

Fall  
2025

# FRANKFORT

## PUBLIC LIBRARY DISTRICT

ALL PROGRAMS REQUIRE REGISTRATION UNLESS MARKED: DROP-IN

[frankfortlibrary.org/calendar](http://frankfortlibrary.org/calendar)

815-469-2423

This newsletter was generously sponsored by the Friends of the Frankfort Library (pg. 2).

### NAWS Dog Adoption Event



ALL  
AGES

DROP  
-IN!

SAT. SEP. 13 9-11am

Have you thought about adding a furry friend to your household? Join us for our first NAWS Dog Adoption event, which will be held simultaneous with the Friends of the Library Book Sale. NAWS staff & volunteers will have a variety of pooches for you to interact with and hopefully provide them with a forever home!

### Nature Journaling



ADULT

MON. OCT. 6 6-8pm

Nature journaling is the mindful practice of connecting with nature using all your senses, making and recording observations, and being curious. Artist and educator, Carrie Carlson will discuss tools, materials and resources, and provide observation prompts so you can practice basic nature drawing skills.

*All supplies provided.*

### Friends Art Market



ALL  
AGES

DROP  
-IN!

SAT. NOV. 8 10am-4pm

Get a jump on holiday gift-giving ideas and stop by the Friends of the Frankfort Library Art Market. Shop the booths of locally-made, hand-crafted unique items that will delight you, your family, and friends!

Keep up with the Friends at  
[FrankfortFriends.org](http://FrankfortFriends.org)

### Library Board of Trustees:

President - Jan Look

Vice President - Lori Evenhouse

Trustees - Autumn Faris  
Emily Meszaros  
Karen Miner  
Jeffrey Otway  
Brooks Stenoish

### Library Director

Amanda Kowalcze

### Exploring Our Moon: Past, Present, & Future

WED. SEP. 24 7-8pm

In the footsteps of Apollo, NASA's Artemis program is ready to launch a historic mission in 2026 – returning humans to the Moon and paving the way for future Mars exploration. Join Caitlin Lee, Joliet Junior College's Planetarium Coordinator, for an in-depth look into the Artemis program's objectives, challenges, and the exciting future of human space exploration.

ADULT

TEEN



# COMMUNITY

## Community Resources Fair

FRI. SEP. 19 10am-12pm

Join us for our second annual Community Resources Fair where you can ask questions, engage in conversation with, and gather valuable information from a variety of 15 non-profit and government agencies. A few organizations that you can meet this year include the I-PASS team, Frankfort Fire Protection District, Northern IL Food Bank, Will County Health Department, and Frankfort Township Senior Services.

Coffee & Munchkins  
provided by Dunkin'  
on LaGrange.



## Fall Volunteer Fair 2025

WED. OCT. 15 7-8:30pm

Featuring over 15 local and regional organizations looking for volunteers of all ages to join their team. This is a great opportunity to learn how you can lend your skills and passion to support our communities.

Mark your calendar.

## Winter Blood Drive

THU. DEC. 4 12-5pm



## FRIENDS NEWS:

The Friends of the Frankfort Library helps support the library programs and services through such events as Book Sales & Art Market. Our success depends on your generous support, and for that we are very grateful. Our Upcoming Events are Book Sales on SATURDAYS, SEP. 13 & OCT. 11 from 9AM-2PM and Art Market on SAT. NOV. 8 from 10AM-4PM

The Friends would like to thank all our sponsors: Same Day Tees, Witkowski Dental, The Candle Vault, Maertin Heating & Cooling, Calvio, Van Ordstrand & Associates, LLP, Triple R Childcare, Fisher Swale Nicholson Eye Center, Galvin Accounting, Amazing Fantasy Books, Skin and Body Bar Medical and Wellness Spa, Snow Family Dental, Law Office of Cheryl A. Morrison, Hannah Bee Honey, Growing Smiles Pediatric Dental, Frankfort Auto Repair, Town Center Bank, and Friends like you.

