

EAST PENNSBORO BRANCH of Fredricksen LIBRARY

March, April & May
2020 Programs

Branch: East Pennsboro Branch Library
98 S. Enola Drive, Enola, PA 17025
717-732-4274 • eastpennsborobranch.org
Hours: Mon & Fri 11-5, Tues-Thurs 10-8, Sat 10-2, Closed Sun

Main: Cleve J. Fredricksen Library
100 N. 19th Street, Camp Hill, PA 17011
717-761-3900 • www.fredricksenlibrary.org
Hours: Mon - Tues 9-9, Wed 9-6, Thurs - Fri 9-9, Sat & Sun 1-5

College Writing Strategies

**Tuesdays March 3, and
March 10 from 6:30 to 7:15 pm**

Registration required

Writing for college can be challenging due to different expectations for different disciplines and instructors, as well as the detailed attention any excellent piece of writing demands. This 3-session workshop series on developing and practicing skills for college writing is offered by Dr. Kelly Whitcomb, who teaches first-year writing and offers workshops and one-on-one assistance with writing for students at a local college. We'll discuss expectations for writing for different disciplines in college, as well as explore reliable resources and tools to use as references with college writing. Participants should plan to attend each of the three 45-minute sessions. Ages 16 and up.

Story Time and Craft hosted by Girl Scout Troops

Thursdays March 12 & April 19 at 6:30pm

Registration required

Enjoy a fun story time and craft. Recommended for ages 3 to 8. Register by contacting the library at (717) 732-4274.

Food Allergies & Sensitivities

Friday, May 8 at 1:30 pm

Food allergies and sensitivities can be confusing. Weis Dietitian Emily can provide tips for shopping and food alternatives so you don't feel restricted!

No registration necessary.

CSA 101

**Tuesday, March 24
at 6:30 pm**

Meal kits and grocery delivery to your door have been trend-

ing upward in recent years. But did you know that you can do this **TOTALLY LOCALLY** through a subscription with your neighborhood farmer? Learn the basics of CSA ("community supported agriculture") and the value and benefits of fresh farm produce, and help support farmers and farmland in your community!

No registration necessary.



Eating for the Earth: Making Earth-friendly Food and Drink Choices

Saturday, April 18 from 10:30 to 11:30 am

We won't tell you to stop eating meat (unless that's what you really want to do)! Interested in finding ways to improve your food and drink choices to preserve the earth and



its resources? Come to the library for a discussion of manageable but important steps we can take as individuals to reduce our carbon footprint.

Ages 13 and up. Registration required.

**East Pennsboro Branch Library
HOLIDAY CLOSING**

Monday, May 25 - Memorial Day

FRIENDS OF EAST PENNSBORO LIBRARY BOOK SALES

Ground floor of the East Pennsboro Township Municipal Building.

From 9am until 3pm every Tuesday & Thursday, hundreds of gently used books at great prices fill the rooms generously donated by East Pennsboro Township, for our use. All proceeds benefit East Pennsboro Branch Library.

Check our website at eastpennsborobranch.org for all upcoming events and activities.

March

Adult/Teen programs

Call 717-732-4274 to register or for more information on any of these programs.

College Writing Strategies

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Healthy Eating on a Budget

Friday, March 6 at 1:30 pm

Healthy Eating doesn't have to be expensive. Weis Dietitian Emily can help you get the biggest bang for your buck at the grocery store. No registration necessary.

Spice Up Your Mealtimes:

Easy and Healthy World Cuisines

Friday, March 20 from 1:30 to 2:15 pm

March can seem mundane as we wait for the spring harvest to arrive. Let's talk about healthy and easy ways to spice up our mealtimes with cuisines from around the world. Whether you like things mild or hot, with meat, seafood or vegetarian, there are plenty of tasty dishes that can add variety to your meals even if you're relying on frozen and canned vegetables. Ages 13 and up. Registration required.

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Children's programs

Call 717-732-4274 to register or for more information on any of these programs.

**Spring Story Time with Mrs. B.
Tuesdays March 3 through April 28
at 10 am or 11 am**

Join Mrs. B for story times and activities at the library for children ages 2 ½ to K. Choose either the 10 (ages 3 1/2 to K) or 11 am (ages 2 1/2 to 3 1/2) session. Sessions run about 30 minutes. Registration required.

Storytime & Craft

hosted by Girl Scout Troops

Thursday, March 12 from 6:30 to 7:30 pm

Enjoy a fun storytime and craft. Recommended for ages 3 to 8. Registration required.

Mission Transition

**Wednesdays March 25, April 22, May 27
at 6:30 pm**

Help your little one prepare for a lifetime of learning by participating in Fredricksen Library's Kindergarten readiness program. Registration for this school year is closed - Watch for info on next year's session in August.

April

Adult/Teen programs

Call 717-732-4274 to register or for more information on any of these programs.

Spring Scavenger Hunt

Wednesday, April 1 to Thursday, April 30

It's time for a Spring Scavenger Hunt in the Library! Get your scavenger hunt at the Circulation Desk starting on April 1, work at your own pace, and turn in your completed hunt by April 30 for a chance to win an Amazon gift card. All ages. No registration necessary.

Healthy Snacks for Kids

Wednesday, April 8 at 6:30 pm

Out of snack ideas for your kids? Weis Dietitian Emily has lots of ideas for healthy snacks kids are sure to love, even those picky eaters! No registration necessary.

Eating for the Earth: Making Earth-friendly Food and Drink Choices

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Story Time & Craft

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Thursday, April 9 from 6:30 to 7:30 pm

Enjoy a fun story time and craft. Recommended for ages 3 to 8. Registration required.

Mission Transition

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Seasonably Good: Strawberries

Friday, May 15 from 1:30 to 2:15 pm

It's strawberry season in Central PA, which means it's time to talk about ways to prepare, use and preserve those berries. Whether you're looking for ways to eat them fresh from your garden or the market or ways to freeze them for later, we've got ideas and suggestions. Ages 13 and up. Registration required.

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Mission Transition

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1000

BOOKS

BEFORE KINDERGARTEN

We challenge you to read aloud 1000 Books Before Kindergarten to prepare your child for school. Register for the program at the library, pick up your reading log, start reading, and earn prizes along the way!