w/ Tarah](#) is a fitness program that combines Latin and international music with dance moves. It incorporates interval training to help improve cardiovascular fitness.

[In the Kitchen w/ Susan](#) is a healthy cooking class in which Susan Miller brings her best healthy cooking ideas and practices to make us all better chefs.

[Simple Eats w/ Amanda](#) is led by an urban gardener who makes seasonal, simple, made-from-scratch meals using vegetables that you can grow in your backyard.

[Healthy Cooking Methods](#) is a series led by the Washington County OSU Extension Family & Consumer Science Educator who demonstrates healthy cooking methods, such as using an air fryer, Instant Pot, and crockpot, as well as meal prepping, smoothies, etc.

JANUARY/FEBRUARY
2024

Bartlesville Bookmark



[f](#) [t](#) [i](#) [d](#) [y](#) | BARTLESVILLELIBRARY.COM | 918-338-4161



Prioritize Your Health & Wellness in 2024

The Bartlesville Public Library continues its focus on health and wellness in the new year. Thanks to a \$9,000 grant from the Institute of Museum and Library Services through the Oklahoma Department of Libraries, BPL continues to promote health and wellness by offering presentations and programs free of charge to the community.

Per the 2022 [America’s Health Rankings Annual Report](#) by the United Health Foundation, Oklahoma's overall health ranking remained at 45th place. We hope to improve this ranking by focusing on fitness and exercise, preparing healthy meals, using

healthy cooking methods, as well as offering presentations on various health-related topics such as heart health, menopause, and weight loss/management. All programs are free and open to the public. Now that it is winter, most classes will be held in Meeting Room A at BPL. Weather permitting, some fitness classes may be held at Unity Square. Always check the BPL Facebook page for any class location changes.
By C. Dorris



Use the Beanstack app to log reading minutes and submit book reviews. You could win one of these fun games!



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BPL
Bartlesville Public Library



Scan QR Code to get started 

MyLibrary!

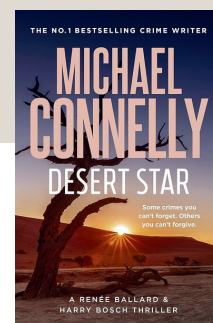
App



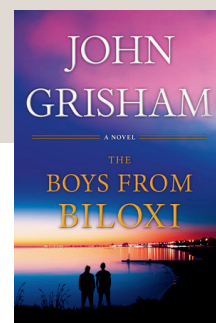
Mobile Access



10 Most Checked Out Books At BPL 2023



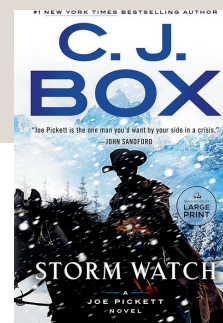
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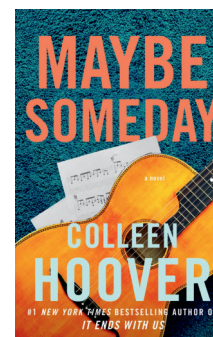
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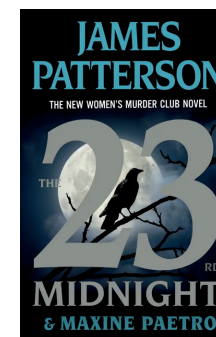
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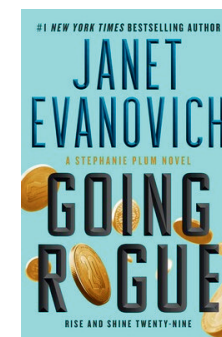
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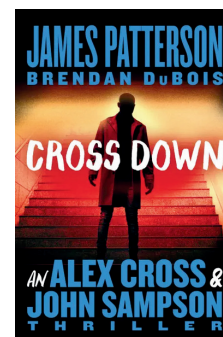
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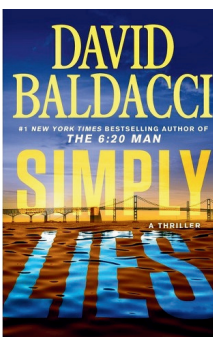
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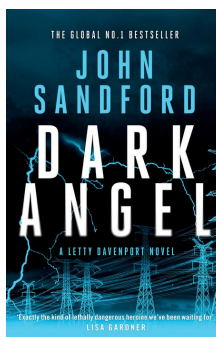
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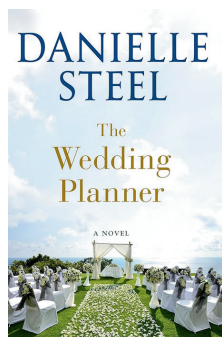
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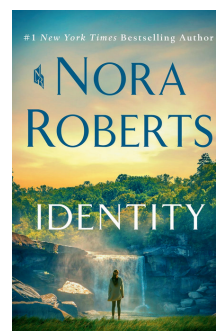
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8



9



10



NEW YEAR NEW FINDS

Everybody knows about all the great books and DVDs available at the library, but this is the year to start fully utilizing all of the exciting services and features! Next time you have a family picnic or gathering, remember to check out some yard games and make it a party!

