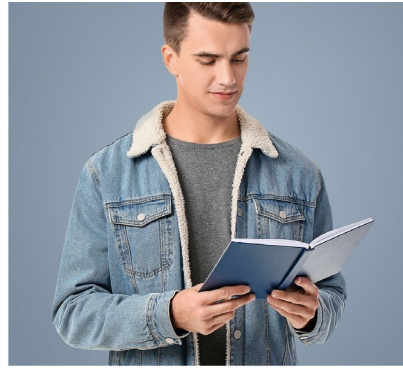


winter 2024 NEWSLETTER

THE LEMONT PUBLIC LIBRARY DISTRICT

JANUARY/FEBRUARY/MARCH 2024



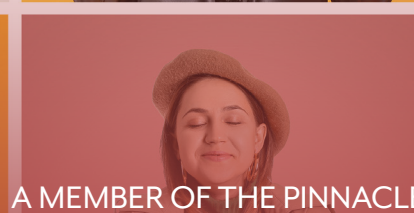
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A MEMBER OF THE PINNACLE LIBRARY COOPERATIVE

P: 630.257.6541 / F: 630-257-7737
50 E. WEND ST, LEMONT, IL 60439

lemontlibrary.org / info@lemontlibrary.org

  @lemontlibrary

January 1 to February 29

Time to settle in, get cozy, and read your favorites or try something new. Participate in our all ages Winter Learning Challenge from January 1 - February 29. For every 5 days of reading or learning logged, earn a virtual raffle ticket to enter into one of our grand prize drawings. You can also earn a virtual raffle ticket for every activity you complete. Stop by the library to pick up a paper log beginning December 15 or follow along on <https://lemontlibrary.beanstack.org/reader365>



FROM THE DIRECTOR

Greetings and Happy New Year!



My name is Mary Golden, and I am the new Director of the Lemont Public Library District. I am incredibly honored to have been chosen for this position. I have worked in libraries for many years serving in numerous roles. Throughout my career I have seen the impact that librarians have in the communities they serve and believe more strongly today than ever that public libraries are integral and vital to our communities. They are truly the people's university. I look forward to leading the library team as we embrace the opportunities of the present and prepare for the future.

Sick at home? Don't have time to browse for books, movies, and more?

Fill out the library's **Materials Pickup Request form**, then wait for a call or email letting you know to pick up your checked out items from the library's vestibule.



Oscars Weekly Movie Quiz

February 14 - March 6
Each week, 4 new questions will be released for you to test your Oscars trivia. Prizes given to one winner announced weekly for a total of 4 winners. Stop by the library to enter the contest or watch for our new quiz each week in our weekly email.

LIBRARY HOURS

Monday–Thursday: 9am–9pm
Friday and Saturday: 9am–5pm
Sunday: 1pm–5pm

LIBRARY CLOSED DATES

January 1 New Year's Day
March 31 Easter



BOARD OF TRUSTEES

Vytenis Kirvelaitis, Board President
Patricia Camalliere, Vice President
Michaeline Skibinski, Treasurer
Catherine Sanders, Secretary
Laura Burt-Nicholas, Trustee
Melanie Grzesik-Duffy, Trustee
Renee Miller, Trustee

Meeting agendas are posted 48 hours in advance of the meeting date on the library website and the library notices board. The public is welcome to attend Library Board meetings.

Board meetings are held on the second Tuesday of each month in the Library Event Space, 50 E. Wend St., Lemont.

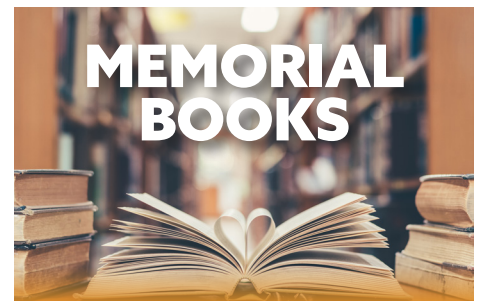
Library After Hours

Friday, February 23 • 6-9 pm

NEW!

Stop by the library for a cozy evening to find your next best read with a librarian, or peruse the shelves on your own. You can find a quiet place to read, or enjoy a spot to have refreshments and gather with your friends. 21 and over only please. Light snacks and drinks will be provided. \$5 suggested donation at the door.

MEMORIAL BOOKS



Did you know you can **honor your loved ones** with a memorial book we will add to our library collection? You can ask us to purchase a book that matches their personality and we will inscribe it and make it available for all to honor their memory.