FPLD is delighted to announce our new licensing partnership with **Senior Planet** from **AARP** to offer more in-person technology classes to older adults in our community. We hope to meet you at one of our classes this fall.

# SENIOR PLANET

FROM **AARP**

**L** = Lecture

**W** = Hands-On  
Workshop

## Gmail Tips & Tricks

WED. SEP. 17 10-11:30am

Go beyond sending and receiving emails with this hands-on workshop about Gmail features like: spellcheck, formatting, searching your inbox, and attaching files.

## Staying Safe Online

WED. SEP. 24 10-11:30am

Learn important tips for keeping your personal information safe while enjoying the benefits of the internet.

## Digital Tools for Brain Health

THU. SEP. 25 10-11:30am

In this lecture, we'll explore digital tools to support habits that can help you stay sharp, including wearable devices, engaging websites, and informative podcasts.

## Fitness Apps

MON. OCT. 6 10-11:30am

Think that fitness apps are only for athletes? This lecture covers many different types of fitness apps, whatever your health and wellness goals.

## Online Health Resources at a Glance

WED. OCT. 8 10-11am

Don't just Google it! Discover the topics and tools offered by two reputable websites, Medline Plus and Mayo Clinic. You'll also learn how to evaluate health-related information online.

## Affordable Home Internet

MON. OCT. 13 10-11:30am

Don't overpay for internet. This program shares resources for finding low-cost programs from internet service providers that can help save you money.

Consider being a part of our story and become a member of the Friends at [frankfortfriends.org](http://frankfortfriends.org) or scan the code.



## Exploring Online Health Resources

WED. OCT. 15 10-11:30am

Learn how to use the reputable MedlinePlus website to explore health topics, find information on drugs & supplements, watch educational videos, and access tools.

## Online RX Drug Resources

WED. OCT. 22 11:30am-1pm

This program will provide an overview of useful online drug resources.

## Digital Coupon Tools

THU. OCT. 23 10-11:30am

If you like saving money on groceries and everyday items, then this program is for you! Discover coupon websites, apps, databases, and tips for getting the best deals.

## Introduction to Managing Your Privacy

MON. NOV. 3 2-3pm

Learn essential privacy tips! We'll review how ads target us online, how to limit tracking, and better control how our information is shared.

## Graphic Design Tools

MON. NOV. 10 10-11:30am

Looking for a creative outlet? Try free, user-friendly, web-based graphic design tools. You can use these tools to create greeting cards, invitations, flyers, logos, and more.

## Google Sheets

WEDNESDAYS 10-11:30am

Part 1. NOV. 12 | Part 2. NOV. 19  
In this 2-part workshop series, you'll learn the basics of creating, sharing, and downloading spreadsheets with Google sheets.

There are prerequisites.  
See our online calendar for details.

## Getting Started with Canva

THU. NOV. 20 10am-12pm

Interested in learning about and trying your hand at the popular online graphic design platform, Canva? This workshop will walk you through the basic functions of Canva.



# ALL AGES

## Scavenger Hunts:

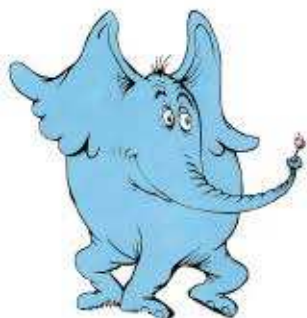
AUG. 18 - SEP. 16

### Find Blues Clues

New puzzles each week!

OCT. 1 - 31

### Wicked Things in the Library



### Characters Welcome!

All Ages

SUN. SEP. 14 2-4pm

Do you know what Harold and the Purple Crayon, Ramona and Beezus, Eloise and Return of the King have in common?

They are all 70 years old this year!

A bunch of your favorite characters, books, movies and games also have big birthdays in 2025, and we're going to celebrate!

