

THE FOUNTAIN



De Soto Public Library

SEPTEMBER 2022

- 712 SOUTH MAIN ST, DE SOTO MO 63020 ● PHONE NUMBER: 636-586-3858
- FAX NUMBER: 636-586-1707



LIBRARY WILL BE CLOSED ON
MONDAY, SEPTEMBER 5TH
FOR LABOR DAY

Hours

- 9:00 AM- 6:00 PM
- 9:00 AM- 6:00 PM
- 9:00 AM- 6:00 PM
- 9:00 AM- 6:00 PM
- 9:00 AM- 5:00 PM
- 9:00 AM- 2:00 PM
- CLOSED



STAY STRONG, STAY HEALTHY

This MU Extension



De Soto Public Library

♥ Mid-Week ♥ Mindfulness

Learn relaxation techniques, breathing practices, mindful eating and much more!

September 7th
6:00 PM

Sign up is required
Space is limited

Class Dates & Time:
Tuesdays and Thursdays
August 2- September 27
11:30-12:30

Location:
DeSoto Public Library
712 S. Main St.
DeSoto, MO 63020

Cost: Free
Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.

Are you looking to begin an exercise program or to start exercising again? Don't like going to the gym? Our low impact, strength-training program helps those that would like to be more active and re-energize your fitness routine!

Participants will be guided safely by a trained instructor through a warm up, upper and lower body muscle-strengthening exercises and a cool down.

Equipment will be provided.

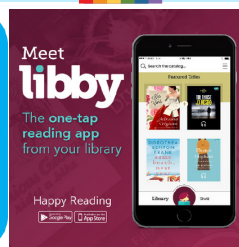
Register at: DeSoto Public Library; 636-586-3858

Extension
University of Missouri

WE BRING
EDUCATION TO YOU

an equal opportunity/ADA institution

314-400-2115



SEPTEMBER IS
**LIBRARY
CARD
SIGN-UP
MONTH!**

**\$25.00
FOR A NON-RESIDENT
CARD!!!**



SEPTEMBER EVENTS

PUP TALES

Storytime with Darcy the chocolate lab!

**September 8th @
4:00 PM**

FREE COMIC BOOK DAY

Come in and get free comic books and wear a costume to be entered in a drawing to win a prize!

**September 24th @
11AM - 1PM**

TEEN BAG A BOOK

Bags are available for pickup at the beginning of the month

Challenge of the Month:

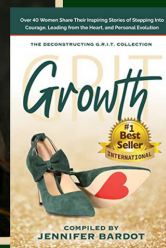
Read a book with a cover that catches your attention

**To sign up call
636-586-3858**

De Soto Public Library

Tuesday, Sept. 20th
6:30pm

**Emily
Thorne**



Over 40 Women Share Their Inspiring Stories of Stepping Into Courage, Leading from the Heart, and Personal Evolution

LOVE the LIBRARY

September Challenge

♥ Read a Biography ♥

Like us on Social Media