KIDS

Any program marked with an **R** requires advanced registration through our online event calendar, by clicking on the program below, or by calling 630-257-6541 x 3.



Monday Morning Mommy Meet-Up **R**

(Moms with children ages 0 - 4)

2nd and 4th Mondays

11:15 am

January 8 & 22

February 12 & 26

March 11 & 25

Meet up with other moms to discuss books, movies, or current events while your little ones are busy doing activities and crafts.

Intergenerational Uno (Ages 5+) **R**

Thursday, January 11 • 4 pm

Sign your child up to play a few rounds of the card game Uno with some awesome seniors during this intergenerational program.



Move & Groove

(Ages 0 - 5 with caregiver)

Fridays • 10 am

January 12 - March 29 (No Class Feb 16)

Kick off Fridays with music, movement, & noise!

Taekwondo (Ages 5+) **R**

Saturday, January 13 • 12:15 pm

Annyeonghaseyo! The library is turning into a temporary Dojang for this program introducing kids to the sport of Taekwondo. Join Master Damon and his assistants from T-USA Lemont as he shares his knowledge of Taekwondo techniques.

Music Makers **R**

(Ages 0 - 5 with caregiver)

Wednesdays • 10 am

January 3, 17, & 31

February 14 & 28

March 13 & 27

Join local music school Edge Music Academy for this hands-on, early childhood music class. Let's make beautiful noises together! Sponsored by Beth and Scott Striker and The Friends of the Lemont Public Library.

EMA
Edge Music
Academy



Duplo Builders

(3+ with caregiver)

Tuesdays • 10 am

January 9, February 13, March 12

Not ready to build with the big kids? No worries! This Duplo day is geared towards your littlest architects so they can build (and destroy) their own creations of big building blocks.

New
Day &
Time!

Not Quite Ready for Storytime

(Ages 0 - 5 with caregiver)

Wednesdays • 10 am

January 10 & 24, February 7 & 21

March 6 & 20

Does your child crave stimulation? Do they struggle to sit still? This is the program for them! We'll have a lively mix of rhymes, fingerplays, songs, and movement activities.

Evening Family Storytime

(Ages 3 - 8 with caregiver)

Wednesdays • 6 pm

January 10 & 24

February 7 & 21

March 6 & 20

Join us for stories, songs, rhymes, and more with your Youth Services staff.

Cheez Whiz Challenge

(Grades 2 - 5) **R**

Saturday, January 6 • 2 pm

Put your building skills to the test using Cheez Whiz, crackers, and pretzels. Can you build the Leaning Tower of Cheeza? Come find out!



Last Day Lounge (Ages 5+) **R**

Monday, January 8 • 2 - 4:30 pm

Enjoy the last afternoon of break by watching a movie, doing some crafts, playing games, and, most importantly, relaxing.

WEEKLY STORYTIMES

January 9 - March 30

(No storytimes February 13 & 15)

Lapsit Baby Storytime

(Ages 0 - 3 with caregiver)

Tuesdays • 11 am


Tuesday's lapsit program is geared for younger babies, with bounces, rhymes, and tickles.

Toddler Storytime

(Ages 0 - 3 with caregiver)

Thursdays • 11 am

Thursday's program is aimed at babies who are walking, with lots of movement for young ones on the go!



PRESCHOOL FAIR

(Parents of children ages 0-5)
Tuesday, January 23 • 6 - 8 pm
 Parents, drop in for light refreshments and learn about different options for preschool in the Lemont area. Childcare will be provided by volunteers while parents are in the program.

Artful Messes®

(Ages 0 - 4 with caregiver)

Mondays • 10 am

January 29, February 5, March 4

This class is for our littlest artists to explore the wonderful world of color creativity.

Dress to get messy please!

Family Bingo

Nights (Ages 5+)®

Mondays • 6 pm

January 29

February 26

March 25

Join Ms. Joan for fun themed Bingo games and prizes.




Dudes & Donuts®

Saturdays • 10:30 am
 January 27, February 17, March 16
 Come for the donuts, stay for the conversation. Bring the kiddos for activities and coloring, have a donut, and chat with other dudes about whatever comes to mind. A perfect way to meet other dads with common interests.



The Pigeon Wants to Play®

(Ages 0 - 5 with caregiver)
Monday, February 19 • 10 am
 Join us for some fun activities inspired by everyone's favorite bird, The Pigeon.



