



# AT LARGE

December–February 2016

St. Charles Public Library News for Large Print Readers



## Let it Snow!

Do you have low vision or difficulty with mobility that prevents you from visiting the Library during the winter months? Outreach Services can help! We make deliveries to area senior facilities and can deliver to your home. We will select materials based on your reading tastes. Enjoy library materials all winter long without stepping inside the Library. This service is available to residents of the St. Charles Public Library District who have difficulty getting to the Library due to mobility, prolonged illness, low vision or recent surgery.

Happy Holidays from  
Outreach Services!

**David J. Kelsey**  
Outreach Services Librarian

## Programs

Find below a sampling of upcoming programs at the St. Charles Public Library. For more information, refer to *Discover Your Library*, our news and event guide, ask a Library staff member or call 630-584-0076, ext. 1.



## Sunday Concert Series

Sundays at 2:00 p.m. in the Carnegie Community Room.  
DROP IN.

**\*December 6 – Elgin Youth Symphony** Orchestra's acclaimed Chamber Music Institute presents the Sterling Brass Quintet as they perform classical chamber works.

## **January 10 –Hot `n` Cole!**

### **The Music of Cole Porter**

will feature music from one of America's most beloved composers. Matt and Cynthia Gruel will perform Porter's timeless classics and enlighten listeners with biographical and musical background.

## **\*January 24 – Da Capo Duo**

performances lead their listeners on a musical journey of lush sounds, comforting rhythms and stunning precision. Their music is moving without being overly dramatic, intricate without parading empty virtuosity, and just plain fun to hear.

## **February 7 – Love Songs by**

**ZAZZ:** a five-piece jazz combo will perform both instrumental and vocal numbers from a varied repertoire including jazz standards, original melodies and Broadway tunes just in time for Valentine's Day.

## **\*February 21 - Bel Sonore Chamber Ensemble**

will perform a repertoire ranging from early Baroque to modern day classics.

*\*Funded by the St. Charles Public Library Foundation.*



## **Amazing Armenia**

Thursday, January 14  
7:00 p.m.

Carnegie Community Room  
Peace Corp volunteer and St. Charles resident Mike Dixon will share his experiences during his recent assignment in the former Soviet country of Armenia. While focusing on the beauty of Armenia, Dixon will discuss a comparison with his service in the Ukraine. Attitudes and culture will be explored. **REGISTER**



## Computer Classes

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### Notes:

- Classes are open to St. Charles Public Library cardholders only.
- A \$10 refundable cash deposit is required at the time of registration
- REGISTER at the Adult Reference Desk.
- Class size is limited to 10 people.
- Class cancellations will be posted in the Library and on our website.

For complete class descriptions, please visit the Reference Desk or on our website: **[stcharleslibrary.org/computer-classes](http://stcharleslibrary.org/computer-classes)**

Successful completion of Computer & Internet Basics is a prerequisite for all other computer classes offered OR ask at the Reference Desk for our checklist to see if you are confident enough with computer basics skills to skip this requirement.

## January

### Computer & Internet Basics

Monday, January 11  
6:00-8:00 p.m. and  
Tuesday, January 12  
6:00-8:00 p.m.

### Android for Beginners

Tuesday, January 19  
6:30-8:30 p.m. and  
Wednesday, January 20  
6:30-8:30 p.m.

## February

### Computer & Internet Basics

Tuesday, February 2  
10:00 a.m.–12:00 p.m. and  
Thursday, February 4  
10:00 a.m.–2:00 p.m.

### iPad / iPhone for Beginners

Tuesday, February 16  
6:30-8:30 p.m. and  
Wednesday, February 17  
6:30-8:30 p.m.

### Facebook 101

Monday, February 22  
6:00-8:00 p.m. and  
Tuesday, February 23  
6:00-8:00 p.m.



## Ride Through the Stacks!

Are you having trouble walking through the stacks to find your favorite author? The Library has an electric scooter for you to use in the building. The mobility scooter is available on a first-come, first-serve basis and is located on the main level of the Library. It can be pulled up to our designated computer station in the Info Commons for easy access. Stop by the Library today and try it out!

## Protecting Your Eyes This Winter

It's important to protect your eyes all year long, not just in the summer months. Here are "6 Surprising Ways to Protect Your Eyes This Winter" according to *Everyday Health*:

- **Use a Humidifier or Lubricating Drops.** Cold, dry air irritates eyes which can lead to burning and blurry vision. A humidifier and eye drops will keep your eyes moisturized and prevent these symptoms.
- **Drink Plenty of Water and Stay Hydrated.** Drinking enough water will help prevent dry eyes.
- **Eat More Fish.** Omega-3 fatty acids can help alleviate dry eyes.
- **Keep Your Hands Off Your Face.** Itching, burning, and irritation are symptoms associated with dry eyes. Rubbing your eyes only intensifies these symptoms.
- **Take Breaks From Your Computer.** Spending too much time in front of the computer can cause your eyes to be irritated and dry.



