



Bosler
Memorial
Library
Empowering Lifelong Learning

Carlisle Institute for Lifelong Learning

Fall 2022

Program Guide



LEARN, EXPLORE, DISCOVER



The Carlisle Institute for Lifelong Learning at Bosler Memorial Library

The Carlisle Institute for Lifelong Learning at Bosler Memorial Library (CILL)
provides programs and courses to engage adults in learning
at any age and stage of life.

Program Registration

Scan the QR code next to each program that requires registration to go to the registration form.
You can also go to www.boslerlibrary.org and visit our event calendar to register.

Call the Library at (717) 243-4642 for assistance in registering.



In memory of former Assistant Director, Public and Information Services, Dennis M. Lavery, the Bosler Memorial Library presents the Lavery Speaker Series. Every spring and fall as part of the Carlisle Institute, the Library will feature one Lavery Series speaker. No registration required for these presenters.



Nothing We Eat is Natural: the Genetics of Food

Presented by: Scott Poethig, Ph.D.

Domesticated animals and plants usually bear only a passing resemblance to their ancestors. Ever since we became farmers about 10,000 years ago, we have been consciously and unconsciously genetically modifying the organisms we eat. Many of the foods we consider healthy, were once bad for us. I will discuss the traditional methods and more recent molecular techniques that have given us everything we put on our table.

Scott Poethig is a professor at the University of Pennsylvania in the Biology Department. Learn more about Dr. Poethig's research and background by scanning the QR code.



<https://cutt.ly/ScottPoethig>

Saturday, September 17 at 1:00 pm

Bosler thanks the Friends of Bosler Memorial Library for continuing to support our Lavery Speaker Series!
Interested in contributing to the Lavery Speaker Series? Please contact Bosler's Development Officer, Molly Shane, CFRE.
(717) 243-4642 x3222; or by email at mshane@cumberlandcountylibraries.org

Get Social with Bosler and Friends!



@boslerlibrary



@boslerlibrary

The Library will be closed September 5,
November 9 and 24, December 24, 25, and 26.
The Library will be opening at noon on
October 12.

Bosler Memorial Library
158 West High Street, Carlisle, PA 17013
717-243-4642

www.boslerlibrary.org

Member of the Cumberland County Library System

Monday - Friday: 10am to 9pm

Saturday: 10am to 5pm

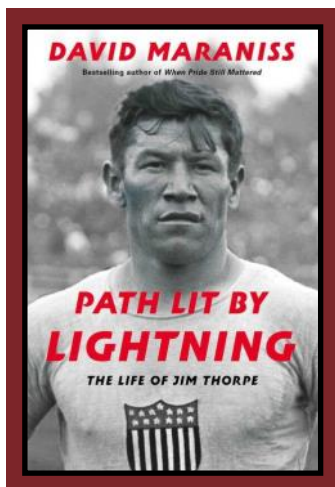
Sunday: 1pm to 5pm



Celebrate the Book

Our Celebrate the Book series brings authors, both local and national, to the Library to speak about their works, their inspiration, and their writing process. Join us for these exciting author talks!

All discussions are FREE to attend!



Join us as David Maraniss stops by Bosler to discuss his newest book, “Path Lit by Lightning: The Life of Jim Thorpe!” This program is being held in partnership with Whistlestop Bookshop. Preorders are available through Whistlestop.

Tuesday, October 4 at 4:00 pm. No registration Required.

Jim Thorpe rose to world fame as a mythic talent who excelled at every sport. He won gold medals in the decathlon and pentathlon at the 1912 Stockholm Olympics, was an All-American football player at the Carlisle Indian School, the star of the first class of Pro Football Hall of Fame, and played major league baseball for John McGraw’s New York Giants. Even in a golden age of sports celebrities, he was one of a kind.

Join us for these panel discussions from local authors!

Christian Works and More

Saturday, November 5 at 2:00 pm

[Register for Christian Works and More.](#)

Hear about Christian Fiction and Nonfiction works from authors Gina Napoli, Suzanne Fisher, and Pat LaMarche at November Celebrate the Book!