Join us for games, crafts and snacks.

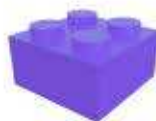
### Painted Pumpkin Showcase

All Ages

OCT. 21 - 31

Help us celebrate Fall and the Halloween season by decorating the library with pumpkins! This is an opportunity to be creative, express yourself, beautify the library, and share some community spirit.

See our online calendar for details.



### Everybody Builds: Lego and More

All Ages

WEDNESDAYS 4:30-5:30pm

SEP. 10 | OCT. 8 | NOV. 19

Come and build with us! We have regular Lego for older builders and Duplo or other building materials for little builders.



VIRTUAL EVENT

### Blue's Clues Bash!

All Ages

TUE. SEP. 16 6-7pm

Join us for fun Blue's Clues - themed activities to get us ready for the virtual chat with Steve.

Come for the party, the presentation, or both!



### Finding the Clues: Then and Now with Steve Burns

TUE. SEP. 16 7-8pm

Steve's back, not for the kids, but for you! Steve Burns from Blue's Clues will share what life was really like during and after his time on the show - the kind of conversation only grown-up fans will truly understand.

Stop by the Youth Services Desk for a form to submit a question or letter for Steve from AUG. 18 - SEP. 8.

### Wicked Sing-Along Party

All Ages

TUE. OCT. 21 6-7pm

Dust off your best black hat or your fanciest tiara and wand and join us for a Wicked good time! Costumes are always POPULAR at the Library! We'll have a sing-along with some of the best songs from the movie as well as a few Wicked-themed activities before we watch the virtual event with big-screen Nessa Rose: Marissa Bode!

Come for the sing-along, virtual event or both!



VIRTUAL EVENT

### Beyond the Screen: A "Wicked" Conversation with Marissa Bode

TUE. OCT. 21 7-8pm

Prepare for a magical evening with actress Marissa Bode. Bode made her feature film debut as Nessa Rose in the Academy Award-winning blockbuster, Wicked. Join us to explore Bode's early inspirations and performances, leading up to Wicked.



These events are made possible by Illinois Libraries Present, a statewide collaboration among public libraries offering premier events. Illinois Libraries Present is funded in part by a grant awarded by the Illinois State Library, a Department of the Office of Secretary of State, using funds provided by the U.S. Institute of Museum and Library Services, under the provisions of the Library Services and Technology Act (LSTA).

## BOOOOO

### Scary Stories at the Library

All Ages

WED. OCT. 29 6-7pm

Come hear the winning stories from the Scary Story Writing Contest, as well as other spooky tales!





## Morning Storytimes:

No Storytimes October 13-15

### Wee Ones

Birth-23 Months with Adult

TUE. & WED. 9:30-10am

SEP. 9 - OCT. 8 | OCT. 21 - NOV. 19

Little ones from birth-23 months and their adult caregivers are invited to share simple stories, songs, rhymes, and time for play!

DROP-  
IN!

### 2's and 3's

24-36 Months with Adult

WEDNESDAYS 10:30-11am

SEP. 10 - OCT. 8 | OCT. 22 - NOV. 19

Children aged 2-3 and their adult caregiver are invited to share stories and songs with us.

DROP-  
IN!

### Preschool Storytime

3-5 Years with Adult

TUESDAYS 10:30-11am

SEP. 9 - OCT. 7 | OCT. 21 - NOV. 18

Calling all preschoolers! Bring your favorite adult to the library to enjoy stories and songs.

DROP-  
IN!

