

## The Carlisle Institute for Lifelong Learning

Spring 2024 Program Guide



#### 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.

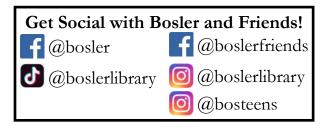
Please note: Starting in January 2024 the Library will be updating its operating hours. Monday through Friday Bosler will open at 9:00 am and close at 8:00 pm. On Saturdays Bosler will open at 10:00 am and close at 2:00 pm. On Sundays Bosler will open at 1:00 pm and close at 5:00 pm.

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

Tabletop Gaming	Carlisle Poets and Writers
Every Monday at 4:30 pm	Second Saturday of the month at 12:00 pm
Upstairs Stitchers, downstairs	Monday Book Group <sup>+</sup>
Every Tuesday at 6:30 pm	First Monday of the month at 6:00 pm
Knitting Group	Wicked Wednesday Book Group <sup>+</sup>
Every Thursday at 12:00 pm	Second Wednesday of the month at 1:00 pm
Mah Jongg Club*	Just Mysteries Book Group <sup>+</sup>
Every Friday at 10:00 am	Fourth Wednesday of the month at 1:00 pm
Writer's Wordshop	Graphic Novel Discussion Group <sup>+</sup>
Second and Fourth Saturdays at 10:00 am	Fourth Monday of the month at 6:00 pm

\*Players wishing to learn Mah Jongg are encouraged to email Maryanne Turnbaugh, volunteer facilitator for the club, prior to their first visit. This ensures we have adequate preparation and materials for teaching. maryanne.turnbaugh@yahoo.com

+A complete list of selected titles for the book discussion groups can be found on Bosler's website.



The Library will be closed January 1, 10, and 15; and May 8 and 27.

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: 9am to 8pm Saturday: 10am to 2pm Sunday: 1pm to 5pm



#### Fourth Friday of the Month 7:00 pm to 8:00 pm No Registration is Required



One Friday evening a month, if you visit the Bosler Memorial Library you'll hear lively, passionate, and engaging music coursing throughout the stacks of books. Music at Bosler has welcomed artists and bands from across the Cumberland Valley region, throughout Pennsylvania, and all over the United States since 2010. Solo acoustic performers, jazz ensembles, and Grammy Award winners alike have graced the Music at Bosler stage. From Bluegrass to Hip-hop, Blues and Rock and Roll, Folk, and West African Kora, audiences have been introduced to a variety of genres. Music at Bosler is more than just a concert though. Artists and bands share not only their music, but also their stories. Audiences learn about the history of the genre, the personal experiences of the musicians; they learn about the instruments, the compositions, and much more.

Throughout the years, Music at Bosler has grown, incorporating a stage for the artists and ambient lighting to create an improved atmosphere for the audience. Not even the pandemic could stop the music, as Bosler hosted concerts online through social media. With the exception of taking a short break during the building renovation in 2012, Music at Bosler has consistently hosted musicians each month since 2010 and has garnered over 7,000 in-person audience members in that time; with 2023 becoming our biggest year yet.

Music at Bosler has become a staple of programming at the Bosler Memorial Library, attracting all ages to this musical learning experience. At concerts, you can find audience members asking questions, getting up to dance, and even singing along. Whether there are 10 audience members or 150, the musicians enjoy and appreciate our attentive and engaged audience. Join us for one of these upcoming concerts!

January 26

February 23 Pennsylvania Fiddlers Stonehouse Breakdown **Bluegrass** Music



March 22\* Musical Journey with Matthew Delta Blues and More!



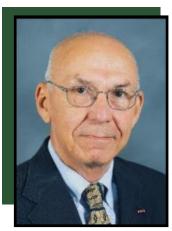
\*Sponsored by Margaret and Daniel Rogusky



## Meet the Real Vikings!

Presented by: John Maietta Tuesday, May 7 at 6:00 pm Registration Required. <u>Register for Meet the Real Vikings!</u>

Despite the cartoon image, the Vikings never wore horned helmets. But they did leave a fascinating cultural legacy to Western civilization. Based in Scandinavia, the Vikings supplied mercenaries for the Byzantine court in Constantinople; Viking traders ranged as far east as Baghdad; and hardy adventurers founded Viking settlements as far west as Newfoundland. This program goes beyond myth and legend to paint a colorful picture of the real Vikings: sailors, craftsmen, warriors, and – by the 11th century – converted Christian kings of northern Europe.



