

Carlisle Institute for Lifelong Learning Program Guide



Spring 2023



LEARN, EXPLORE, DISCOVER



Bosler
Memorial
Library
Empowering Lifelong Learning

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

Click the registration link in each program description or visit our event calendar.

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.



The Field of Battle - the Aftermath of the Battle of Gettysburg

Presented by: Michael Jesberger

Thursday, March 9 at 6:00 pm

"We were not meant to see such things" were the words of a Gettysburg civilian following the days after the battle. The aftermath of a Civil War battle is often overlooked or totally forgotten when reflecting on the American Civil War.

When the Army of Northern Virginia and the army of the Potomac came into Gettysburg, Pennsylvania in July of 1863, they swept in like a whirlwind. And a thunderous storm followed for 3 days. And that quick, they were gone leaving in their aftermath a massive wake of destruction and carnage that had never been seen before. Have you ever thought about it? If you focus on it, you might just imagine for a moment.... What would it have looked like?



Amazingly enough with all of the accounts that were done, and books that had been written about the battle, there had never been a major study to deal with that aftermath of the battle of Gettysburg. With over 50,000 killed and wounded, and that was just the beginning. Historical reenactor, lecturer and tour guide Michael Jesberger will explore this macabre tale of the American Civil War.

"The Harvest of Death": Union dead on the battlefield at Gettysburg, Pennsylvania, photographed July 5 or July 6, 1863, by Timothy H. O'Sullivan

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

Drumming for Mindfulness - Rhythm and Sound Series

Fridays: 1/6, 1/20, 2/3, 2/17

4:00 pm to 5:00 pm

Presented by: Dani Fiore

Registration Required. [Register Here.](#)

In this series, you'll get instruction on various drums and percussion instruments, and learn how to use them to make music, have fun, relax, and get creative. You will learn to use natural stress relief techniques that can help you

feel happier and sleep better. Benefits are enhanced when we practice these tools together, so our series will conclude with a group drum circle. **Instruments are provided**, but you are welcome to bring your own drum if you are able. No musical ability is required to participate.

Dani Fiore is a performer, teacher, facilitator, and student of Music and Psychology. Dani teaches drums and guitar at Keystone Musical Arts Center in Camp Hill, PA where their lessons focus on fun and mindfulness as much as musicianship. They perform original music locally and beyond with the Harrisburg/New Orleans soul project, Shawan and the Wonton. Dani is passionate about facilitating drum circles, group music-making, sound meditation, and introducing people to new instruments and fun ways to make positive, healthy changes.



Join us to learn what you will need to know to pass the Federal Communications Commission exam! In this informational course, attendees will learn the "rules of the road," the basics of electronics, and the fundamentals of how radio works. You will also have the opportunity to take the Federal Communications Commission exam to earn your license. A textbook, radio, and testing fee will be provided for attendees. Registration is for all courses, but attendees are welcome to attend as many sessions as comfortable.

Ham Radio for Beginners

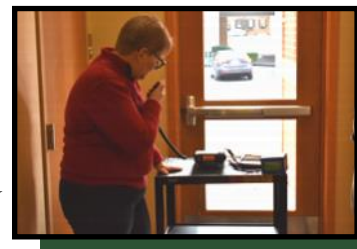
Saturdays: 2/4, 2/11, 2/18, 2/25, 3/4, 3/18

2:00 pm to 3:00 pm

Presented by: Robin Cartwright

Registration Required. [Register Here.](#)

Robin Cartwright, KC3CEK, first earned her technician license in March 2014. She studied and earned her general and extra "tickets" about six weeks later, although she does not recommend this. Her current interests are high frequency operation, and DXing (contacting hams in other states and countries).



Music Course - Piano and Guitar Theory

Wednesdays: 3/1, 3/8, 3/15, 3/22

7:00 pm to 8:00 pm

Presented by Philip Johansen

Registration Required. [Register Here.](#)

Beginner and professional musicians are welcome to join us for an interactive, four-week course on the basics of guitar and piano theory! These in-person sessions will occur at Bosler Library, with instruction by music instructor, Philip Johansen.

Attendees are welcome to bring a piano keyboard or guitar, **but a musical instrument is not required.**

Understanding Your Family Tree

Wednesdays: 4/19 and 4/26

6:30 pm to 7:30 pm

Presented by Eric Migdal

Virtual on Zoom

Registration Required. [Register Here.](#)

Understand your family trees and the history of your ethnic heritage with our two-part, virtual series at Bosler Library! The first session will review building and understanding family trees, including the differences of pedigree and family group trees, gathering accurate information, understanding and analyzing relationships. The second session will review information about ethnicity and migration, family name changes, and family sequence variations.

