

INTRODUCTION



Molly Creveling
Youth Services Librarian
Vestal Public Library



Personal philosophy:

"Be who you
needed when you
were younger."

A little about me:

Youth Services Librarian for almost 4 years, however I have worked in the 4CLS system for about 11 years.



I'm Neurodiverse: AuDHD & Dyscalculia (I used my IEP all the way through graduate school)



I'm open about sharing my neurodiversity at work (including patrons particularly to the kids!) This helps address stigma that neurodiversity "looks" a certain way.

Presentation Topic: Neurodiversity, Multi-Sensory Instruction & Learning Tools

Neurodivergence & Processing Spectrum

Neurodivergence refers to variations in brain function, encompassing conditions such as: autism, ADHD, dyscalculia, dyslexia. Unlike neurotypical brains, neurodivergent brains process information and interact with the world uniquely.

Thinking Differently, Not Less:

Neurodivergence is not a deficit; it represents different brain operations that lead to unique strengths.

Neurodivergence & Common Descriptors around Thinking/Processing:

Lateral Thinking

Attention to Detail & Pattern Recognition

Idiosyncratic Language

Visual-Spatial Reasoning

Echolalia

Non-linear

Strong Empathy & Emotional Intelligence

Bottom up Thinking

Creative problem-solving abilities

Divergent Thinking

Hyperfocus

NOTE: These areas vary for each individual and their circumstances.

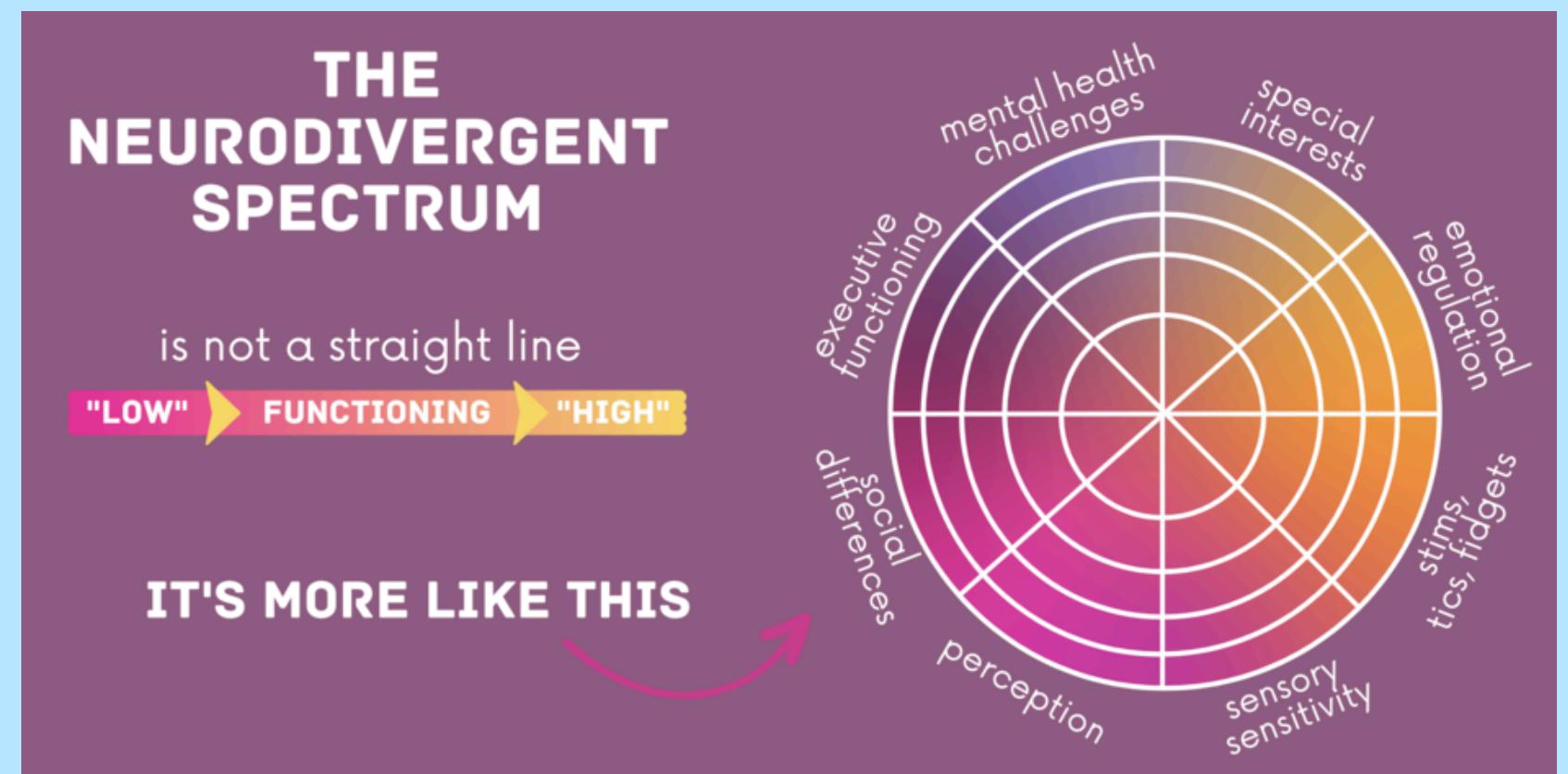


Image from Kutztown University's Rohrbach Library

Early Learning

Early learning refers to the skills and concepts that children (usually) develop from birth to about age eight. These concepts are often building blocks for future learning. Many people with neurodiversity, particularly with LD's may still struggle with "basic" concepts.