A native of Williamsport, PA, John Maietta retired from a lifelong public relations career in 2010. For many years he operated a successful freelance business in the Harrisburg area, while simultaneously serving as a public affairs officer with the Pennsylvania National Guard. Starting in 2002, he completed numerous activeduty assignments with the U.S. Army, including long-term deployments to Bosnia, Kosovo, Germany, and Iraq. In 2014 he received a master's degree in applied history from Shippensburg University. He later taught introductory courses in world history at Shippensburg University and York College of Pennsylvania.

In memory of former Assistant Director, Public and Information Services, Dennis M. Lavery, the Bosler Memorial Library presents the Lavery Speaker Series. 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

**Blind Date with a Book!** Are you looking for a new favorite book? Have you been stuck in a rut, reading the same author or book over and over again? Want to take a chance on a new book? Well, you are in luck! In February, head over to Bosler Free Libraries to find some paper-wrapped books! They will have a few keywords on the front to give you an idea of their story but everything else is secret! Get ready to grab a mystery book and go on a blind date together!

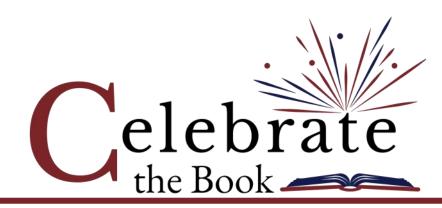
Subscribe to Bosler's YouTube channel for more great programs! Scan code below to subscribe!





#### **Virtual Adult Storytimes**

Join us as we explore some more great authors this spring. In February, we will explore some science fiction with Octavia Butler. In March, we dive into the macabre with some Bram Stoker. As April comes along, we will visit a room with yellow wallpaper with Charlotte Gilman. Finally, in May, we will explore some short stories with Gabriel García Márquez. Recordings will be uploaded to the Bosler YouTube Channel and announced on FaceBook. Visit our YouTube Channel at <u>https://cutt.ly/</u><u>BOSYouTube</u>.



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!

#### New York Times Best Selling Author: Lucy Score

Saturday, January 20 at 3:30 pm+

Registration Required (Note: Registration opens on Monday, December 18 at 10:00 am)\*



Join us for a question and answer session with bestselling author Lucy Score! Lucy Score is an instant #1 New York Times bestselling author. She grew up in a literary family who insisted that the dinner table was for reading and earned a degree in journalism. She writes full-time from the Pennsylvania home she and Mr. Lucy share with their obnoxious cat, Cleo. Bring your questions and be ready to have fun!

+This is an after hours program. Only the rear entrance of the library will be open for this program. Registration is required.

Register for Lucy Score Talk

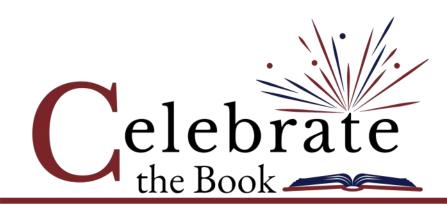
#### Shayla Paradeis - Footprint of a Heart

Thursday, March 28 at 6:00 pm Registration Required. <u>Register for Footprint of a Heart Talk</u>

If you are a hiking enthusiast, adventure traveler, or just someone who enjoys amazing stories, join author, musician, and explorer Shayla Paradeis as she shares her transformative experiences as a long-distance hiker in her latest book, "Footprint of a Heart."



In "Footprint of a Heart," Shayla "Kiddo" Paradeis ventures off the path of musical theater and moves from Manhattan to Montana. Sculpting a life outdoors as a longdistance hiker, she walks over 18,000 miles, hiking the Appalachian Trail twice, as well as the Pacific Crest, Continental Divide, and Te Araroa (New Zealand). All without a smartphone, using maps and a compass. Kiddo shares the trailside moments of five long journeys. Venturing through barren deserts, windy ridges, thick woods, estuaries, swarms of bugs, knee deep mud, and every kind of precipitation imaginable. Each step exposing the true north of a walk in the woods: The need to connect.



