September 2023

What’s Inside
Monday Mornings at Main
Driftless Regional Read
Creation Space
Children’s Programming
Classes
Adult Programming
Friends of the Library

Check out our website for more information or to register
MONDAY MORNINGS AT MAIN

Lifelong Learning for Ages 50 and Better!

Join us in Main Hall each Monday from September 11-December 11

9:00 AM—Chair Fitness
9:30 AM—Coffee & Socialization
10:00 AM—Presentation

Monday Mornings at Main is sponsored by the Gertrude Salzer Gordon Trust

September

September 11
Grumpy Old Men: Big Band Music

September 18
Hearing Aids & Amplification Options
with Dr. Lindsay Hoffman, Audiology Dept.
Gundersen Health System

September 25
Oktoberfest In La Crosse: Then & Now
with Hannah Amundson, La Crosse Festivals, Inc.

DRIFTLESS REGIONAL READ

WHAT HAPPENED TO YOU?
CONVERSATIONS ON TRAUMA, RESILIENCE, AND HEALING
BRUCE D. PERRY, MD, PhD
OPRAH WINFREY

Pick up a free copy, while supplies last!

These events are part of the Mental Health and the Driftless Region Regional Read. Check out more info at Driftlessregionalread.com!

Tuesday, September 19
Resilient and Trauma-Informed Community (RTIC) Foundation Training (REGIONAL READ)
4:30 P.M.—7:30 P.M.
La Crosse Public Library—Main
The Resilient and Trauma-Informed Community (RTIC) is a framework adopted by community partners to collaboratively respond to what we have learned from the science of adverse childhood experiences (ACEs) to build resilient organizations, effective partnerships, and efficient systems. We will be screening Resilience: The Biology of Stress and the Science of Hope.

Thursday, September 21
Trauma Sensitive Yoga Practice (REGIONAL READ)
5:30 P.M.—6:30 P.M.
La Crosse Public Library—Main
Join Rachel Slough-Johnson for a seated Trauma Center Trauma Sensitive Yoga (TCTSY) practice. TCTSY is the first yoga-based, empirically validated clinical intervention for complex trauma. You will learn why yoga may be helpful in the treatment of trauma and principles of TCTSY that apply to other areas of life, and engage in a yoga practice. Please note this workshop is educational and will not provide treatment. No prior yoga experience required.
Wednesday, September 6
Knit and Needle
5:00 P.M.–6:30 P.M.
La Crosse Public Library– Main
Bring your knitting, crochet, or embroidery projects and craft alongside other fiber art enthusiasts! All ages welcome.

Thursday, September 7
Granny Squares
5:30 P.M.–6:30 P.M.
La Crosse Public Library– Main
Registration Required
Learn how to crochet a granny square—the basic component of afghans, bags, sweaters, and skirts in a casual and supportive environment with local maker, Cami! No experience necessary—beginners of all levels are welcome. Plus, we will provide the crochet hook and yarn! Register on our events calendar.

The Tool Library provides access to tools, home maintenance materials and so much more.
For more information about what’s available and how to check items out, see our Tool Library website.
CHILDREN’S PROGRAMMING

STORYTIMES

September

Saturday Storytime
(all ages)
Saturdays
10:30 A.M.–11:00 A.M.
La Crosse Public Library– Main

Little Movers
(ages 1 & 2)
Wednesdays
9:30 A.M.–10:00 A.M.
La Crosse Public Library– Main

Family Storytime
(all ages)
Mondays
10:30 A.M.–11:00 A.M.
La Crosse Public Library– South

Bouncing Babies
(pre-walkers)
Wednesdays
12:00 P.M.–12:30 P.M.
La Crosse Public Library– Main

Saturday Storytime
(all ages)
Saturdays
10:30 A.M.–11:00 A.M.
La Crosse Public Library– Main

Family Storytime
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10:30 A.M.–11:00 A.M.
La Crosse Public Library– South

Bouncing Babies
(pre-walkers)
Wednesdays
12:00 P.M.–12:30 P.M.
La Crosse Public Library– Main

LA CROSSE PUBLIC LIBRARY

MAKER MONDAYS
Mondays in September
3:00 – 5:00 P.M.
Main Library/Creation Space

COME EXPLORE, CREATE AND INVENT DURING OPEN LAB TIME IN THE CREATION SPACE!
BEST FOR GRADES K–5.