Sensory Play

Sensory play is any activity that stimulates at least one of the senses. This could be hearing, sight, touch, smell or taste. It also includes play that involves movement or balance (kinesthetic learning).



Multi-Sensory Learning Tool Examples:

- Adaptive tools: palm grip crayons, pencil grips, tweezers, looped scissors
- Manipulatives: counting, sorting, blocks, math cubes
- Visuals: charts, graphs, checklists, schedules, communication boards
- Musical Instruments
- Tactile boards
- Tracing overlays

(These can easily be made on Canva!)

Multi-Sensory Instruction

Multi-sensory instruction is a way of teaching that engages more than one sense at a time. Can be applied for various ages and learning concepts.

Multi-sensory instruction is often used to help students with learning difficulties or disorders.

Follows a similar learning theory to Montessori Method.

LEARNING TOOL SUGGESTIONS

Multi-sensory instruction techniques help in providing **equal learning opportunities** to every person, so that they can **meet and exceed expectations when learning**.

This is a great **equalizer** and helps **minimize stigma** around people who **need learning tools or adaptation**

All learners of all neurotypes can **benefit** from these tools or multi-sensory instruction. Let **everyone try using these tools**



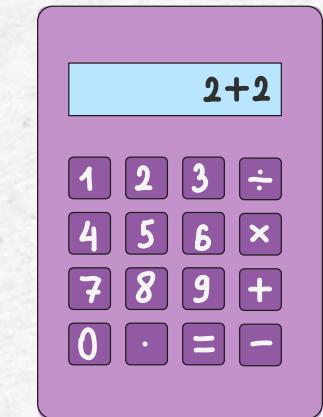
Pencil grips



Dry erase boards & markers



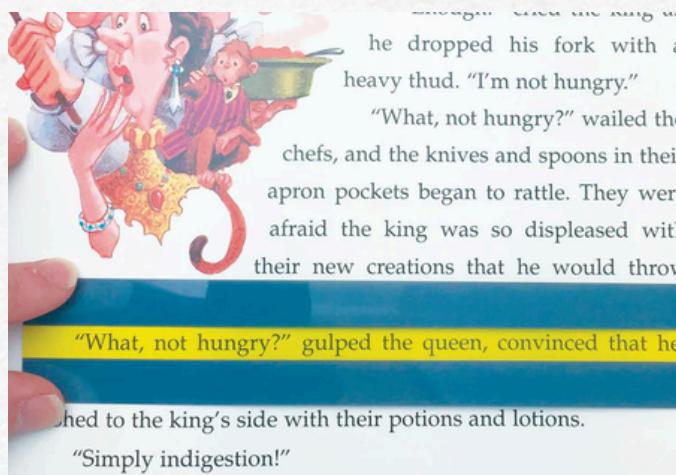
Math manipulatives



Calculators



Visual measuring cups, spoons



Reading Guide Strips



Visual timers



Looped Scissors



Noise reducing headphones

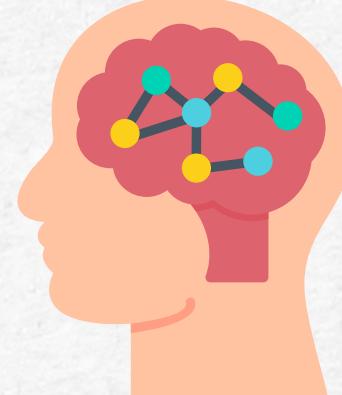
MULTI-SENSORY LEARNING BENEFITS

MEMORY & RETENTION

Engaging multiple senses in the learning process helps information retention and recall, as it creates more neural pathways to store and retrieve the knowledge.

Using multiple senses in learning is beneficial for all learning types.

Make learning a fun memory!



BONDING & ENGAGEMENT

Creating a space to bond: child & caregiver or children with their peers. Encourage dialogue!

Remember: caregivers may need tips on how to help their kids too!

Provides a learning inclusive environment for a variety of ages & learning types.

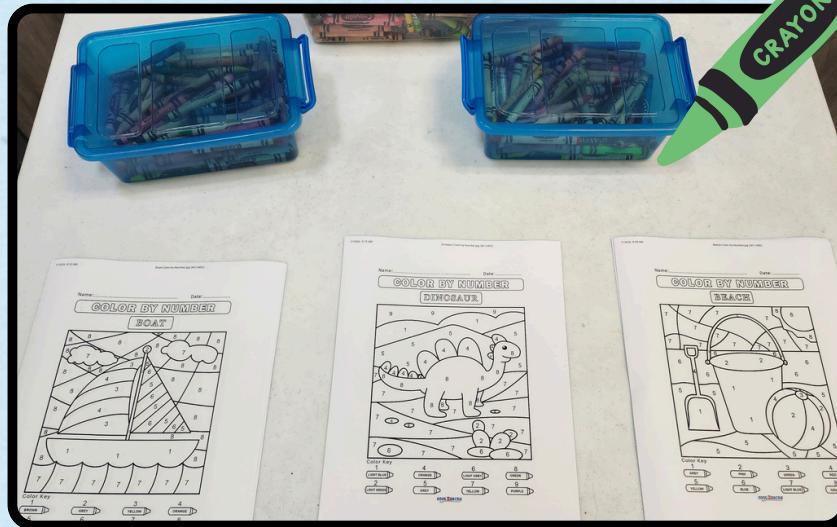
Creating stations allows for socialization with others.

CURIOSITY & CREATIVITY

Using interactive activities or activity stations provide opportunity to explore a variety of activity, or to find something that resonates with them.