### Toddler Process Art

Ages: 1-4 Years with Adult

THU. SEP. 18 10-10:30am

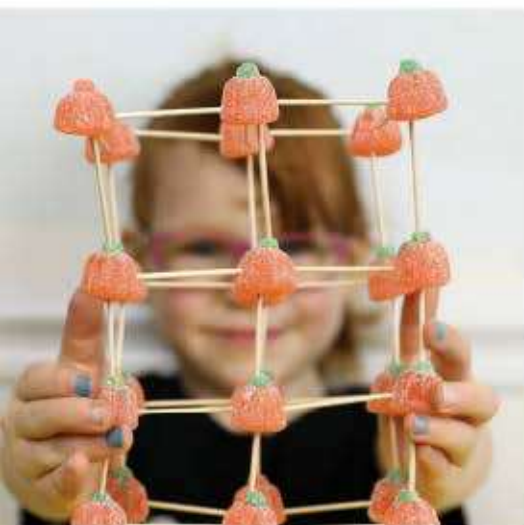
Experiment and foster creativity with process art!

### Fall STEM Stations

Ages: 2-5 Years

MON. SEP. 22 10-10:30am

Explore Fall themed STEM stations and learn through play!



## A Little Sensory Hour

Birth-5 Years

THURSDAYS 9:30-10:30am

SEP. 11 & 25 | OCT. 9 & 23 |

NOV. 6 & 20

Join us for a sensory time with other caregivers and their littles! Every session we'll explore something new with an emphasis on fine motor skills.

### Yoga Tots

Ages: 1-4 Years

SATURDAYS 9:30-10am

SEP. 27 | OCT. 18 | NOV. 1

Bring your tot and a mat or towel for this fun yoga program!

### Yoga Kids

Ages: 5 & Up

SATURDAYS 10:15-10:45am

SEP. 27 | OCT. 18 | NOV. 1

For ages 5 and up. Bring a mat or towel for some yoga fun with Miss Jastine!

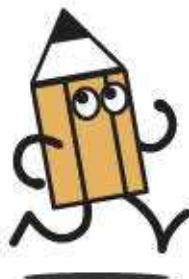


### Give FPLD Goosebumps Scary Story Writing Contest 2024

Grades: K-5

SEP. 1 - OCT. 13

The contest is back! Write us a story to chill our bones. We'll read the winners on Facebook Live!



### Halloween Potions

Ages: 3-5 Years

MON. OCT. 27 10-10:45am

Mix and mash messy ingredients to see what kind of Halloween potions you can come up with!

### Day of the Dead Wood Art

Grades: 3-5

THU. OCT. 30 5-6pm

Paint wood skull cut-outs in celebration of Day of the Dead!

# KIDS

## Graphic Novel Book Club

Ages 8-12

MONDAYS 7-7:45pm

We talk about amazing graphic novels for kids.

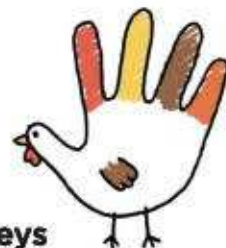
SEP 8



OCT 13



NOV 10



### Little Turkeys

Ages: Birth-2 Years

MON. NOV. 17 10-10:45am

We're so thankful for our tiniest turkeys! Create a handprint Thanksgiving keepsake to cherish for years to come!



## Teen Volunteer Orientation

Grades: 6-12

TUE. SEP. 2 4-5pm  
WED. OCT. 1 4-5pm  
MON. NOV. 3 4-5pm

Teens who are interested in volunteering at the library must come to an orientation first. This includes current volunteers as well. We will be going over volunteer requirements, filling out forms, and answering questions.

## Dungeons & Dragons

Want to try your hand at rolling dice and being a fantasy hero? Join our merry band of adventurers on a quest in the seminal table top role playing game Dungeons & Dragons. *No experience or equipment needed.*

## High School D&D

Grades: 9-12

THURSDAYS 6-8:30pm  
SEP. 11 | OCT. 9 | NOV. 6

## Junior High D&D

Grades: 6-8

TUESDAYS 6-8:30pm  
SEP. 23 | OCT. 28 | NOV. 18

## Teen Advisory Board (TAB)

Grades: 6-12

THURSDAYS 6-7pm  
SEP. 25 | OCT. 23 | NOV. 20

Need volunteer hours for school, church, scouts, or just want to help? Join the TAB and earn volunteer hours just for helping us out. Make a difference in your library! Share your voice.

