March Neighborhood Association Meetings

Thursday, March 2
Hwy 84 General Meeting, 7 p.m.
@ Harris Creek Baptist Church
(401 Stageline Dr. in McGregor)

Thursday, March 9
North East Riverside General Mtg., 6:30 p.m.
@ East Waco Library (901 Elm Ave.)

Monday, March 13
Sanger Heights General Meeting, 7 p.m.
@ Dewey Community Center (925 N. 9th St)

Tuesday, March 14
Downtown NA General Meeting, 6:30 p.m.
@ Central Library (1717 Austin Ave.)

Thursday, March 23
Alta Vista General Meeting, 6-30 p.m.
refrigerations / 7 p.m.
@ Family of Faith Church (3336 Garden Dr)

Monday, March 27
Brook Oaks General Meeting, 6 p.m.
@ Sul Ross Center (1414 Jefferson Ave.)

Tuesday, March 28
Career General Meeting, 5:30 p.m.
@ Carver Academy (1601 J. Flewellen Rd.)

Get Back to Your Roots

March is a great time to explore your family history at the Genealogy Center.

Brown Bag Lunch: Diseases in genealogical records might seem simple, but there’s more than meets the eye! Join Dr. Tim Martindale on March 13 at noon at West Waco Library.

McLennan County Cemetery Interest Group: The group meets monthly to work as a central source of cemetery information in McLennan County. (March 13 at 1:30 p.m. at West Waco Library.

Library Activities

The City of Waco wishes you a happy St. Patrick’s Day, and a year overflowing with good luck.

Waco City Limits

We’re LUCKY to have Our Waco Libraries!

There are literally too many awesome activities at our libraries to name in this newsletter, but here is a small sampling of the FUN that awaits you at the Waco-McLennan County Libraries:

Sensory Friendly Friday: Finding Dory is a great tale about friendship, family and forgetting! Join Dory as she learns family and home can be all around us. (March 4 at 2 p.m. at South Waco)

Author After: Myra Hagaeve McEldain, author of the award-winning Stein House shares her newest book, The Doctor’s Wife about early German immigrants to Texas and gives a glimpse into her writing process and inspiration. (March 4 at South Waco at 2 p.m.)

Library on the Go: Exciting off-site storytimes feature local heroes, culture and scenic localized Storytimes are at 10:30 a.m.; locations vary. For more information, visit wacolibrary.org.

Library on the Go: Photo Walks: a group walk March 6 to see downtown Waco and on March 8 to check out the river trail! Bring your camera or your phone and take tons of great pics, share them to our Facebook, Twitter and Instagram #WMCLPhotoWalk.

Pop Up Museum: Wacoans get the chance to bring their own treasures to share. If you have something that shows what Waco means to you, bring it to the Central Library March 18 from 12-4 p.m. to add it to the museum. Check out what others have brought, and see our awesome local history collection.

What’s Growing In Waco: Arie Lillard of the HOT Urban Gardening Coalition tells us what plants and how to get the most out of your garden. Plus learn about the growing movement in Waco to “grow your own” and get local with the food you eat! (March 19 at Central at 2 p.m. and March 25 at 10:30 a.m. at West Waco)

Kids’ Computer Class: 3rd - 5th graders learn about computer-related topics on library computers or their own at Waco. This month’s topic Websites You Won’t Want to Miss! (March 6 at 4 p.m)

Sensory Storytime: an inclusive storytime for children 3 to 11 with special needs. Everyone participates in the inclusive stories with hands on activities like shaken and bubbles. (March 14 at 4:30 p.m. at West Waco)

LEGOCastle Adventure Lab: Elementary kids connect with other LEGO-heads to build great things, like a favorite Waco landmark for the Pop Up Museum! (March 18 at 11 a.m. at Central)

Block Party ages 6 & under can use the library’s blocks, puzzles and games to work on motor skills and build, create and play! (March 19 at 1:30 p.m. at Central)

Library Activities

Spring Forward Round Up!

Yahoo! On Saturday, March 11 from 10 a.m. to 2 p.m., the Texas Ranger Hall of Fame & Museum will host its annual Spring Break Round Up event.

This come-and-go event will showcase a Nineteenth Century Texas Ranger camp scene, courtesy of the Texas Top Gun.

In addition, visitors can look forward to a presentation by an active-duty Texas Ranger.

The event will run from 10 a.m. until 2:00 p.m., and is included with a regular admission ticket.

Know Your Health Facts

It’s a new year and you’re on your way to a healthier you. Get the facts to make sure you have what you need to be healthy!

Tale Care of your Heart

Every 43 seconds, someone in the US has a heart attack. Lower your chances of having a heart attack with the following:

- Physical Activity: aerobic exercise for 1 hour and 15 minutes per week. Also, be sure to reduce your sedentary time each day.
- Managing Stress: use techniques such as meditation, physical activity, relaxation therapy, and talking with support systems.

Quitting smoking: Tobacco use can lead to dependence and serious health issues. Benefits of quitting include a lower risk for cancer, reduced risk for heart disease and stroke, reduced respiratory issues, and a reduced risk of lung diseases such as COPD.

How do you quit? Get started by calling 1-800-QUIT-NOW, a free phone support service that offers support, counseling, a personalized quit plan, information about stop-smoking medications, and referrals to other resources.

Teen Spring Library Activities

Spring Break is a great time for ages 11-17 at the library with these FUN activities:

Videogames at Central (3/3) and East Waco (3/3). All programs are at 4 p.m.

- Book & Movie Club: Before I Fall. Win a FREE copy of the book and binge-read before it hits the big screen. (March 2 at 4 p.m. at Central)

- Teach Me How To Train: Bringer your broccoli book & stay for the whole time or come & go. The longer you stay, the more prizes you win! (March 8 from 10 a.m. to 9 p.m. at Central)

- Doctor Who Random Club: Talk about the Doctor, take a picture with the green screen, and leave with a Who Salon craft! (March 10 at 2 p.m. at Central)

- Minecraft Club: Bring your own computer or use one of the library’s and have an adventure with friends! (March 11 at 3 p.m. at Central)

- Anime Club: Watch shows, read and draw, talk about your favorites every month. (March 16 at 7 p.m. at West Waco)

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REMINDER:

Spring Forward for Amphibians!

Join Cameron Park Zoo on Sunday, March 12 for the annual “Spring Forward, Set Your Clocks Forward,” an educational event for kids and families to learn about the importance of conserving the environment and springing forward for amphibians.

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