



TURN THE PAGE A NEW CHAPTER

Now that the decorations are all put away and we look to the year ahead January is the perfect time of year to pick up a new hobby, or get back into an old one that you haven't thought about in a while! Whether indoors or outdoors, with your hands or feet, for your head or your heart, hobbies are always a good idea.

Hobbies offer a healthy escape from our busy lives by keeping us engaged in something we find pleasure in. Instead of just relaxing on the couch and turning off your mind for a bit (which is totally acceptable sometimes), hobbies allow you to remain mentally productive while winding down at the same time. When you take on a new hobby, you are tasked with learning something new. Whether you're practicing a new instrument, learning a different language, or figuring out how to make jewellery, a learning curve is involved. Building new skills takes patience, a very important attribute for success. Finding a hobby that suits you may take some exploration and trial and error, but it is all in good fun! Why not it your goal to try something new or learn a new skill each month until you find something that sticks. Once you do, you're sure to find that hobbies are both enjoyable and enriching!

Your local library can help you find what you need as you take on a new challenge, be it a book, workshop, book club, or one of the many online services aimed specifically at developing your skillset.

How about a Book club?

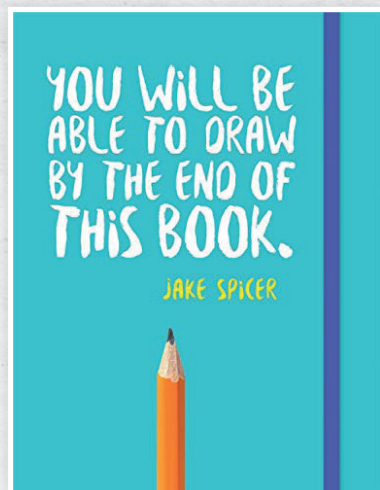
Many of Kilkenny's libraries have established book clubs which are a great way to get back into reading with the added bonus of meeting up regularly with others. Who knows? Maybe you'll find some great friends who share the same passions as you!



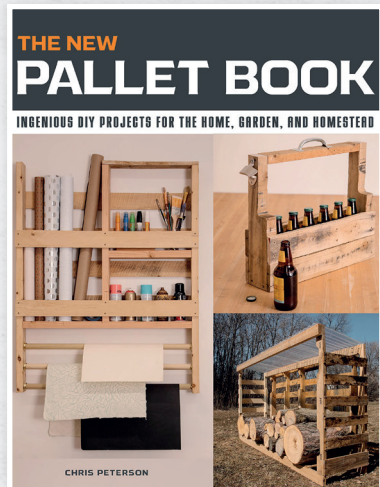
Keeping your hands busy

How about turning your hand to something you have always wanted to try, maybe now is the time to pick up that paint brush or hammer! Your hobbies needn't cost the earth, many of these are cheap to get going. Remember to keep an eye out at your local library for art classes or knitting groups. There could be something happening to suit you on your doorstep.

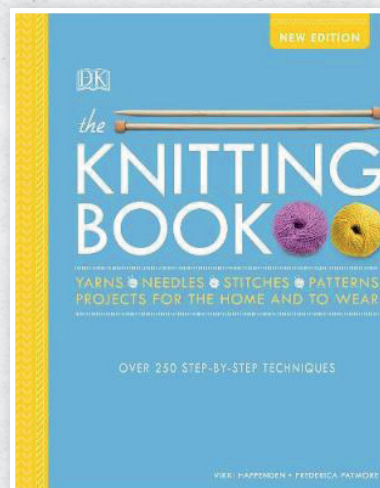
How about unleashing your creativity and developing your drawing skills, maybe its been a while since you picked up a pencil so why not have a doodle or a sketch.



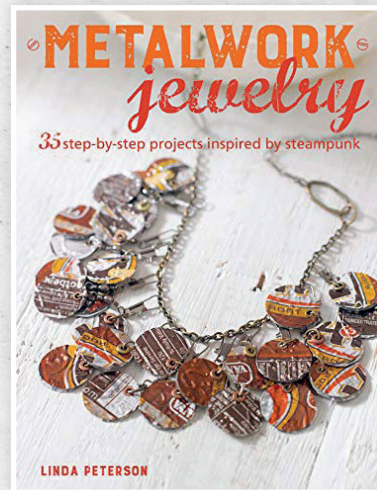
Maybe be you could get your tool kit and start a building project, this book highlights how to re-use pallets and leftover pieces of wood.



Think about it, the satisfaction of a handmade scarf you made yourself, it could be time to pick up those needles and start knitting.

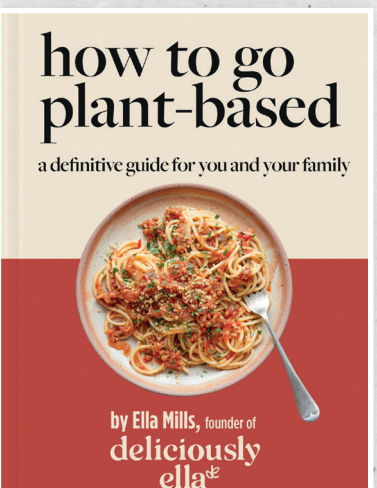
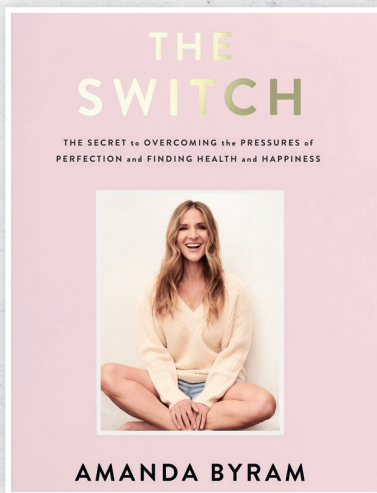


Why not try and fashion your own steampunk inspired jewellery and begin some metalwork projects.



Time for your body and mind

Maybe it is time to focus on yourself, and to think about the body and mind as you develop a new hobby. Have you thought about yoga, or pilates, meditation or mindfulness? You may want to try new ways of eating and cook up a storm in the kitchen. There are lots of books in your local library to help support your development of all these.



If you feel the need for a bit of fresh air, adventure and outdoor time, how about a book to show you hidden gems of Ireland, or walks in your area.



Learning Online

Don't forget that with your library membership, in addition to books in the branches you can browse a world of e-books and audio books through Borrowbox. In addition, through Universal Class you have access to over 500 courses. Here you can at your own pace,



in your own time. They are accredited by the IACET-the International Association for Continuing Education & Training.

Did you know that with your library membership you can avail of the Transparent Languages app which provides you with free access to over 100 language courses and 29 English language courses for speakers of different languages. So, if you have ever wanted to develop your language skills this is a great opportunity.

