

# THE PAGE TURNER

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## May 2024

Black- Children's Library Activities

Black Italicized- Teen Activities

**Black- Adult/All Ages Activities**

SUN	MON	TUE	WED	THU	FRI	SAT
28	29 <b>9:30 am Yoga for You!</b> 10 am All Abilities Story Time	30 9 & 11 Spring Baby Story Time <b>10 am Tai Chi - Qi Gong</b> 1 pm & 4 pm May Basket Craft <i>4 pm Classic BookTok</i> <b>5:30 pm Walking Adventures</b>	01 <b>10 am Stronger in Body &amp; Mind - Outside Edition</b>	02 9 & 11 Spring Toddler Story Time <b>12-3 pm Community Sew-In</b> <i>4 pm Creative Arts Club</i> <b>4 pm Lawyer in the Library</b> 4 pm Wildflower Wandering	03 9 & 11 Spring Pre-School Story Time  <i>4 pm Gamers' Guild</i>	04 <b>9 am Walking Adventures</b>
05	06 <b>9:30 am Yoga for You!</b> 10 am All Abilities Story Time	07 9 & 11 Spring Baby Story Time <b>10 am Tai Chi - Qi Gong</b> <i>4 pm Classic BookTok</i> 4 pm Fairy Garden Guild	08 <b>5:30 pm History Hour Lecture</b>	09 9 & 11 Spring Toddler Story Time <b>12-3 pm Community Sew-In</b> <i>4 pm Creative Arts Club</i> 4 pm Wildflower Workshop	10 9 & 11 Spring Pre-School Story Time <b>1 pm Art Afternoons</b> <i>4 pm Gamers' Guild</i>	11 <b>10:30-12:30 pm Writing in Flow</b>
12	13 <b>9:30 am Yoga for You!</b> 10:30 am PAWS to Read <b>2 &amp; 5 pm Scribbler's Society Writing Club</b> <b>5:30 pm Mindful Movements</b> <b>5:30 pm Monday Night Dinner</b>	14 9 & 11 Spring Baby Story Time <b>10 am Tai Chi - Qi Gong</b> <i>4 pm Classic BookTok</i> 4 pm Fairy Garden Guild	15 <b>10 am Stronger in Body &amp; Mind</b>  <i>11 am Sit-n-Stitch</i>  <i>Teen Summer Reading Begins</i>	16 9 & 11 Spring Toddler Story Time <b>12-3 pm Community Sew-In</b> <i>4 pm Creative Arts Club</i> 4 pm Wildflower Workshop	17 9 & 11 Spring Pre-School Story Time  <i>4 pm Gamers' Guild</i>	18 10:30 am Saturday with Shakespeare 11 am Saturday with the Symphony <b>1 pm Spring Houseplant Swap</b>
19	20 <b>9:30 am Yoga for You!</b> 10 am All Abilities Story Time	21 9 & 11 Spring Baby Story Time <b>10 am Tai Chi - Qi Gong</b> <b>1:30 pm Medicare Workshop</b> <i>4 pm Classic BookTok</i> 4 pm Fairy Doll Design	22 <b>10:15 am Pageturners Book Club</b> <b>11 am Walking Adventures</b> 1 & 4 pm Cultivating Community	23 9 & 11 Spring Toddler Story Time <b>12-3 pm Community Sew-In</b> <i>4 pm Creative Arts Club</i>	24 9 & 11 Spring Pre-School Story Time <b>4 pm Mindful Doodling</b>  <i>4 pm Gamers' Guild</i>	25 <i>1-3 pm School's (Almost) Out Forever Party</i>
26	27 <b>CLOSED FOR MEMORIAL DAY</b>	28 <b>10 am Tai Chi - Qi Gong</b>	29 <b>9 am Walking Adventure</b> <b>10 am Stronger in Body &amp; Mind</b>  <b>1:30 pm Yoga for You!</b>	30 <b>12-3 pm Community Sew-In</b>  <b>5 pm Body Acceptance at All Ages</b>	31	01 <b>Children's &amp; Adult Summer Reading Begins</b>

