

## COOKING WITH CHEF MADDOX

— REGISTRATION REQUIRED —

**WARM COMFORT FOOD:** Jan 26 at 10:30am  
**TASTE OF TUSCANY:** Mar 16 at 10:30am  
**SPRING 3-COURSE DINING:** Apr 27 at 10:30am  
**SEASONAL SALADS & SIDES:** May 11 at 10:30am

## MONTHLY PROGRAMS

### Knitting Meetup

Every other Thursday starting Jan 3 from 1-3pm  
Join our informal knitting & crochet group! Please note that this is not a knitting class or instructor-led program.

### Basic Yoga Registration required.

Jan 11, Feb 8, Mar 1, Apr 5, May 3 at 9am

### Vinyasa Yoga Registration required.

Jan 18, Feb 15, Mar 8, Apr 12, May 10 at 9am

### Meditation Registration required.

Jan 29, Apr 4, May 9 at 6:30pm

### Mahjong

Mondays at 9:30am & Wednesdays at 1pm

### Bingo for Adults

Third Friday of the month at 1pm  
[SPECIAL DATE ON APRIL 18]

### Movie Matinee for Adults

April 8 at 1pm: First Man  
May 6 at 1pm: A Simple Favor

### Coffee, Donuts, & a Movie

March 22 at 10:30am: Unbroken: Path to Redemption  
April 26 at 10:30am: Boy Erased  
May 24 at 10:30am: TBA

**Mystery Book Club** 2nd Mondays at 7pm

**Non-Fiction Book Club** 3rd Mondays at 7pm

**Adult Book Club** 3rd Wednesdays at 7pm

**Chick Lit Book Club** 4th Tuesdays at 7pm

## COMPUTER CLASSES

Basic mouse and keyboard skills required.

### Intro to Word 2013

Covers text formatting, borders, columns, clipart, saving, and printing. Registration required.  
Jan 2, Feb 17, Mar 18, Apr 29, May 13 at 6pm

### Intro to PowerPoint 2013

Covers slides, clipart, themes, & transitions. Registration required.  
Jan 23, Mar 4, Apr 8, May 1 at 6 pm

### Intro to Excel 2013

Covers selecting cells, formatting, & formulas. Registration required.  
Jan 22, Feb 12, Mar 11, Apr 9 or May 28 at 6pm

## ARMCHAIR TRAVELERS

### Copenhagen: February 1 at 2pm

Presented by Bill Helmuth

### Southern India: March 8 at 2pm

Presented by Barbara Sugden and Ron Vargason

### San Francisco: April 5 at 2pm

Presented by Bill Helmuth

### Spain: May 3 at 2pm

Presented by Bill Helmuth

Let tour guides lead you through the sights of these magnificent and historical places!

## LEMONT ARTISTS GUILD

**Show and Tell:** January 16 at 7pm

**Caricatures:** February 13 at 7pm

**Paper Filigree: Quilling** March 20 at 7pm

**Watercolor:** April 17 at 7pm

**Photograph Editing:** May 15 at 7pm

# Adult & Senior Winter & Spring 2019 Programs



[www.homerlibrary.org](http://www.homerlibrary.org)  
(708) 301-7908

14320 W. 151st Street  
Homer Glen, IL 60491

## USED BOOK SALE

**Thur, Feb 21 from 5-9pm:**

Fundraiser Sale Night

**Fri, Feb 22 from 8:30-4pm**

**Sat, Feb 23 from 8:30-3pm**

**Sun, Feb 24 from 4-8pm**

**Mon, Feb 25 from 8:30am-9pm:**

Fill a library bag for \$5

## CRAFT FAIR

**Saturday, April 13**

**10am – 2pm**

50 booths: jewelry, wood signs, paper goods, & more!



## PUTTING YOU FIRST: A SERIES

Registration required. Attendance at each program in the series is recommended but not required.

### Permission to Love Yourself First

**Wednesday, January 30 at 7pm — WEEK 1**

We'll break down barriers to cultivating self-love, such as making time for yourself and prioritizing your basic emotional, mental, and physical needs.

### Forgiveness, Self-Compassion, & Self-Talk

**Wednesday, February 6 at 7pm — WEEK 2**

Learn how to forgive the past, ease out of negative self-talk and what self-compassion looks and sounds like.

