

Public Service Update for Board of Trustees Meeting: Jan 24, 2024

Program Update

Recent Program Attendance:

- **MLK Day Family Event: 75 in attendance**
Family-friendly activities in the children's area presented in partnership with Sheboygan Area Black-American Community Outreach.

New Programs:

- **Mr. Roger's Mondays @ Uptown Social** A program for grandparents and grandchildren to learn and grow together. Watch episode clips, then participate in activities inspired by the show.
- **Tuesdays in January: INTRODUCTION TO ASAHI NORDIC MOVEMENT CLASS**
Asahi Nordic is a mind-body health exercise practice developed in Finland. In this introductory class we will learn and practice both Asahi Series 1 and Series 2. The series are simple and easy to learn. All exercises are performed standing or can be modified sitting, and no special equipment or clothing is required. The exercises were developed by exercise and geriatric specialists to ensure that risk of injury is low and the outcome of benefits of performing the exercises is extremely high. All ages and abilities are welcome.
- **Friday, January 26, 10 am: SHEBOYGAN COUNTY MEMORY CAFE**
Memory Cafes offer themed social gatherings for people living with memory loss and for their families, friends or care partners. The theme for this memory cafe is Memories and Music. The program is sponsored by the Aging and Disability Resource Center of Sheboygan County and the Alzheimer's Association.
- **Friday, January 26: LATE AT THE LIBRARY: RETRO GAME NIGHT**
After-hours for 18+; there will be games, crafts, snacks, cartoons, a selfie booth, and a life-sized Candyland. The Gameboard will lead attendees through several tabletop games as well. **80 people have pre-registered!**