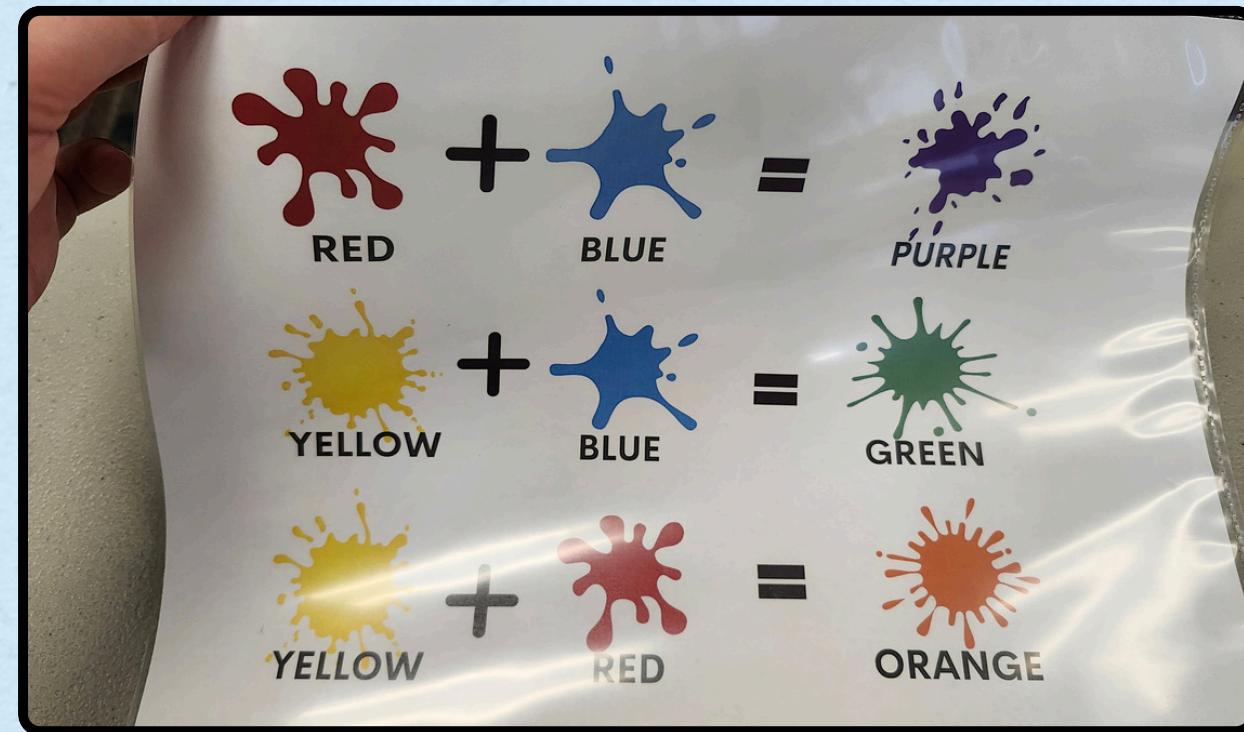
Let children explore beyond or outside of "directions". Encourage "What if" questions





Activities that help build associations or overlap concepts to support or reinforce learning or recognition.

Example: Coloring by numbers can help with number and color recognition.



Activities that let kids explore and see and experience a concept in something hands-on (kinesthetic learning) to reinforce learning concept and to make a tangible connection to the learning objective or concept.

Multi-Sensory Learning

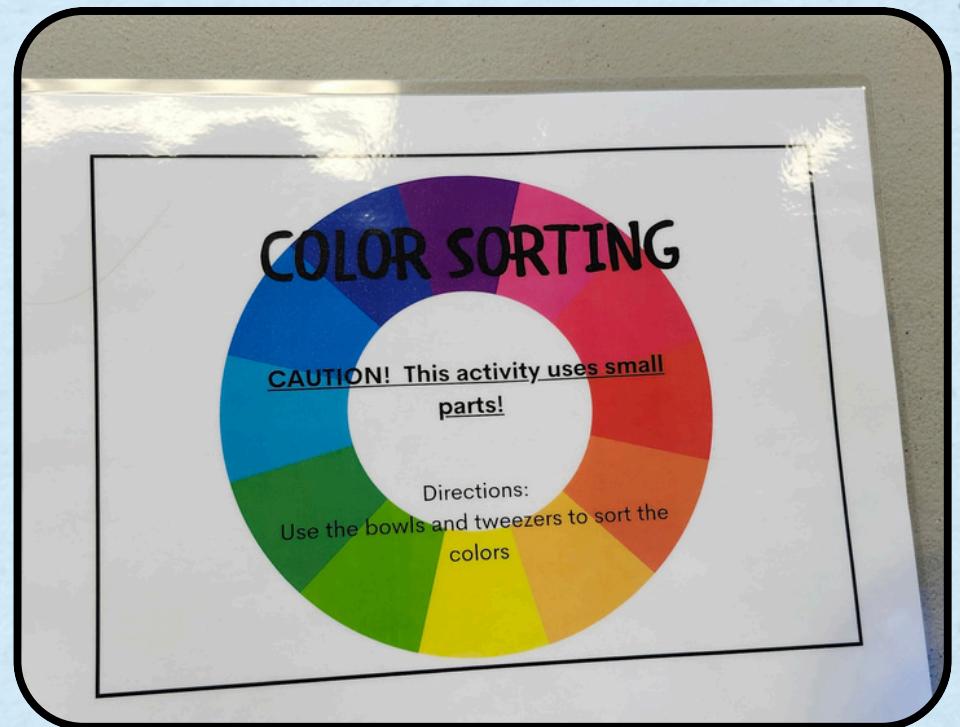
Colors



Let caregivers assist!

