



PROGRAMAS EN ESPAÑOL

TARDE DE CUENTOS

EDADES DE 2 - 10 AÑOS
 Acompañenos a nuestra Tarde de Cuentos que es interactiva y divertida. Cada semana leeremos historias interesantes y haremos una manualidad para llevar a casa. Traiga su oso de peluche u otro amigo; pijamas opcional.
Sucursal Montague / Salón de Clase
Jueves: 6- 27 de julio, 6:00 - 7:00 p.m.

AYUDA CON SU IPAD

A PARTIR DE 13 AÑOS
 Traiga su iPad y todas sus cuerdas con usted a esta clase. Obtenga la ayuda que necesita mientras que usted está aquí. ¡Usted debe traer su Apple ID y contraseñas!
Sucursal Montague / Sala Connie Lane
viernes: 14 de julio, 12:30 - 2:00 p.m.

JUEVES DE CUENTO



EDADES DE 2 - 10 AÑOS
 Vengan cada jueves a escuchar nuestros cuentos y al terminar haremos una manualidad muy divertida y diferente. ¡No se lo pierdan!
Sucursal Rock River / Salón de Programas
Jueves: 13, 27 de julio, 24, 31 de agosto 4:30- 5:30 p.m.

MAIN LIBRARY

TEEN CRAFTERNOON

up a fun and fresh craft for you to create. All supplies will be provided.
Fridays: July 7 - August 25 3:00 p.m. - 6:00 p.m.

Unless noted, registration is not required for classes.

LOCATIONS & HOURS

MAIN LIBRARY 215 N. Wayne St. MON-THU: 12-8 FRI & SAT: 10-6 CLOSED: SUN	EAST BRANCH 6685 E. State St. MON-THU: 10-8 FRI & SAT: 10-6 CLOSED: SUN	LEWIS LEMON BRANCH 1988 Jefferson St. MON-FRI: 2-6 CLOSED: SAT & SUN	ROCKTON CENTRE 3112 N. State St. Rockton Ave. MON-THU: 10-8 FRI: 10-6 CLOSED: SAT & SUN	ROCK RIVER BRANCH 3128 11th St. TUE-THU: 12-8 CLOSED: MON, SAT & SUN	MONTAGUE BRANCH 1238 S. Winnebago St. TUE-THU: 12-8 FRI: 10-6 CLOSED: MON, SAT & SUN	NORDLOF CENTER 118 N. Main St. Open for classes, programs and special events.
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ESPECIALLY FOR SENIORS

MULTIPLE LOCATIONS

THE AS, BS, CS, AND DS OF MEDICARE: UNDERSTANDING YOUR MEDICARE CHOICES

AGES 55 & OVER
 When the time comes to choose a Medicare plan, reviewing your options can become overwhelming. To help you get started, we invite you to attend this free educational seminar. You'll learn all about your Medicare choices. We also have many tools and resources that make it easy to understand the basics of Medicare.

Friends Community Meeting Room
Wednesdays: July 5, August 2, 5:30 - 7:30 p.m.
Rockton Centre Branch / Program Room
Mondays: July 10, August 14, 3:00 - 5:00 p.m.
Rock River Branch / Program Room
Wednesdays: July 19, August 16, 1:30 - 3:00 p.m.
Montague Branch / Connie Lane Room
Thursdays: July 27, August 17, 2:30 - 4:00 p.m.

KICK YOUR BRAIN INTO HIGH GEAR

AGES 55 & OVER
 Seniors, come socialize and have fun with crossword puzzles, sudoku, and other games that will help you train your brain to stay sharp and fit.

Rockton Centre Branch / Program Room
Mondays: July 17, August 21, 2:00 - 3:30 p.m.
Rock River Branch / Program Room
Friday: July 21, 12:00 - 1:30 p.m.

MONTAGUE BRANCH

HEALTHY EATING

AGES 50 & OVER *Connie Lane Room*
 It's never too late to explore how to eat healthy without having to spend a lot of time or money. How can we make our favorite recipes healthy? Presented by Oak Street Health.
Thursday: July 13, 1:00 - 1:45 p.m.