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\*

**Joyce Kieffer - The Trees Remember** Thursday, May 23 at 6:30 pm Registration Required. <u>Register for The Trees Remember Talk</u>

Join us for an exciting talk from local author Joyce Kieffer! Joyce Kieffer is the author of The Trees Remember—a trilogy of historical novels set in the turn-of-the-twentieth-century virgin forests of Juniata County, Pennsylvania. The series tells the story of the heroine's odyssey from her small family farm in the forest foothills, to the John's Hopkins Training School for Nurses, and back to her forest homeland and its wild and dangerous lumber camps. Along the way, she uncovers her life purpose . . . and a few intriguing secrets that change her life forever.

Although the novels are set nearly a century ago, Joyce addresses issues relevant to today: ecology, racism, classism, and gender inequality. Superimposed on these themes are the lush, beautiful forests and the flora and fauna that call them home, the rich cultural stories of life in rural Pennsylvania where farming is a way of life, and the Native American wisdom and respect for the plants, soil, and water we all share.

Joyce lives with her husband in central Pennsylvania, her daughters and their families nearby—a short hour's drive away from the mountain cabin in the Shade Mountains that birthed the idea for this story and its messages of courage, family and above all, truth.



🥮 Smithsonian

## Carlisle Institute for Lifelong Learning Exhibits

#### Sounds of Religion

On display from March 4 to April 5 in the front lobby

Choirs singing. Monks chanting. The reading of religious texts. These are religious sounds. But so too are the creaking of church pews and the clanking of pots during the preparation of a communal meal. Sounds of Religion is a poster exhibition that explores how rituals and gatherings of religious communities create a complex soundtrack of religions in America that teaches us how people behave, how they're different, and how they're alike. Through QR codes, viewers are invited to listen to eight contemporary recordings that serve as an audio portrait of the rich and dynamic differences that make religious life in the U.S. unique.

*Sounds of Religion* is organized by the Smithsonian Institution Traveling Exhibition Service in cooperation with the American Religious Sounds Project of The Ohio State University and Michigan State University and made possible through the generous support of The Henry Luce Foundation.

## 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 in part by Tuckey and Turner Hydraulics.

Trades in Networking/Programming

Tuesday, January 30 at 6:00 pm



If you are looking for a career in the exciting trades sector of networking/programming, this program is for you! Join us at Bosler to learn about networking/programming opportunities available to you by Albert Parrillo of Carlisle High School, Director of Careers and Technology Education. No registration required.

#### Turner Hydraulics

Monday, April 29 at 6:00 pm

Come learn about an exciting opportunity in the trades sector with Turner Hydraulics! Employment and career opportunities in the hydraulic and automation industry will be presented along with a brief explanation of hydraulics. No registration required.

Presented by Dan Turner. In 1993, after working there for nearly a decade after attending college, Dan Turner purchased the ownership of Turner Hydraulics from his parents and became President. In 1996, he started TASCorp (Turner Automation Services Corp), the automation arm of Turner. In 2016, Dan started GPM Controls to handle the Schrupp Accumulator Program which he had purchased to enter the accumulator manufacturing market.



#### What's In My Toolbox? - An Intro to Tools

Bosler is proud to partner with the Carlisle Tool Library for this exciting three-part program! If you've ever found yourself out of your element when picking up anything from your toolbox, the Carlisle Tool Library will help put you at ease! <u>Register for An Intro to Tools</u>

Wednesday, March 27 from 6:00 pm to 7:00 pm: Basic introduction to tools and how they are used. This session will take place at the Bosler Memorial Library.

**Thursday, April 4 from 5:00 pm to 7:00 pm:** Tool and workshop safety. This session will take place at the Carlisle Tool Library, located at 735 Factory Street, Carlisle, PA

Wednesday, April 10 from 6:00 pm to 7:00 pm: Basics of home maintenance. This session will take place at the Carlisle Tool Library.