Provide prompts with questions they can ask, or suggestions on what to say if they observe frustration or if the child is having difficulty with the task.

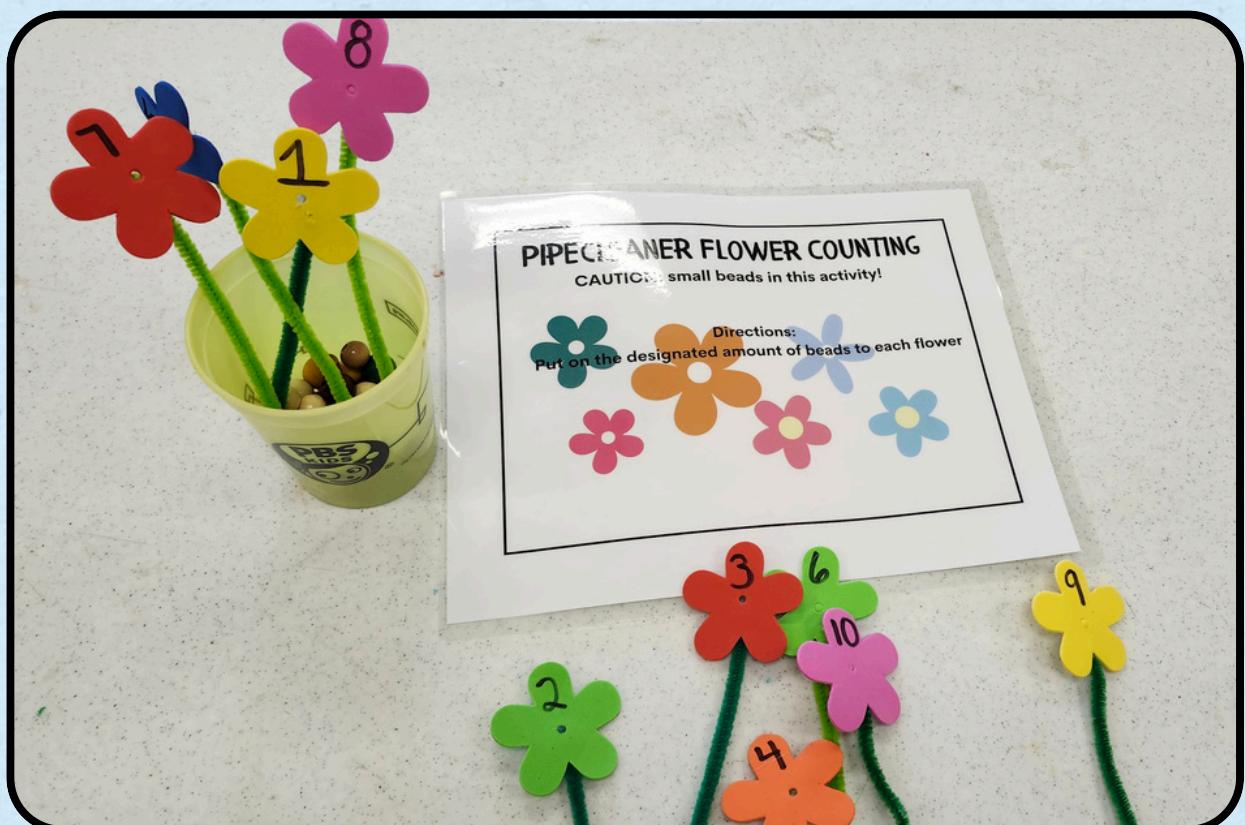
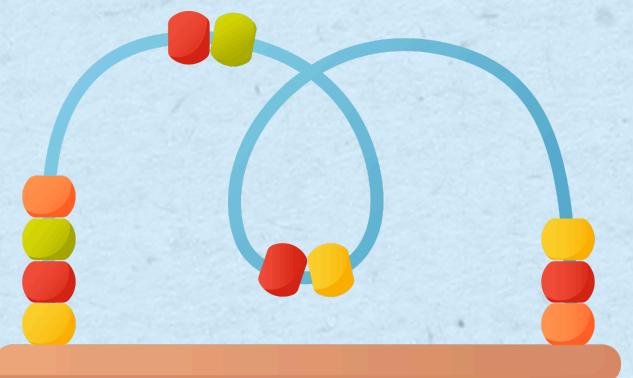
Many caregivers may not know how to support a child if there are learning differences, which can lead to both child and caregiver getting frustrated.



Color sorting & Counting with tweezers

Ready, Set, Learn!