Before you sign up for another month of paying for some streaming service that keeps raising the price, connect your library account to Hoopla and enjoy free streaming at home!

Want to try a craft or hobby but not sure about investing in all of the tools or supplies? Check the 'Library of Things', where there are power tools, instruments, microscopes, and all kinds of similar items available for checkout. Have a small broken plastic object or perhaps an idea for some kind of device? Check out the 3-D printing request forms and chat with our experts about the process. As for classes and clubs, the library acts as both a host and meeting place for a variety of interests, with everything from classic car talk to Lego club.

Different classes and seminars are also offered and that's not even touching on the adult education available for language, citizenship, cooking, and fitness. Of course, we always have lots of great books and are adding new ones all the time, but let 2024 be the year you start to branch out and get the most out of your library!

By L. Boggs

UPCOMING EVENTS

January 1 - Closed

January 2 - Johnstone Irregulars Book Club, 6 PM Literacy Office

January 9 - Delayed Opening @ 2 PM

January 9 - Adult Craft Class, 2-4 PM & 6-8 PM Meeting Room B

January 10 - Healthy Cooking Methods, 10:30 AM Meeting Room A

January 11 - Use It & Lose It

January 12 - Library Closed

January 15 - Library Closed

January 18 - Simple Eats w/ Amanda, 12 PM Meeting Room A

January 18 - Gentle Reads Book Club, 2 PM Meeting Room C

January 22 - American Red Cross Blood Drive, 11:30-5:30 PM, Meeting Room A

January 23 - Conservation w/ Delaware Asst. Chief, 7-8 PM, Meeting Room C

February 6 - In the Kitchen w/ Susan, 12 PM Meeting Room A

February 6 - Adult Craft Class, 2-4 PM & 6-8 PM Meeting Room C

February 6 - Johnstone Irregulars Book Club, 6 PM Literacy Office

February 8 - Wellness Presentation, 12 PM Meeting Room A

February 14 - Healthy Cooking Methods, 10:30 AM Meeting Room A

February 15 - Simple Eats w/ Amanda, 12 PM Meeting Room A

February 15 - Gentle Reads Book Club, 2 PM Meeting Room C

February 19 - Library Closed


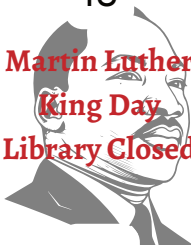





February 22 - Health Presentation, 12 PM Meeting Room A

February 27 - Artificial Intelligence 101, 7-8 PM, Meeting Room C

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JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
1  Happy New Year Library Closed	2 Beg. ELL Conv. Class 5:30 PM Inter. ELL Conv. Cl. @Casa Hispana 6:45 PM Johnstone Irregulars Book Club 6 PM CheerFit 6 PM	3 Tai Chi Class 9 AM Storytime 10 & 11 AM Citizenship 6 PM Dance N' Define 6 PM	4 Storytime 10 & 11 AM Citizenship 10 AM ELL Class 11 AM High Fitness 5 PM Zumba 6PM	5	6 TAB Meeting 2 PM	7
8 f Storytime 11 AM Beg. Spanish Class 5 PM Inter. Spanish Class 6 PM Pound 6 PM	9 Delayed Opening @ 2 PM Adult Craft Class 2-4 PM & 6-8 PM Foam Roll & Stretch 5:15 PM Beg. ELL Conv. Class 5:30 PM Inter. ELL Conv. Cl. @Casa Hispana 6:45 PM CheerFit 6 PM	10 Tai Chi Class 9 AM Storytime 10 & 11 AM Citizenship 6 PM Dance N' Define 6 PM	11 Storytime 10 & 11 AM Citizenship 10 AM ELL Class 11 AM Use It & Lose It 12 PM High Fitness 5 PM Zumba 6 PM	12 Library Closed for Staff Development	13	14