Scan the code below or visit our website to apply for the group:

[frankfortlibrary.org/teens/  
events-clubs/teen-advisory-board](http://frankfortlibrary.org/teens/events-clubs/teen-advisory-board)



SCAN ME

Teens

## Spotify Cassette Tape

Grades: 6-12

THU. SEP. 4 6-8pm  
Want to have your favorite Spotify with you to show off to friends? Learn how to make a cassette keychain using the Glowforge!



## Crochet a Ghost

Grades: 6-12

THU. OCT. 2 6-8pm  
Make a cute ghost amigurumi for Halloween. We will be using glow-in-the-dark yarn.



## Constellation Art on Canvas

Grades: 6-12

WED. NOV. 12 6-7:30pm  
Are you into stargazing? Come and create some wall decor of the Big Dipper!



## Anime Craft Club

Grades: 6-12

THURSDAYS 6-8pm  
SEP. 18 | OCT. 16 | NOV. 13

Already love anime and manga? Or just starting out? Come to Anime Craft Club to explore new titles, get crafty, and watch anime!



## Film Screening:

ADULT

TEEN

KIDS



## Cosmic Dawn: A James Webb Space Telescope Documentary

MON. OCT. 20 7-8:45pm  
Ready to join the cosmic adventure? Cosmic Dawn is the incredible true story of the James Webb Space Telescope – humanity's largest and most powerful space telescope – on a mission to unveil the early universe, against all odds. Follow along from idea to launch in this documentary.

*We are delighted to be an official James Webb Space Telescope Community \*Engagement\* Site & NASA Cosmic Dawn Community Event Host.*

## Required Reading Collection

Did you know you can pick up required reading titles at the Library? Find this collection in the Teen Section. Take a book and keep it for as long as you need, no check-out required!





## COMPUTERS + TECHNOLOGY

### F Mobile Device One-to-One

WEDNESDAYS

9:30 or 10:30 or 11:30am

SEP. 3 | OCT. 1 | NOV. 5

Have a question about using your phone, tablet, or e-reader? Sign up for a 30-45 minute appointment.

### Genealogy Lab

TUE. SEP. 9 & OCT. 14 6-8pm

THU. NOV. 6 2-4pm

Dedicate time to research your family history in a friendly setting.

### F Microsoft Excel Basics

WED. SEP. 17 2-3:30pm

### F Excel: Introduction to Formulas & Functions

WED. OCT. 8 2-3:30pm

### F Glowforge 1:1

MON. SEP. 15 | WED. OCT. 22

5:30-6:30pm or 7-8pm

Use our Glowforge laser cutter for your personal projects and get assistance from staff. *Restrictions apply.*

### F Pronunciator:

**Personalized Language Courses**

WEDNESDAYS 7-8:30pm

SEP. 17 | NOV. 19

Pronunciator is a fun new way to learn any of 315 languages! Lessons are customized to your personal interests, learning goals, and more.

*There are prerequisites.*

*See our online calendar for details.*

### F Silhouette 1-to-1 Session

THU. SEP. 18 | MON. OCT. 20

4:30-5:30 or 6-7pm

Want to create a custom greeting card or have an idea for a t-shirt iron-on? We can help!

### F Canva Basics

THU. SEP. 25 7-8:30pm

This class will introduce you to Canva, a free design software that can be used to create everything from flyers to social media posts.

## F Tech Tuesdays

SEP. 23 | OCT. 7 | NOV. 4

6:30 or 7 or 7:30 or 8pm

Need help setting up your new device, or learning how to access an ebook or tv show from our digital collection? We can help!

*Zoom or phone appointments are available by request.*

### F Glowforge Basics

THU. SEP. 25 2-4pm

MON. NOV. 24 6-8pm

Learn how to use the Glowforge software and laser cutting machine to create a simple acrylic keychain.