The Carlisle Tool Library is empowering the community by making tools, shop space, and expertise available to everyone. It's like a book library – you borrow the tools you need and return them when you're finished. There are no rental fees – you make a monthly or yearly contribution and get access, plain and simple. The objective is to empower you to take mechanical problems into your own hands. Learn how to drain a grease trap, build a birdhouse, or replace a doorknob. They have the tools, the space, and the resources you need to make your own projects happen!

#### **Registration Required**

## **Multi-Session Courses**

#### **Digital Marketing Basics**

Wednesdays: 1/17, 1/24, 1/31 6:00 pm to 7:00 pm Presented by: Cristen Metzger <u>Register for Digital Marketing Basics</u> Are you a small business owner or someone who is looking to start your own business? This program is designed with you in mind! Learn about various techniques you can use to promote your small business through social media and other digital forms of marketing! Register for one or for all!

#### Session topics include:

1/17: New Year, New Conversions: Key Tactics Using Social Media Content to Increase Sales1/24: Stop Making These Common Mistakes on Social Media & Use These Tips For Helpful ContentCreation

1/31: Is AI Taking Over Marketing Entirely? How To Use AI Tools To Make Your Marketing Easier, Not Harder

Presented by Cristen Metzger. A graduate of Shippensburg University, Cristen took her marketing career working for small businesses and into franchise corporations, achieving great success in her 5 years of experience due to her willingness to learn and be at the forefront of the newest updates in this ever-evolving industry. Her mission is not only to drive success for her clients through her newest path in entrepreneurship, but to empower small business owners with the knowledge of corporate marketing experts.

**Introduction to Tabletop Game Design** Thursdays: 1/18, 1/25, 2/1, 2/8 6:00 pm to 7:15 pm Presented by: John Mulligan

Register for Tabletop Game Design

Embark on an exciting journey into the world of tabletop game design! This four-part course is an introduction to designing your own board game or roleplaying game. You'll learn about: theme vs. mechanisms, crafting engaging player experiences, and how to bring your game to life. This course is

for anyone who has considered making a game, or just enjoys playing them. No experience required -- just enthusiasm and curiosity for game design!

John Mulligan is an ENNIE-nominated independent tabletop game designer and publisher. His published games blend the storytelling of roleplaying games (TTRPGs) with the mechanisms of board games, one of which will be in the upcoming Roll for Learning: Micro Tabletop Role-Playing Games to Use in the Classroom published by Carnegie-Mellon University ETC Press. He also writes a popular weekly publication that explores tabletop game mechanisms in board games and roleplaying games.

If you enjoy feeling peaceful, confident, and happy, yoga nidra is for you! Yoga nidra is an ancient practice of deep, conscious rest that promotes healthier sleep patterns, reduces stress, and restores energy. In yoga nidra, an instructor guides you through a series of relaxation and meditation exercises that calm your nervous system and can improve mental and

Feel Better with Yoga Nidra Thursdays: 2/1, 2/8, 2/15, 2/22 6:00 pm to 7:00 pm Presented by: Holly Tritt Register for Yoga Nidra

emotional wellbeing. Yoga nidra can be practiced by anyone, does not require experience with other forms of yoga, and is not physically demanding. Come for one class, or for all!

Holly has been practicing yoga for 15+ years, has received a 200hr yoga teacher certification, a 30hr yoga nidra teaching certificate, and is a level 1 attuned reiki practitioner.

8

#### **Registration Required**

## **Multi-Session Courses**

In this three-part series, you'll have the opportunity to learn about a wide range of topics concerning aging, health, and more. The first session on February 21, "Aging in Place" will address scenarios such as falls, strokes, and navigating healthcare options for seniors to stay in their homes. The second session on March 20, "Memory Care" will cover Late-Life Care Series Wednesdays: 2/21, 3/20, 4/17 11:00 am to 12:00 pm Presented by: Michelle Lisk <u>Register for Late-Life Care Series</u>

Alzheimer's, behavioral concerns, communication skills, person-centered care, resources, and support. The third session on April 17, "Advanced Directives" will present information on power of attorney, living wills, and more. This series is presented by Synergy Homecare.