FALL PREVENTION

AGES 50 & OVER *Connie Lane Room*
 Each year one in three older adults fall, and this increases with age. Come find out how

you can prevent falls. Presented by Oak Street Health.
Thursday: July 27, 1:00 - 1:45 p.m.

ROCK RIVER BRANCH

FALL PREVENTION

AGES 55 & OVER *Program Room*
 Each year one in three older adults fall, and this increases with age. Come join us in partnership with Oak Street Health and find out how you can prevent falls.
Friday: July 21, 2:00 - 2:45 p.m.

AARP SMART DRIVER COURSE

AGES 55 & OVER *Program Room*
 This is an updated 8-hour course for drivers over age 50 which includes research based safety strategies on several topics that affect driving. Course completion may qualify you for an auto insurance reduction and help refine safe driving strategies in today's challenging driving environment. This program is \$15.00 for AARP members or \$20.00 for non-members.

Thursday and Friday: August 17 and 18, 1:00 - 5:00 p.m.
Registration Required

EAST BRANCH

GETTING TO KNOW MEDICARE

AGES 25 & OVER *Friends Community Meeting Room*
 Getting to know Medicare is a class designed to acquaint current and future Medicare beneficiaries with the four parts of Medicare, as well as equip them with the tools to navigate through the various insurance options. Your educator: John Leis (262-894-5522). This class is hosted by The Retirement Classroom
Tuesdays: August 8, August 15, 6:00 - 7:30 p.m.
Registration Required

ROCKTON CENTRE

HEART HEALTH

AGES 55 & OVER *Program Room*
 Join us in partnership with Oak Street Health to learn about certain factors that affect our heart health and what we can do to keep it healthy.
Monday: August 21, 4:00 - 4:45 p.m.

ADULT PROGRAMS

EAST BRANCH

CROCHET GUILD!

AGES 16 & OVER *Friends Community Meeting Room*
 All skill levels are welcome as we seek to expand our crochet skills by sharing and collaborating with each other.
Saturdays: July 1, August 5 1:30 - 4:30 p.m.

MEDITATION WORKSHOP

AGES 18 & OVER *Friends Community Meeting Room*
 Meditation helps reduce stress, increases productivity, and improves concentration. We will cover the physical, mental, emotional, and spiritual benefits of meditation, developing the meditation technique, sitting still and focusing, and stilling the mind. Presented by Dr. Shanti Hulsebus.
Saturdays: July 1, August 5 1:30 - 4:30 p.m.

PRAYER

Monday: July 3, 6:00 - 7:45 p.m.

GRATITUDE & THANKFULNESS

Monday: July 31, 6:00 - 7:45 p.m.

NONVIOLENCE

Monday: August 14, 6:00 - 7:45 p.m.

PATIENCE & PERSEVERANCE

Monday: August 28, 6:00 - 7:45 p.m.
Registration Required

BOOK TALKS

AGES 18 & OVER *Friends Community Meeting Room*
 Readers, booksellers, and critics alike are embracing *Queen Sugar* and cheering for its heroine, Charley Bordelon, an African American woman and single mother struggling to build a new life amid the complexities of the contemporary South.
Thursday: July 6, 6:00 - 7:45 p.m.
Registration Required

PROSE WRITING PEER REVIEW

AGES 15 & OVER *Classroom A, B, C, and Auditorium*
 Each person brings 3 double-spaced copies of 2 pages (or less) of prose (story or essay) they

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BOOK TALKS

AGES 18 & OVER *2nd Floor Computer Room*
 Learn how to search the Foundation Directory Online to find potential sources of grants for a non-profit organization. This database, produced by the Foundation Center, provides profiles of over 140,000 grantmakers, plus the grants they've given. Must be proficient using the Internet.
Thursday: July 13, 2:00 - 3:30 p.m.
Registration Required