Mystery and Historical Works

Saturday, December 3 at 2:00 pm

[Register for Mystery and Historical Works.](#)

Hear about Mystery and Historical Nonfiction works from authors JM West, Sherry Knowlton, and Pat LaMarche at December Celebrate the Book!

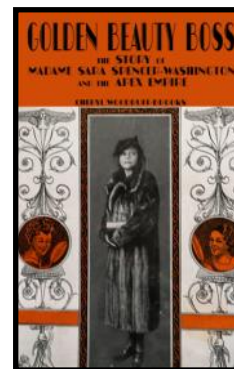
A Q&A with the authors will follow both panel discussions.

“Golden Beauty Boss” - Discussion with author Cheryl Brooks

Wednesday, December 14 at 12:30 pm

[Register for “Golden Beauty Boss.”](#)

Join us as author Cheryl Woodruff-Brooks discusses her first biography of the life of Madame Sara Spencer Washington, founder of Apex News and Hair Company, once located in Atlantic City, New Jersey. In 1911, a Virginia entrepreneur moved to Atlantic City and started selling cosmetics door-to-door and styling hair in her basement, growing her business into an empire. Cheryl takes you through the history of Apex from its inception until its dissolution after Sara’s death in 1953, sharing details of her life as she faced discrimination while earning the respect of all races along her journey.



Bees: The Role of Pollinators & Beekeeping

On display September 2022 in the front lobby.

Learn about types of bees, the role of pollinators, and the aspects of beekeeping in our September exhibit! Poster displays provided by Bee Campus USA and Dickinson's Center for Sustainability.



Dickinson College's Center for Sustainability Education (CSE) has played a pivotal role leading student learning dimensions of the initiative and supporting college-wide sustainability goals that extend throughout and beyond the student learning experience. CSE has been a leader in making sustainability a pillar of a Dickinson education, one that equips Dickinson graduates for civic action to create a more just, inclusive and sustainable society and that assists Dickinson in attracting and retaining high quality students, faculty and staff. CSE sees the Dickinson campus and Carlisle community as living laboratories for learning about sustainability problems and solutions through the direct experience of identifying problems, understanding their causes, and developing solutions. Bee City USA® and Bee Campus USA bring communities together to make better places for pollinators, in particular the more than 3,600 species of native bees in the US, by increasing the abundance of native plants, providing nest sites, and reducing the use of pesticides. Bee City USA and Bee Campus USA are initiatives of the Xerces Society for Invertebrate Conservation.

Our Molten Moon: The Story of the First Moon Rocks

On display during November 2022 in the front lobby.

This brings viewers back in time to the moon's early history and the formation of its rocks. This exhibit is made possible by the Lunar and Planetary Institute. According to the Lunar and Planetary Institute website (LPI), its mission is to "advance understanding of the solar system by providing exceptional science, service, and inspiration to the world." Please learn more about LPI at their website: <https://www.lpi.usra.edu/>



Oshogatsu: The Japanese New Year

On display from December 31 to January 31 in the front lobby.

This exhibit will introduce you to the celebration of Japan's New Year, its meaning for Japanese culture, and its influence on the connection between American and Japanese communities.

Posters and decorations made possible by The Japan-America Society of Pennsylvania. The Japan-America Society of Pennsylvania is Western PA's bridge to Japan through informative, innovative programming in order to encourage a better understanding of the business, cultural, social, educational and political practices and customs of Japan and the United States. We have a variety of events year-round that support the US-Japan friendship at the grassroots level. You can read more about the JASP at



Check out these adult programs all year round! No registration required to attend, just stop in!