Eric Migdal is the owner of It's All Relative Genealogy LLC. He holds over 25 years of experience in the genealogy field, including coaching clients in safely and effectively contacting family members, understanding their DNA match results, and analyzing their ethnic backgrounds.

Have fun learning about West African Drumming in our two-part series at Bosler Library! In this series, Leigh from Studio Solomon will teach attendees the basics of djembe drumming and West African rhythms. Sessions will involve learning techniques to play basic notes, sounds and rhythm patterns on this melodic percussion instrument, and ultimately will play a FUNdamental West African rhythm/song as a group!

West African Drumming

Wednesdays: 5/17 and 5/24

6:30 pm to 7:30 pm

Presented by Leigh Wisotzkey

Registration Required. [Register Here.](#)

Leigh Wisotzkey is the owner/instructor at Studio Solomon in Lemoyne, where she teaches beginner and intermediate level West African Drumming. Leigh offers drumming workshops in a variety of local settings and performs locally as a drummer with Dwennimmen African Dance Community, Bumbada Women Drummers and Studio Solomon Drummers - which offers performance opportunities in the local community for her drumming students.

Living well with Parkinson's Disease

Mondays; 4/3, 4/10, 4/17, 4/24

1:00 pm to 2:00 pm

Presented by Megan Kane-Mangol

No Registration Required

Advances in speech and physical therapy allow individuals with Parkinson's Disease to improve their quality of life through slowing decline in motor skills such as walking, speaking, and swallowing. Learn about current therapeutic interventions and wellness programs that promote optimal management of this progressive neurological disorder.

Megan Kane-Mangol, speech pathologist, and Kristin Zwemer, physical therapist have worked with individuals with neurologic diseases for more than 20 years. In 2019, they opened a private practice, Harmony in Motion Speech & Physical Therapy, to provide individualized therapy, education, and support for clients and their families in the greater Carlisle area.

Financial Security Series

Thursdays: 1/5, 2/2, 3/2, 4/13

6:30 pm to 7:30 pm

Virtual on GoToMeeting

Presented by: George Dillman

Registration Required*



George Dillman presenting "Banking Basics."

Course Schedule:

January 5 - Budgeting for Your New Year Goals

Are you financially ready for the new year? How far into the next year will you be paying off that holiday debt or that "trip of a lifetime?" This presentation focuses on the need for a spending plan/budget.

[Register Here.](#)

February 2 - Popular Scams and How to Avoid Them

This presentation takes a look at ways people's identities are stolen or compromised, what you can do if you find you have had your identity stolen, and how to stop theft from occurring. [Register Here.](#)

March 2 - Keeping Yourself Safe Online and Shopping Tips

Whatever your age, understanding how to keep your information safe and secure online is vitally important for everyone. This presentation covers key topics like using secure websites, creating strong passwords, being aware of what you put on social media, and even tips for shopping online safely.

[Register Here.](#)

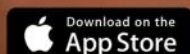
April 13 - STaRT (Start Today and Retire Tomorrow) and Spending Plans

This program discusses retirement planning. The goal is to help you determine what your retirement goals are and how to help you get there. No matter where you are in the timeline for retirement, early career, mid-career or late career, know that it's never too late to STaRT. [Register Here.](#)

George Dillman is the Consumer Outreach Specialist with the Investor Education and Consumer Outreach Office of the Pennsylvania Department of Banking and Securities. He 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.

"Library2Go" App!

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



Search "Cumberland County Library System"

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! The Trades and Technology Track is sponsored by Tuckey.



Emergency Medical Technician (EMT)

Wednesday, May 24 at 4:00 pm and 6:00 pm

No registration required

Learn all about a career as an EMT from professionals with Cumberland Goodwill EMS!

Legal Track

Mid-Penn Legal Services

Tuesday, March 28 at 6:00 pm

No Registration Required

Learn about the services available through Mid-Penn Legal Services and how they can help you with your legal questions. Presented by Jillian Copeland.

Music @ Bosler

All concerts begin at 7:00 pm
No Registration Required

January 27

Harrisburg Mandolin Ensemble



February 24

Colby Dove
(12-string musician)



April 28

Dickinson College Jazz Ensemble

Sponsored by Rick Rovegno in memory of Karen Jaasund Rovegno



May 26

Zach King
(Country)



March 17

Kirsten Thien and Erik Boyd
(Performing: "Two for the Road -Great Musical Couples")



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

Injury Prevention Seminar - Neck and Low Back Pain

Wednesday, January 4 at 12:00 pm

Registration Required. [Register Here.](#)

Learn the basics of injury prevention for your neck and low back pain in this one-hour lunch seminar led by Samantha Godfrey, Clinical Director for Phoenix Physical. **Lunch and related handouts will be provided for attendees.**

Samantha Godfrey, 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 can 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. Sammy played soccer and softball in college and in March of 2021 received her CMPT (Certified Manual Physical Therapist). She is in pursuit of her Fellowship in Manual Therapy and CSCS (Certified Strength and Conditioning Specialist). Sammy resides in Harrisburg, PA.

