



MAY ADULT PROGRAMS



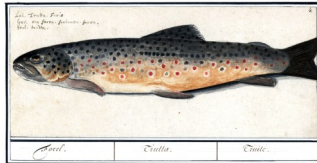
Free Range Arts & Crafts
Thu., May 1 at 6pm

The craft vault is open and everything from needle felting to clay sculpting awaits. Enjoy a coloring book, practice with pastels, or bring your own project to finally finish, it's up to you.

Identifying Montana Fish (watch party)

Thu., May 8 at 6:30pm

Have you ever caught a fish and didn't know what it was? Montana is home to 91 different species of fish that can be difficult to identify. Ryan Schmaltz of Montana Wild will teach you how to look at a fish in a way that will help you figure out what it is.



This is an interactive program where you will be involved in the identification of fish through an activity after a short presentation. Presenter will be off-site. Zoom option available.

Monthly Adult Programs



Fiber Arts Club

Thu., May 1 from 12-1:30pm

Enjoy the company of like-minded crafters during this informal club.



Lunchtime Writer's Retreat

Mon., May 19 from 12-2pm

Carve out time to write or work on a creative project.



Men's Club

Thu., May 29 from 12-2pm

Make connections and conversation over a game of chess or checkers during this informal get-together.



**Chinese Classics:
Tao Te Ching & I
Ching**

Thu., May 15 at
6:30pm

Rescheduled from
4/10/25

After nearly 3,000 years, the *Tao Te Ching* still resonates today, and if you enjoy Ursula K. Le Guin, read or watched the *Wheel of Time* series, tried Tai Chi or meditation, among many other examples, you're already familiar with the Tao.

The Book of the Way is a collection of ancient Chinese wisdom on how to fret and strive less, leadership, and how to find calm and optimism in an often chaotic world. We will also become familiar with the *I Ching*, or *The Book of Changes*, a classic Chinese text that influenced the *Tao Te Ching* and considered one of the most important books in world literature.

If you're interested in ancient literature, philosophy, or would like to recognize the influence (and sometimes misconceptions) of Taosim and the *I Ching* in modern settings, this program aims to give you a foundation in your exploration. Zoom option available.

Needle Felting—Spring Rabbit

Thu., May 29 at 6pm

Needle felt a charming rabbit for spring. We will practice felting around an object, attaching pieces, and adding facial details.

Newbies welcome! No prior experience needed.



MARK YOUR CALENDAR

DON'T FORGET...

The SPRING SOIREE

is coming up

May 3.

This is your chance to meet

Montana authors,

enjoy delicious hors d'oeuvres and beverages, win door prizes, bid on auction items, and **much more!**

You are invited

Spring Soiree

Saturday
May 3, 2025 / 5:30-7:30pm
 St. Mary's Parish Family Center
 333 Charlos St. / Stevensville

Featured Montana Authors at the event:



Linda Fifer



Madelyn Goodman



Miranda Heberle



Ginger Johnson



Dave Jones



Jane Lambert



Sue Lehman



Mark Lewing



Joan Maki



Sage Marshall



Sophie Osborn



Ann Marie Scott



Susie Wall



Tickets are available to purchase by cash or check at the North Valley Public Library
 208 Main Street
 Stevensville / 406-777-5061 or
contact
Celeste Statler
269-569-4723 or
celeste.statler@gmail.com



NORTH VALLEY PUBLIC LIBRARY FOUNDATION
Friends of the NORTH VALLEY PUBLIC LIBRARY
 208 Main Street / Stevensville, MT 59870



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Annual NVPL FOUNDATION Golf Scramble

SATURDAY, August 16

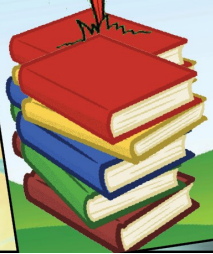
Whitetail Golf Course
 4295 Wild Fowl Lane, Stevensville

All proceeds to benefit the North Valley Public Library

Contact:
Emily Schwartz
 509-844-6742
 Emilygschwartz@outlook.com

Full information will be forthcoming.

BIRDIES for BOOKS



Coming in August!

NEW IN THE LIBRARY OF THINGS!

Provided by the
Montana Cardiovascular Health Program

BLOOD PRESSURE Toolkit

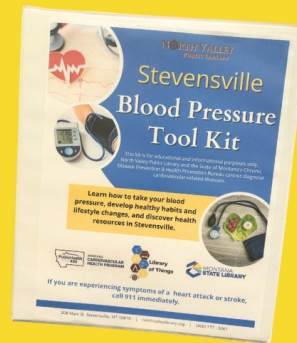


**Blood Pressure Monitor & Cuff
Pedometer
Detailed How-To's
Tracking Logs & Items to Keep
Binder of Resources**

NVPL Library of Things



AVAILABLE FOR CHECK-OUT



High blood pressure (also called hypertension) is a leading risk factor for heart disease and stroke. Monitoring your blood pressure at home is one way to help manage hypertension.

We now have a Blood Pressure Toolkit available for check-out. The toolkit includes an automatic monitor and cuff, a pedometer to track daily steps, a variety of tracking logs to mark down blood pressure measurements, and a binder with detailed instructions, information about blood pressure and healthy eating, and other resources. The toolkit is ideal if you do not have your own cuff, do not have time to periodically measure your blood pressure at a clinic, or need to track your measurements over an

extended period of time.

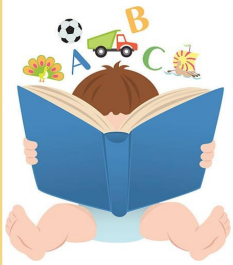
Like all *Library of Things* items, the Blood Pressure Toolkit is available for check-out by NVPL card holders living within the Stevensville/Lone Rock school district. You may keep the Toolkit for 14 days.



LIBRARY OF THINGS

MAY YOUTH PROGRAMS

Babies, Toddlers, & Preschoolers



Baby & Me Storytime

Wednesdays at 10am, Ages 0-2

For parents, grandparents, & caretakers with babies 0-2 years. Nursery rhymes, music, & stories to engage those amazing young minds.

Songs & Stories for Preschoolers



Wednesdays at 10:30am, Ages 3-5

Join this dynamic early literacy program, readying your child to read.

Share in the fun with singing, clapping, reading, and dancing while connecting with other young families in our community.

Art for Kids Ages 5-10 on SATURDAY

Saturday!
May 17 at
10:30am and 2:30pm

Paint, make cards, or create mobiles with Lone Rock Kindergarten teacher Crystal Grant.



Science (Ages 8-12) No program May 21

SCIENCE Squad

on Wednesdays with Science Officer Lisa

Hey explorers, investigators, and inventors ages 8-12! Experience the universe through Legos®, food, experiments and more.

Wednesdays at 2:30pm ~ Registration Required



Roleplaying Games for Teens

Ages 12-18

Tuesdays at 4pm, No program May 6.

Enter the world of Dungeons & Dragons! Register online on the library's calendar.

For more information email Emily at emilys@northvalleylibrary.org



Open World Fridays for Teens

Ages 12-18
Fridays at 4pm,
No program
May 2.

That Friday Thing with an all-access pass to

the cool stuff at the library. Choose to do what's available or do something else exciting. Register online through the library calendar. You need not attend all sessions.



Drop-in Craft



Local Lepidoptera (aka Butterflies and moths) rule at the library this month.

Stop by and make your own butterfly and learn about some of the native pollinators like the mourning cloak, or *Nymphalis antiopa*, Montana's state butterfly.