Lego Mystery Afternoons

(Ages 5+)®
Tuesdays • 4 pm
 January 30, February 27, March 26
 Build your creation using only the bricks in your mystery bag. We'll set a new challenge each session.

Trust the Process Art Nights®

(Ages 5 - 11) **Wednesdays • 6 pm**

January 31, February 14, March 27

It's about the journey, not the destination.

This class, geared towards our budding artists, will explore different art mediums while making unique pieces to bring home. Splat happens, so make sure to dress for mess.



Bruno's Best Birthday with author Megan Deliberto!

(Grades K-3)®

Saturday, February 17 • 2 pm

Join us for a special story time with international award-winning author, Megan Deliberto. Megan will be reading her new book, *Bruno's Best Birthday*, a delightful story about friendship and determination. After the reading, children are encouraged to stay to learn about the animals in Megan's books. Have you ever seen a polar bear tooth or wondered just how tall a giraffe can grow? Megan will be available after the program for an author signing, photos, and questions. She will have her books available at a discount for all attendees.



Yahtzee

Intergenerational Yahtzee

(Ages 5+)®
Thursday, Feb. 22 • 4 pm
 Sign your child up to play a few rounds of the dice game Yahtzee with a senior buddy during this intergenerational program.

Take Flight (Grades K - 3) ®

Monday, February 19 • 1:30 pm

Birds can fly, so why can't I? Find out the answer to this and all your burning questions about birds with hands-on learning activities with the DuPage Birding Club.



Crafty Crows

(Grades 4 & up) ®

Monday, Feb. 19 • 1:30 pm

You'll want to flock to this program where we will be building and decorating our own birdhouses.

Homeschool Parents Night Out

Thursday, January 18 • 6:30 pm

Get together with other parents and meet with a librarian to discuss how the library can better serve its home-schooling families. Childcare will be provided by volunteers while parents are in the program.

Homeschool Hangout

(All Ages)

Fridays • 1 pm

January 19, February 16, March 15
Meet other homeschoolers and enjoy stories, crafts, and activities.

Dog-gone Good Reads

(Independent Readers ages 5 & up) ®

Mondays • Sign up for one time slot between 6 - 7 pm

February 5 & March 4

Sign up to read with a therapy dog from PAWSitive Therapy Troupe. You'll have fun reading to these furry friends, no bones about it!



Spy Vs. Spy (Grades 3 - 5) ®

Thursday, Feb. 15 • 4 pm

Are you sneaky? Can you keep a secret? Test your spy skills in this program to celebrate the release of the new City Spies book: *Mission Manhattan*.



Leap Program (Ages 5+)

Thursday, February 29 • 4 pm

Celebrate the day that only happens every four years with leaping contests, crafts, trivia, and more!

Intergenerational Spoons

(Ages 5+) ®

Thursday, March 28 • 2 pm

Sign your child up to play a few rounds of the card game Spoons with some fun seniors during this intergenerational program.

Seed Ball Bonanza (Ages 5+) ®

Friday March 29 • 2 pm

Join us on the Youth Services patio* for a program that's sure to be a ball! Stop by to create your own seed balls to kick off the planting season. *Weather dependent*

Embrace Your Awesomeness

(Ages 5+) ®

Saturday, March 2 • 2 pm

Do you Kung Fu? If a panda can, so can you! Join us in watching the first *Kung Fu Panda* movie and see if you have what it takes to be a Master.



Passive Programs

1000 Books Before Kindergarten

Sign up through Beanstack or at the Youth Services desk and keep track of how many books you read together. For every 100 books read, kids will add a new petal to their flower and help us grow a garden of readers. They'll also receive a few other special prizes on their way to 1000!



Sick at home? Don't have time to browse for books, movies, and more?

Fill out the library's **Materials Pickup Request form**, then wait for a call or email letting you know to pick up your checked out items from the library's vestibule.

Crafternoon Kits

Wednesdays

January 17 - March 27

Stop by the Youth Services desk every Wednesday for our weekly craft kit while supplies last.

Book Crush (All Ages)

February 4 - 13

Stop by the Youth or Adult Services desk the week before Valentine's Day to write a love note to your favorite book. The notes will be delivered to the books on Valentine's Day, be sure to stop by and see the love!

Where in the Library are The Lucky Leprechauns?

March 1 - 17

Stop by the Youth Services department in the weeks before St. Patrick's Day to see where The Lucky Leprechauns turn up next.



