

FALL PROGRAMS 2017

Borough of Jefferson Hills Library
925 Old Clairton Road
Jefferson Hills, PA 15025

All programs will be held in the
Municipal Center Community Room.

To register or read more about our programs visit:

www.jeffersonhillslibrary.org
412.655.7741



Adult Yoga – Beginners and Intermediate

Saturday mornings 9:30 to 10:30 a.m.
No classes on Saturdays September 9 and October 7.

Wednesday evenings 5:30 to 6:30 p.m.
Instructor: Linda Frost

We continue to learn the basics and advantages of YOGA exercise. This class is suitable for the beginner or intermediate student. Bring a mat to class. Tuition is \$5 per session.

Scrabble Club

Meets Tuesdays from Noon-4.

The members are always looking for new players!



Babysitting Training Class

Jefferson Hills Library is a registered SAFE SITTER training site, and last year we enjoyed hosting the first class of eighteen teens who are now certified baby sitters.

This fall we will again offer this babysitting training in two parts. Students must attend both sessions to earn the certification. Girls must be at least 11 years old to participate in the program. The class is limited to 15, so register today.

Thursday, September 21 from 4:00 to 6:00 p.m.

Saturday, September 23 from 9:00 a.m. to 12:30 p.m.

Tuition is \$20 which includes a book.

Pittsburgh Poetry Society Poets to Read at Jefferson Hills Library

Saturday, October 21
1:00 -3:00 p.m.

A group of seven published poets from the Pittsburgh Poetry Society will be on hand to read their poems, each for ten minutes. At the end of the formal presentation by the Poetry Society members at 3:00 p.m., local poets in the audience are invited to share their works in an open mic session.



Join us for a series of presentations on mental health for a better understanding of mental health in ourselves and our loved ones. Education is provided by the new community outreach specialist, Shauna Frantz, LCSW, through Jefferson Hospital.

Depression, when is Too Much?

Wednesday, September 13
7:00 to 8:15 p.m.

Everyone experiences sadness at certain times in life, but when is it not normal? Learn about depression in adults and children, the warning signs, the different types of depression, possible causes, and who treats depression. Learn ways to talk to someone about depression, where to go for help, and tips on improving mood in general.

Managing Stress

Wednesday, October 11
7:00 to 8:15 p.m.

Is there good and bad stress? Can stress change behavior or even the brain? Learn how to identify the negative impact of stress and when to get help. Learn simple mindfulness, breathing, and relaxation techniques that can help alleviate stress.

A Discussion with the PA Game Commission About Coyotes

Tuesday, September 26
7:00 to 8:00 p.m.

The PA Game Commission will offer a program on the Eastern Coyote. Having been seen in all 67 counties in the state, and every one of the municipalities in the Game Commission's 350 square mile District in Allegheny County, the Eastern coyote has been the focus of many discussions. Join Doug Bergman of the PA Game Commission for a discussion on the background, habits and characteristics of the Eastern Coyote and what you should do if you see one in your yard.



"A View of the After Life" by Pittsburgh Medium, Rev. Marjorie Rivera Kane

Tuesday, October 24
7:00 to 8:30 p.m.

Pittsburgh full-time professional medium, Rev. Marjorie Rivera Kane, will share the story of her gift and engage several audience members in a demonstration of her work. She will answer our questions and share information about obtaining a private reading. Join us for this thought-provoking experience.

Craft a Holiday Wreath Using a Fresh Pine Base

Our popular wreath classes fill up quickly, so reserve your space today! Class size is limited to 15 participants
Tuesday, December 5
7:00 to 8:30 p.m.

Fee for the project, which includes a bow, is \$35.



Fall Story Times for Children

Ages 3 and up Thursdays
10:30 to 11:15 a.m. and 1:30 to 2:15 p.m.
Each program will feature a story, craft, and snack.

This fall's story time will include programs about Numbers and Shapes, S.T.E.M., School Readiness, Animals, Mother Goose Rhymes, Dental Care, One World Many Stories, and Holiday Parties.

September 21, 28
October 5, 12, 19, 26
November 2, 9, 16, 30
December 7

Please check the Jefferson Hills jeffersonhillslibrary.org or our Facebook page for program specifics.

Special Fall Program

Susan Fancsali, "Jr. Miss Reigning America Pennsylvania 2017," will present a "Barbie" program for elementary aged children on October 26 from 6-7 p.m.



Like us on facebook to receive updated information on programs and events at Jefferson Hills Library.