Pick up a Take & Make Craft in the Children's Library

# Summer Programming!

## Music on Mondays (6-7:30 pm)

- **June 24 - Old Plank Road**- Old Plank Road plays the American music that turned into bluegrass and country music. Brad Sondahl on fingerstyle guitar, Don Thomsen on mandolin, and Dave Lorang on upright bass playing old-time music in a loosely improvisational, kind of Dixieland style, accompanied with stories about the original musicians. [sondahl.com/oldplankroad.html](http://sondahl.com/oldplankroad.html)
- **July 1 - T & Company** - Been there, done that, still doing it. Combining musical backgrounds and decades of experience in local and touring bands, T and Company present an easy listening experience with the ring of acoustic strings and the blending of warm, pleasant harmonies. Genre? Call it "eclectic acoustic." Beatles, Beach Boys, Dylan, Denver, 40s swing, 50s oldies, 60s and 70s favorites, bluegrass, country, something for just about everybody, performed in a laid-back style, rich in smiles and humor.
- **July 8 - Kathy Colton & the Reluctants** - Singer/songwriter Kathy Colton, Carla Grant, and Denise Bartlett bring you upbeat folk/rock. Their strong harmonies and rhythms will have you dancing and singing along!
- **July 22nd - Four Peace** - Four Peace is based in North Idaho is an acoustic Americana band with overtones of Bluegrass, 60's, pop, folk rock etc. Singing long time favorites like "Gentle on my Mind", "Mr. Bojangles", "Moondance" & much more. Four Peace is a rich sound of soft vocals, mandolin, guitar, banjo & stand-up bass. Four Peace smoothly weaves thru many different music styles & eras that make for a wonderful music experience.
- **July 29 - Coeurimba** - This Coeur d'Alene marimba group has been performing traditional and popular music from Zimbabwe past and present. They have fun with their upbeat, dynamic rhythms and happy melodies for you to enjoy with the setting sun.
- **August 5 - The Rusty Jackson Band** - The Rusty Jackson Band performs a refreshing mix of classic Americana including country, blues, rock, and a sprinkling of some of Rusty's clever original songs that will be sure to bring a smile!
- **August 12 - The Blue Country Band** - Drawn together by our love of music and entertainment Jon Bodnar (formerly played with the Dick Dale Band), Steve Honig (formerly employed on the Holiday Inn Circuit), Pat Turner (a natural smooth complimenting country bass player), Bill Turner (singer songwriter with the Arizona Songwriters Association), and Mike Elliot (former LA studio musician who has worked with many great artists).
- **August 26 - CDA Brass X5** - CdABrassX5 is a "classic" brass quintet with a very diverse repertoire. The ensemble includes two trumpets, a French horn, a trombone and a tuba. Their play list includes classical composers like Sibelius, Bach, Handel, Copland, Gabrieli. They like to explore Americana by playing a variety of familiar patriotic and folk songs. Also included in their program are several jazz pieces including favorites like "When the Saints Go Marching In", "Maple Street Rag" and "Don't Get Around Much Anymore". Their diversity makes for an enjoyable night of music for all.

## Summer Reading

**Children's Summer Reading Logs** will be available starting June 1 and will run until August 31. Summer programming will run from June 17- August 16.

**Teen Summer Reading** will begin May 15, run through August 31, and will launch with the School's (Almost) Out Forever Party on May 25 (1-3 pm).

**Adult Summer Reading Challenge** will begin on June 1 and run through August 31. Weekly and monthly programming will continue through the summer.

## Looking Forward To...

**Trash Crafts** - In a world filled with disposable items, there lies an opportunity to turn trash into treasure through the art of trash crafts. These crafts not only help reduce waste but also allow for creative expression and resourcefulness. By upcycling everyday items like old bottles, newspapers, and cardboard into new and beautiful creations, we can breathe new life into objects that would otherwise end up in landfills.