Early education using multi- sensory instruction

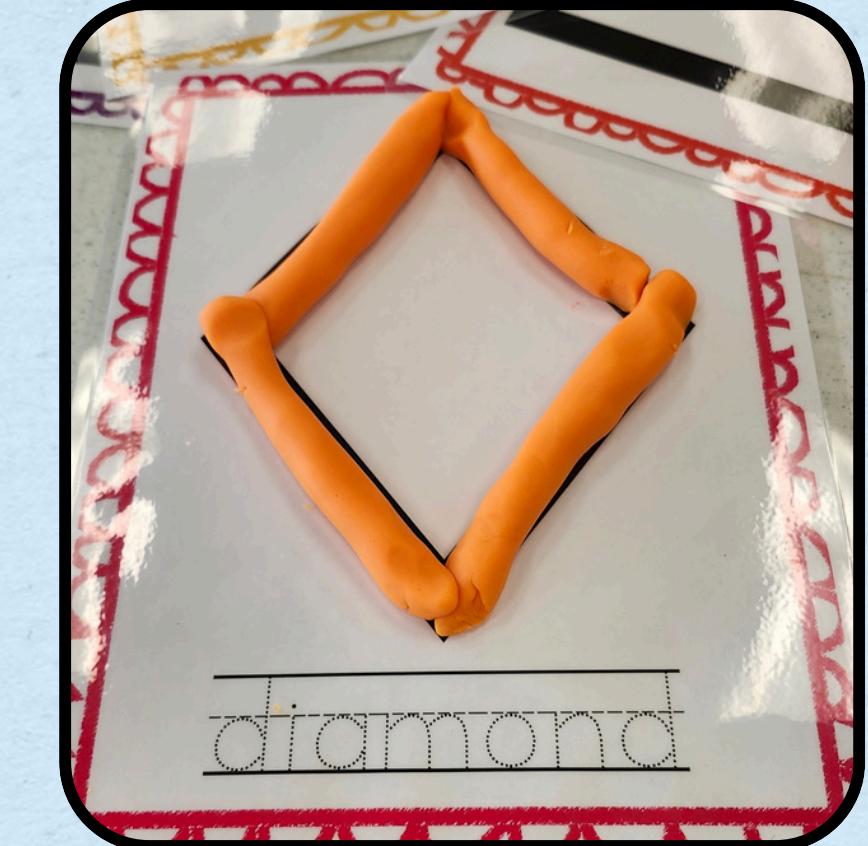


Stringing beads on pipe cleaners for counting

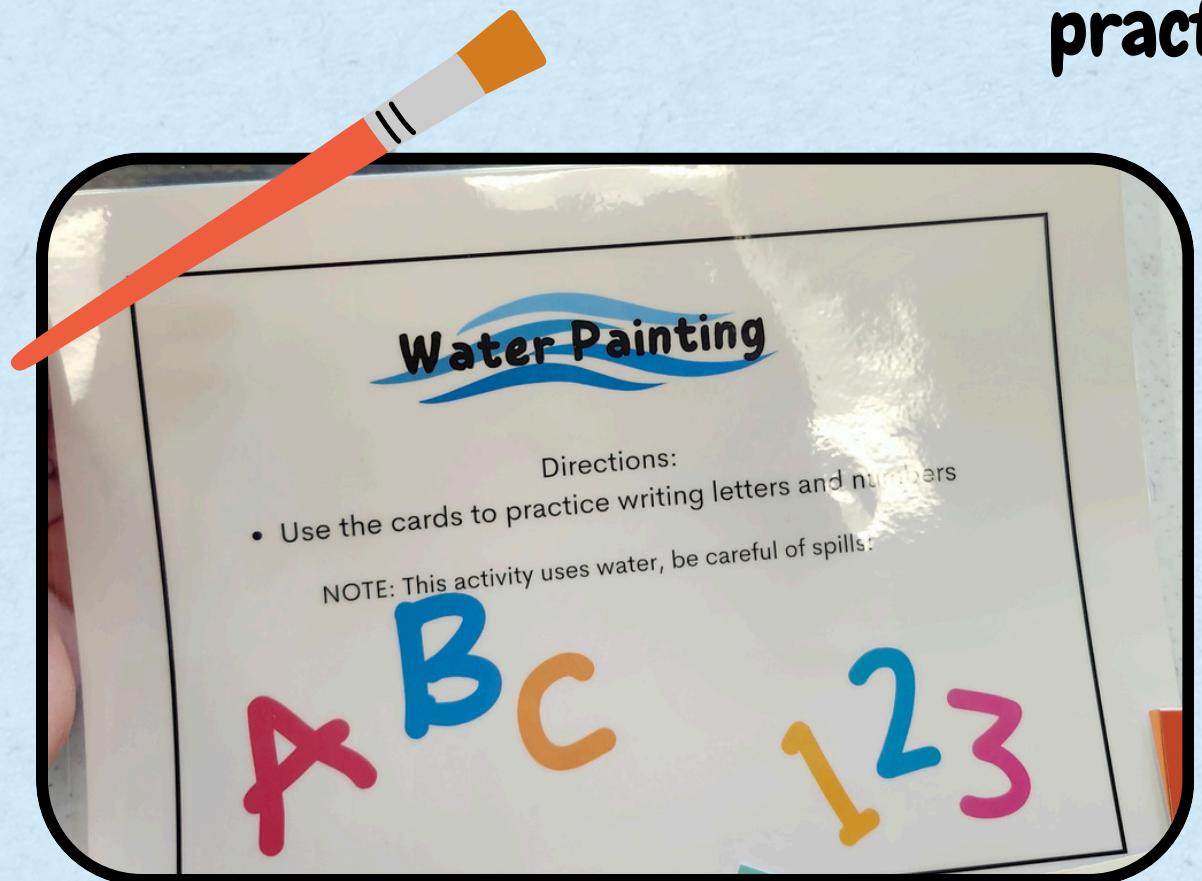


Magnetic Boards

Play dough and templates (templates can be made on Canva or found on Google)



