

Nolensville Public Library
915 Oldham Drive
Nolensville, TN 37135
615-776-5490



Feb 2010

Mrs. Karen's Story Time
Wednesday 10:30 a.m.

February's Favorite Picture Book
Authors

Feb 3...Nancy Shaw

Feb 10...Valentines

Feb 17...Ezra Jack Keats

Feb 24...Karma Wilson

Keep Your Brain Sharp

You've heard it before: Play mind games. This is the best way to slow the mental decline that can come with aging. Take up a musical instrument. Try to recall the addresses of the last four places you lived.

And the best one!...

Renew your local library card—and use it.
Taken from The Oprah Magazine, The Best of Dr Oz

The Nolensville Book Club
will discuss
Sue Monk Kidd's
The Mermaid Chair
Thursday, February 11th
at 10 a.m.

The Teen Book Club
will discuss
Caroline Cooney's
Flight #116 is Down
Thursday, February 18th
at 4:00 p.m.

Organizing Tips

—Do **one small** organizational **task daily**, no matter how small.

Clean out one drawer or the top tier of the spice rack. Just think: After a month, you'll have checked **30 things off** your to-do list.

—Treat organization the same way you would a diet or exercise plan: **as a lifestyle change**.

To maintain results, you have to **do a little bit, often**, says Meryl Starr, author of *Home Organizing Workbook*.

—Clean house **like you're moving**. Keep only those things you'd take if you relocated.
from Redbook, Jan. 2010, p. 129