TWEEN & TEEN

Teen programs are intended for grades 6 - 12 unless otherwise noted. Any program marked with an **R** requires advanced registration through our online event calendar, by clicking on the program below, or by calling 630-257-6541 x 3.

Passive Programs

Character Pen Pals Letter Writing (Volunteer Opportunity) Ongoing

Earn up to five service hours by using our supplies to write letters to children as their favorite character. Please fill out the form on the teen page of the library's website before you pick up a kit at the Youth Services desk to take home.

Teen Treat Your Shelf Book Bag ®

Sign up by the 15th of each month

Sign up on the teen page of our website each month to receive a book bag created just for you! Your amazing bag will be filled with a selection of snacks, surprises, and books to check out based on your input.

Teen Take n' Make

January 1: Snack Paper Squishies

February 1: Magazine Wall Art

March 1: Finger Knitted Rainbow

Pick up a different craft kit each month in our teen room while supplies last.



100 Books Before Graduation (Grades 6 - 12)

Ongoing

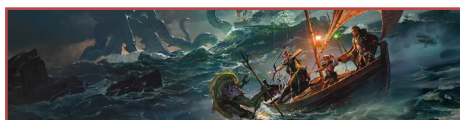
Reading books for school or for fun? Log your books with Beanstack and earn prizes on your way to 100 reads!



Ongoing Volunteer Opportunities

ARC & Other Book Reviews

See the teen page of the library's website for more details.



Adventurers Unite ®

Thursdays • 6 - 8 pm

January 11 & 25, February 8 & 22

March 21 & 28

Sundays • 2 - 4 pm

January 21, February 18, March 17

Join us as we play through the Dungeons and Dragons Ghost of Salt-marsh campaign. Participants will be able to choose a pre-made character at their first session or contribute their own character to join in the fun.

TEEN VOLUNTEER SQUAD

(Volunteer Opportunity)

Thursdays • 4 pm

January 11 & 25, February 8 & 22

March 7 & 21

Make your voice heard! Teens share what they're watching, reading, etc., while also sharing opinions on current and future teen programs. We'll work on various service projects at each meeting.

At Your Service

(Volunteer Opportunity)

Tuesdays • 4 pm

January 16: Valentines for Seniors & Troops

February 20: Character Pen Pals Letter Writing

March 19: Pass the Positivity Cards

Come socialize with other teens while you complete service projects for community organizations.

TEEN PROGRAM TEST LAB (Volunteer Opportunity)

Be our guinea pigs and test new and existing program ideas. Tell us what you like, what you would change, and if we are offering events at the right day & time. Teens will receive service credit for participating in test lab programs.

Strictly Self Defense with Lindsey Daehnke ®

Thursday, January 4 • 4 pm

Tweens & teens will learn simple self defense techniques, including age-appropriate discussion of self defense related topics encouraging attendees to make good decisions, to speak up when something does not seem right, and to use physical techniques when necessary.

Open Art Studio

Saturdays • 3 pm

January 13, February 10, March 9

Drop in and mingle with other creative types while you use our materials to make something totally original and totally you. You're also welcome to bring in projects from home to work on.

Taster's Choice: Lays & M&Ms

Monday, January 15 • 4 pm

Join us for a civilized afternoon of Lays potato chips and M&M tasting. Are your taste buds up to the challenge?



Lovely Cookie Decorating ®

Tuesday, February 13 • 3:45 pm

Decorate a tasty treat good enough to give to someone sweet!

Snack n' Study with Therapy Dogs

Wednesday, March 20 • 3 pm

Come enjoy some calm music and snacks and pet a furry friend from the PAWSitive Therapy troupe while you take a break from studying.

ADULT PROGRAMS

Any program marked with an **R** requires advanced registration through our online event calendar, clicking on the program below, or by calling 630-257-6541 x 2.

Friends Corner

COOKING
WITH THE
FRIENDS OF
THE LIBRARY



COOKBOOK SALE

Sunday, Feb 4 • 1 - 4 pm

Stop by to gather recipe books for cooking during the Winter months ahead! Nothing over \$1!

WANTED: A volunteer that is familiar with WordPress to create The Friends of the Lemont Library website. Please email: noteablepam@hotmail.com.