Examples of overlays and alternative ways of practicing letters, numbers, shapes



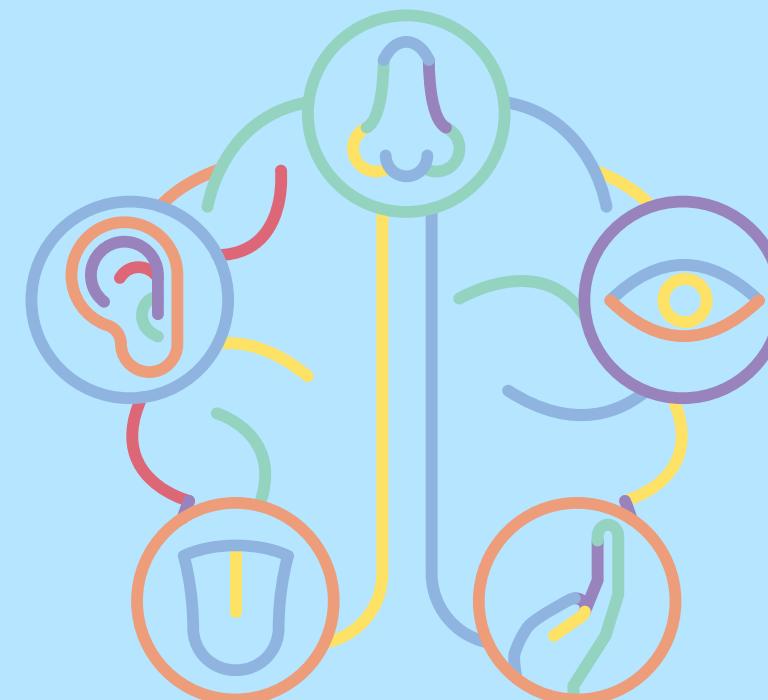
- Kinesthetic
- Tactile
- Alternative ways to practice "traditional" writing



Chalk board painted boards with sponge brushes & water used with letter card prompts



Feel free to reach out: MCreveling@vestalpubliclibrary.org



Jr. Readers Book Clubs

Book clubs for all!



Meeting Structure

- **Opening activity ~10 min**
Word search, crossword, drawing prompt
- **Business ~5 min**
Snack & next meeting reminder, introduce next book
- **Discussion ~30 min**
Questions posted on slides, some voting questions, balance voices
- **Craft ~10 min**
Dependent upon group, craftivity, anything fun that ties into the book
- **Book checkout ~5 min**
Can be done during craft to save time
- **Snack**
Provided by parents, sign up at first meeting, can be done with craft or throughout meeting

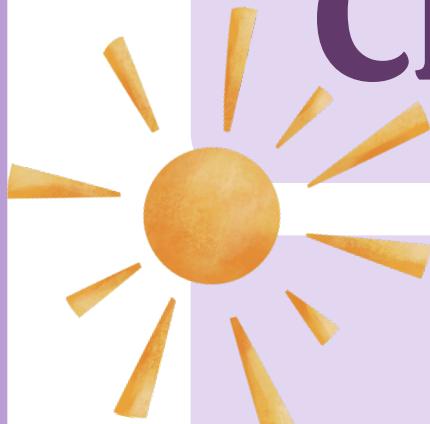


Logistics

- Pre-registration for entire school year
- Register in late August
- Try to build a collection of books
- Grant funding or Friends groups
- Crafts can be super cheap
- 12–15 kids per group
- Parent involvement can vary
- Give list at first meeting or
keep it top secret?



Choosing Books



- Age, reading level & interest appropriate for group
- Cost & availability
- Book club participation list – no repeats

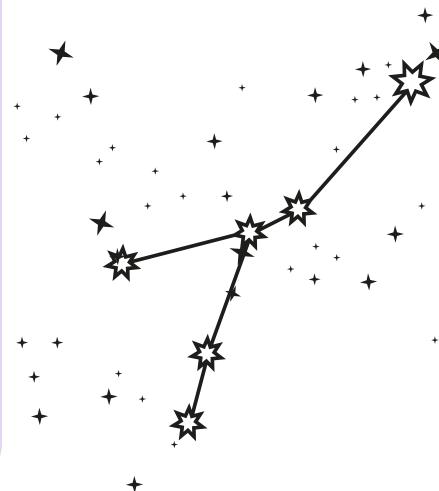
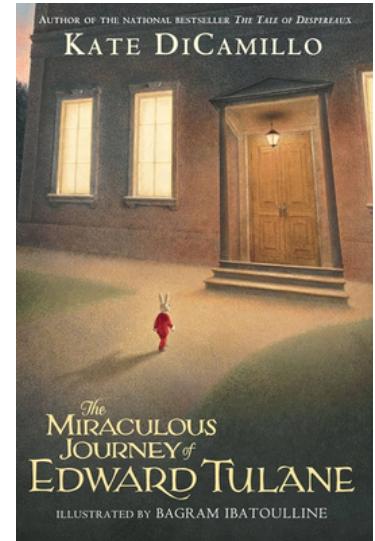
- At least 1 graphic novel & 1 nonfiction per school year
- Prolific authors, books that have sequels, beginning of series
- Not super popular



Sample Meeting

tinyurl.com/tulanebookclub

- Intro Activity - The many clothes of Edward Tulane
- Business
- Discussion questions
- Craft - glove bunnies or create a constellation
- Snack, next book & read alike display





Resources

- GFJ Library's Book Club Titles (tinyurl.com/gfjreadersbooks)
- NEA's Book Club Basics with sample reading lists
- Check the author's website or publisher pages

Erin Singleton
George F. Johnson Memorial Library
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Any Questions?



Presentation
December 5,
2025

Katie Ranno

handcraft meet up

Online!



How this Started:

**2021 program solution amid the Covid-19
Pandemic**

Working on Warm Up America Challenges

Switched gears as pandemic changed



Current Program Structure:

1 hour Zoom sessions

Spotlight what each person is making

Crafting for personal enjoyment and various charities

**This is not an instructional program, but
participant help is encouraged**





What We're Making:

- Cross Stitch
- Sewing
- Crochet
- Knitting
- Needle Felting

How to Sign Up:

Online registration via the program entry on LibCal

Patron automatically receives Zoom link

Anyone who registers once gets put on the program's mailing list



Thank you!

handcraft meet up

Online!