Tabletop Gaming

Every Monday at 4:30 pm

Upstairs Stitchers, downstairs

Every Tuesday at 6:30 pm

Knitting Group

Every Thursday at 12:00 pm

Mah Jongg Club

Every Friday at 10:00 am

Writer's Workshop

Second and Fourth Saturdays at 10:00 am

Carlisle Poets Workshop

Second Saturday of the month at 12:00 pm

Monday Book Group

First Monday of the month at 7:00 pm

Wicked Wednesday Book Group

Second Wednesday of the month at 1:00 pm

Just Mysteries Book Group

Fourth Wednesday of the month at 1:00 pm

Graphic Novel Discussion Group

Fourth Monday of the month at 7:00 pm

Self-Publishers Collective

Second Thursday of the month at 7:00 pm

Have a hobby, discussion, or educational group you would like to start? Reach out to our Community Relations Department and we may be able help you get started! Call us today at (717) 243-4642 x3224 or x2226.

Bosler Free Libraries

The Library has 5 Bosler Free Library locations all around and outside of town! We have 4 boxes inside Carlisle: one is at the intersection of N. Bedford and E. Penn Sts., another is located outside of the Carlisle Tool Library on Factory St., one is located in the YWCA parking lot, and finally, there is a newly **reopened** location at Hope Station. The remaining library is installed outside of town in North Middleton Park. As kids get back to school and the weather hopefully cools off a little, why not take a stroll and visit these boxes for some great books.



Bosler Free Library's Mini-Reading Challenge During September

Head over to the Bosler Free Libraries when September rolls around for a fun children's activity! There will be BINGO cards in each little library with different reading goals in each square. Fill out one row or get a blackout, and turn your card in at the Library to get a goodie bag!

Bosler Free Library's Secret Santa From December 19 through 31

Bundle up and take a walk to your local Bosler Free Library to find a Secret Santa surprise! Each box will have wrapped books with a simple description on the outside to entice you into picking them up. Why Secret Santa when you know the Library is doing this? The whole secret is not who they are coming from but what book you will grab. You could discover a brand-new author this holiday season!

Get texts from the Library!



To sign up, text "Signup" to 833-569-0507 and have your library card and PIN number ready.

Trades and Technology Track

Our newest addition to the Carlisle Institute for Lifelong Learning will introduce you to the trades! Through this track, we will be offering programs on select trades, tips for homeowners, career guidance for those who might be looking for a career change, and much more! Stay tuned throughout the fall as more of these programs get scheduled. The Trades and Technology Track is sponsored by Tuckey.



Where the “HACC” do I start?

Tuesday, October 25 at 6:00 pm

No Registration Required.

Are you wondering how to begin the college process? What do you need to do first? HACC is here to help you navigate the application process and explain the services, programs and opportunities they offer to their students.

Music @ Bosler

All concerts begin at 7:00 pm
No Registration Required.

Joey Leone September 23

Joey takes an in-depth yet lighthearted look at the songs that came out of our AM radios during the golden age of rock and roll.



Country Bob October 28

Country Bob draws from influences of folk, old-time stringband, traditional bluegrass, and Texas country music.

Sponsored by:



The Redd Herrings November 18

An original blend of Americana Root Stew.



Vintage Brass December 16

Join us as Vintage Brass plays a medley of secular and sacred holiday tunes!

Sponsored by:



The Music at Bosler series is made possible in part with support from concertgoers and the Arts for All grant opportunity of the Greater Harrisburg Foundation, a regional foundation of The Foundation for Enhancing Communities.

If you would like to donate to our series or sponsor an upcoming concert please contact our Development Officer, Molly Shane, CFRE at (717) 243-4642 x3222; or by email at mshane@cumberlandcountylibraries.org

Exciting Adult Programs

Cumberland Valley Waters: Connecting Us All

This weekly series will improve community members' understanding of our local Cumberland water resources, raise awareness about our personal relationships to these resources, and heighten our sense of personal agency to ensure future generations enjoy healthy stream ecosystems and clean water resources locally and globally.

REGISTER



<https://cutt.ly/BOS>
ConnectingUsAll

Featuring speakers from ALLARM of Dickinson College, PSE Master Watershed Program, Cumberland County Conservation District, and more!