Oscars Weekly Movie Quiz



OSCARS

February 14 - March 6

Each week, 4 new questions will be released for you to test your Oscars trivia. Prizes given to one winner announced weekly for a total of 4 winners. Stop by the library to enter the contest or watch for our new quiz each week in our weekly email.

WEALTHY & WISE

Downsizing Made Stress-Free: Preparing to Sell Smart with Pawlak Properties **R**

Wednesdays • 11 am - 12 pm

January 10, January 24, February 7, February 21, March 6, March 20

Ease the burden of selling your home and navigate the challenges of downsizing effortlessly with local real estate experts Mark and Wendy Pawlak. Discover practical tips for deciding what to keep or discard, learn how to stage your home effectively, and participate in an engaging Q&A session while enjoying a complimentary lunch. Let us help to guide you through the process! Choose from the sessions above.



Can I Afford to Retire? **R**

Monday, January 22 • 7 pm

What are the questions that every retiree must answer before embarking on a successful retirement? Attendees will be given in depth instruction on the nuances of Social Security and then discuss the basic need for an estate and or financial plan. The instructor will help attendees conduct an estate analysis complete with a net worth statement.

Paying for College 101 **R**

Monday, January 29 • 6:30 pm

Maria Koeppen returns to help you unravel the mysteries of scholarships, grants, and student loans. From uncovering hidden financial aid gems to smart budgeting strategies, she has your back. Practical tips and resources will be shared that will not only make the college journey more affordable but also set you up for financial success beyond graduation. Get ready to empower your education and your wallet.

Call me Old Fashioned - Antiques Roadshow with the Lemont Area Historical Society **R**

Friday, February 2 • 6:30 pm

Join us for an evening at Old Stone Church (306 Lemont Street) to find out what treasures are hidden in your house. Antique appraiser Rex Newell will share stories of found treasures and what's hot in the antique market. The first 40 people who register will be able to bring in an item for appraisal (No firearms, Native American or Asian antiques will be appraised.) \$5 entry fee, refreshments will be served.



Coffee with a Coach **R**

Thursday, February 15 • 7 pm

Start the new year with putting some self-care as a priority. Join Sara Pasowicz, a professional life coach, to listen and help you work through a challenge or just be there to listen and help motivate you. No, this is not therapy, Sara is here to listen and help you facilitate and achieve your goals. Personal sessions can be set at a future date in a setting that is comfortable, confidential, and convenient for you.

Creating a Plan: Advanced Directives **R**

Wednesday, March 13 • 6:30 pm

Thursday, March 14 • 1 pm

Join retired healthcare lawyer, Patricia Foltz, as she walks you step by step through filling out the proper paperwork from a living will to durable power of attorney.

Library After Hours

Friday, February 23 • 6-9 pm

Stop by the library for a cozy evening to find your next best read with a librarian, or peruse the shelves on your own. You can find a quiet place to read, or enjoy a spot to have refreshments and gather with your friends. 21 and over only please. Light snacks and drinks will be provided.

\$5 suggested donation at the door.



Creating a Disney Dream Vacation®

Tuesday, February 27 • 7 pm

Join Magical Moments representative Lisa to plan your perfect Disney or Universal Vacation. Budget friendly, adults only, or with the fam; whatever trip you are looking for, she is ready to help you have a magical time!



Help! My kid is addicted to their phone!®

Thursday, February 22 6:30 pm

Cellphones are a cornerstone of our daily lives, used for work, school, recreation, and connection. But what impact can they have on our and our children's well-being without us realizing it? We will discuss those concerns and practical ways to make healthy and beneficial changes to improve our everyday lives. Presented by school counselor, Melanie Grzesik-Duffy.



Great Decisions 2022 Discussion Series®

**Mondays • 6:30 pm
March 4 - April 22**

The Foreign Policy Association's Great Decisions series. Meet each week to discuss the most global issues in a non-partisan, open environment. Participants are encouraged to attend all 8 meetings and read the materials in advance. An email will be sent with instructions on how to purchase the materials. Cost is approximately \$35/person.



READ, SEEN, HEARD

Discussions of books, films, and other media in various settings. Pick up materials at the Patron Services Desk for clubs. Don't forget many of our titles are available on our eReading platforms. (Not sure how to use one, join our eReading class on January 23 at 7 pm).

Movie Club®

Third Thursday of the month • 1 pm

Watch the movies as a group on our 10 foot screen and stay for a lively discussion.