**Traveling STEAM Storytime**- Find our Outreach Team in parks all around town for summer storytimes and STEAM activities

**Tips for Aspiring Authors - Thursday, June 27 (5:30 pm)** Are you a prospective author intimidated by the publishing process? Join Courtney Davis, a local author and the submissions coordinator for 5 Prince Publishing, as she talks about her writing process and experiences with publishing over the last twenty years. She will provide tips for querying authors, discuss what she looks for in a cover letter and those first three chapters, and offer advice for writers at any stage of writing, editing or publishing. Questions will be welcome with a book signing to follow.

## Children's Weekly Programming

### Spring Baby Story Time (0-18 mo) - Tuesdays through May 21 (9 & 11 am)

Celebrate spring with a storytime that's designed for caregivers to share quality time with their baby! We'll bounce, giggle, listen to flannel stories, sing catchy songs, and make silly actions that will bring a smile to your little one's face. Participants are encouraged to stick around afterward for playtime and adult conversation. You might even leave with ideas for new engaging ways to introduce developmental activities at home. Spring themes will include birds, flowers, and bugs!

### Spring Toddler Story Time (18 mo-3 yo) - Thursdays through May 23 (9 & 11 am)

Bring your toddler to the library for some spring fun! Of course, we'll read great stories, but there will also be plenty of singing, dancing, and silly moves to keep youngsters busy. All the activities are intended to delight and emphasize early learning concepts. After storytime, you're invited to stay for unstructured playtime filled with creative opportunities and fun toys. Spring themes will include trees, trucks, and rain!

### Spring Pre-School Story Time (3-5 yo) - Fridays through May 24 (9 & 11 am)

Spring is a great time to introduce preschoolers to the fun of group activities such as storytime at the library! You can expect entertaining stories that nurture your child's imagination along with fun activities that fuel their curiosity and build literacy skills. In addition to offering plenty of music and movement, this storytime always ends with an exciting, crowd-pleasing craft. Spring themes will include fairies, snails, and gardening!

### All Abilities Story Time (Ages 3-8) - Mondays, May 6 & 20 (10 am)

Join Miss Mandi for a story time designed for kids with sensory and adaptive needs and their caregivers. Designed to be welcoming to neurodivergence and disability, All Abilities Story Time uses a visual schedule. We will enjoy stories, music, movement, play, and sensory activities. Any child is welcome at this story time; stories and activities are typically at a preschool level. There will be noise-blocking headphones, weighted stuffed animals, and other sensory tools. Story time will be followed by an activity time, with all transitions announced.

What to expect during this story time: Attendees do not need to sit during the program. Children can feel free to stand or move around during the program as long as they are safe for themselves and others. Children can participate with their voices in any way they like to. Attendees are welcome to arrive late, leave early, and leave the story time room any time they need a break. Attendees can enjoy other activities of their choosing while listening to Miss Mandi read. The same schedule will be used each week, so attendees will know what to expect. If you would like a copy of the visual schedule ahead of time or if you have any questions, please email [showard@cdalibrary.org](mailto:showard@cdalibrary.org)

## Children's Special Programs

### Wildflower Wandering (Ages 6-12) - Thursday, May 2 (4-5 pm)

Join a guided hike of Tubbs Hill to learn fun facts about the world around us while exploring the wild outdoors! We will learn about our area's wildflowers, including what they're called, where to find them, and why they're important. We will also focus on how to be respectful and responsible while out enjoying nature. Please dress appropriately for hiking and the weather. Registration is not required.

### Wildflower Workshop (Ages 6-12) - Thursdays, May 9, 16 (4-5 pm)

**REGISTER HERE:** [cdalibrary.org/library-events/wildflower-workshop/](https://cdalibrary.org/library-events/wildflower-workshop/)

If you love spring, wildflowers, and creativity... then look no further! Register for this 2-week series that will teach curious kids about flower anatomy while producing an awesome project. The first week will focus on building your own plant press to start preparing a collection of wildflowers that will be used to create a special art project during the second week.

