



Fall Speaker Series 2023

Meet up at the LBC for socializing and speakers. The **Fall Speaker Series is FREE and open to everyone**, no membership is required to attend. *Preregistration is required for several classes. Register in person at the LBC, on-line at theLBC.com or over the phone by calling 319-895-9513.

Tai Chi

*12 week series, Fridays at 1:00 or 2:00 from September 1 - November 17th

Bryan Bruner with Heritage Area Agency on Aging

An art embracing the mind, body and spirit – Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. Numerous studies have shown tai chi improves: muscular strength, flexibility, fitness, immunity, pain relief and overall quality of life. In addition to these components, tai chi movements emphasize weight transference to improve balance and prevent falls. Regular practice of tai chi can also improve posture. Developing correct posture will result in less wear and tear of the joint muscles. Almost everyone who practices tai chi also recognize its powerful effect on relaxation and concentration. *Preregistration is required for this 12 week course. Space is limited.

Lessons in Local Government

Thursday, September 7th at 1:00 pm

Tom Wieseler

Mayor, Tom Wieseler, will speak of his recollection of 35 years of elected service in Mount Vernon on School Board and City Council. Mayor Wieseler will discuss lessons learned, mistakes made, and accomplishments recognized.

History of Mount Vernon Through Photographs

Thursday, September 14th at 1:00 pm

Bob Meeker

Using Mt Vernon Historic Preservation Commission photographs of our town, we will observe what Mt Vernon was like in days gone by. Using the many photos of mostly Main Street, participants can make guesses as to the date the pictures were taken. The photos will provide many clues. Audience input will enhance our accuracy.

Treasure: A History of Mount Vernon

Tuesday, September 19th at 10:00 am

Amy White & Joe Jennison

Jennison and White will detail their experiences researching, writing, and producing their play *Treasure: A History of Mount Vernon, Iowa* commissioned by the Mount Vernon Historic Preservation Commission in honor of Mount Vernon's 175th anniversary.

LBC Open House

Thursday, October 12th at 11:00 am - 1:00 pm

Come and see all the LBC has to offer. Get information on memberships, programs and ways to use this space. Are you on a Medicare supplement plan? You may be eligible for a free membership! Learn about additional resources in our community with our partners: SELCC and Linn Co Master Gardeners. Light appetizers will be served.

SHIIP UnityPoint - Welcome to Medicare

Thursday, October 12th at 1:00 pm

Valerie Boddicker

This free seminar is offered by the State of Iowa's Senior Health Insurance Information Program (SHIIP). Are you going to be eligible for Medicare in the near future? Have you been on Medicare for awhile and want to better understand what it offers? Do you have a family member you help with Medicare issues? Welcome to Medicare is for you! Welcome to Medicare will cover: Medicare Part A & B benefits, Prescription Drug benefits (Part D), Medicare Advantage plans, and Medicare Supplement Insurance.

Pickleball Beginner Clinics

Tuesday, October 17 or 24 at 5:00-7:00 pm

Monday, October 23 at 1:00-3:00 pm

Mary Schlichte, Member of USA Pickleball Association

These clinics are geared for players new to the game to work with experienced players to develop skills and to learn the basics of the game. *Pre-registration is required. Space is limited.

Linn County Water Quality – Hahn Creek and Indian Creek

Thursday, October 19th at 1:00 pm

Marty St. Clair

Local volunteers have been sampling Hahn Creek for the past year to better understand our local stream's water quality. Dr. St Clair will discuss these results, and use results from long term monitoring of Indian Creek to put them into context. The talk will focus on nitrate, a key nutrient and pollutant in Iowa's waters. We will examine nitrate's effects, sources, regulation, as well as the data from the past year's monitoring efforts.

Birds and the Bees

Thursday, November 2nd at 1:00 pm

Jim Durbin

Jim Durbin has been involved with Cedar Rapids Audubon since 1989. He's also the creator of 2 websites: www.birdsofiowa.com and www.insectsofiowa.com. Jim will talk about the birds and bees of Iowa over the last 20+ years, as well as the work he has been doing with insects and how he has changed his yard into a habitat for birds and insects. He will share some of his photography on the subject.

Weaving for Beginners

Thursday, November 9th at 1:00 pm

Cindy Roberts

Weaving is one of the oldest crafts in history, dating back thousands of years. Before weaving became a textile craft, early humans wove branches, twigs and other fibers to create household items and clothing. In this basic weaving workshop you'll be provided a rigid cardboard loom along with a variety of yarn supplies to create a weaving of your design. If you're not done with the weaving during the 2 hr class period, you'll have the option to "check out" the loom to complete your weaving and then return to the instructor. *Pre-register by 11/5/23. Space is limited.

Science Café is Coming to the LBC

TBD

For more than a decade, scientists from the NIEHS-funded Environmental Health Sciences Core Center (Core Center) at the University of Iowa (UI) have met with community members at a local coffee shop or public library to discuss topics ranging from climate change to cancer. Called Science Cafes, the casual get-togethers serve to connect the public with science and researchers. Researchers speak for 20 minutes and then the program is turned over to the audience for further questions and discussion. Watch for specific dates and times to be announced.

Monday Game Days

Mondays starting September 11th at 10:30 am

Do you have a favorite board or card game you'd like to play? Maybe you'd like to teach others how to play? Or, maybe you'd just like to sit and watch others play? Whatever your level of interest, come join us on Monday mornings at 10:30 am for an informal get together to play games and visit. Please bring your own board game or deck of cards and we'll provide the coffee. **\$7 Adults/\$5 Seniors 62+/Free with Membership**

Let's Learn Bridge

Wednesdays starting October 7th at 7:00-8:30pm

Mitch Corcoran

Learn how to play Contract Bridge. The rules and basic strategies of the game will be reviewed and players will learn as they play the game. Free and low cost apps for a computer or cell phone will be used to allow participants to continue to learn the game outside of class time. New and experienced players are welcome. No registration required. **\$7 Adults/\$5 Seniors 62+/Free with Membership**