Enriching Life and Increasing Knowledge

All events on this page are free, and open to everyone. Pre-registration is required. Call or email the library to reserve your space. Snow dates go into effect if the Ichabod Crane School District is closed. If the school opening is delayed, call the library for information.

Most programs are 10 am to noon.
Location guide: NC North Chatham Library, or MBCC Malden Bridge Community Ctr (1087 Albany Tpke).

Thur, Oct 3: Medicare 101
with Kim Martens NC
Each year there is something new about Medicare. This is your chance to get informed and have your questions answered by an experienced Medicare advisor from the Columbia County Office for the Aging.

Thur, Oct 24: The Myth and Allure of Bees
with Fariel English NC
“Bee” informed. Learn about mankind’s relationship with bees and honey from the age of the dinosaurs to the not-quite present.

Wed, Oct 30: How to Save Money:
Gift Thrifty Holidays
with Theresa Mayhow NC
Find the holidays overwhelming and a big drain on your budget? Take this workshop to learn how to reduce your spending for more holiday joy and less stress.

Sat, Nov 2: Make a Fall Centerpiece
with Erin Brady MBCC
Don’t miss a fun-filled afternoon (1pm- 3 pm) in which you will create a beautiful fall arrangement to take home. Note the different time. (Snow date: 9/9)

Fri, Nov. 22: Keeping Fit Emotionally in Winter: Don’t be SAD!
with Robin Tassinari, MD NC
Many of us experience the “winter blues” each year. Learn about Seasonal Affective Disorder (SAD) and ways to help cope with it. (Snow Date: 12/3)

Fri, Dec. 6: Cooking Class:
Holiday Appetizers
with Linda Romeo MBCC
Wow your family and friends with creative holiday appetizers after taking this class. Learn from an informative and entertaining chef and sample the appetizers afterwards. (Snow Date: 12/7)

Mon, Jan 13: Indoor Exercise in Winter for Better Health and Balance
with Victoria McGahan (Tai Chi) and Anne Marie Mink (Zumba Gold) MBCC
Learn the proven benefits of Tai Chi for Balance and Zumba Gold in a safe & friendly environment. See a demonstration, then join an optional practice session. (Snow date: 1/15)

These ELIK programs are supported in part by a grant from the Bank of Greene County. Planning for upcoming programs in the spring (including a new series on retirement planning) are supported in part by a grant from the Fund for Columbia County, a fund of Berkshire Taconic Community Foundation.

We thank our sponsor, Lorraine Norman, Holistic Reflexology Training Programs and Private Sessions. For more information, go to www.lauranorman.com.

We are grateful for the support that makes our programs possible.

Unless otherwise noted, all events are FREE.
and at the North Chatham Free Library, 4257 Rte 203, North Chatham.
More info is always available at the library, by calling 766-3211, or on-line.
Find us on Facebook or www.northchathamlibrary.org