

# Adult Yoga Programs

**Chair Yoga every Wednesday at 6pm starting  
January 10, 2024**

## *Mindfulness & Meditation*

January 15th at 6:00 pm

Join us for an evening lecture and discussion on mindfulness as an art of connecting with the present moment through using the tool of meditation.

Mindfulness is a journey that begins with a simple habit and can transform into healthier living and lifestyles in daily life. Bring your questions and intentions for the New Year as we dive into this fascinating subject.

## *Yoga 101*

February 19th at 6:00 pm

Yoga has many stereotypes and notions when spoken about, but what really is yoga and how can it impact life? Join us for a lecture and discussion session on the basics of yoga, yoga philosophy, asanas (poses), pranayama (breath work) and a short history of yoga. Bring your questions and explore a lifestyle, exercise program and health philosophy.

## *Adult Lecture Series*

### **Understanding Dementia**

Thursday, January 18th from 1:00-2:00 pm  
Program provided by Liberty Village of Rochelle

Do you have a loved one or friend who has dementia? Join us for an informative and educational session to learn more about dementia. Refreshments provided. Please RSVP to the Flagg-Rochelle Public Library.

### **Fall Prevention**

Monday, February 12th from 5:30-6:30pm  
Program provided by Liberty Village of Rochelle

Would you like to learn more about fall prevention tips and strategies for those 65 and older? Please join us to discuss fall risk factors, fall injury prevention tips, fall assessments and more. Refreshments provided. Please RSVP to the Flagg-Rochelle Public Library.

## *Adult Art Workshops*

### **Painting Workshop**

Monday, April 15th at 6:00pm  
Hydrangeas in ball jar  
Ages 18 and up

Call the Library to Register 815-562-3431 or email [ashleyc@flaggrochellepubliclibrary.org](mailto:ashleyc@flaggrochellepubliclibrary.org)



### **Macrame**

Monday, May 13th at 6:00pm  
Two color plant hanger with plant  
Ages 18 and up

Call the Library to Register 815-562-3431 or email [ashleyc@flaggrochellepubliclibrary.org](mailto:ashleyc@flaggrochellepubliclibrary.org)



# Seed Library Kick Off Event

January 27th 2:00-4:00pm

Join the Library and Master Gardeners of Ogle County as we unveil our new Seed Library!

 Gardening Demonstrations

 Gardening Activities

 Seed Swap & Garden Tool/Container Swap

 Bring your seeds for germination testing!

This event is open to gardeners of all skill levels.  
Families and Children welcome!



## Spring Herb Workshops with Julie Schroeder

TO REGISTER CALL OR EMAIL THE LIBRARY AT (815) 562-3431  
OR EMAIL [ASHLEYC@FLAGGROCHELLEPUBLICLIBRARY.ORG](mailto:ASHLEYC@FLAGGROCHELLEPUBLICLIBRARY.ORG)

### *January 22nd at 6:00pm: Herb Garden Planning*

Dreaming of growing an herb garden for the first time and unsure where to start? Join us for an evening where we walk through the steps together. We will cover location, garden size and styles, soil, plant choices and specialty gardens as well as seed starting and container gardening. You will bring home the in-class created culinary garden plan, plant lists for specialty gardens and sweet basil seeds to get you started. Think Spring!

### *May 20th at 6:00pm: Herb Harvesting and Preservation*

Join us for an informative evening and demonstration about herb harvesting and preservation methods. We will chat about garden harvesting as well as ethical wildcrafting. Our main focus will be on fresh use, drying techniques and freezing for long term storage. We will also cover the less conventional forms of preservation as tincture, oil, vinegar, honey, butter and more. Come taste some new possibilities!

### *March 18th at 6:00pm: Dandelion and Nettles*

Expand your horizons and join us for a chat and demonstration covering the virtues of two common native and amazing plants, Dandelion and Nettle. Come learn from the wisdom of the elders about the health benefits and myriad of uses of these prolific gifts from nature. We will go over plant identification, harvesting, traditional and current uses, nutritional values and other health benefits. You can taste, touch and smell, (optional), samples made with these local powerhouses. All recipes will be shared.