Michelle Lisk is the CEO of Synergy HomeCare of Mid Penn. She started Synergy HomeCare of Mid Penn in March 2012. During that time, Synergy has been awarded the Home Care Pulse Award for Provider and Employer of Choice and the Leader in Excellence Award for 8 consecutive years. Michelle currently serves on the Board of Directors for The Carlisle Chamber of Commerce and Safe Harbour. Michelle is a community educator for the Alzheimer's Association and has been a very active volunteer for the Association for 9 years. Michelle also enjoys sitting on the Advisory Council for the Health Careers Program at Carlisle High School. Michelle lives in Carlisle with her husband, Jim, where they raised 2 daughters and 1 son.

Join us this February, March, and April at Bosler Library to learn what you will need to know to pass the amateur radio exam! In this informational, seven-week 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 would be provided for attendees. Sessions are free but registration is required. Registration is for all courses, but attendees are welcome to attend as many sessions as comfortable.

Financial Basics Series
Wednesdays: 4/10 and 4/24
6:30 pm to 7:30 pm
Presented by: Tim Eicholtz
Register for Financial Basics

**4/10 - How Money Works:** Could your finances use a refresher? Learn the strategies to take control of your finances in this workshop. Put your money to work for you, so you don't have to work as hard for it! Tim will be discussing "life insurance"-how it works and why it's important, "budgeting"-how to

become debt free, and "will you be ready for retirement!"

**4/24 - Investing For Success:** Learn the basics of investing in this powerful workshop! Learn about the 3 d's of investing, what is one of the most effective long term investment vehicles, and why now is a good time to invest, and much, much more!

Presented by Tim Eicholtz, Regional Vice President for Primerica Financial Services. Tim has over 10 years of experience in the financial industry, including expertise in financial security, debt reduction, and life insurance.

#### **Registration Required**

Narcan Training with the RASE Project Tuesday, January 23 at 6:00 pm Register for Narcan Training

The opioid epidemic in the United States has reached unprecedented levels. In PA alone, an average of 14 people die every day from an opioid overdose. If you would like to help potentially save the lives of family, friends, or fellow community members, consider being trained in the use of Narcan, a nasal spray which can bring overdose victims back from the brink of disaster.

This training is presented by Jessica Miller of the RASE Project. Jessica is the Education and Advocacy Coordinator at the RASE Project, and a Certified Recovery Specialist.



**College Financial Aid: What YOU Need to Know** Wednesday, February 7 at 6:00 pm <u>Register for College Financial Aid seminar</u>

Are you, or your child, in the college application process? Could you use some advice on how to pay for school? Then Diona Brown, PHEAA's Higher Education Access Partner for Cumberland County, has answers for you! Diona will present information on the financial aid application process, what types of aid are available for students, and strategies to start thinking about affordability before getting ready to apply for post-secondary admission.

Diona Brown is the Higher Education Access Partner for South Central Pennsylvania. She has more than 24 years of experience working for the Pennsylvania Higher Education Assistance Agency and has worked with schools, and families on all aspects of financial aid including, grants, student loans and loan forgiveness programs.

#### Wardrobe Edit Workshop

Tuesday, March 19 at 6:00 pm Register for Wardrobe Edit Workshop

Have a closet full of clothes, but nothing to wear? Learn how to declutter your closet for less stress and more style!



Jan Travis and Amy Miller are sisters who founded the home organizing business, Dwell Happy. Native to Central Pennsylvania, they help individuals declutter and organize their home with the whole-home, category method. Helping clients curate their homes with intentionality makes them happy!

### Local History Series

Bosler is proud to present a partnership with the Cumberland County Historical Society! During the months of January, February, and March, the CCHS will host a speaker presenting on a topic relating to the local history of Cumberland County.



Registration is required.