### Loving All the Parts of You

**Wednesday, March 6 at 7pm — WEEK 3**

Discover how self-love is about accepting yourself wholly and loving your humanity, and how to do this with grace, creativity, and fun.

### Practical & Creative Ways to Love Yourself

**Wednesday, March 13 at 7pm — WEEK 4**

### Kill Them With Kindness

**Monday, February 11 at 7pm**

Celebrate Random Acts of Kindness Week with wellness coach Tom Kens!

### Jackie, Janet, and Lee

**Tuesday, March 5 at 7pm**

You may know a lot about Jackie Kennedy, but there is more to learn about her relationship with her mother and sister. [Registration required.](#)

### Amelia Earhart

**Sunday, March 10 at 6:30pm**

Meet Amelia (portrayed by Leslie Goddard) & learn about her experiences as the first woman to cross the Atlantic by airplane [Registration required.](#)

### Medicare

**Tuesday, March 12 at 1pm**

Learn about Medicare Parts A and B and Medicare Supplement Insurance Plans. Learn about eligibility, enrollment, and the benefits these plans. A brief overview of Medicare Part D will also be presented.

### Seed Starting 101

**Tuesday, March 12 at 7pm**

In this hands-on workshop, you'll plant seeds to take home & learn how to care for them until they are ready to plant outside. [Registration required.](#)

### Before You Call the Handyman

**Sunday, March 24 at 6pm**

Discover common fixes you can do yourself with a small home tool kit. Learn both common home repairs and preventative maintenance.

### Hooray for Hollywood

**Sunday, April 7 at 6pm**

Reminisce about the Hollywood's past through Oscar-winning songs from the 30s, 40s, and 50s, like *Somewhere Over the Rainbow*, and many more.

### End of Life Care Decisions

**Tuesday, April 9 at 1pm**

Power of Attorney, Funeral Planning plus Wills vs Trusts, oh my! Estate planning is difficult, but without planning you make it more difficult for your family! Get your end of life conversations started today.

### Healthy Living for Your Brain & Body

**Wednesday, April 10 at 7pm**

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you Incorporate these recommendations into a plan for healthy aging.

### Solar Panels

**Thursday, April 11 at 7pm**

Learn more about solar panels, federal programs for homeowners to get panels installed at no cost, and the solar tax rebate from Keith McClelland, Sunrun representative.

### Canning

**Monday, April 15 at 7pm**

New to canning? Don't know much but want to learn? Anna Stange will help demonstrate the process and provide tips to get you started with the canning process. [Registration required.](#)

### Streaming vs. Cable

**Monday, April 22 at 1pm**

Costs that repeat each month can add up over time! In today's world, we have many choices for entertainment. In this lesson, we will focus on traditional TV versus streaming options by subscription (companies like Netflix, Hulu, and others), and consider the pros and cons of both. After learning more about these options, perhaps you will see a way to save money too.

### Greeting Cards

**Monday, April 22 at 7pm**

Make unique, handmade cards with Stampin' Up instructor Amanda Frankel! [Registration required.](#)

### Fermentation

**Tuesday, May 7 at 7pm**

Urban homesteader extraordinaire Anna Stange will discuss and demonstrate the age old technique of home fermentation.

[Registration required.](#)

### Chocolate

**Wednesday, May 8 at 7pm**

Join Sue Pelzer, from Delicious Creations, for a fun night of fabulous chocolate making! [Registration required.](#)

### Dizziness & Balance Workshop

**Thursday, May 9 from 1—2:30pm**

Many people suffer from dizziness, unsteadiness, "the spins", vertigo and falls. These intense sensations can lead to anxiety, fear and decreased function. This free workshop reveals the top 3 causes of vertigo and dizziness and what scientific treatments help with recovery.

### Advanced Genealogy

**Wednesday, May 29 at 7pm**

Time to start utilizing the information you have collected while tracing your family tree. This course will show you how to interpret records for more accurate results. Plus, learn about lesser-known family history resources like city directories, yearbooks and more.

PROGRAMS ON OTHER SIDE:  
CHEF MADDOX, COMPUTER CLASSES, & MORE