

# beat the winter blues

A list of material from the Four County system that could help you get through the winter.

## Color Art Books: (Q denotes oversized)

1. **Monet: Itinerant of Light** Q759.4 MONET R
2. **Georgia O'Keeffe** Q759.13 OKEEFFE E
3. **Mark Rothko, 1903-1970: A Retrospective** Q759.13 ROTHKO
1. **Giotto** Francesca D'Arcais Q759.5 GIOTTO D
2. **Chagall** - Catalog of an exhibition Q709.24 CHAGALL C
3. **Wolf Kahn, Landscape Painter** Martica Sawin 759.13 KAHN
4. **David Hockney** Q759.2 HOCKNEY
5. **Hudson River School: American Landscape Painters**  
Bert Yaeger Q759.13 YAEG
6. **Japanese Prints** Gabriele Fahr-Becker 769.952 FAHR
7. **Delicious: the Life & Art of Wayne Thiebaud**  
J759.13 THIE (note: this is a Junior book)

## Coloring Books:

1. **Coloring for creativity: release your imagination through coloring** 741.2 COLO
2. **Color your own Impressionist paintings** 741.2 NOBL 30 unforgettable paintings by the greatest Impressionists.
3. **Color your own Italian Renaissance paintings** 741.2 NOBL

## Yoga DVDs:

Enter "Rodney Yee" in your search for these DVDs:

1. **Rodney Yee's Ultimate power yoga build strength, relax the mind & boost energy**
2. **Stretch, flex & tone strengthen muscle & increase range of motion**
3. **All day yoga for beginners**
4. **Rodney Yee's complete yoga for beginners**
5. **Rodney Yee's yoga for your week: feel great, lose weight & increase flexibility** in just 20 minutes a day.

PEGGY CAPPY (*no background music*):

1. **Yoga for the rest of us: easy yoga for arthritis**
2. **Yoga for the rest of us: back care basics**
3. **Yoga for the rest of us: a step-by-step workout**
4. **Survival guide for pain-free living**

CHAIR YOGA:

1. **Chair Yoga Just for You** James EagleFeather Holley, DVD 613.7046 CHAIR (at Worcester Library)
2. **Chair aerobics for everyone: chair yoga** Heather Garrell, DVD 613.7046 CHAI

## Stretching and Exercise DVDs:

1. **Stretching for Seniors** by Ann Smith. Simple stretching for older adults. DVD 613.71 STRETCHING
2. **Walking Strong** by Carol DeCarlo. Treadmill exercises DVD 613.71 WALK
3. **A.M. & P.M. stretch** by Madeleine Lewis. A sequence of exercises that stretches muscles, improve posture and increases the range of motion in you joints. DVD 613.7 AM
4. **Box, Balance & Lift** by McCracken, Megan  
Features workouts to gain strength and balance which can be completed either seated or standing. DVD 613.7 BOX
5. **Balance & strength traditional exercises**  
by Jane Adams. Modified tai chi and yoga for seniors and older adults. 613.7BALA/DVD
6. **Independence fitness:** coordination & balance workout for seniors with Connie Balcom. Coordination and balance exercises help one walk more confidently and decrease the likelihood of falls. DVD 613.71 INDEPENDENCE
7. **15 minute stretching workout** by Suzanne Martin DVD AND BOOKD
8. **Power half hour Stretch** by Tony Horton. A 10-minute power stretch to warm up continuing with an intensive 20-minute stretching routine DVD 613.7 POWE
9. **Pure & simple stretch** K. Voight DVD-70
10. **Sit and be fit : easy fitness for seniors**
11. **15 minute Dance Workout** (DVD & book) C. Bosler

## Journaling:

1. **Journal sparks: fire up your creativity with spontaneous art, wild writing, and inventive thinking** 745.5 NEUB
2. **Journal revolution: rise up and create!** art journals, personal manifestos and other artistic insurrections 745.593 WOOD
3. **Adventures in mixed media** collage, stitch, fuse, and journal your way to a more creative life 745.5 DAVI
4. **My story: easy digital tools to archive your life, with photos, music, videos, and keepsakes** 771.46 JUNI

## Binge watch a Ken Burns series:

1. **Jazz** 781.6509 JAZZ
2. **The Civil War** DVD-622
3. **Baseball** DVD 796.357 BASE
4. **The Shakers** DVD 289.8 SHAK
5. **The National Parks: America's Best Idea** DVD 917.3
6. **Brooklyn Bridge** 624.55 BROO
7. **Thomas Jefferson** DVD 973.46 JEFFERSON
8. **Not for Ourselves Alone: the Story of Elizabeth Cady Stanton and Susan B. Anthony** DVD 305.42
9. **The Vietnam War** DVD 959.7043 VIETNAM  
(more online)