15  Martin Luther King Day Library Closed	16 Start taking Tax Appts. Foam Roll & Stretch 5:15 PM Beg. ELL Conv. Class 5:30 PM Inter. ELL Conv. Cl. @Casa Hispana 6:45 PM CheerFit 6 PM	17 Tai Chi Class 9 AM Storytime 10 & 11 AM Citizenship 6 PM Dance N' Define 6 PM	18 Storytime 10 & 11 AM Citizenship 10 AM ELL Class 11 AM Simple Eats 12 PM Gentle Reads 2 PM High Fitness 5 PM Zumba 6 PM	19	20 LEGO Club 10 AM 	21
22 f Storytime 11 AM Red Cross Blood Drive 11:30-5:30 PM Beg. Spanish Class 5 PM Inter. Spanish Class 6 PM Pound 6 PM	23 Foam Roll & Stretch 5:15 PM Beg. ELL Conv. Class 5:30 PM Inter. ELL Conv. Cl. @Casa Hispana 6:45 PM CheerFit 6 PM Conservation W/ Delaware Asst. Chief 7 PM	24 Tai Chi Class 9 AM Storytime 10 & 11 AM Citizenship 6 PM Dance N' Define 6 PM	25 Storytime 10 & 11 AM Citizenship 10 AM ELL Class 11 AM High Fitness 5 PM Zumba 6 PM	26 Menopause Presentation 12 PM	27 Teen Defense Class 2 PM	28
29 f Storytime 11 AM Beg. Spanish Class 5 PM Inter. Spanish Class 6 PM Pound 6 PM	30 Foam Roll & Stretch 5:15 PM Beg. ELL Conv. Class 5:30 PM Inter. ELL Conv. Cl. @Casa Hispana 6:45 PM CheerFit 6 PM	31 Tai Chi Class 9 AM Storytime 10 & 11 AM Citizenship 6 PM Dance N' Define 6 PM				

CONSERVE

WATER!

We all need to work together to sustainably manage this precious resource. You can make a difference!





2024

FEBRUARY



2024

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
			Storytime 10 & 11 AM Citizenship 10 AM ELL Class 11 AM High Fitness 5 PM Zumba 6PM			
5	6	7	8	9	10	11
Tax Assistance 9-4 PM f Storytime 11 AM Beg. Spanish Class 5 PM Inter. Spanish Class 6 PM Pound 6 PM	Tax Assistance 9-4 PM In the Kitchen w/ Susan 12 PM Adult Craft Class 2-4 PM & 6-8 PM Foam Roll & Stretch 5:15 PM Beg. ELL Conv. Class 5:30 PM Inter. ELL Conv. Cl. @Casa Hispana 6:45 PM Johnstone Irregulars Book Club 6 PM CheerFit 6 PM	Tax Assistance 9-4 PM Tai Chi Class 9 AM Storytime 10 & 11 AM Citizenship 6 PM Dance N' Define 6 PM	Storytime 10 & 11 AM Citizenship 10 AM ELL Class 11 AM Wellness Pres. 12 PM High Fitness 5 PM Zumba 6 PM			
12	13	14	15	16	17	18
Tax Assistance 9-4 PM f Storytime 11 AM Beg. Spanish Class 5 PM Inter. Spanish Class 6 PM Pound 6 PM	Tax Assistance 9-4 PM Foam Roll & Stretch 5:15 PM Beg. ELL Conv. Class 5:30 PM Inter. ELL Conv. Cl. @Casa Hispana 6:45 PM CheerFit 6 PM	Tax Assistance 9-4 PM Tai Chi Class 9 AM Storytime 10 & 11 AM Healthy Cooking Methods 10:30 AM Citizenship 6 PM Dance N' Define 6 PM	Storytime 10 & 11 AM Citizenship 10 AM ELL Class 11 AM Simple Eats 12 PM Gentle Reads 2 PM High Fitness 5 PM Zumba 6 PM		LEGO Club 10 AM 	
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	Tax Assistance 9-4 PM Foam Roll & Stretch 5:15 PM Beg. ELL Conv. Class 5:30 PM Inter. ELL Conv. Cl. @Casa Hispana 6:45 PM CheerFit 6 PM	Tax Assistance 9-4 PM Tai Chi Class 9 AM Storytime 10 & 11 AM Citizenship 6 PM Dance N' Define 6 PM	Storytime 10 & 11 AM Citizenship 10 AM ELL Class 11 AM Health Pres. 12 PM High Fitness 5 PM Zumba 6 PM			
26	27	28	29			
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