

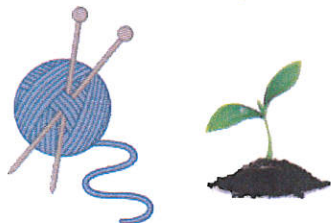
Cambridge Community Library
- Adult Services -

Enriched Winter Challenge 2020

December 21, 2020 (Winter Solstice) through March 20, 2021 (Spring Equinox)

Join your community with self-enrichment during the cold months of winter brought to you by your local library! Enter for local business prizes!

New Craft or Hobby



Mindfulness



CGP

(Children, Grandchildren
&/or Pets)



Read a New Author or Genre



Moving the Body (New Physical Fitness)



How It Works:

- Choose at least three categories that fit your goals (to enter the contest).
- Order the suggested materials from your library (email to dir@cambridgelib.org or LINKcat (via www.cambridgelib.org).
- Submit your form (online or paper) to the library by March 20, 2021 to be entered for prizes by our local business partners!
- See the next pages for material suggestions to start your winter enrichment goals! Then reach out to your library to get started! Suggested start date is December 21, 2020.

Cambridge Community Library

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Enriched Winter Challenge 2020

Entry Form

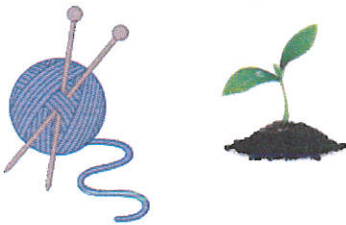
December 21, 2020 (Winter Solstice) through March 20, 2021 (Spring Equinox)

Your Name: _____

Date Received (Library only) _____

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New Craft or Hobby



Goal Met w/:

Mindfulness



Goal Met w/:



Goal Met w/:

CGP

(Children, Grandchildren
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Goal Met w/:

Read a New Author or Genre



Goal Met w/:

Moving the Body (New Physical Fitness)



Goal Met w/:

Enriched Winter Challenge 2020

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Suggested Library Materials to Get You Started

NOTE: If submitting your requests by email, please pick your top three for each category to help guarantee you get materials timely.

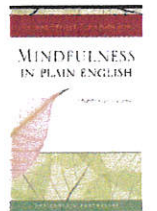
New Craft or Hobby:

- Basic Candle Making: All the skills and tools you need to get started (by Stackpole Books) (2002).
- Vintage Crafts: 75 do-it-yourself decorating projects.. and other flea market finds (Lidstrom, Clara) (2013)
- Folded paper German stars (by Taubner, Armin) (2012)
- 25 Bags to Knit: Beautiful Bags in Stylish Colours (by King, Emma) (2004).
- Knit Step By Step (by Haffenden, Vikki) (2012).
- Knit Wit: 30 easy and hip projects a hands-free step-by-step guide (by Singer, Amy R) (2004).
- Simple Knitting: A Complete How-To-Knit Workshop with 20 projects (by Knight, Erica) (2011).
- Garden Design (by Chris Young) (2009).
- Garden Rooms: Create and decorate outdoor garden spaces (by Erier, Catriona Tudor) (1999).
- Gardening 101: Learn how to plan, plant, and maintain a garden (Clarkson Potter) (2000)
- Rain Gardens: Managing water sustainably in the garden & designed landscape (by Dunnett, Nigel) (2007)
- Garden Mosaics: 25 step-by-step projects for your outdoor room (by Paton, Becky) (2004).
- Country Woodworking: Over 35 easy to make accent pieces (by Favorite, Mary Jane) (1990).
- Taunton's Complete Illustrated Guide to Working with Wood (by Rae, Andy) (2005).
- Backyard projects for today's homestead (by Gleason, Chris) (2010)
- DIY Wood Pallet Projects: 35 rustic modern upcycling ideas (by Bunde, Karah) (2014).
- Sew & Stow: 31 fun sewing projects to carry, hold, and organize (by Oppenheimer, Betty) (2008)
- Tilda hot chocolate sewing: cozy autumn and winter sewing projects (by Finnanger, Tone) (2018)
- 24-hour sewing projects (by Causee, Linda) (2007).