### Paws to Read (All Ages) - Monday, May 13 (10:30-12 pm)

Bring your young reader to the children's library to read to a real, live therapy dog. This is the perfect program for children who are working on building their reading confidence or who love sharing books with a furry friend. These dogs love to hear stories and are ready to help you become the best reader you can be!

### Saturday with the Symphony: A Children's Program (3+yo) - Saturday, May 18 (11 am)

Children 3 and older can enjoy "Saturday with the Symphony" from 11-11:45 a.m. Saturday, at the Coeur d'Alene Public Library. The free music education program is coordinated by the Coeur d'Alene Symphony Orchestra and recurs the third Saturday of each month. The music-filled hour typically includes a fun musical performance, an interactive activity and a book reading by the children's librarian. Past musical performances have included traditional classical music, jazz, pop and world music. Come for a lively morning of musical enrichment.

### Saturday with Shakespeare: A Children's Program - Saturday, May 18 (10:30 am)

Join Shakespeare Coeur d'Alene in the Children's Library Story Room for a fairy-filled storytime. This local theatre company is excited to share the timeless tales of William Shakespeare with children in the community. There will be movement, songs using Shakespeare's language, a retelling of the fairy plot from "A Midsummer Night's Dream", and a short performance by some of Shakespeare Coeur d'Alene's "A Midsummer Night's Dream" cast. Come for the storytime, and then move to the Community to enjoy Saturday with the Symphony!



## Children's Special Programs Continued

### **Fairy Garden Guild (Ages 6-12) - Tuesdays, May 7, 14 (4-5 pm)**

REGISTER HERE: <https://cdalibrary.org/library-events/fairy-garden-guild/>

Register for this 2-week series to join the Fairy Garden Guild at the library! We will create cozy containers, make magical miniatures, and plant pint-sized posies to create a garden that's fit for a fairy! Registration and a commitment to attend both weeks is required.

### **Fairy Doll Design (Ages 6-12) - Tuesday, May 21 (4-5 pm)**

Learn how to create your own fairy doll that's fashioned out of flower petals. We'll provide step-by-step instructions and materials for you to make a unique winged figurine. You'll find that this special flower fairy can be used as a toy, decoration, or the perfect addition to a tiny garden! No registration is required.

### **Cultivating Community (Ages 6-12) - Wednesday, May 22 (1 pm and 4 pm)**

Join Crystal Hergert along with the Idaho Farm Bureau Federation for an afternoon of agriculture appreciation! This program will introduce youth to the important practices of crop and livestock production and the 4-H organization. She will read her favorite farming books, then participants will venture outside to enjoy the Farm Bureau Federation's Agriculture trailer! This rig is full of fun activities like a milking simulator, grain grinding, and butter making. Afterward, children will be given a plant-start to grow at home!



## Weekly Teen Programs

### **#ClassicBookTok - Tuesdays, May 7, 14, 21 (released by 4 pm) - On TikTok, FB, Substack, and more**

Listen to a selection from one of our YA Classics. Find out if it's a Digital Book Club selection (meaning that multiple users can read it in eBook or eAudio format simultaneously). Learn how to create a classic book club with your friends! Watch our complete archive of episodes and sign-up to be notified about future ones here: [classicbooktok.substack.com](http://classicbooktok.substack.com) (for ages 12+)

### **Creative Arts Club - Thursdays, May 2, 9, 16, 23 (4-5 pm) - In the Teen Zone**

Make art—and friends! Explore your creative, crafty, artistic side, and get help when you're struggling creatively. We'll have art and crochet supplies available to inspire your creations, or you can bring a project from home!

### **Gamers' Guild - Fridays May 3, 10, 17, 24 (4-5:30 pm) - In the Teen Zone**

Play games together! Hangout with other local teens while playing games like League of Legends, chess, UNO, the Library's Nintendo Switch games, board games from our Library of Things, or bring your own game to play!

