Regular monthly programs for adults:

3rd Wednesday Book Discussion – meets September through July, 1:00pm – 2:00pm.
February 19, 2020: *Becoming*, Michelle Obama
March 18, 2020: *Semiosis*, Sue Burke; 2020 Longwood Gardens Community Read selection

Quilting @ The Library –
Wednesday, January 22, 2020  1:00pm – 4:00pm
Wednesday, February 26, 2020  1:00pm – 4:00pm
Join in for an afternoon of fun (bring a friend!) transforming fabric into quilts that comfort children fighting a life battle with an illness as well as children of abuse. The group has already donated 1,000 quilts to Quilts for Kids! Bring your sewing machine if you like, and other quilting gear. Check out WCPL’s AccuQuilt GO!Baby quilt piece cutter and dies to go with it – all available for check out at the main desk.

VEP’s English Language Conversation group
Every Wednesday, Noon – 1pm. Everyone is welcome, native speakers, too.

Be sure to check out our hotspots ($2/day rental), and specialty cake pan collection.

Follow us on Social Media or visit our website to access our Calendar of Events and e-newsletter.

Special programs:

To register for a program please visit our website www.wcpubliclibrary.org, click on WCPL Events Calendar & select your program.

Get healthy in 2020 – join presenter Susan Stuntebeck, RN, Health Coach, and Nutrition Response Clinician to learn about (registration requested!):

Sugar Blues & What to Do About Them
Wednesday, January 22, 2020, 6:30pm
Are you constantly craving sweets and/or carbohydrates? Do you start eating healthy then somehow derail all your best efforts? Do you experience the afternoon dips in energy? You will come away with more knowledge about why Will Power doesn’t work, why you have sugar cravings, how sugar is affecting your health, and what you can do about it.

Chronic Stress & Fatigue: where is it coming from, what can I do about it
Wednesday, February 26, 2020, 6:30pm
Are you irritable on the job, impatient with your kids, too tired to exercise, or forget about being nice to your spouse or significant other? Do you know you need to change something, but not where to start? Leave that stress behind and learn how to take steps toward a life full of energy and vitality. You will leave with tools that you can implement immediately to start transforming your health now.

How to get more ZZZ’s: Simple Hacks to Better Sleep
Wednesday, March 25, 2020, 6:30pm
Tossing and turning all night and watching the clock tick closer to morning can be a frustrating experience. Night after night of this can lead even the happiest of people into a place of crankiness. Come out for an informative talk on why sleep matters and how lack of sleep can affect your health. Leave with tools that you can implement at home immediately for your journey back to sound sleeping.

Medicare 101 – presented by APPRISE
Monday, March 23, 2020, 5:30pm
If you will be joining the ranks of Medicare soon, are already in the Medicare system and have questions, or you just want to understand what this Federal program is all about, this session is for you. Registration and details on our Events Calendar.