

Adult Events — Winter 2022

All programs will take place on Zoom unless otherwise noted.

Common Gastrointestinal Issues

Mon., Jan. 17th, 2 p.m. (New date)

Learn about common gastrointestinal issues affecting your general health and interfering with your daily lifestyle. Join Julia Sharpe, RN, BSN, CGRN, Paoli Hospital Endoscopy Unit, to learn about how simple dietary changes and behavioral modification can lessen GI distress and improve general health. GI problems with pathophysiological changes involving reflux disease, difficulty swallowing, peptic ulcer disease, diverticulosis, plus more, will be discussed.

NASA Goddard Earth Science & GLOBE Observer with Dr. Trena Ferrell

Thur., Jan. 20th, 7 p.m.

Easttown Library Foundation is excited to announce that Dr. Trena Ferrell, the Earth Science Division Education and Public Outreach Lead at the NASA Goddard Space Flight Center, will talk about the Earth Science Division and how you can become involved in its Citizen Science Projects with GLOBE Observer. The GLOBE program is an exciting initiative that gives you the



opportunity to join a community of citizen scientists, students, and teachers in over 120 countries who are contributing to Earth system science research.

Understanding the Recent Tax Law Changes

Tues., Jan. 25th, 12 p.m.

Do you have a Tax Game Plan for 2022 and beyond? Greg Crothers, CFP®, CLU®, CLTC, will discuss recent tax law changes and how they affect you. He will also address required minimum distribution strategies, Roth conversions, and Roth IRAs vs. traditional IRAs/pre-tax retirement accounts.

Historic Waynesborough Through the Years

Tues., Feb. 1st, 7 p.m.

Educator Eric Williams tells American history through the context of Historic Waynesborough and the Wayne family. Historic Waynesborough was the family home and farm of Revolutionary War General "Mad" Anthony Wayne (1745-1796) and subsequent Wayne family members for over 200 years. Learn the story of how life in a rural country estate house changed over time and how it continues to change today.

Heart Shaped Apple Pies

Thurs., Feb. 10th, 7 p.m.



The Baking Coach, Lisa Basini, will teach you to make the dough, and how to shape and assemble each into mini heart-shaped pies. Makes 6 to 8 mini pies!

Friends' 2nd Annual Read-a-thon Feb. 13th—26th

Gather your family & friends virtually to take part in this fun community event. Each day will bring prizes and new challenges! All proceeds benefit the library. See the library's website for details. Registration begins Jan. 31st.

Office of Vocational Rehabilitation (OVR) Presentation

Tues., Feb. 15th, 2 p.m.

OVR's mission is to assist Pennsylvanians with disabilities to secure and maintain employment and independence. A Chester County OVR Counselor will speak about this program for individuals with various physical, mental, and/or emotional disabilities. Learn about the mission of OVR, the state & local coverage area, how OVR defines disability, what entitlement vs. eligibility means, and the entire OVR process.

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

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Barbara Robinson Author Visit with David Ezra Stein Online Fri., Feb. 25th, 7 p.m.



Join Caldecott Honor and best-selling children's author David Ezra Stein and

Miriam Kessler for a puppet show, a reading of his latest book, *Interrupting Chicken: Cookies for Breakfast*, and a behind the scenes look at making puppets and writing books.

Get to Know LIBBY!

Tues., March 8th, 10 a.m.

Learn to use Libby, an app that you can use to access our downloadable eBooks and audiobooks. To get the most out of this Zoom program, download the app to your device so you can follow along.



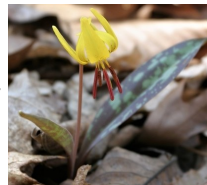
Troubled Waters: Disasters on the Delaware River and Beyond Wed., March 16th, 7 p.m.

When a ship passes from those who have built it to those who will sail it, no one knows what its fate will be. It may sink on its maiden voyage or be retired after many years to a shipbreaker's yard. This presentation shares the stories of vessels that met tragic ends on or near the Delaware River, as well as some ships with local connections that experienced strange

and unexplained incidents at sea.

Native Spring Ephemerals Wed., March 30th, 7 p.m.

Spring is a magical time of year when the forest floor comes to life with colorful and complex wildflowers. Join Amy Mawby from Jenkins Arboretum & Gardens for an ecological exploration of the season with a focus on its harbingers, our native spring ephemerals.



Ongoing Adult Programs

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 7:15 p.m.

Conversational English (ESL) Class - Wednesdays, 10 - 11 a.m.

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

This group meets in person and on Zoom (hybrid meetings) until further notice.

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. Check www.tehistory.org for latest meeting updates.

Chair Yoga - Winter Session Mondays, 11 a.m.

(No class on Jan. 17th & Feb. 21st)

and Wednesdays, 1 p.m.

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. Email mmayer@ccls.org for a Zoom link.

Laughter Yoga with Mary Fickman
Second Sunday of the month, 2 p.m.
Jan. 9th, Feb. 13th & March 13th

Email mmayer@ccls.org for a Zoom link.



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