Mix Foam, Hot Sauce, Teens, & Stir:

**Recipes for Teen
Engagement**





Who We Are



- Steele Memorial Library of
- Chemung County Library District
- In Elmira, NY
- Central Library with 5 branches
- Population of City of Elmira and surrounding Town of Elmira area
- 32,000
- Our county is made up of rural areas & smaller towns

Overview:

- Feature 3 popular teen programs from 2025.
 - Outdoor Foam Party (\$\$\$)
 - Color Powder War (\$\$)
 - Hot Sauce Challenge (\$)
- Tips on growing **long term teen engagement**, instead of short term.
- ie, teens only show up for a specific program & you never see them again

Ways to go "outside the box" with programming



Ways to go "Outside the Box" with programming

- **Be willing to do "after hours" programming occasionally:** take over the library when no other patrons around
- **Ask teens what they want to do/like to do/wish they could do** =inspiration ("hide and seek in the library"; 'mannequin challenge')
- **Literally, go outside** (not just in summer)
- Example: Pokemon Go Club: meets at library & goes outside together to catch pokemon at the green space down the street (year round)
- **Partner with other organizations** to do activities you normally cannot afford, or in other places in the community that are unique, and/or will allow you to reach non-library users
 - Ex: local youth bureau to do after hours laser tag for teens at the library
 - Partner with local sports org to hold nerf battles in a church they own.
 - Ex: local youth center to reach kids/teens that may not know the library can be fun

Grow long term teen engagement: (teens vote with their feet)

- **Got a regular teen or two at your library? Build a relationship with them over time.**
- Learn their names, say Hi, be glad to see them, ask how their day was. Ask about their interests. (in a sincere, natural way. Don't be creepy, and don't try to be "cool." Just be you. Ask for their input in what books to get, how to decorate their teen corner or the teen shelves.).
- **Why do the above?** Builds trust, sense of belonging, ownership in **their** library.
- **Ask teens what they want to do/like to do/wish they could do for fun at the library. Encourage their help to plan and make those events happen. Ownership =teens attend programs.**
- **(no teens at your library? Start with older tweens (5th, 6th graders)**
- **Partner with other organizations, schools & local teen hangouts** to reach teens for feedback & to advertise.
- **Encourage teens or tweens to bring friends=word of mouth best advertisement.**

Outdoor Foam Party

- What it is:
- Biodegradable foam shot out of a foam cannon onto a prescribed area. Everyone can get wet, frolic, toss the foam around as it piles up. **Cannot sit on it (it won't hold you up: not like snow.** It is refreshing on a hot day.
- Easy clean up (rinses away with hose & water)
- Patrons of all ages LOVE IT; So FUN!
- Wear old clothes/you will get wet
- Safe for pets, your eyes, kids
- Outdoors only



What you need:

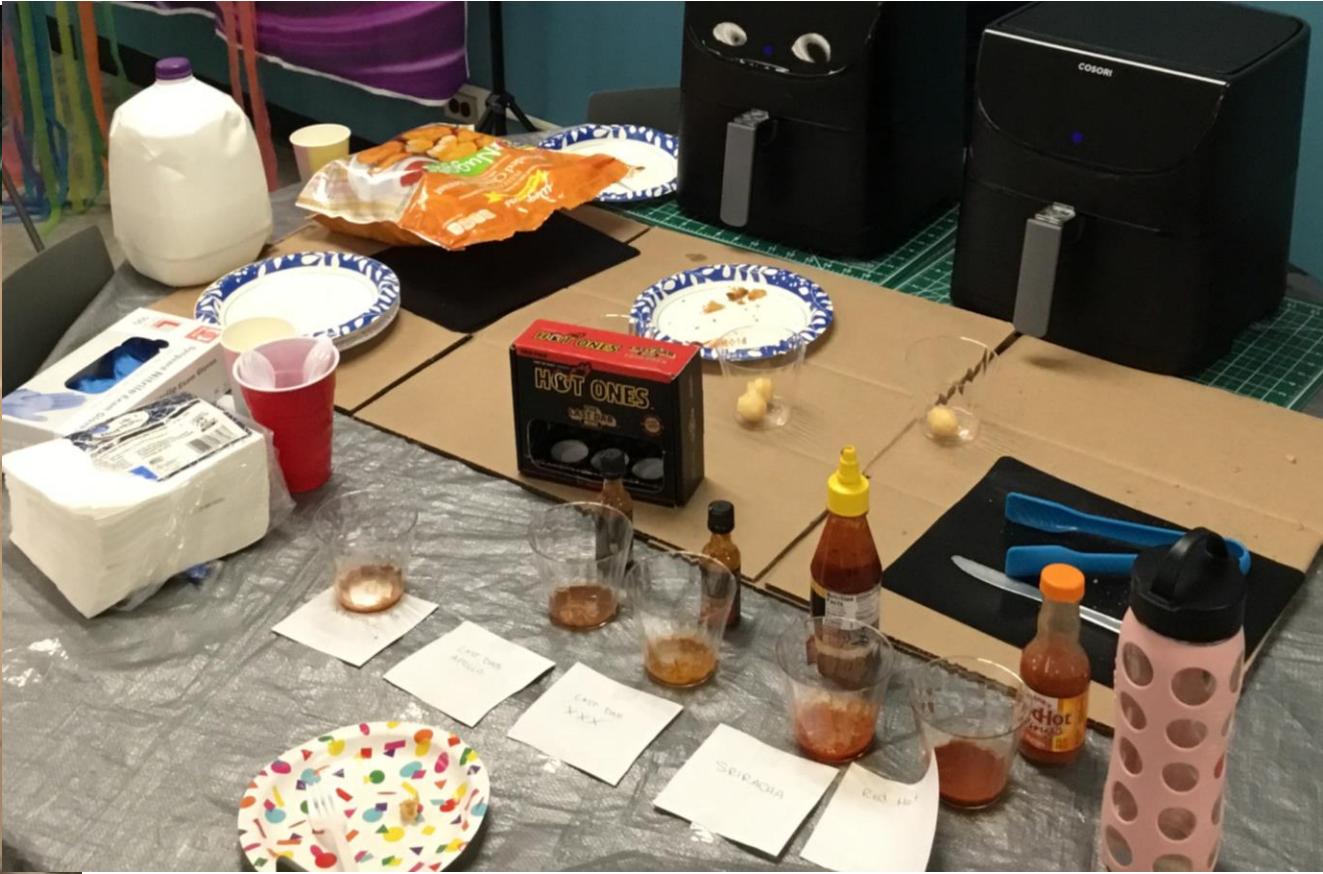
- Water supply within 50 feet of where we will host your foam party
- A grounded 3-prong electrical outlet within 50 feet where we will host your foam party
- An outdoor party area of roughly 20 feet by 20 feet
- Any non-stick surface (grass, artificial turf, pavement)