### F Know the Perks of Your Library Card

TUE. SEP. 30 6:30-8pm

Library cards aren't just for checking out books. Discover the unexpected perks of your FPLD card, like our digital content, online classes, museum passes, and more.

### F Silhouette Basics

THU. OCT. 2 2-4pm

Learn how to use the Silhouette Design Studio software and smart cutting machines to create a simple vinyl window cling.

### F 3D Printing: Digital to Physical

TUE. OCT. 21 7-8pm

In this beginner's class, you will learn some tips and tricks to, literally, smooth the transition from digital models into physical objects.

### F Procreate Lightning Fundamentals

MON. OCT. 22 6-7:30pm

Want to take your digital art to the next level? Learn the fundamentals of lighting in the Procreate app that will help all of your pieces shine!

*An iPad with Apple pencil and the Procreate App are required for this class.*

### F 3D Printing Basics: Tinkercad

THU. NOV. 13 7-8:30pm

Learn the basics of 3D printing using free design software from Tinkercad. Patrons will create their own keychain design to be printed in the filament color of their choice.

## Adults

### ONLINE WORKSHOP

### Scale Up Your Business with Gale: Udemy Courses to Support Small Business Success

WED. OCT. 22 12-1pm

Are you a small business owner or entrepreneur looking to enhance your professional skills and drive your venture to new heights? If so, this training session on Gale Presents: Udemy is for you!

### Shuffle Squad

FRIDAYS 10am-12pm

SEP. 12 | OCT. 10 | NOV. 14

Learn & play classic card games. *Beginners welcome. Sign up solo or with a group of up to 4 players!*

### Trivia Night

TUESDAYS 7-8:30pm

SEP. 30 | NOV. 25

Join the fun and test your niche knowledge at our Trivia Night! Come solo or bring your team!

### Dungeons & Dragons

THURSDAYS 6:30-8:30pm

SEP. 11 | OCT. 30

Dive into the world of Dungeons and Dragons where you can create a hero, roll some dice, and have a great time battling villains and monsters. Looking for a place to host your own game? Fellow Game Masters are welcome to sign up!

*Beginner and experienced players welcome! All materials will be provided, but you may bring your own. This is an Adult only program for ages 18 and older.*

### Become a D&D Game Master

TUE. OCT. 28 6-7:30pm

Interested in starting your own Dungeons and Dragons game, but unsure where to start?

Join other new game masters as we dive into helpful resources, tips, and tricks that will make running your game stress-free.



AGES:  
16+



## HOME + GARDEN

### Native Woody Plants & How to Include Them in Your Landscape

TUE. SEP. 23 6:30-8pm

Join Kelsay Shaw, botanist and Possibility Place owner, to learn more about native woody plants that grow in our neighborhoods and in the places we like to hike. Find out which species would be great additions to your landscape, how they support each other and other species, and common do's and don'ts.

## BOOK CLUBS

Books are available one month before the event.

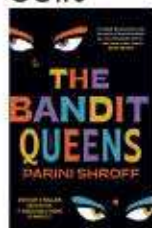
### CoffeeCake & Crime

FRIDAYS 9:15-10:15am or 10:30-11:30am

SEP. 5



OCT. 3



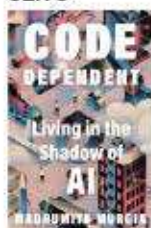
NOV. 7



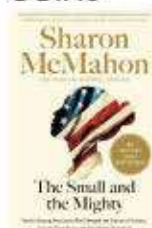
### Nonfiction at Night

MONDAYS 7-8pm

SEP. 8



OCT. 13



NOV. 10



### Fall into Fantasy

MONDAYS 7-8pm

SEP. 22



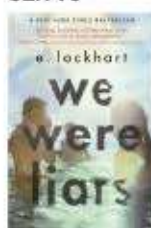
NOV. 17



### Tuesdays with Friends

TUESDAYS 1-2pm

SEP. 16



OCT. 21



NOV. 18



## Adults

### F Sew a Utensil Pouch

WED. SEP. 10 2-4pm or

THU. SEP. 11 2-4pm or 6-8pm

Sew a handy pouch with a strap closure that is sized to hold cutlery, pens, crochet hooks, and more!