## Staying Active During the Winter Months

It's important to remain active all year long, but especially during the winter months. Here are the "Top 5 Ways for Seniors to Stay Active...Even During the Winter!" according to *Assisted Living Today*:

- Since you cannot escape the wintery cold months, change your attitude towards winter and be positive. Commit to being more productive indoors. Don't complain about the cold!
- Enjoy the wintery outdoors and get some cardio. Dress warmly and even participate in a snowball fight with your grandchildren. Go for a long walk in the snow.
- Spend an hour in the sauna at your local fitness center. This will help you relax and forget about the cold. Consult with your doctor before spending extended periods in the sauna.
- Recognize the benefits of a home workout. If you do not have a treadmill or elliptical, try a workout DVD. Tailor workouts to your preferred level of activity.
- Eat and sleep well as well as remain hydrated. Being well nourished and rested provides a great start to having an active and healthy body all year long.



## Preventing Holiday Scams

During the upcoming holiday season, be aware of potential shopping scams. Here are tips from the St. Charles Police Department to prevent and protect yourself from holiday scams.

- Pay attention to those around you. Beware of strangers that approach you for any reason.
- Never lose sight of your valuables.
- Use a purse with a shoulder strap and carry it diagonally across the front of your body.
- Place your wallet in your front pants pocket instead of your back pocket.
- Never park in an unlit or poorly lit parking lot.
- Do not carry large sums of cash on your body, and do not openly display cash.
- Never leave packages visible inside your car. Place them in the trunk if possible.
- Have your keys in your hand when you approach your car. While loading your car do not leave handbags or purses unattended.
- Check your account balances frequently for unauthorized purchases. Report stolen credit cards.



## New Large Print Releases

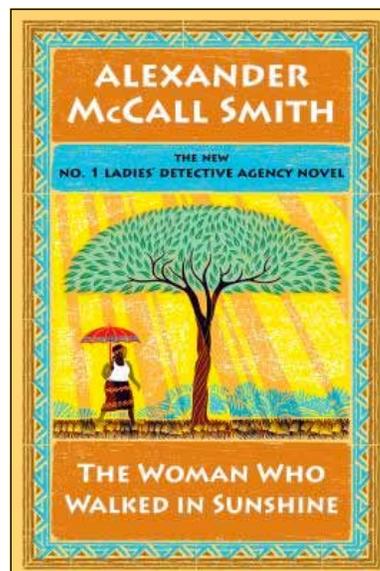
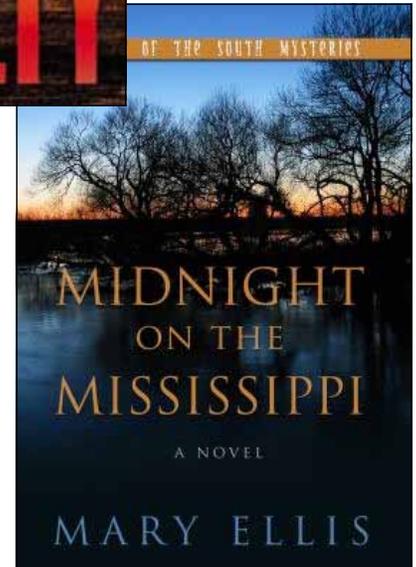
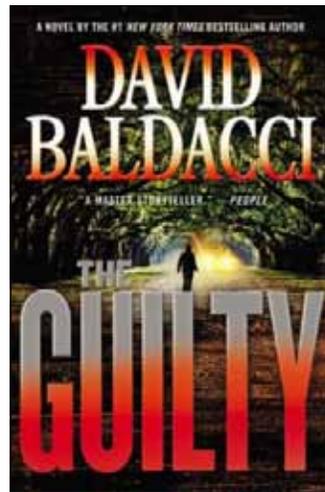
A brochure of selected Large Print New Releases is now available monthly in our Large Print section. Both new fiction and nonfiction titles are featured. If you are an Outreach patron and would like a copy, please ask for one with your next delivery.

## We Deliver!

If you have difficulty getting to the Library due to mobility, prolonged illness, low vision, or recent surgery, you may qualify for Outreach Services. Call us at 630-584-0076, ext. 219.

## Program Registration

Register online at [events.stcharleslibrary.org/evanced/lib/eventcalendar.asp](http://events.stcharleslibrary.org/evanced/lib/eventcalendar.asp), or at the Reference Desk or by calling 630-584-0076, ext. 1.



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