## Special Teen Programs

### **School's (Almost) Out Forever Party - Saturday, May 25, (1-3pm) - In the Comm Rm & on park-side grass**

Hangout with other teens and blow off steam by playing silly games, like the Extreme Outdoor edition of "Throw, Throw Burrito", Freeze tag, Duck, Duck Goose, etc. Or stay cool inside and watch "Ferris Bueller's Day Off" (PG-13) on the big screen (for ages 12+).

## Adult Weekly Programming

### **Yoga for You! - Mondays May 6, 13, & 20 (9:30 am) and Wednesday May 29 (1:30 pm)**

Join us for this Yoga program for adults. This blend of stretching, strengthening and balance work, along with relaxation, may be just what you're looking for. Come enjoy the many benefits of this ancient practice! Your instructor, Gerry Bryak, will adapt poses to your needs so this yoga is truly for YOU! All levels are welcome, from beginners to experienced. Please bring a mat to class.

### **Tai Chi & Qi Gong - Mind Body Movement- Tuesdays (10 am)**

Improve strength, balance, coordination, focus, breathwork and relaxation, all while exploring different movements from Tai Chi and Qi Gong styles. All movements can be done within your own comfort zone and mobility level. No special equipment or clothing needed, wear what is comfortable for you. Avoid wearing flip flops or slides. Chairs will be available for those that need to sit or use for extra balance. This program is for anyone at any age and any ability level. Your instructor Christine brings over 25 years of experience in teaching and sharing Tai Chi and Qi Gong.

### **Stronger in Body & Mind - Wednesdays, May 1, 15, & 29 (10 am)**

This event will be outside on May 1 and in the Community Room otherwise. Low-impact fitness & strength training class for all ages. Feel stronger, fitter, refreshed and more focused! Jeannette, a trainer with over a decade of experience, will guide you to work at your own personal level, with modifications as needed. Whole body workout, using dumbbells, body weights, and simple resistance training. We'll add a bit of cardio, flexibility and finish with a guided mindfulness practice. For any questions email Jeannette at [StrongerBodyMind@gmail.com](mailto:StrongerBodyMind@gmail.com)

\*It is recommended to please bring a pair of light weights/dumbbells, a mat and a bottle of water!

### **Community Sew-In - Thursdays (12-3 pm)**

Join us in our weekly sewing sessions! Are you working on a quilting project and want to connect with fellow enthusiasts? Come along and socialize, ask for advice, or whatever else you might need. Don't forget to bring your sewing machine (or your hand-sewing materials), your fabric, your extension cord, and your enthusiasm for sewing! Meet us in the Community Room and let's get creative.

All ages are welcome for this program, there is no instruction provided.

## Adult Special Programming

### **Lawyer in the Library- Thursday, May 2 and June 6 (4-6 pm)**

The Library is partnering with the Idaho Volunteer Lawyers Program (IVLP) to provide resources for low-income individuals and families in Idaho who require civil legal services and cannot afford to pay for them. Although they are unable to assist with criminal issues or fee generating cases, these free legal clinics are an opportunity to receive advice and counseling from local attorneys who volunteer their time and expertise. Registration is required and must be done at least 24 hours before the clinic, every first Thursday of the month in the Gozzer Room.

REGISTER HERE: [cdalibrary.org/library-events/lawyer/](https://cdalibrary.org/library-events/lawyer/)

**Spring 2024 Walking Adventures** - Come learn about the natural wonders and history that are right in your backyard! This series of walks will take us around Tubbs Hill and the surrounding area as we explore the flora, fauna, geology, and history of the local area. Each walk will be led by a local community member eager to share their passion and knowledge. We will meet at the lower entrance of the library (outside the Community Room) unless otherwise specified, and walk towards our destination together; each walk will be about two hours. Please dress for the weather, wear appropriate shoes for a moderate hike, and bring water.