*This class is designed for patrons who already know how to use a sewing machine. See our online calendar for prerequisites.*

### F Laser-Cut Ghostly Pendant

MON. SEP. 29 2-4pm or 6-8pm

or TUE. SEP. 30 2-4pm

Use our Glowforge laser-cutting machine to create a miniature window with a ghostly apparition that can be turned into a pin or pendant.

*This class is designed for patrons who have completed the Glowforge Basics class or have equivalent experience.*

### F Knit a Hat

THURSDAYS 6-8pm

Part 1 OCT. 9 | Part 2 OCT. 23

Expand your knitting skills and create a cozy winter hat. This 2-session class will introduce knitters who already know the basics to the process of knitting in the round using circular needles.

*This class is for patrons who already have basic knitting skills. See our online calendar for prerequisites.*

### F Print & Cut Fall Magnet Bookmarks

THU. OCT. 23 2-3:30pm or

MON. OCT. 27 10-11:30am or

2-3:30pm

Learn how to create a fall-themed magnet bookmark from pre-selected designs that you'll be able to personalize, print and cut.

*Patrons must have completed the Silhouette Basics class prior to attending this program.*

### F Sew a Soup Bowl Cozy

THU. OCT. 30 2-4pm or 6-8pm

or FRI. OCT. 31 10am-12pm

Learn how to sew a shaped cotton cozy - perfect for insulating a bowl of something warm and comforting!

*This class is designed for patrons who already know how to use a sewing machine. See our online calendar for prerequisites.*

## ARTS + CRAFTS

All materials provided unless noted.

### F Silhouette: Fall-Themed Cork Coasters

MON. NOV. 3 4-6 or 6:30-8:30pm

or TUE. NOV. 4 10am-12pm

1:30-3:30pm

Just in time for the holidays, we will make a set of fall-themed cork coasters. You will choose a pre-selected design for your coasters and customize them using the Silhouette design studio.

*Patrons must have completed the Silhouette Basics class prior to attending this program.*



### F Make a Fidget Quilt for Your Loved One

WED. NOV. 5 3-5pm or 6-8pm

Sew a fidget quilt (aka "fidget sensory mat") for your loved one or donate it to Suncrest Hospice. Fidget quilts offer sensory activities for individuals dealing with memory loss, dementia, autism, Asperger's, Alzheimer's, ADHD, anxiety, and more. The quilts can help individuals relieve stress and anxiety while practicing their motor skills. Heather McGovern, an experienced quiltmaker, will guide the session.

*This is an advanced level sewing class. See our online calendar for prerequisites.*

### F Silhouette: Layered Greeting Cards

WED. NOV. 12 1:30-3:30pm or

4-6pm or 6:30-8:30pm

Using Silhouette Design Studio, you will create a layered greeting card from an assortment of pre-selected holiday-themed designs.

*Patrons must have completed the Silhouette Basics class prior to attending this program.*

### F Laser-Cut Photo Frame

THU. NOV. 20 2-4pm or 6-8pm

or MON. NOV. 24 2-4pm

Use our Glowforge laser cutting machine to create a custom 4x6 wood photo frame with a magnetic backing.

