
August 7, 2013 Seriously Sushi
Open your minds and taste buds to the ancient practice of creating beautiful little bites of the fruits of the sea and the rice from the mountain. Sushi chef, Johnny Kim, from Simply Wonderful Sushi (in our Kroger on Barker Cypress) brings his expertise to us. Meet in HSC 1 Room 105.

August 14, 2013 Dirty Tricks, Mud Slinging, and October Surprises
Not one to whitewash U. S. history, Professor Alex Smith unveils the best of the worst of America’s presidential campaigns.

August 21, 2013 What Do You Really Know about Medicare?
Columnist, Medicare specialist, and radio talk show host, Toni King, gives a no-nonsense tutorial on Medicare. What you don’t know WILL hurt you. Toni is the author of the book The Medicare Survival Guide. See www.tonisays.com for more information.

August 28, 2013 Are Happy People Just Naïve?
If someone is happy, are they just not very perceptive about life? Au contraire! Learn practical ways to reprogram your brain for happiness and positivity. Claire Gunnels is inspired by Shawn Achor’s book The Happiness Advantage.

Life is learning.

Let us make it inspirational.

Come to the library to listen, learn and participate!

We have adult programs for all kinds of interests. Join us every Wednesday from 10 – 11 am in LRNC 131. FREE!

LIFE Workshops

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