- **Springtime on Tubbs Hill - Saturday, May 4 (9 am)** - Please welcome Spokane-based author Jack Nisbet as he leads us for a turn around the trails of Tubbs Hill. This hike will focus on wildflowers, shrubs, and trees that were present around the time of the first tribal contact with fur traders. We will also talk about how the forest has evolved since the Ice Age Floods and how it might look to future generations of walkers.
- **Medicinal Plants in Your Backyard - Wednesday, May 22 (11 am) and Wednesday, June 26 (9:15 am)** - Have you ever wondered what medicines may live in your own backyard? Or what traditional uses and benefits a flower has beyond being just pretty to look at? Join local naturopathic medical doctor and former guide, Dr. Casey Carr on this two-part series, to learn about which local plants serve as useful and powerful medicines in our area. Kids are welcomed and encouraged to attend and join as this will be a family-friendly event.
- **Osprey Walk- Wednesday, May 29 (9 am)** - Join David Taylor from the Friends of Tubbs Hill to view some of the active Osprey nests located on Tubbs Hill. Nest building/repair should be complete and hopefully the Osprey will be tending their recently laid eggs. Let's see what we can find!
- **Forest Health on Tubbs Hill- Saturday, June 22 (8am)**

### **History Hour Lecture - Wednesday, May 8 (5:30 pm)**

In this monthly lecture series, join us in the Community Room at the Library for a special presentation with the Museum of North Idaho, featuring a local author or historian who will talk about Idaho's fascinating heritage.

- **Ed Pulaksi and the Big Burn** - In the summer of 1910, the largest forest fire in American history burned through North Idaho. The fire burned millions of acres, created heroes, and changed the way forest fires are fought. Join local historian Dave Eubanks as he shares the history of the Big Burn, the heroic story of Forest Ranger, Ed Pulaski, and the lasting impacts of the fire.

### **Arty Afternoons: For the Love of Trees - Friday, May 10 (1 - 3pm)**

Join local artist Doreen Graham to explore how to create trees for your paintings. Learn valuable tools with exercises to help you in seeing values and shapes, then put your learning to work in creating an acrylic painting of Tubbs Hill! Supplies will be provided, but registration is required. A smart phone would be helpful to bring but is not required for participation.

### **Writing in Flow: 13 Centering Techniques to Find Joy Every Day**

Writing in Flow is a three-part series that offers a practical approach to Carl Jung's Active Imagination process. This program is designed for creative people, not only for genre writers. Hands-on activities center on expressive writing, meditations, and mini-lessons. Get out of your comfort zone with journaling, dream work, flow dance, haiku, mandala drawing and other creative media for personal transformation. You can change overwhelm into overflowing joy.

- **Saturday, May 11th (10:30am-12:30pm)** - Writing in Flow: 13 Centering Techniques to Find Joy Every Day
- **Saturday, June 22nd (10:30am-12:30pm)** - The Personal Narrative: Stories of Redemption, Identity and Transformation

### **Mindful Movements and Mental Health - Monday, May 13 (5:30 pm)**

Come join us for an hour of movement & breathwork. See how our emotions, feelings, and thoughts are stored in our body and how mindful movements can connect us back into our body to help us process them. We will discuss tools and techniques to recenter ourselves during moments of anxiety, stress or any time where we feel overwhelmed. Come as you are, no special attire required. Your instructor Christine brings over 25 years of the mindful movement experience and mind body connection to this program.

## Adult Special Programming Continued

### **Scribbler's Society Writing Club - Monday, May 13th (2 & 5 pm)**

Join fellow writers for an hour of brainstorming, critiquing, and inspiration – in-person every 2nd and 4th Monday from 2-3 and 5-6 in the Gozzer Room. All skill levels and genres welcome. Geared toward adults. If you are interested in joining our email list, please email [lmoore@cdalibrary.org](mailto:lmoore@cdalibrary.org) for more information.

### **Sit-n-Stitch - Wednesday, May 15 (11 am)**

New to crochet and knitting? Always wanted to learn? Want to come and craft with some friendly faces? Join us on the third Wednesday of every month for our crochet Sit-n-Stitch! Materials, patterns, and project help will be provided. All skill levels are welcome, feel free to bring your own handwork projects! You can find us this month in the Jameson Room. This event is intended for patrons ages 12 and older and the content is designed for an audience of that age.