#### January 16 at 6:00 pm - The History of Camp Michaux

Join us as speaker David Smith, Secretary of the Cumberland County Historical Society's Board of Directors, presents a lecture on the history of Camp Michaux. This site has an unusual history that is linked to the iron industry in the late 18th, 19th and early 20th centuries when the area was a working farm known as Bunker Hill Farm. The history continues as a Civilian Conservation Corps Camp (CCC) during the Great Depression. During World War II, it was established as a secret Prisoner of War Interrogation Camp. It was an attractive choice for the Army due to its proximity to Carlisle Barracks as well as its seclusion. Over the course of the war, over 7,313 Germans and 161 Japanese were held here. <u>Register for The History of Camp Michaux</u>

#### February 20 at 6:00 pm - Carlisle and the 1918 Flu Pandemic

Join us as speaker Cara Curtis, Archives and Library Director of the Cumberland County Historical Society, presents a lecture on Carlisle and the 1918 Flu Pandemic. The 1918 influenza pandemic began in the spring of 1918, as World War I was soon coming to an end. That conflict would claim 16 million lives, while the flu pandemic would go on to claim 50 million. It spread from the densest urban areas on the east coast to remote regions of Alaska and would not abate until 1920. This lecture will delve into the 1918 pandemic's impact on Carlisle and the surrounding area and how residents dealt with what was, at the time, the world's second most deadly pandemic. <u>Register for Carlisle and the 1918 Flu Pandemic.</u>

#### March 12 at 6:00 pm - The Whiskey Rebellion

Join us as speaker Matthew March, Education Director of the Cumberland County Historical Society, presents a lecture on the Whiskey Rebellion of 1791-1794. When the young United States government imposed the so-called "whiskey tax," several farmers and distillers in western Pennsylvania exploded in a rebellion that was one of the first real tests of the government's authority. To quell the rebellion brewing in western PA, George Washington amassed troops from a young US Army, beginning their campaign in Carlisle, PA. <u>Register for The Whiskey Rebillion</u>

#### **Spring Renewal: Creating Intention and Belonging in Your Home** Thursday, April 4 at 6:00 pm

Register for Spring Renewal.

Whether you think of spring as a time of renewal or the entertaining season, there are little tweaks you can make to your home to be more comfortable and inviting. Join us as Rachel Andreoli, Design and Planning Consultant and Erin MacNamara, Professional Organizer, offer a workshop combining intentional living with the transformative power of interior design and organization. Participants will learn how to create intentionality and purpose in their living spaces, making them more inviting and conducive to connection with others.

#### Joni Fulkerson: The Stuff You Learn in Therapy

Thursday, May 2 at 6:00 pm Register for The Stuff You Learn in Therapy

During Mental Health Awareness Month, join author and social worker Joni Fulkerson as she walks attendees through her book "The Stuff You Learn in Therapy: Battling Anxiety and Depression." This



title is a workbook packed with both helpful knowledge and useful tools to break free from the oppression of anxiety and depression. Learning to approach anxiety and depression from the framework explained in this book will help to empower readers to regain control over their lives. The workbook also includes information on how to help the loved ones in your life who suffer from depression and anxiety.

#### What's in Season? - Spring Produce Discussion and Food Demo.

Wednesday, May 22 at 10:30 am Register for What's in Season

Join Emily Bumgarner, In-store Dietitian for Weis Markets, for ideas on taking advantage of produce that is in season during Spring! Emily will also be demonstrating a recipe for a refreshing and seasonal Broccoli Chimichurri. This program is great for all ages!

Emily provides nutrition education, recipes, and overall wellness tips through a variety of formats.

#### **Exciting Adult Take and Make Kits!**

Call the Community Relations Department at 717-243-4642 x3260 or 2226 to reserve your kits.

#### For the Birds!: Birdfeeder Kits Available during May

Is admiring birds one of your favorite spring activities? Well, get really into it this year and create your own birdfeeder! At the beginning of May, reserve your take-and-make kit and start building a food paradise for birds right outside your home!

#### Oh My Stars!: Painting Galaxies Kits Available during April

Put down a drop cloth so you can create some outof-this-world galaxy crafts! In honor of the total solar eclipse happening in April, fill your home with some reminders of the huge galaxy around us with this drip painting craft.