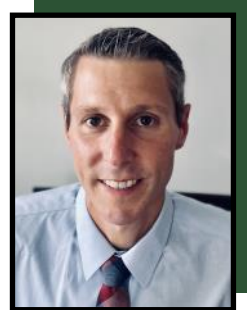
Lead Like a Pro - Virtual Interactive Workshop

Thursday, January 12 at 6:30 pm

Virtual on GoToMeeting

Registration Required. [Register Here.](#)

Lead like a pro and achieve your goals with our interactive workshop! Presented by Dr. Matthew Raidbard. Dr. Raidbard will walk you through the presentation, “Lead Like A Pro,” and provide a worksheet for attendees to complete.



Friendship Force - How to Travel without Tourism

Thursday, January 12 at 4:00 pm

No Registration Required

Friendship Force of Greater Harrisburg (FFGH) is a nonprofit, cultural exchange organization active around the world promoting goodwill. Its purpose is to bring people together through informational exchanges with Ambassadors (members), nationally and internationally. Through educational programs, FFGH sows the seeds of friendship across the barriers, both physical and cultural, that often divide us. Currently, there are 377 chartered clubs in 63 counties, and on 6 continents whose FF members are committed to making friends both at home and abroad. Presented by Katie McFarland.

Digital Literacy Workshops

A collaboration with the Employment Skills Center

Google Workspace: Tuesdays, January 17 and May 23

Computer/Internet Safety: Tuesdays, January 24 and May 30

All classes run from 2:00 pm to 3:00 pm. Registration Required. [Register Here.](#)

Receive guidance on the basics of Google collaboration tools in our workshops! Workshops are free but require registration and attendees have to be Pennsylvania residents. Participants are welcome to have a Gmail account but are not required.

Maureen Osborne, the Digital Literacy Coordinator at the Employment Skills Center, will be leading these workshops



Medication-Assisted Treatment - Informational Session

Wednesday, February 15 at 6:00 pm

Registration Required. [Register Here.](#)

Medication-assisted treatment (MAT) is the use of medication combined with counseling and behavioral therapy to treat opioid use disorders. Presented by Jessica Miller, Education and Advocacy Coordinator for The Rase Project. Jessica will review medication-assisted treatment, types of medications, and its use regarding Substance Use Disorder.



Watch for information about our SummerQuest! Adults can win great prizes such as gift cards to local businesses, just by reading!

America's Involvement in the Vietnam War - How and Why

Thursday, March 15 at 6:30 pm

Registration Required. [Register Here.](#)

What was the purpose and reasoning behind America's involvement in the Vietnam War? Richard Burton, Army Vietnam Veteran (1969-1979), will discuss the role of America's involvement in the Vietnam War. He will provide an overview of the United States' involvement in Vietnam, his own involvement in the Vietnam War, discuss the United States' involvement with South Vietnam at the end of World War II, and will have additional photos on display.

Anime Watch & Draw Series

Bi-weekly at 7:00 pm

Spring 2023 dates: 2/8, 2/22, 3/8, 3/22, 4/5

For those who enjoy watching and drawing anime, we have a great space at Bosler to enjoy it! Anime Watch & Draw is a free bi-weekly series for adults with basic to advanced knowledge of Anime. We will watch Anime, draw some Anime, and enjoy some Anime-inspired snacks and drinks. **Registration is not required, but please submit our sign-up form to help us tailor this program to you.** [Sign-up Here.](#)

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



Virtual Adult Storytimes

Join us for these virtual adult storytimes as we highlight some famed authors! In February, join as we delve into the works of Alexandre Dumas, the author of several famous novels such as "The Three Musketeers." As we enter March, we will also enter the illogical world of Franz Kafka, who authored the acclaimed "The Metamorphosis." In April, we will examine the works of Robert Louis Stevenson, author of children's classics like "Treasure Island" and adult horror novels like "The Strange Case of Dr. Jekyll and Mr. Hyde." Finally in May, we will look at Edgar Allen Poe, a poet and writer who is best known for tales of horror such as "The Tell-Tale Heart." Adult Storytimes will be uploaded on the second and fourth Fridays of the month.

Get texts from the Library!



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

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!
Scan QR Codes to register*

Chicken Bone Beach - Author Talk (Cheryl Woodruff-Brooks)

Saturday, March 11 at 2:00 pm

Registration Required. [Register Here.](#)

Cheryl Woodruff-Brooks has compiled this history of Atlantic City's racially segregated beach during its heyday from the 1920s through the 1960s and the residents who lived on the Northside near the established Missouri Avenue Beach. Included in this author talk are images, research, and oral interviews of Atlantic City residents. Despite racial division in America, Chicken Bone Beach functioned as an African-American resort attracting celebrities, civic leaders, and other races.

