

March

Dyer-Schererville Branch 219-322-4731 Adult Events

Arts & Crafts

Create an Artful Life

Saturday, March 4

10 am-Noon or 1:00-3:00 pm

Participants follow instructor's example to create an original acrylic painting.

\$20 cash fee due at class.

Registration required by March 1



Stamp Class

Tuesday, March 14, 6:30 pm

Spend an hour expressing your creativity with Melissa of Stampin' Up. Participants will work on projects created with rubber stamps. \$5 fee.

Registration required

Keep Calm & Color On: Adult Coloring

Monday, March 27, 12:30-2:30 pm

Coloring sheets, pencils, and tea are provided.

Drop-in, color, and relax.

For Readers

"Between the Lines" Book Discussions

Wednesday, March 22 at 7:00 pm

Thursday, March 23 at 10:15 am

We'll discuss *Deep Down Dark*, Hector Tobar's story of the thirty-three Chilean miners trapped beneath thousands of feet of rock for a record-breaking sixty-nine days in 2010.

Copies are limited.

For Older Adults

Blood Pressure Screening by NorthShore

Monday, March 6, 1:00-3:00 pm

Free blood pressure reading provided; no appointment necessary.

Film Events

Independent Film:

My Love, Don't Cross That River

Monday, March 6, 1:00-3:00 pm

The touching story of two 100-year-old lovebirds in Korea and the life they share.

86 min. Not rated.

Virtual Tourist: SOUTH KOREA

Wednesday, March 15, 7:00-8:00 pm

Visit a land with a 5,000-year history. Travel to South Korea and feast on a local snack.

(DVD presentation)

New Health Series!

Nourish Your Brain

Monday, March 27, 11:00 am

An educator from Purdue University Extension will share recipes, ideas, and techniques for reducing the risk of chronic disease and effectively managing health issues. This series continues monthly with the following topics:



April 24

Nourish Your Skin

May 22

Nourish Your Heart

June 26

Nourish Your Immune System

July 24

Nourish Your Muscles

August 28

Nourish Your Bones & Joints

Sept. 25

Nourish Your Digestive System



New Class

Don't Be Fooled By Fake News!

Thursday, March 16 at 2:00 pm or Wednesday, March 29 at 6:30 pm

Everybody's talking about it - learn how to spot it! In this class, you will learn what fake news is, how to analyze news sources for credibility, and practice looking over sample articles to determine their validity. Registration required.