



SUMMER SPEAKER SERIES 2024

Meet up at the LBC on Thursday afternoons for socializing and speakers. A different topic will be discussed each week. The **Thursday Speaker Series is FREE and open to everyone**, no membership is required to attend. If you have a topic you would like to present, contact our customer service staff to fill out a Speaker Proposal Form.

Friends of Palisades, *Members of the Board*

Thursday, May 2 at 1:00

Come and discover the history of nearby Palisades-Kepler State Park. Speak with the current board members about upcoming projects and improvements to the park and events hosted in the park throughout the year.

Herbs - Garden to Table, *Linn County Master Gardeners*

Thursday, May 9 at 1:00

There are so many herbs that can be grown in ground or in pots. Participants will learn about several of the common herbs and how to grow them either indoors or outdoors. Participants will see, smell, touch and taste the herbs discussed. Participants will have the opportunity to choose three herbs to plant in a pot to take home to grow and use.

Together We Serve - Southeast Linn Community Center, *Nicole McAlexander*

Thursday, May 16 at 1:00

Mount Vernon/Lisbon is unique in having a social services nonprofit located in and dedicated to serving the residents of this small community. Come to learn about all of the vibrant programs and the wide variety of direct services provided to our neighbors. Find out how you can get involved and help build stronger connections and resiliency in our community.

Pictures from the Past, *Bob Meeker*

Thursday, May 23 at 1:00

Enjoy looking at photos of Mount Vernon, downloaded from Mount Vernon Historic Preservation Commission archives. One set of pictures will focus on the February 1st, 1975 Strand Theater fire. Also included, will be a photo of the 1957 fire on Main Street.

Mount Vernon American Legion, *Mike Woods & Kevin Woods*

Thursday, May 30 at 1:00

This talk will include a general introduction to the American Legion and how it was created at the end of WWI hear the story behind the fire of 1975 and the destruction of the Legion room. Learn about the history and community involvement of the Howard Hahn Post 480. We will discuss how the Veterans Memorial came into being and will include comments on military service, patriotism, and community service.

Why Become a Good Neighbor? *Audrey Tran Lam & Jamie Ross*

Thursday, June 20 at 1:00

Good Neighbor Iowa is a state-wide public health education campaign that aims to eliminate unnecessary herbicide use on turf. Managing your lawn without harmful pesticides doesn't only protect urban pollinators, their habitat, and water quality, it protects the children in your neighborhood, too! Learn about why kids are uniquely vulnerable to commonly used herbicides, and about easy techniques to manage grass organically.

LBC Walk & Talk

Wednesday, June 5th at 9:00

Meet up at the LBC Wednesday mornings to walk the nearby trails and neighborhoods. The first walk will be on June 5th and will include orientation to the new installation of outdoor fitness equipment on the Wellness Trail. Wear a pair of walking shoes and layered clothing appropriate for the weather. Walk at your own pace on the preset route. If there is bad weather we will meet on the following Friday.

Additional Programs Available at the LBC this Summer

The following programs may require preregistration and a fee to participate. For details and registration, go to theLBC.com or stop by the LBC welcome desk.

Digital Photography, *Bob Campagna*

Tuesdays, May 7-21 at 1:00-2:00

Participants will learn the art of seeing through photography using digital imagery. The final project will be to produce a themed poster which incorporates selected images. Technical instruction and advice for camera and use of cell phone photos will be offered. Participants must provide their own camera or cell phone to capture digital images. The course will include a guided photo walk. Participants will create posters of varying design. Class taught by master photographer Bob Campagna.

Pickleball Beginner Clinic, *Mary Schlichte*

Tuesday, June 4 at 1:00-3:00

This clinic is geared for players new to the game to work with experienced players to develop skills and to learn the basics of the game.

iCloud Essentials: Navigating Digital Efficiency , *Maggie Pickett*

Friday, June 21 at 1:00-3:00

Unlock digital efficiency with iCloud! Tailored for aging adults, this course teaches essential skills for navigating iCloud services. Learn communication with iCloud Mail, organization with Calendar, and task management with Reminders. Explore iCloud Drive for storage and collaboration, and unleash creativity with Pages, Numbers, and Keynote. Gain confidence in using iCloud to streamline your digital experience. Join us and embrace the digital world with iCloud!

Nature Weaving, *Kendria Scriver*

Thursday, July 11 at 1:00-2:30

Looking for a nature-based craft that can hang in your garden, home, or just enjoy crafting and then want to let it decompose in your garden? Join this one time class to learn how to weave nature items into your own nature loom made of sticks and twine! If you are 10 or younger, bring your favorite adult along!

Beginning Crochet, *Nancy Margulis*

Thursdays, July 18 & 25 at 1:00-2:00

Have you always wanted to learn to crochet, but for some reason it never happened? This is a class for you. You will learn to cast on, and the single and double crochet stitches. Included will be some information about websites you can use to learn stitches and find patterns. You will need a size G or H crochet hook. You may bring your own yarn (baby or sport weight recommended). LBC has some yarn available that you will be able to use and keep. This is a two session class and progresses from the first session. The second session may offer some more advanced stitches depending on the interest and progress for the first session.

Google Tools for Aging Adults, *Maggie Pickett*

Friday, July 19 at 1:00-3:00

Empower yourself in the digital age! This course is designed for aging adults to master Google tools for communication, organization, and exploration. Learn efficient Google Search techniques, navigation with Maps, and organization with Calendar. Dive into Gmail for staying connected and Docs, Sheets, and Slides for collaborative projects. Gain hands-on skills to confidently navigate the digital landscape and enhance your life with Google tools.

Monday Game Days

Mondays at 10:30

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 Mondays 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**