*This class is designed for patrons who have completed the Glowforge Basics class or have equivalent experience.*



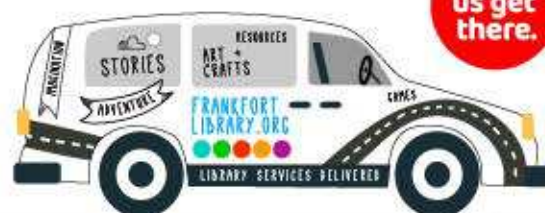
## FRANKFORT RESIDENTIAL CUSTOMER

### Director's Note

The Library gives thanks to the Friends of the Library for their continued support all year long, including the sponsorship of this newsletter. Additionally, the Library is thankful for the overwhelming generosity of community members and organizations who have donated to support the Library's Outreach Vehicle Fundraiser. At the time of this printing, the fundraiser has passed 60% of its goal. Follow along and/or fuel our journey at [frankfortlibrary.org/van](http://frankfortlibrary.org/van)

**We're going places.**

**Help  
us get  
there.**



## HEALTH + WELLNESS

### Staying Mentally Fit

TUESDAYS 10:30-11:30am  
SEP. 9 & 23 | OCT. 14 & 28 |  
NOV. 11 & 25

Engage your brain with exercises that will help to keep you mentally fit.

### Mindful Nature Walk

THURSDAYS 9-10:30am  
SEP. 11 | OCT. 9 | NOV. 6

See our online calendar for locations!

### **F** Field Trip: Labyrinth & Cosmic Walk at Franciscan Sisters of the Sacred Heart

WED. SEP. 24 1-2:30pm  
TUE. OCT. 21 1-2:30pm

Join us for a unique educational field trip to a special place in our neck of the woods, the Labyrinth & Cosmic Walk on the campus of Franciscan Sisters of the Sacred Heart here in Frankfort, IL. Sister Mary Barbara Hassler will guide the tour.

### Estate Planning

THU. OCT. 2 7-8pm

This session will introduce attendees to the fundamentals of estate planning and why it's essential for everyone, regardless of wealth level.

Programs marked **F** are for FPLD cardholders only. All other programs are open to everyone or may prioritize FPLD cardholders.

**OFF  
SITE**

### Five Wishes

WED. OCT. 8 7-8pm

This presentation is designed to guide individuals and families through the process of making thoughtful, values-based decisions about end-of-life care. It introduces the Five Wishes document.

### Medicare Assistance 1-to-1 Session

THU. OCT. 16 11:30am-5:30pm

Are you on Medicare or about to be? Register for one 30-minute session to get a health insurance review and ask questions to determine which choice of coverage is best for you.



### **F** Bunny Yoga with Cher

SUN. OCT. 26 2-3pm

Dive into the delightful realm of bunny yoga, where fluffy companions hop alongside you, bringing joy and playfulness to your practice. Cher's yoga practice incorporates animal assisted activities (AAA), which provide a chance to connect to nature in a therapeutic way. Please bring a yoga mat or towel.

ALL PROGRAMS REQUIRE REGISTRATION  
UNLESS MARKED: DROP-IN  
[frankfortlibrary.org/calendar](http://frankfortlibrary.org/calendar)  
815-469-2423

### Understanding Alzheimer's and Dementia

MON. OCT. 27 7-8pm

Learn the difference between Alzheimer's and dementia, stages, risk factors, research, and FDA-approved treatments.

### Navigating Senior Living: Understanding Options & the Continuum of Care

TUE. NOV. 18 10-11am

As individuals age, their living needs and healthcare requirements often change. Get a comprehensive overview of senior living options.

### Senior Health Insurance Program (SHIP)

WED. NOV. 19 1-2pm

Learn what the Illinois Dept. on Aging's SHIP (Senior Health Insurance Program) is all about and the different components of Medicare. This presentation will help you understand what Medicare is and your choices.



### Puzzle Swap

SUN. NOV. 16 2-3:30pm

Calling all Jigsaw Puzzlers! Donate your gently-used puzzles NOV. 12 - 14 during open library hours to receive a ticket for Early Entrance (1:30-2pm) to our second annual Community Puzzle Swap on SUN. NOV. 16.