

MAY 2009

Happy
Memorial Day



PLUM BOROUGH COMMUNITY LIBRARY



Plum Leaf

Wise Walk



Do you want to age healthfully? Do you enjoy learning new things? Are you an involved and active 50+ adult? Visit the library weekly to report your steps, discover great resources, and enjoy a healthy aging program with a healthy snack. Orientation and First Walk on Thursday, May 7 at 9:00 A.M. Participants receive a complimentary pedometer, walking guide, and t-shirt. This program brought to you by the Allegheny County Library Association in partnership with AARP and the Highmark PALS (People Able to Lend Support) Program. **See some tips on the back of this sheet.**



Herb Basket

May 14, from 6:30 to 8:00 PM to make a kitchen herb basket. We will plant 6 cooking herbs in the basket to keep on the kitchen counter, convenient for seasoning your favorite dishes. All supplies will be provided; material cost will be between \$20.00 and \$25.00.



Space is limited to 21, so please call the Library soon to register.

Book Club

Joint book club with the Plum Senior Community Center. April's selection is the One Book, One Community selection "The Other Boleyn Girl" by Philippa Gregory. Meet us at the Plum Senior Community Center at 6:30 p.m. Remember to order your own book.



Heritage Series

Pittsburgh's Industrial Past.

Presenter Pittsburgh History and Landmarks Foundation. Wednesday, May 6 at 7:00 p.m. held at Plum borough Council Chambers. Sponsored by the Allegheny Foothills Historical Society and Plum Library. Free. Students and Adults welcome.



Story-times

Spring story-times and children's programs have begun. The library will offer story-times May 12th & 26th. Time and ages are as follows:



Tiny Tots: 11:00 a.m. 2-3 year olds.
Tot-Time: 1:00 p.m. 4-5 year olds. **Children's programs will be scheduled also. See Event-Keeper on our website for more info.**

Scrap-All-Nite Sept. 18

Cost: \$5.00 for pizza and pop. You bring your supplies, we supply the 6 foot long table at the Plum Senior Center, next door. Friday, April 17th, from 6:00 p.m. to 11:00 p.m.. Bring a friend! Call to register at the Library— 412-798-7323.



Circle of Stitchers

Knit, crochet, and stitch artists of every kind are invited to meet and share their techniques and resources. Held on the first and third Thursday of each month. For Adults.



Where to Walk in Plum Boro

1. Boyce Park - Past the Tennis Courts off New Texas Road.
2. School Tracks and around the properties
3. Your neighborhood, pick up trash as you walk.
4. Larry Mills Park off O'Block Road
5. Plum Creek Cemetery - before dark...

Plum Borough Community Library
www.plumlibrary.org

Plum Borough Community Library

445 Center-New Texas Road— Plum, PA 15239— 412-798-7323 (READ) The public is welcome to attend Library Board Meetings: 3rd Tuesdays at 6:30 pm.

Hours: Mon-Thur 10-8, Fri & Sat 10-5.

Meeting Room Requests

Our small meeting room can be reserved for your non-profit group for free. Ask for the room request form at the circulation desk. Or, please call the Library— 412-798-7323.



1 Mile = ??? Steps

One mile is equal to 5280 feet. Most people say it takes about 2000 steps for every mile. Of course everyone's stride is different. An average stride is usually somewhere between 2 and 3 feet in length. So on average it takes between 1760 and 2640 steps to complete one mile.

To measure your stride mark a distance of 50 feet. Now walk this distance and count your steps. Divide 50 by the number of steps and that is your stride length. Now, divide 5280 by your stride length to find your "average steps per mile".

How many calories are burned walking one mile?

This will vary depending on the individual, speed walked, terrain, etc. An average is 100 calories per mile.



Allegheny Foothills Historical Society

The *Oliver M. Thompson History Room* by appointment only. Please call 412-832-0685 Patty Heinbaugh.

E-mail: plumhistory@yahoo.com

Visit www.plumhistory.org