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SPOKANE COUNTY LIBRARY DISTRICT

Create, learn, thrive with September library programs

Spokane, WA | August 22, 2024 – Spokane County Library District announces the September lineup of programs for kids, teens, adults, and nonprofit organizations.

Weekly <u>Play & Learn Storytime</u> programs offer interactive time for parents and caregivers and their early learners while they engage with entertaining stories and educational activities. Three library programs offer kids after-school activities focused on creativity and STEM: <u>Terrific Tuesdays</u> at North Spokane Library (44 E Hawthorne Rd), <u>Wonder Wednesdays</u> at Medical Lake Library (321 E Herb St), and <u>STEAM-Themed Thursdays</u> at Spokane Valley Library (22 N Herald Rd).

At many of our libraries, families can flex their engineering and problem-solving skills, using our abundance of LEGO bricks during <u>LEGO Free Play</u>. Tweens and teens, ages 10–14, can try <u>Beginning Hand Sewing</u> at The Lab at North Spokane Library.

The SCORE Spokane session <u>Building a Sustainable Nonprofit</u> is for anyone who is thinking about or in the beginning phases of starting a nonprofit organization. Topics include selecting the right corporate structure, forming a board of directors, defining a business model, and examining fundraising strategies.

Adults can learn how to create scented bar soap during <u>Make Cold-Pressed Soap</u>, including what materials to use, what tools are needed, and how to avoid basic mistakes. Try <u>Mending Clothes by Hand</u> to give a favorite garment new life, with training provided by <u>Creativebug</u>.

We're <u>Making Pressed Meadow Flowers</u> from Spokane Valley Library's meadow, and all ages can sign up to participate. Tap into relaxing energy during <u>3D Printing: Desktop Zen Garden</u> when designing a miniature sand and rock garden, including base and rake, that will be created using our 3D printer. <u>Create a Watercolor Landmark Accordion Book</u> featuring a Spokane street front with iconic buildings and landmarks. Learn how to draw and paint them in a fun and whimsical style with watercolors.

During September, gardeners can bring their extra, fresh produce to a <u>Produce Swap</u> at three of our libraries and pick up something another gardener's crop. Drop by the <u>WSU Extension Master Gardeners</u> <u>Plant Clinic</u> to get help with a wide variety of horticulture issues.

Bring amazing native pollinators—bumblebees, butterflies, hummingbirds, and more—to front and back yards. During <u>Gardening For Pollinators</u>, learn easy stewardship strategies that can be implemented immediately. The program <u>A Walk Through the Night Garden</u> offers ideas for the components needed to create a night garden, including fragrant plants, white flowers, lighting, and moon gardening. In the <u>Winterizing Roses</u> class, learn techniques to take proper care of roses to both prepare for winter as well as during this unpredictable season in the Pacific Northwest.

During a <u>Dementia Friends Information Session</u>, learn about dementia, what it's like to live with dementia, and actions to take to support people living with dementia in the community. Geared toward paid and unpaid caregivers, <u>Dementia Caregivers Professional Training</u> provides an in-depth exploration of many topics, including effective communication strategies, understanding and responding to dementia behaviors, a strengths-based approach to dementia behaviors, and emergency situations.



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Our weekly <u>Tuesday Memory Café</u> is a comfortable way to connect with other caregivers and people experiencing memory loss while socializing, building new support networks, and trying activities, crafts, and more.

Sign up for the September sessions of <u>A Matter of Balance: Preventing Falls</u> to learn strategies for setting realistic goals for increasing activity and identifying environmental adjustments to reduce risk factors. Plus, discover how gentle movement can increase flexibility, strength, and balance and how a shift in viewpoint can make falls more controllable.

<u>Library Community Connect</u> brings multiple organizations and providers focused on health, housing, education, and other services from around Spokane County to the library to help community members. Get direct access to services and connect with organizations to get questions answered.

Take the guesswork out of Medicare during the free, unbiased class presented by ALTCEW and SHIBA. Medicare: Getting Started is for anyone new to Medicare and those wanting a refresher. The class covers parts A, B, C, and D and goes over Medicare benefits and options, including a comparison of Medicare Advantage plans and Medigaps. Also get free, unbiased counseling that is specific to the individual and their Medicare questions during Medicare One-on-One Counseling with a trained volunteer from SHIBA.

Spokane County Library District provides resources, experiences, and places that empower people to learn, explore, and succeed. The District operates 10 libraries that include Airway Heights, Argonne, Cheney, Deer Park, Fairfield, Medical Lake, Moran Prairie, North Spokane, Otis Orchards, and Spokane Valley as well as the mobile library LINC. District library cards are free to Spokane County residents.

For more information about our libraries and programs, please visit www.scld.org or call 509.893.8200.