POKÉMON CLUB
Tuesday, September 12
3:30 – 4:30 P.M.
Main Library

Join up with other fans to explore the fascinating world of Pokémon! Learn to play the card game, battle with friends, show off your card collection, and hang out. This club offers an engaging and inclusive space for kids to unleash their inner Pokémon Master and connect with fellow trainers in their community. Best for grades 1-6.
**CHILDREN’S PROGRAMMING**

**Fall Fairy Hunt**

*Monday, September 18*

5:00 - 6:00 pm

*Main Library*

Come explore the secret world of the fairies! We'll search for fairies and other magical creatures in their hidden houses, and even make our own! Then we are all invited to a Fantastic Fairy Feast! Come dressed as your favorite magical creature.

*Best for ages 0-5.*

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**Tween/Teen D & D**

*September 11 and 25*

5:00 P.M.—6:30 P.M.

*La Crosse Public Library—Main*

Immerse yourself in a world of magic, monsters, and epic adventures as you play with fellow adventurers. Whether you're a seasoned hero or a curious newcomer, join us and forge unforgettable tales in the realms of D&D!

*Best for grades 5-12*

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**CREATION SPACE SPECIAL SESSION:**

**SQUISHY CIRCUITS**

*Friday, September 22*

10:00 - 12:00 pm

*Main Library/Creation Space*

Kids will learn the basics of electrical circuits using one of our favorite toys--play dough!

*Best for grades K-5.*
TECH HELP

TECHNOLOGY OFFICE HOURS
La Crosse Public Library - Main
Mondays
12:00 P.M.–2:00 P.M.
Thursdays
3:00 P.M.–5:00 P.M.

TECH DROP IN
Community Connections Center
1407 St. Andrew Street
Wednesdays, September 13 and 27
11:00 A.M.–12:00 P.M.

Adult Wellness Classes
Stay fit this fall with these beginner-friendly chair wellness classes, brought to you by the La Crosse Public Library!

Chair Fitness
Community Connections Center
10:00am on Tuesday:
Oct 3, 10, 17, 24, & 31
Nov 14, 21, 28 & Dec 5 & 12
To register, call: 608.519.2088

Chair Yoga
La Crosse Public Library
10:00am 1st + 3rd Thursday
Sept 7 & 21; Oct 5 & 19
Nov 2 & 16; Dec 7; 21
No registration required.

Your Digital Footprint
Wednesday, September 20
11:00 a.m. – 12:00 p.m.
La Crosse Public Library - Main
Learn more about your digital footprint in this class. We will talk about browsing history, cookies, online identities and how to keep yourself safe online. No device necessary. Register on our events calendar.

Qigong
Wednesday, September 6
11:30 a.m.
La Crosse Public Library - Main
Join us for this free adult class that uses gentle exercises to improve joint mobility, balance and posture, and calm the mind. Comfortable clothes are recommended. Registration is optional and drop-ins are welcome.

Yoga for All
Saturday, September 9
10:30 a.m.–11:30 a.m.
La Crosse Public Library - Main
Join us for this free community adult yoga class that offers gentle body movement for all abilities and walks of life! Registration is optional and drop-ins are welcome.
Saturday, September 9
Courtyard Chapters: The Candy House
10:00 A.M.–11:00 A.M.
La Crosse Public Library–Main
Registration Required
Chapters is the La Crosse Public Library’s monthly book discussion group featuring popular fiction covering a variety of genres. Looking for a relaxing start to your weekend? How about spending it in the library’s charming “secret” courtyard to discuss a new title each month. This month’s discussion will be on The Candy House by Jennifer Egan. Register on our website, by calling 608-789-7130, or by emailing lschoen@lacrosselibrary.org.

Wednesday, September 13
Falls Prevention
11:30 A.M.–12:30 P.M.
La Crosse Public Library–Main
According to a growing body of research, maintaining the skill of moving your body confidently may actually increase the likelihood of living a longer, more fulfilling life. While that’s partly because good balance can spare you from a longevity-busting fall, the process of balancing well is also linked with a host of healthy neurological functions necessary to keep you safe and independent as you grow older. Join Bernice Olson-Pollack, (M.S. and American Council on Exercise certified personal trainer) for this informative and interactive session. Registration is optional and drop-ins are welcome.

