



# Piedmont Community News & Events



[www.Piedmont-OK.com](http://www.Piedmont-OK.com)

February 2019

## Pic and Bow

Pic and Bow - a rock 'n roll guitarist, Charles David Smith, and classical violinist, Michelle Gawth - will be performing on Sunday, February 10th, at 6:00 p.m., at Piedmont Church of the Nazarene, located at 2011 N Piedmont Rd. The concert is free.

For more information, call 373-2305.



Things that can lower your blood pressure:

- ♥ petting a cat or dog
- ♥ a hug
- ♥ listening to music by Mozart or Strauss

## Free Vision Clinic

Feed the Children will provide a free eye clinic for adults and for children as young as 4 years old at the Baptist Church on Saturday, February 9, from 8:00 to 2:00 p.m.

No appointment is necessary. The first 250 people to sign in will be seen, and new eye glasses will be provided free to those that need them.

Call Dr. Biehler at 361-3999 if you have any questions.

## Community Consignment Sale

The Old Store is having their winter community consignment sale on Saturday, February 23rd from 9:00 a.m. to 4:00 p.m.

If you have furniture (excluding couches) that you would like to sell, take it to The Old Store up to 7 days before the sale (starting February 15th). All items that do not sell must be picked up within 7 days after the sale (by March 2nd).

The price of the item will be determined by the seller and there will be a 20% consignment fee. Checks will be available to the seller on the 2nd business day of the following month (March 4th) and must be picked up by the seller from The Old Store. This is a one day only sale!

The Old Store is located at 100 Monroe NW. For more information, contact Joyce at 373-2093.



## Free Parents Night Out

The First Baptist Church will be providing child care on Saturday, February 2nd, from 5:00 to 8:00 p.m., for infants and children up to 6th grade.

The cost is \$5 per child. For more information, or to make a reservation, call the church at 373-2420.

## Financial Fitness Class

Participants in the financial fitness class will learn about money, creating a budget, saving for college, planning for your retirement and much more.

This six-week class will meet at the library on Tuesdays from 6:30 to 8:00 p.m. beginning February 5th

The free workbook and meals for participants are provided through a grant to the Piedmont library.

Registration is required and may be done by calling the library at 373-9018.

♥ February is American Heart Month



Girls in 3rd grade through 5th grade are invited to register for a class on coding which will take place at the library after school on Wednesday, February 6, 13, 20, and 27, from 3:30 to 5:00 p.m.

Girls will work together to learn the basics of computer programming, and will have the opportunity to do hands-on technology projects.

The coding class is free. Seating is limited and registration is required.

For more information or to register for the class, call the library at 373-9018, or send an email to [info@piedmontlibrary.org](mailto:info@piedmontlibrary.org).

## Diabetes Empowerment Education Program

The Diabetes Empowerment Education Program (D.E.E.P.) classes will be held at the library from noon to 2:00 p.m. on Wednesdays from February 13th through March 20th.

The classes will be led by a trained instructor. Participants will have plenty of time to ask questions, meet others with diabetes, and learn with others in the class through games, activities and conversations. Topics covered include how to make sense of your blood sugar numbers and how diabetes affects your body.

The classes are free. Registration is requested. To register, or for more information, call the library at 373-9018, or 888-951-2277.

## DID YOU KNOW?

- ♥ The human heart pumps approximately 2,000 gallons of blood a day.
- ♥ There are approximately 60,000 miles of blood vessels in the human body.
- ♥ The incidence of heart attack is approximately 20 percent higher in men and 15 percent higher in women on Mondays.

## ♥ Heart Health Class

Keri Layton, MS, RD, LD, will teach a free class on heart health at the library on Thursday, February 7th, at 6:30 p.m. There will be plenty of time for questions and answers.

For more information, call the library at 373-9018.

## Fit Over 50

Mona Pucket leads this fitness class which meets at 10:00 a.m. on Tuesdays and Thursdays at the Nazarene church. The class is funded by a grant to the library so there is no cost to participate. Call Mona at 245-6470 if you have questions.

## SAIL Fitness

Strength and Independent Living (SAIL) fitness classes for older adults meet at the Nazarene church every Monday, Wednesday and Friday from 2:00 to 3:00 p.m. The classes are free. Call 974-5309 if you need more information.

## Abs & Assets

Mona Pucket leads this fitness class every Monday and Thursday at 6:00 p.m. at the Nazarene church. The cost is \$5 per visit. Contact Mona at 245-6470 for more information.

