

## Adult Events — Fall 2022

### Preventing Falls & Staying Healthy (In Person)

**Thur., Sept. 15<sup>th</sup>, 2 p.m.**

Join us to learn how you can improve your overall health and decrease your risk for falls. You may choose to participate in several exercises to increase your balance or watch the demonstration. Presented by Lisa Eckenrode, Injury Prevention Outreach Coordinator with Main Line Health.

### Composting in Easttown Twp. (In Person or Zoom)

**Mon., Sept. 26<sup>th</sup>, 6:30 p.m.**

Composting is coming to Easttown Twp. area residents. Attend this workshop to learn how you can participate.

### Baking Apple Minis (Zoom)

**Wed., Sept. 28<sup>th</sup>, 7 p.m.**

Create different shapes of mini apple pies! Learn to make the filling using a blend of canned and fresh apples and make the pie dough from scratch. Registrants will receive an email with information about picking up ingredients. Space is limited for this program, so register early!



### Tai Chi for Diabetes (Zoom)

**Tues., Oct. 4<sup>th</sup> — Nov. 8<sup>th</sup>, 1 p.m.**

Tai Chi for Diabetes (TCD) is a safe, effective program developed by Doctor Paul Lam, founder of the Tai Chi for Health Institute. It is for anyone interested in Tai Chi including those with diabetes,



high blood sugar, or balance concerns. In this 6-week program taught by Liz Wanner, you will learn the TCD basic 6 and advanced movements. Class can be done seated or standing.

### Hand Lettering Workshop (Zoom)

**Wed., Oct. 5<sup>th</sup>, 6 - 8 p.m.**

Join Sara Kiehl of Lotus Blossom Watercolors to learn basic hand lettering, including modern and 'faux' calligraphy, plus how to add decorative borders, at this artistic virtual workshop. This class is free to attend, but registration is limited. Each registrant will receive an email to pick up a packet with supplies needed to participate prior to the workshop.

### Mount St. Helens: Lives Changed, Lessons Learned, and Legacies (In Person or Zoom)

**Thur., Oct. 13<sup>th</sup>, 7 p.m.**

Carolyn Driedger, a hydrologist and Outreach Coordinator at the U.S. Geological Survey—Cascades Volcano Observatory in Vancouver, WA, witnessed the catastrophic eruption of Mount St. Helens in 1980 and participated in the emergency response. She works with public officials, emergency planners, media, park interpreters, and educators to advance the cause of volcano preparedness in the Cascade Range. Join us as Carolyn discusses lessons learned from the eruption of Mount St. Helens. Sponsored by the Easttown Library Foundation.



### What's It Worth? Antiques Roadshow (In Person or Zoom)

**Tues., Oct. 18<sup>th</sup>, 6-8 p.m.**

Author, auctioneer, appraiser, and radio show host Mike Ivankovich will introduce you to "What Determines Value" and reveal what your antiques, collectibles, and personal treasures are really worth today. The first 20 registrants are invited to bring in an item for Mike to appraise. *Attend in person to have an item appraised.*

### Chilling Reality: Chester County's Arctic Explorers (Zoom)

**Wed., Oct. 26<sup>th</sup>, 6:30 p.m.**

Frostbite, polar bears, ship-crushing, death-defying journeys... These are the *chilling reality* of Chester County's arctic explorers. Explore the stories of four Chester Countians in their quest for northern achievements over an 80-year time span. Hidden within their stories of endurance and bravado are many lessons we can learn about our own 21st-century views of the Arctic.

### Making Sense of Medicare (In Person or Zoom)

**Thur., Nov. 3<sup>rd</sup>, 2 p.m.**

Whether you are going on Medicare for the first time or have been on Medicare for years, join Ellen Good to learn how Medicare works and how to maximize your coverage.

### Free Flu Shots (In person)

**Fri., Nov. 4<sup>th</sup>, 9 a.m. - 12 p.m.**

Paoli Hospital and Main Line Health will offer free flu shots to adults 19 years and older. Call Main Line Health to register: 1-866-225-5654.