PROSE WRITING PEER REVIEW

AGES 15 & OVER *Classroom A, B, C, and Auditorium*
 Each person brings 3 double-spaced copies of 2 pages (or less) of prose (story or essay) they

have written. After an introduction, everyone will be divided into 3 groups (in separate rooms) for a peer review session, in which each person's writing will be read aloud by another and commented on. Beginning and experienced writers are welcome. Register now, as space is limited. When registration is closed, you may call 815-987-6626 to be placed on a waiting list. Some may also want to register for the Writing Workshop with Sam Weller on August 5th.
Saturday: August 19, 2:00 - 4:00 p.m.
Registration Required

MONTAGUE BRANCH

MAKERS: ADULT CRAFTING

AGES 18 & OVER *Connie Lane Room*
 Makers are people who create things instead of just using them. Come and relax and use your imagination to create something unique in this crafting session.
Tuesday: July 18, 4:00 - 5:30 p.m.
Registration Required

NORDLOF CENTER

WRITING WORKSHOP WITH SAM WELLER

AGES 15 & OVER *Large Multi-Purpose Room*
 Sam Weller - Associate Professor of Creative Writing at Columbia College, Chicago, and the authorized biographer of Ray Bradbury - will present this prose writing workshop for writers and aspiring writers, using Ray Bradbury's creative process. Register now, as space is limited. After registration is closed, call 815-987-6626 to be placed on a waiting list. Some attendees may also want to register for the Prose Writing Peer Review sessions on August 19.
Saturday: August 5, 2:00 - 5:00 p.m.
Registration Required

ROCKTON CENTRE

MAKERS: ADULT CRAFTING

AGES 18 & OVER *Program Room*
 Makers are people who create things instead of just using them. Come and relax and use your imagination to create something unique in this fun crafting session.
Friday: August 25, 11:30 - 1:30 p.m.
Registration Required

TECHNOLOGY CLASSES

TECHNOLOGY LAB

AGES 15 AND OLDER, UNLESS NOTED OTHERWISE.
 Over 500 online continuing education courses are available here. This self-paced lab takes advantage of classes available through the Universal Class database. Limited to Rockford Public Library cardholders.
Tuesdays: July 11 - August 22, 6:00 - 8:00 p.m.
Montague Branch / Classroom
Tuesdays: July 11 - August 22, 6:00 - 8:00 p.m.
Rockton Centre Branch / Program Room
Thursdays: July 13, July 27, August 10, 24 6:00 - 7:30 p.m.
Registration Required

INTERNET FOR THE ABSOLUTE BEGINNER

AGES 13 & OVER
 This class will teach you the basics of the Internet in a low-key environment. Learn tips for keeping your computer safe and avoiding unsavory sites. Registration is NOT required. Spaces are limited.
Wednesday: July 12, August 9 5:00 - 8:00 p.m.
Main Library / 2nd Floor Computer Room
Wednesdays: July 12, August 9 5:00 - 8:00 p.m.

EXPLORING RPL WEBSITE

AGES 13 & OVER
 In this class, students will learn how to navigate the RPL website. Students will gain experience navigating the RPL website and find RPL products and services.
Monday: July 17, 1:00 - 2:00 p.m.
Registration Required

BEGINNING MICROSOFT EXCEL

AGES 13 & OVER
 Excel 2013 is a spreadsheet application in the Microsoft Office 2013 suite. Get help organizing and calculating data in this Excel 2013 tutorial.
Monday: July 17, 2:00 - 3:00 p.m.
Registration Required

BEGINNING MICROSOFT WORD

AGES 13 & OVER
 Get help producing and sharing documents.
Monday: July 17, 2:00 - 3:00 p.m.
Registration Required

INTERNET FOR BEGINNERS

AGES 13 & OVER
 If you are new to the web or are looking to improve your Internet skills, our free Internet Basics tutorial has you covered.
Monday: July 17, 4:00 - 5:00 p.m.
Registration Required

MICROSOFT EDGE

AGES 13 & OVER
 Students will learn all about the Windows 10 default browser and how to customize it for a better experience.
Friday: August 11, 2:00 - 12:00 a.m.
Registration Required