PRESENTATIONS

Thursdays 6:30 PM
(Door prizes included)



Sept. 8 - Local History & Watersheds
Sept. 15 - Life in and around Streams
Sept. 22 - Stormwater: Problems and Solutions
Sept. 29 - Recreation & Conservation

In Collaboration with:



Master Watershed Steward Program

PennState Extension

Cybersecurity Series

Join us for this exciting and informative series designed to keep you safe online! Presented by George Dillman, Consumer Outreach Specialist with the Investor Education and Consumer Outreach Office of the Pennsylvania Department of Banking and Securities. George has over 20 years of speaking and training experience. He is very passionate about saving and investing for the future and teaching people how to protect their assets. **Registration Required.**

Banking Basics - Saturday, September 10 at 10:00 am

Overview of how banks and credit unions work; differences between types of accounts; the importance of balancing accounts; what to do if you have had banking issues in the past; what types of questions you should ask before opening and account; and what deposit insurance does and does not cover.

[Register for Banking Basics.](#)

Spending Plans - Saturday, October 22 at 10:00 am

Necessity of spending plan so that people can achieve their financial goals; differences between wants and needs; setting SMART goals; creating a spending plan; putting the plan into action; as well as periodically reviewing goals and spending plans in order to ensure that you can stay on track. [Register for Spending Plans.](#)

Fraud Bingo - Saturday, November 5 at 10:00 am

Fun and interactive presentation that teaches consumers how to protect themselves from investment fraud by playing a familiar game – BINGO. [Register for Fraud Bingo.](#)

Exciting Adult Programs



Writing Fundamentals Workshop



October 13 at 2:15 pm
Bosler Memorial Library

*Authors JM West, Pat LaMarche,
Phyllis Orenyo, and Sherry Knowlton*

Featuring “Writing a Workable Thesis,” the rudder that guides and develops the writer’s points by JM West; “Research for Fiction and Non-fiction” The “bones” that support or develop the thesis by Pat LaMarche; “Show, not Tell”: How to enliven papers with description for truth and accuracy by Phyllis Orenyo; and “Polishing your Rough Draft”: Tips on Editing, Obtaining Feedback and Revising papers by Sherry Knowlton.

[Register for Workshop.](#)

Capital C - Freestyle Improv

Friday, November 11 at 7:00 pm

No Registration Required.

Have you heard of Harry Mack, or saw the Hulu documentary, “We are Freestyle Love Supreme” starring Lin-Manuel Miranda and wondered what it would be like to experience a freestyle show live? Well now is your chance. Come join 4X Field of Screams Rap Battle Champion, Capital C and his guests as they entertain the audience with a total improv presentation. Audience participation is strongly recommended.



Bilingual Poetry Readings

September 24 at 1:00 pm - “Vida Prestada” Spanish presentation/reading

October 1 at 1:00 pm - “Senorita Death” English presentation/reading

No Registration Required.

Join us for these exciting poetry readings by poet Douglas K. Currier. Douglas K. Currier holds an MFA in Writing from the University of Pittsburgh and has published work in several anthologies: Onion River: Six Vermont Poets, Getting Old, and Welcome to the Neighborhood as well as journals The Café Review, Main Street Rag, The Comstock Review and others, both in the United States and in South America. He writes in both English and Spanish and lives with his wife in Carlisle, Pennsylvania.

**Subscribe to Bosler’s YouTube
channel for more great programs!
Scan code below to subscribe!**



Virtual Adult Storytimes

The weather is getting colder so why not curl up and listen to a story? In September, we look over the shoulders of some detectives in a police procedural. In October, we delve into the creepy world of horror, and in November, step into the world of espionage for a little while! Finally, in December, we can look at Christmas What Could Have Been with some alternate history novels. Recordings will be uploaded to YouTube and announced on Facebook.

Health and Wellness Education

Addiction, Recovery, and the Family

Wednesday, December 14 at 6:00 pm

[Register for Addiction, Recovery, and the Family.](#)

Explore the aspects of addiction, recovery, and family in our educational session this December. Jessica Miller, Education and Advocacy Coordinator for The RASE Project, will be leading this hour-long discussion.