Explore the World with Tracy - Three Part Series

Tracy is an adventure traveler, preferring destinations out of the mainstream and activities that make your heart thump. She has published travel articles on these adventures and written two books about walking across Spain on El Camino de Santiago and trekking the Annapurna Circuit in Nepal. Tracy regularly speaks to audiences large and small about her books, travels and trekking, and women in leadership. **Registration is required for these talks.***



One Woman's Camino - Wednesday, April 5 at 7:00 pm

Join Tracy as she navigates the challenges and rewards of her journey - including the endurance needed to walk 500 miles, the fellow pilgrims she meets along the way, and the internal struggles that come as she searches for answers. Ask Tracy how she walked those 500 miles, and she'll answer, "One step at a time." This talk will take place in person at Bosler Library. [Register Here.](#)

One Woman in the Himalayas - Thursday, April 6 at 7:00 pm

Join Tracy as she walks in the shadow of the world's highest mountains and brings us along on a raw and wild ride of changed plans, pivots and decisions made in thin air. This talk will take place virtually on Zoom. The Zoom link will be provided upon registration. [Register Here.](#)

Ireland's Dingle Way and Kerry Camino - Wednesday, May 3 at 7:00 pm

Join Tracy as she walks with Wild Atlantic coast to her left and Ireland's rural countryside to her right around the picturesque Dingle peninsula, a postcard setting of mind-blowing scenery and a time machine back into Irish history all the way to early Christianity. The location of this talk is yet to be determined. [Register Here.](#)

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 Stitches, 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 and Writers

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 Friday of the month at 1:00 pm

Graphic Novel Discussion Group

Fourth Monday of the month at 7:00 pm

Self-Publishers Collective

Fourth Thursday, every other month starting
February 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 to help you get started! Call us today at (717) 243-4642 x3224 or x2226.

Carlisle Institute for Lifelong Learning Exhibits



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

www.japansocietypa.org.



THE JAPAN-AMERICA
SOCIETY OF PENNSYLVANIA

Journey Stories

On display from March 1 to April 12 in the front lobby.

Journey Stories is an educational poster exhibition that explores how movement has shaped the nation. It takes a broad look at American expansion and migration, from the earliest European settlers and Native American displacement, to the effects of transportation advancements on modern mobility. *Journey Stories* is organized by the Smithsonian Institution Traveling Exhibition Service.



Smithsonian

Carlisle Institute for Lifelong Learning Take Home Activities

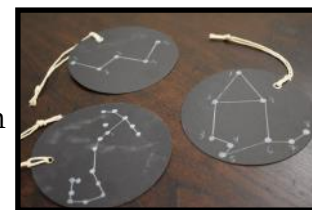
Supplies for all kits are limited and are reserved on a first come first serve basis

Limit 1 kit per household

DIY Constellation Kit

April 2023 (all month)

Learn about the constellations with this D.I.Y. constellation kit! Each kit will contain supplies (circular chalkboard tag, a white colored pencil, and glow-in-the-dark stars, instruction cards, and some extra goodies). Participants are encouraged to share their creations on Bosler's Facebook page with the hashtag #BoslerConstellations.



Starting April 1, call our Community Relations Department at (717) 243-4642 extension 2226 to reserve your kit.

DIY Knitting Loom

May (all month)

Description: Construct your own knitting loom with normal household objects and a little bit of time! Kits will include all the needed supplies such as yarn, a paper tube, popsicle sticks. All you have to provide is a little bit of glue! Starting May 1, call our Community Relations Department at (717) 243-4642 ext. 3260 to reserve your kit.

Discover a new book!

February (all month)

Feeling bored with your regular book choices? Are you reading the same authors, same genre, even the same STORY? Well, to mix things up, why don't you go on a blind date...with a book! Throughout the month of February, stop by the Bosler Free Library book boxes and select a paper wrapped book to take home. Each paper wrapped book will have a few keywords to give you an idea of the story inside but titles and authors are secrets until the wrapping comes off! The Bosler Free Libraries are managed in partnership with CALC and the Carlisle Tool Library.




Bosler Free Libraries are located at:

- YWCA Carlisle
- Hope Station
- Corner of Bedford and Penn Streets
- North Middleton Park
- Carlisle Tool Library

Get Social with Bosler and Friends!

 @bosler

 @boslerlibrary

 @boslerfriends

 @boslerlibrary

The Library will be closed January 1 and 2, April 9, and May 29. Bosler opens at noon on April 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