JAN. 18
Solaris PG-13
(2002) Sci-Fi/
Romance, 1 hr
39 min



FEB. 15
Chocolat
(2000)
Romance/
Comedy,
2hr 1 min



MARCH 21
Apollo 13 PG
(1995)
Adventure/
Documentary,
2h 20m

Brewed Alternatives®

First Thursday of the month • 7 pm

NEW, change of location, now held at the library



FEB. 1
The Last Action Heroes by Nick de Semlyn



MARCH 7
The Night of the Hunter (film)



APRIL 4
BYOB (Bring Your Own Book)
Suggest a title you think others need to add to their TBR List!

Mid-Morning Mysteries

First Friday of the month • 10:30 am



FEB. 2
The Winter People by Jennifer McMahon



MARCH 1
The Last Devil to Die: A Thursday Murder Club Book 4 by Richard Osman

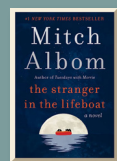


APRIL 5
The Last Remains by Elly Griffiths

Happy Bookers on the Town®

2nd Thursday of the Month • 7 pm / Held at Pollyanna Social 326 Main Street

Our fiction and collection development librarian, Maureen, loves to share her passion for books at her Happy Booker events. Now she's focusing on one novel at a time.



JAN. 11
The Stranger in the Lifeboat by Mitch Albom



FEB. 8
Someone Else's Shoes by Jo Jo Moyes



MARCH 14
Tom Lake by Ann Patchett

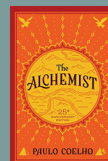
Gil's GENRE-fiction of the Library®

3rd Tuesdays of the Month • 2 pm / Located in the Event Space

Gil's taste in books has a range so it should be easy to find something that fits your bill too!



JAN. 16
Greenlights by Matthew McConaughey



FEB. 20
The Alchemist by Paulo Coelho



MARCH 19
Pioneer Girl by Laura Ingalls Wilder



Sam's Savvy Selections®

Tuesday, January 23 • 6:30 pm

This month's club held at Pollyanna Brewing 431 Talcott Avenue. Join Sam as she discusses her favorite fairytale retelling: *Malice* by Heather Walter.

Social Security: Get What's Yours®

Thursday, March 21 • 7 pm

Financial Advisor Mark J. Hughes will be talking through topics like what exactly is social security, what your personal benefit may look like, how salary and taxation affect your benefits, spousal benefits, and much more.



Check out IPO

The Illinois Philharmonic Orchestra at the Ozinga Chapel of Trinity Christian College provides free passes to library patrons on a first-come, first-served basis. Stop by Patron Services to reserve tickets for the upcoming concerts, beginning two weeks prior to the day of the concert. *1 pass per concert, 2x per season, per patron limit.*



February 24 • 7:30 pm (tix available 2/10)
Sierra Marsalis and Gershwin

March 16 • 3 pm (tix available 3/2)
Debussy, V. Williams, & Thomas

TECH TUESDAYS®

Join our tech wiz librarians, for help on your most pressing topics.

Senior Sessions

Jan. 9, Feb. 13 & March 12 • 2 pm

Come with any questions about technology where you need the most help. Bring your own computer, tablet, or phone.

Reading is free and the library is always open with Libby and hoopla

Tuesday, January 23 • 3:30 pm

Put your new device to the test and learn how to use our free reading and listening apps. Bring your device and all associated passwords!

Cut the Cable Cord

February 27 • 2 pm

Join us for an informative session where we'll guide you through the process of cutting the cable cord, helping you discover alternative streaming services.

What a tweet! Winter Birding Chat®

Monday, February 19 • 7 pm

Join a member of the DuPage Birding Club to chat about Winter feeder birds that live and migrate to this area. Chat about what's happening with local birds and what areas to look for them. Discuss dos and don'ts and what are the best things to attract and feed birds.



HOBBIES AND HOW-TOS

Chez Madelaine's Library Kitchen®

Eat your heart out Johnny Depp

Thursday, February 8 • 6:30 pm

Recipes include chocolate crepes with different fillings.

Crafternight with Holly - Afterhours®

Friday, January 19 • 6:30 pm

Tissue Paper Painting

Friday, March 8 • 6:30pm

Pressed Flower craft



MahJong

Mondays • 1 pm

Did you know a local MahJong group meets weekly? Tiles provided. The more, the merrier! Played with the National MahJong League card.

Get Spicy

Get Spicy gets a sponsor! Spices for this program have been generously donated by Pete's Fresh Market.