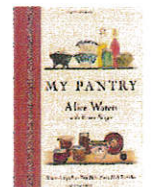
Mindfulness:

- Mindfulness in Plain english (by Gunaratana, Henepola) (2011)
- Mindful Meditation: handling life with a calm and focused mind (Stewart, Whitney) (2020)
- Mindful Eating: Stop Mindless Eating and Learn to Nourish Body and Soul (Bartholomew, Rachel) (2014)
- Mindfulness for Beginners (Audiobook) (by Kabat-Zinn, Jon) (2006)
- Journey to mindfulness: the autobiography of Bhante G (by Gunaratana, Henepola) (1992, 2002, 2017)
- The Mindful Way through depression (Guilford Press) (2007)
- Mindful moments for busy moms: daily meditations and mantras (by Beach, Sarah Rudell) (2018)
- The Mindful Day (book or Audiobook) (by Nat'l Geographic) (2018).
- Your Daily Rock: a daybook of touchstones for busy lives (by Digh, Patti) (2014).
- Peace is every breath: a practice for our busy lives (by Nhat Hanh, Thich) (2011).



Healthy Eating:

- Culinary Intelligence: The art of eating healthy (by Kaminsky, Peter) (2012)
- Plant-powered protein cookbook (by Chappell, Mary Margaret) (2017)
- Mediterranean Cooking (by Sutherland, Diane) (2014)
- Lunch boxes and snacks: Over 120 healthy recipes (by Karmel, Annabel) (2007)
- Foods that Harm, Foods that Heal (by Readers Digest) (2004)
- My Pantry (by Waters, Alice) (2015)
- The Paleo Diet Cookbook (by Cordain, Loren) (2011)
- Clean Eats: over 200 delicious recipes (by Junger, Alejandro) (2014)
- The Ultimate Mediterranean Diet Cookbook (by Riolo, Amy) (2015)
- The Paleo Diet for Athletes (by Rodale) (2012)



CGP (Children, Grandparents, Pets):

- Parenting with love and logic: teaching children responsibility (by Cline, Foster) (2006)
- Strong and Kind: and other important character traits (by Robertson, Korie) (2015)
- Unconditional Love: a guide...of being a grandparent today (by Isay, Jane) (2018)
- Princess Recovery: A How-To Guide raising strong, empowered girls (by Hartstein, Jennifer) (2012)
- Grandparenting with love and logic (Fay, Jim) (1994)
- The Really Useful Grandparent's Book (by Connolly, Julia) (2010).

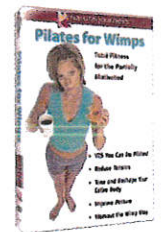
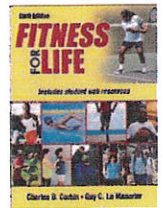


Trying a New Author or Genre:

- Ask your librarian for good ideas on what is popular or suggestions based on your favorites! Call the library after 9:00AM Mon-Fri) or email dir@cambridgelib.org. Tell them you are working on the Winter Enrichment Challenge!
- Log in to your LINKcat account (via <https://www.cambridgelib.org>) and search the thousands of offerings in multiple formats (fiction hard covers through mystery audiobooks) from 75 libraries in the South Central Library System. The sky is the limit!
- Ask your friends and family what they are reading!

Moving the Body (Physical Fitness):

- Understanding Fitness: how exercise fuels health and fights disease (by Praeger) (2008)
- Fitness for Life (by Corbin, Charles) (2014)
- Fitness Fun Tunes (CD) (2002)
- Results Fitness (DVD) (2008)
- Reshaping it all (LP) (by Cameron-Bure, Candace) (2011)
- Pilates for Wimps: total fitness for the partially motivated (DVD) (2004)
- Accessible Yoga: poses and practices for every body (by Heyman, Jivana) (2019)
- Walking Yoga (by Sarley, Ila) (2002)
- Yoga Zone. Total Body Conditioning (DVD) (2000)
- Yoga Manual: a Step-By-Step Guide to Gentle Stretching & Total Relaxation (by Lesser, Rosemary) (1998)
- Weight Training Fundamentals (by Human Kinetics) (2003)
- Runner's World Complete Book of Running (Rodale) (2009)
- The Athlete Inside: The Transforming Power of Hope, Tenacity and Faith (Fortress Press) (2020)



Ready to Get Started?

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