

LaGrange Library

Programs to Celebrate Older Americans Month in May



Freedom Executive Park (Rt.55)
Poughkeepsie, NY 12603
(845) 452-3141 www.laglib.org



Monday 9:30am-8:00pm
Tuesday, Thursday, Saturday 9:30am-5:00pm
Wednesday, Friday 2:00pm-8:00pm

Registration is open to anyone 50 or older.
You're now able to register for all library programs online by clicking the
Calendar of Events button on our website. If you need assistance, please ask.

Older American Lunch

Are you an older American? Are there programs you'd like to see offered by your Library?
Community seniors are invited to join Library Director Lisa Karim on
Thursday, May 22nd at 11:30am for a light lunch and to take part in discussions about
upcoming Library programs for seniors. We're anxious to hear what you have to say.
Please RSVP by calling the Library at 452-3141 by May 15th.

Healthy Chinese Cuisine

Friday, May 2nd, 2:30-4:00pm
Registration begins April 18th

Chinese cookbook author Norma Chang will demonstrate healthy and easy ways of
preparing various Chinese dishes with the emphasis on low-fat and high-flavor.
Participants will get to sample the dishes prepared during the class.



Final Chapter

Monday, May 5th, 6:30-8:00pm
Registration begins April 21st

Local Funeral Director Timothy P. Doyle will explain the benefits of pre-planning, which provides
you with the time needed to make practical, detailed decisions that reflect your standards,
lifestyle, taste and budget. You'll be assured that the choices you make will be carried out as
planned and at the same time relieve the decision-making burden from your family
at that emotionally stressful time.

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Heart Healthy/Low Sodium Cooking Demo

Tuesday, May 13th, 1:00-2:00pm

Registration begins April 29th

Chef Darcy Sala, with students from Dutchess County Career Tech Institute, will prepare heart healthy/low sodium recipes. You'll get to sample the sweet and savory dishes prepared during the class and take home some delicious recipes.

History of LaGrange

Wednesday, May 14th, 2:00-3:30pm

Registration begins April 30th

Did you know that this area was called Freedom until 1821, when it was renamed LaGrange by Marquis de Lafayette because it reminded him of his home in France?

Learn much more when LaGrange Historical Society President Lynn Owen presents her program on the History of LaGrange.

Eleanor Roosevelt's Val-kill

Monday, May 19th, 6:30-8:00pm

Registration begins May 5th

Cathy Collins, Executive Director of the Eleanor Roosevelt Center at Val-kill, will present a program on the life of Eleanor Roosevelt and her home in Hyde Park.

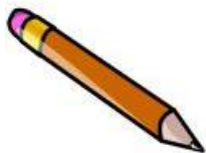
Create a Living Celebration of Your Life

Tuesday, May 20th, 2:30-4:00pm

Registration begins May 6th



Learn how to transform your memories into your own keepsake to share with family and friends. Sheryl Entwistle, owner of Living Celebrations, will provide easy, step-by-step ideas designed to help you gather facts, build a timeline, jog your memory and reconnect with your past.



Brain Games

Tuesdays, May 6th & 20th, 1:00-2:00pm

Registration is ongoing

Dutchess County Office for the Aging's Brain Game classes are held at the Library on the 1st and 3rd Tuesdays of every month. Various mental games and exercises, which help improve your memory skills as you age, are demonstrated.