January - Pizza Seasoning

February - Old Bay Seasoning

March - Colman's Dry Mustard



GETTING SOCIAL

Plant Swappin' with Aster Gardens®

Wednesday, Jan. 24 • 6:30 pm

Bring your own house plants to trade with others. Don't know your stamen from your pistil? A short demo on propagation will get things sprouting up in no time to add some life to your winter home.



Women's Small Business Monday Monthly Meet-Up®

Mondays • 6:30 - 8 pm

January 15 • February 19 • March 18

Join Liz Rose and other local women business owners on the third Monday of the month. This program is perfect for business owners just starting out and veteran business owners on the lookout for how to keep things progressing.

HEALTHY HAPPENINGS

Brain Health: It's a No Brainer! ®
A University of Illinois Extension Program



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

This research-informed series presented by Family Life educator Molly Hofer finishes up with part 3 of the series.

Two Heads Are Better Than One

Wednesday, January 10 • 1 pm

Did you know that staying socially engaged with others and doing things together is not only good for your soul, but also good for your brain? In this session, you will learn about the aging brain, and what you can do to keep your brain engaged.

Lemont Walking Club hosts The Library Monday Morning Mosey ®

Mondays • 9:30 - 11 am

January 15 • Goals & Accountability

February 19 • Blue Zones

March 18 • Food as Fuel

Join Danyelle Andrews from Bee Well Collective and leader of the weekly Lemont Walking Club for a wonderful walk around the neighborhood followed by a brief discussion about wellness and staying active. Remember: there is no bad weather, only bad clothing!

I'VE ALWAYS WANTED TO... Learn How to Play Pickleball ®

Saturday March 16 • 3 pm

Tuesday March 26 • 7 pm

Join pickleball lovers turned coaches to help you take the intimidation out of the hottest game on the courts. Class will be held at The Core in the main gym. In partnership with the Lemont Park District, a special discount coupon will be offered for future pickleball play. Please register for only 1 class.



Understanding Common Sports Injuries with Advocate Health ®

Thursday, January 25 • 7 pm

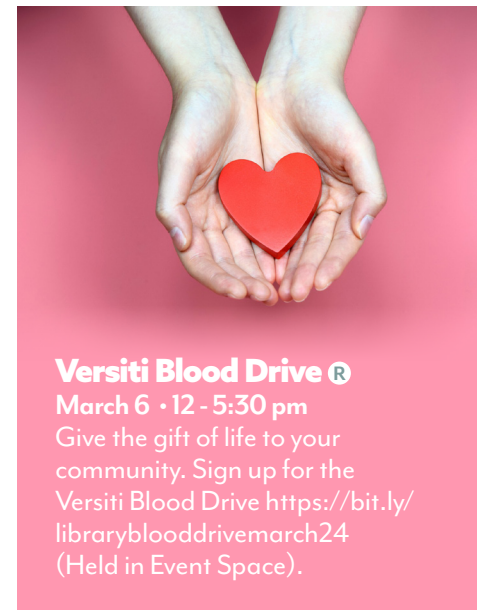
Join Orthopedic Surgeon, Jonathan Watson, MD, as he discusses diagnosis, treatment and prevention of common sports injuries. Make sure you or your athlete is taking the precautions to participate in your favorite sport.



Versiti Blood Drive ®

March 6 • 12 - 5:30 pm

Give the gift of life to your community. Sign up for the Versiti Blood Drive <https://bit.ly/libraryblooddrivemarch24> (Held in Event Space).



Sports Physicals with Vodicka Family Health ®

Saturday, January 13 • 9 am - 1 pm

Make an online appointment with Lemont resident, Jessica Vodicka, NP, ANP, to get your school/sports physicals complete for the upcoming Winter sports season and school year. For \$20 you will walk away with the appropriate paperwork to submit to the school districts and Athletic Offices. **Spots are limited, registration preferred, NO walk-in appointments available.** Each appointment will last approximately 25 minutes.



Yoga Led by Sandy Bianco, CYT ®

1st Wednesday of the month • 7 pm

January 3, February 7, & March 6

Ageless Grace (z)

Led by Holly Ramsdell ®

2nd & 4th Mondays • 12:45 pm

January 8th

February 12 & 26

March 11 & 25



Ageless Grace® is

a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain – strategic planning, memory/recall, analytical thinking, creativity and imagination, kinesthetic learning – and simultaneously addresses all 21 physical skills needed for lifelong optimal function.