



SUMMER Adult Daytime Programs

We are mixing it up at the LBC this summer. Check out the fun and diverse activities happening this summer. Programs are free and open to everyone unless otherwise noted. Register in person, online, or call 319-895-9513.

Wild Edible Hike

Thursday, June 15th at 11:00 am

Jeanne Muellerleile

Join us as we stroll through **Nature Park** looking for weeds that are in fact edible. If we are lucky we may get to nibble on some wood sorrel, or discuss some of the culinary and medicinal uses of dandelions, clover, plantain and any other common plants nearby. Wear your walking shoes, dress for the weather and join the fun.

Miracles in Motion Therapeutic Equestrian Center Transforms Lives Friday, June 23 at 11:00 am

Meet Equine Ambassadors: Miniature Horses “Mr. Sea” and “Lucky”

Deb Leichsenring, Director of Operations

Miracles in Motion, a 76-acre therapeutic equestrian facility in Swisher, Iowa, has been serving children and adults with physical and mental disabilities, and supporting veterans, since 1988. Deb will provide background about the general operations and the different kinds of therapy sessions offered, which are conducted by licensed therapists using the resident horses. The miracles of helping and healing that happen here every year are many and profound - and are uplifting for everyone involved. Deb and her volunteers will bring along two of the center's charming equine ambassadors who regularly go out into the community to showcase the mission of Miracles in Motion.

Pressed Flower Fun - \$15

Thursday, June 29th at 12:30 pm

Make biodegradable sun catcher, bookmarks, candle holders, and cards using pressed flowers. Learn about the benefits of different native Iowa prairie flowers and choose your own for your artwork. You will arrange them, secure them with biodegradable glue and enjoy! The flowers used are native Iowa prairie plants locally foraged with permission from a private land owner. Must preregister for this class.

Understanding and Appreciating Poetry

Thursday, July 13th at 1:00 pm

Amelia Kibbie

Mt. Vernon/Lisbon Poet Laureate Amelia Kibbie leads a presentation and open discussion about the role poetry plays in our lives, exploring the basics of interpretation, the transformative role of poetry in society, and her own personal journey with the form.

Writing Poetry for Life Workshop

Thursday, July 20th at 1:00 pm

Amelia Kibbie

Mt. Vernon/Lisbon Poet Laureate Amelia Kibbie thinks poetry is for everyone. Yes, everyone, even YOU. Gather with poetry lovers and writers alike to enjoy brainstorming activities, writing challenges, and workshop time. Bring poems you've written if you'd like, and be ready to play games, be inspired, and compose something new.

Weight Lifting for Seniors - \$60/\$48 M

Thursdays, June 8 - July 20 at 10:00 am

In this 6 week series you will learn how to safely perform a wide variety of exercises and to structure your own workouts for a sustainable exercise regimen. This class will give you the tools and confidence you need to manage your own exercise program to make long-term progress and experience the benefits of weight training, including enhanced muscular strength and joint stability, balance, bone density maintenance, blood pressure regulation, improved energy levels and stress management. Must preregister for this class. (No class June 29th)