Physical Therapy as Pain Management

Multi-Session Course Schedule

Thursdays (10/6, 10/20, 10/27, 11/10, 11/17, 12/1) at 6:00 pm

Presenter: Samantha Godrey, Clinical Director for Phoenix

[Register for Physical Therapy as Pain Management.](#)

Note that registration is for all sessions. You are welcome to attend as many as you find suitable.

Come to Bosler to learn how Physical Therapy can be used as a way to decrease pain and improve physical health! Clinical Director for Phoenix Physical Therapy, Samantha Godrey, will show participants how to begin their exercise program, learn about exercises for physical mobility and strength, overcome injuries, and more. Additional topics, such as knee pain, back pain, shoulder pain, and foot/ankle pain, will be included in each session.

October 6: How to Begin and Create Your Own Exercise Program

October 20: Mobility, Yoga, and Pilates

October 27: Strength Training Tips & Guidelines

November 10: How to Overcome Nagging Injuries

November 17: Individualized Exercise Program to Decrease Pain

December 1: When Pain's a Bad Thing and When to See Your Physical Therapist

Samantha Godrey, PT, DPT, CMPT is the Clinical Director for Phoenix Physical Therapy in Carlisle, Pennsylvania. Sammy joined Phoenix in January of 2019 while doing her last clinical affiliation. She has worked in outpatient since graduating and enjoys the relationships she is able to gain with her patients. She has experience in neurorehabilitation, inpatient therapy, and pediatrics. Specializing in sports rehab and manual therapy, she is also well versed in general outpatient rehab.

The Importance of Organ & Tissue Donation

Tuesdays December 20 and 27 at 6:00 pm

No Registration Required.

This program is designed to provide knowledge and awareness about the importance of organ and tissue donation. Common myths surrounding this heavy topic will be discussed to deliver accurate information and encourage registration. In addition, attendees will be provided with brochures, pens, and bracelets from the nonprofit organization Gift of Life.

Anushka Konka is an organ donation ambassador working with the nonprofit organization Gift of Life to spread awareness about organ and tissue donation as well as encourage registration.



Health and Wellness Education

Join us for these programs to learn about meditation, reiki, and breathing! Presented by Rev. Rachel Schwab. Rev. Rachel Schwab serves as the Visitation Pastor at First United Church of Christ in Carlisle. Rachel also is a Usui Reiki Master/Teacher. She also provides reiki through Carlisle Bowenwork in Mechanicsburg.

Introduction to Reiki

Wednesday, October 5 at 6:30 pm

[Register for Introduction to Reiki](#)

What is Reiki? Reiki is a non-invasive, deep healing, gentle touch modality that allows the body to relax and receive physical, emotional relief. Reiki can provide relief from headaches, anxiety, fear, pain and complements all medical treatments/therapies. This course answers questions and provides practical, hands-on approach to begin to take care of yourself!

Introduction to Meditation

Saturday, November 19 at 10:00 am

[Register for Introduction to Meditation.](#)

Is meditation for me? Do I need to be able to sit still? Can I still meditate if I can't concentrate well? Is meditation only for spiritual people? How is meditation different than prayer? This class is a gentle, guided introduction to different styles of meditation and its various purposes and benefits. We will spend time "sampling" some styles of meditation. Whether you are an absolute beginner or seasoned meditator — all are welcome!

"Take a Breath": Introduction to Breath at the core of belief.

Saturday, November 12 at 10:00 am

[Register for "Take a Breath."](#)

Prana, Chi, Holy Spirit... just a few words that describe that which gives all living beings life. Learn how different religious traditions view breath at the center of belief. We will spend some time learning a few breath techniques from a variety of belief systems and how we can incorporate these breath practices into our own experience.

Life Skills Workshops

Presented by: Joyce Mandel, Employment Skills Specialist

Registration is Required for these Workshops.

Workshops take place virtually through GoToMeeting.