### **Monday Night Dinner with Adam Schluter - Monday, May 13 (5:30 pm)**

Join us for a Monday Night Dinner at the pavilion in McEuen Park. The event will include music, a talk by Monday Night Dinner creator Adam Schluter about his book, and raffle items. Feel free to bring a side dish to share everyone is welcome! We are asking for a \$10 donation for our musicians.

Adam Schluter, a local from Coeur d'Alene, is an acclaimed photographer and journalist behind the project 'Hello From A Stranger'. For the past seven years, he has traveled to 21 countries, approaching strangers, taking their photographs, and then engaging in meaningful conversations with them, all while navigating his introverted nature. This endeavor aims to encourage people to connect face-to-face in a time of mental health challenges, moving away from excessive phone use. Upon his return from the initial phase of the project, he began hosting 'Monday Night Dinners', inspired by a tradition from his childhood. In these gatherings, strangers he met in Coeur d'Alene were invited to his home to share a meal. Attendees would bring side dishes, pooling their food to create a shared feast for everyone present.

### **Spring Houseplant Swap- Saturday, May 18 (1-3 pm)**

Start getting ready for our spring houseplant swap! On Saturday May 18, come to the Community Room to meet with likeminded plant lovers to exchange plant cuttings and advice. Bring rooted cuttings or potted plants to share and walk away with a new plant of your own to brighten your house this spring.

**Medicare Workshops** - SHIBA is presenting a series of senior health workshops at the library. Join us for any of the series. Senior Health Insurance Benefits Advisors (SHIBA) serves Idahoans on Medicare and those who help them by offering free, unbiased Medicare benefits information and assistance through workshops, group presentations and personal counseling. SHIBA is Idaho's provider for the federal network of State Health Insurance Assistance Programs (SHIPs). The program is partially funded by and operated under the authority of the U.S. Department of Health and Human Services Administration for Community Living (ACL).

- **May 21, 2024 (1:30-2:30 pm) - Medicare Open Q & A** - Bring your questions about Medicare benefits. We will talk about Medicare coverage for some special conditions.

### **Pageturners Book Club - Wednesday, May 22 (10:15 am)**

The Pageturners Book Club is discussing "Mind Fixers: Psychiatry's Troubled Search for the Biology of Mental Illness" by Anne Harrington.

In "Mind Fixers", Anne Harrington explores psychiatry's repeatedly frustrated struggle to understand mental disorder in biomedical terms. She shows how the stalling of early twentieth century efforts in this direction allowed Freudians and social scientists to insist, with some justification, that they had better ways of analyzing and fixing minds. Pageturner discussions are lecture-based and open to any adult reader. Books are available for check out at the the Reference Desk. For more information call or email JD Smithson, 208-769-2315 ext 455., [communications@cdalibrary.org](mailto:communications@cdalibrary.org)

- **Wednesday, June 26 (10:15 am) - "The Night Watchman" by Louise Erdrich.**

### **Mindful Doodling - Friday, May 24 (4-5 pm)**

De-stress after a long week with our Mindful Doodling hour. Mindful Doodling is a self-directed art program in which we will relax with light music, tea, and hot chocolate while doodling special patterns on tiles following the ZenTangle © Method. The first 15 minutes of the program will be spent following an instructional video on how to make a special ZenTangle creation using special ink and tools, followed by "freestyle" doodling for the rest of the hour (directions and materials will be provided). No previous art skill required. This program is appropriate for adults, teens, and tweens. The ZenTangle © Method was created by Rick Roberts and Maria Thomas and is copyrighted.

### **Body Acceptance and Positivity at All Ages - Thursday, May 30 (5pm)**

Have you experienced shame, guilt, feelings of anger or frustration over how you or others perceive your body size or shape? It is no secret that more and more women and men are struggling with acceptance and gratitude no matter what size or shape they are. Join us to explore and reflect on how this mindset holds you back from living the best life you can. We will be writing, creating an art project, and discussing ways to increase your body positivity during our time together!