Wednesday, September 13
South Chapters: The Candy House
12:30 P.M.–1:30 P.M.
La Crosse Public Library–South
Registration Required
Join us at the South Branch for a discussion of The Candy House by Jennifer Egan. Register on our website, by calling 608-789-7130, or emailing lschoen@lacrosselibrary.org.

Sunday, September 17
Sunday Movie Matinee: About My Father
1:30 P.M.–3:45 P.M.
La Crosse Public Library–Main
Join us on the third Sunday of each month for a screening of a recently released film! Movies will be shown in the Auditorium on the large projection screen. Free popcorn! Closed captioning provided when available.

About My Father—When Sebastian tells his old-school Italian immigrant father Salvo that he is going to propose to his all-American girlfriend, Salvo insists on crashing a weekend with her tony parents. Rated PG-13; runtime 90 minutes

Monday, September 18
Out in Print
5:30 P.M.–6:30 P.M.
La Crosse Public Library–Main
Out in Print is a monthly club that discusses books, short stories, films, graphic novels, and other media featuring a diverse array of LGBTQ+ narratives. Join us this month for a conversation on Ace by Angela Chen.

Come one, come all: we practice inclusivity and nonjudgment.

Thursday, September 21
Adult Lego Night
5:30 P.M.–7:00 P.M.
La Crosse Public Library–Main
Do you still love LEGO®s? So do we! Join us for a night of old-school LEGO® fun in our outdoor courtyard. We’ll bring the bricks, come ready to build and create!

Sunday, September 24
Courtyard Concert with Cass Magpie
2:00 P.M.–3:00 P.M.
La Crosse Public Library–Main
Join us for a concert with Cass Magpie and enjoy contemplative indie-folk music from a transgender woman’s perspective in our charming outdoor courtyard. The concert will offer intimate expressive narratives and deliver a wide breadth of experiences to every listener.

About Cass:
Cass Magpie is the solo project of Cassie Brady (The Lavender Project and Echo Black River). To learn more about her music see: https://cassmaggie.bandcamp.com/music

Thursday, September 28
B.Y.O.B. Bring Your Own Book (Club) Banned Books
7:00 P.M.–8:00 P.M.
Online: Zoom
Registration Required
B.Y.O.B. (Club) is a non-traditional book club for adults. Instead of reading a predetermined title, participants meet online to share what they’re currently reading and pick up new recommended reads. Register on our events calendar

In honor of Banned Books Week, feel free to include a book from a challenged book list and “Let Freedom READ!”
Friends of the La Crosse Public Library

Support Friends of the La Crosse Public Library by:

- Donating Materials
- Becoming a Volunteer
- Purchasing a Membership
- AmazonSmile

For more information, call the First Floor Bookshop at (608) 789-7149 or visit our website: lacrosselibrary.org/about/friends

Friends of the La Crosse Public Library

BASEMENT BOOKSTORE
La Crosse Public Library
800 Main Street

OPEN EVERY MONDAY
9 A.M.–12 P.M.

Over 10,000 books, magazines, CDs, DVDs, and Audiobooks
All items $1 or less

Friends of the La Crosse Public Library Membership Form

Please join or renew your annual support!

Name ___________________________ Date ___________________________

Address ___________________________

Telephone ___________________________ Email ___________________________

Enclosed is my tax-deductible contribution:

☐ New
☐ Renewal
☐ Individual: $10
☐ Family: $25
☐ Gold: $50 (converts to Lifetime upon 10 yearly renewals)
☐ Lifetime: $500
☐ Special gift: _________ (please indicate amount)

☐ Check (payable to Friends of the La Crosse Public Library)
☐ Cash

I’d like to receive my newsletter via:

☐ Email (saves Friends $5 year/member!)
☐ U.S. Mail

Contact me to volunteer:

☐ Book shop
☐ Sorting books
☐ Special events

Please return to:
Friends of the La Crosse Public Library
800 Main Street
La Crosse, WI 54601