## Air Fryer Cooking Class

**When:** 6:30 p.m. on  
Thursday, February 28

**Where:** at the library

**Cost:** free!



## No Reading Required!

The Readers Who Lunch (but sometimes don't read) will meet at noon on Thursday, February 21 to discuss the book *Circe* by Madeline Miller.



The discussion always includes books that others have read, so if *Circe* isn't a book you would enjoy, bring your lunch and come hear about other books you might be interested in reading.

For more information, contact the library at 373-9018.

## Gardening in February

Things you can plant in the vegetable garden in February include cabbage, carrots, cauliflower, lettuce, onions, peas, potatoes, and spinach.

TLC Garden Centers are offering the following free gardening classes:

Saturday, February 2, 9:30 a.m.  
*Landscaping Your Home*

Saturday, February 9, 9:30 a.m.  
*Veggie & Herb Gardening 101*

Saturday, February 9, 2:30 p.m.  
*Houseplants for Healthy Living*

For more information about the classes, call the TLC Garden Center at 8208 NW Expressway at 720-0091.

# February Community Calendar

*Where friends meet!*

- 1, 8, 15, 22** (10:00 am) - Mother Goose on the Loose for infants & toddlers, fingerplay, stories & songs, at the library, free, 373-9018
- 2, 9, 16, 23** (7:00-9:00 am) - Coffee at PAVA building, free, 373-4820
- 2, 9, 16, 23** (10:00-2:00 pm) - Historical Society Museum is open, free, 373-9018
- 2** (5:00-8:00 pm) - Parents Night Out, babies to 6th grade, at Baptist church, \$5 per child, 373-2420
- 4, 6, 8 & every MWF** (2:00-3:00 pm) - SAIL fitness class for older adults, at Nazarene church, free, 974-5309
- 4, 7 & every M, Th** (6:00 pm) - Abs & Assets exercise class at Nazarene church, \$5 per class, 245-6470
- 5, 7 & every T, Th** (10:00 am) - Fit Over Fifty exercise class at Nazarene church, free, 245-6470
- 5, 12, 19, 26** (10:00 am) - Storytime for toddlers & preschoolers, stories and fingerplay, at library, free, 373-9018
- 5, 12, 19, 26** (6:30-8:00 pm) - Financial Fitness & dinner, learn about budgeting, saving, planning for retirement & more, at library, free, pre-registration required, 373-9018
- 6** (10:00 or 10:45 am) - Music and Movement - for toddlers & preschoolers, at library, free, 373-9018
- 6, 13, 20, 27** (noon) - Senior Adults Lunch & Fellowship, \$4, at Methodist church, for reservations call 373-2905
- 6, 13, 20, 27** (3:30-5:00 pm) - Girls Who Code - for girls in 3rd-5th grade, pre-registration required, at library, free, 373-9018
- 7** (noon) - Chamber Luncheon at city hall, free, optional lunch \$10, 373-2234
- 7** (6:30 pm) - Heart Health - nutritionist Kari Layton will share health tips and information at the library, free, 373-9018
- 9** (8:00-2:00 pm) - free vision clinic at Baptist church for ages 4 yrs through adult, glasses also free if needed, 361-3999
- 10** (6:00 pm) - Pic & Bow Concert by a rock & roll guitarist and a classical violinist, at Nazarene church, free, 373-2308
- 12** (10:00-2:00 pm) - Quilt of Valor sewing day - bring sewing machine, scissors, etc, and \$3 for lunch, at PAVA building, free, 419-778-9533
- 13, 20, 27** (10:00-noon) - Library Quilters at the library, all experience levels are welcome, free, 919-0870
- 13, 20, 27** (noon) - Diabetes Education Program at the library, free, registration requested, 373-9018
- 21** (noon) - Readers Who Lunch - book is Circe by Madeline Miller, bring sack lunch, at library, free, 373-9018
- 22** (6:00-9:00 pm) - Stampin' Up! Card Class, \$15, bring adhesive, at city hall, RSVP 535-8849
- 23** (9:00-4:00 pm) - Community Consignment Sale at 100 Monroe Ave NW, 373-2093
- 28** (6:30 pm) - Air Fryer cooking class at the library, free, 373-9018

An expanded version of the calendar is online at [piedmont-ok.com](http://piedmont-ok.com)  
A Piedmont map of community events is online at [piedmont-ok.com/map.pdf](http://piedmont-ok.com/map.pdf)