Loneliness When Job Searching

Wednesday, October 19 at 5:00 pm

Loneliness can creep up anytime in life especially when you are job searching. Learn about why it is important to recognize it and tips on how to overcome loneliness in this interactive workshop. [Register for Loneliness When Job Searching.](#)

Happiness

Wednesday, October 26 at 5:00 pm

Feeling positive will mean so much in your job search. Your days will be brighter and your attitude will be positive. In this workshop, we will discuss what happiness is, things you might have to give up to be happy, a conversation about negative talk and how this can harm your search, and how happiness is good for your health and how to stay happy. [Register for Happiness Workshop.](#)

Dementia Educational Series

Join us for this educational series designed to help you and your loved ones learn more about Dementia. Presented by Debra Boyer from Arden Courts of Susquehanna. All programs are free to attend.



Debra Boyer is the Memory Care Advisor at Arden Courts of Susquehanna located in Harrisburg, Pennsylvania. Debra educates, supports and assists families navigating the process of transitioning their loved one into the Arden Courts Memory Care Community.

Registration is required for all sessions except for Dementia Support Group.

Dementia Friends Workshop – Become a Dementia Friend

Wednesday, November 2 at 6:30 pm

[Register for Dementia Friends Workshop.](#)

This interactive workshop will inform the audience about five key messages of Dementia, how it affects people, and how we can take action steps to make a difference for someone living with Dementia.

What is Dementia?

Thursday, November 3 at 6:30 pm

[Register for What is Dementia?](#)

This session will touch on the basics of Dementia and offer caregiver education.

What is Memory?

Thursday, November 10 at 6:30 pm

[Register for What is Memory?](#)

This session will touch on the basics of memory and its role in Dementia.

The Lobes of the Brain - Caregiver Education and Support

Thursday, November 17 at 6:30 pm

[Register for The Lobes of the Brain.](#)

This session for caregivers will touch on how changes in the lobes of the brain affect their loved ones.

Dementia Support Group

Tuesdays November 15 and December 20 at 11:00 am

No Registration Required.

Join us for this support group for caregivers and their loved ones living with Dementia. We'll learn about the disease and speak with others to form shared connections.

“Library2Go” App!

- Search for materials
- Place or cancel holds
- Renew items
- Browse upcoming events
- And more!



Search “Cumberland County Library System”

Join us for an exciting day celebrating pop-culture!

- ◆ **Games**
- ◆ **Artists**
- ◆ **Cosplay**
- ◆ **And much more!**



Bosler Library **COMIC CON** **Saturday, October 15** **10:00 am to 4:00 pm**

Interested in presenting or having a table at our event? Call Community Relations at (717) 243-4642 x3224.

Carlisle Institute for Lifelong Learning Take Home Activities

Supplies for all kits are limited and are reserved on a first come first serve basis

Limit 1 kit per household

Give Thanks Wreath

Sunday, November 13 at 11:00 am

Make a festive wreath with Bosler to show your thanks this November! Call Community Relations at 717-243-4642 x2226 to reserve your kit.

Pumpkin Diorama Take and Make Kit

Available during October

Craft your very own little diorama for the Halloween season! This kit will include a carvable pumpkin, paper cutouts, and other little spooky details to bring your diorama to life. You

can call 717-243-4642 x3260 to reserve your Take and Make Kit on October 1. Please keep an eye out for an instructional video on our social media showing how to put your kit together!



Photo of our 2021 Pumpkin craft

Library Tours

Explore the Library in new ways by participating in our exciting tours! Completing each tour or challenge will earn you a goody bag filled with items related to that month's theme. Items can include bookmarks, cards, and exciting surprises! Tours are available in person and digitally. To reserve kits for each month or if you have any questions, please contact the Community Relations Department at (717) 243-4642 x2226 or x3260.

Native American Heritage Tour

Available during the month of November

Learn about the Native American tribes across the northeast! Tribes include those ranging from the Susquehannock Tribe to the Wampanoag Tribe.

Kwanzaa Celebration Tour

Available during the month of December

Celebrate Kwanzaa and its historical meaning with our "Kwanzaa Celebration Tour!" Gifts include those ranging from the topic of unity (umoya) to faith (imani).