**Registration is required for all adult events, unless otherwise noted.**

Visit our website at [www.easttownlibrary.org](http://www.easttownlibrary.org) (click on [Events](#)), or call the library to register.

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### ***Mister Rogers & Me: Film Screening with the Filmmaker, Benjamin Wagner (In person)*** **Fri., Nov. 11<sup>th</sup>, 6:30 p.m.**

Join Benjamin Wagner, filmmaker, author, podcaster, and Conestoga alumnus, for a screening of his critically acclaimed 2011 documentary *Mister Rogers & Me*. Mister Rogers really was Benjamin's neighbor at his family's summer cottage on Nantucket Island. This film explores their friendship and the teachings that Mr. Rogers imparted to Benjamin during their talks together. The screening will be followed by a Q & A session. Sponsored by the Easttown Library Foundation.

### **One-on-One Medicare Assistance (In Person)**

**Sat., Nov. 19<sup>th</sup>, 10:30 a.m. - 4 p.m.**

Call 610-344-5234 for an appointment with a PA MEDI health insurance counselor.

### **Minding Your Mind! (In Person)** **Thur., Dec. 1<sup>st</sup>, 1 p.m.**

Join educator Bernadette Smith for a simple mindfulness class to help you foster a sense of calm, focus, and self-awareness.

### **Cocktail Party Appetizers (Zoom)** **Mon., Dec. 5<sup>th</sup>, 7 p.m.**

Learn different appetizers to wow your family and friends! Recipes include dates filled with goat cheese topped with buttery panko crumbs, zucchini and sundried tomato bread, cream cheese filled pretzels wrapped in bacon.

### Ongoing Adult Programs

Registration is not required for ongoing adult programs. Book clubs and the ESL group currently meet in person with the option of attending on Zoom. Email info@easttownlibrary.org for a Zoom link.

**Afternoon Book Club** - 1st Tuesday of each month, 2 p.m.

**Mystery Book Club** - 4th Tuesday of each month, 7 p.m.

**Adult Evening Book Club** - 3rd Thursday of the month at 7 p.m.

**Mah Jongg Group** - Mondays, 1-3 p.m.

**Conversational English (ESL) Class** - Wednesdays, 10 a.m.

For anyone with a native language other than English. Learn to use English in real life situations and improve pronunciation.

**The following nonprofit organizations meet at the Easttown Library on a monthly basis. All meetings are open to the public.**

**Tredyffrin Easttown Historical Society** - 3rd Sunday of the month, 2 p.m.  
 Meets at the Tredyffrin Library Sept. - Nov., and at Easttown Library Jan. - June (No meetings July, Aug., & Dec.)

### **Red Cross Blood Drive (In person)** **Thur., Dec. 8<sup>th</sup>, 1-6 p.m.**

This holiday season, give the best gift of all to those who really need it. Visit [www.redcrossblood.org/give.html](http://www.redcrossblood.org/give.html) to schedule your blood donation.

**Chair Yoga - Fall Session**  
**Mondays, 11 a.m. (Zoom)**  
**(No class on Sept. 5th & Oct. 10th)**  
 Email Mary at mmayer@ccls.org for the Zoom link.

**Wednesdays (In Person)**  
**See our Calendar of Events for in person chair yoga series dates and registration.**

Join registered Yoga instructor, Mary Fickman, for this gentle class designed to increase strength, flexibility, and balance. Postures will be done seated or using a chair for support. This practice is suitable for all physical abilities.



### **Friends Fall Events**



**Fall Shredding & E-Recycling Event**  
 Saturday, Oct. 8th, 9 a.m. – 12 p.m.

**Fall Book Sale**  
 Friday, November 4th -  
 Sunday, November 6th

**Market Fair (Gift and Craft Sale)**  
 Saturday, November 5th  
 10 a.m. – 2 p.m.

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