Hire someone or partner with other libraries to buy foam cannon & supplies:
worth the \$.

- Cris Johnson: Froggy's Foam (\$500 for 1 hour; \$700 (?) two hours)
- Foam Daddy cannon \$1,800
- Jug of the suds liquid: \$99-\$160
- Can do all ages, kids & teens,
- Just teens (glow in the dark after hours option)





Hot Sauce Challenge

(teens asked for this; inspired by the show "Hot Ones" on Youtube)

A few tips...

- **Have milk, bread, or donut holes (teen choice) on hand to cut the burn from the sauces**
- **Get mini or small bottles of various hot sauces** to prevent being stuck with lots of hot sauce afterward
- **Use spoons to put a bit of sauce on the chicken nuggets**=controls the amount of sauce used, and limits germ transfer from dipping chicken nuggets directly into sauce.
- We used pre-cooked, frozen chicken nuggets & breaded cauliflower nuggets & heated them up in the library.
- **Have a plan B or C to determine the "winner."** We planned a bracket style contest, with those who couldn't stand the burn for long being eliminated. However, our teens all were evenly matched no matter how hot the sauce got. Eventually had to use "rock/paper/scissors" to determine the top two winners.



Stoic teens feeling the burn,...and winning!



Outdoor Color (Powder) War

Using cups, Teens fling
colored, non-toxic powder at
each other until the powder is
gone.

Messy, hilarious, fun

Wear old clothes, bring a towel
Do not go back into the library
afterward!



Setting up & Rules

- Put out containers of powder. Hand out cups or place cups at the side of play area.
- ****Do not put out all the powder at once. They will use it all up in short order. *****
- Designate an area for play, and remind them of any No Go zones.
- (Ex: sidewalk where innocent patrons may be walking by)
- No dumping entire serving container of powder on each other. Use cups. (Game will last longer)
- No throwing powder in each other's faces & eyes (although accidents happen)





Colored Powder

- "color blaze" colored powder (amazon)
 - Sold in 1lb plastic packets
 - (8 different colors = \$48)
 - OR in bulk 3lb packages
 - of 6 colors=\$99
-
- **Left over powder stores very well in air-tight containers if kept in dry location.** We've had it for months or up to a year & still OK.

Supplies

Small cups: anything will work.

(dixie cups, somewhat bigger) Bigger the cup, the faster you will go through powder.)

Safety glasses (amazon).

**Saline rinse for eyes
(just in case)**

Containers with airtight lids to store each color.

Serving trays with sections, or take out containers, plastic bins, to put out amounts of powder for teens to dip into during game play.



Tips

- Pour powder slowly or use a funnel.
- It kicks up a fine dust & gets everywhere.
- Teens should dress in light colored, old clothes. (color shows up better on light clothing).
- Teens should bring old towels to sit on so they don't ruin the seats in the family car on the way home.
- Do not put out all the powder at once. They will use it all up in short order.
- Saline rinse (in case wind blows powder into eyes)
- Clean up: we just let the rain rinse it all away.



Many Variations



- Capture the flag?
- Tag?
- Trivia, musical chairs, hot potato (clobber the "loser" with colored powder)
- Our teens usually just want to have a free-for all. :-)

Thank you!

**Doris Jean Metzger, MLIS
Teen Librarian
Youth Services Coordinator
Chemung County Library District**

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607-733-9173 x6
chemunglibraries.org



Notes on teen programs from “Mix Foam, Hot Sauce and Stir: Recipes for Teen Engagement”

Doris Jean Metzger, MLIS. Teen Librarian

Cameron Dumas, Emil Erway: Steele Library Teen Services clerks

December 5, 2025

Gather & Grow (STLS)

Hot Sauce Challenge

We used pre-cooked frozen chicken nuggets & breaded cauliflower nuggets (for the vegetarians among us).

Heated in microwave or air fryer.

Use any range of hot sauces you want. We used "hot ones" brand, with the 3 hottest ones they use on the show, b/c teens wanted it & we could get it. (To get the mini sized, we ordered from Hot Ones, not amazon.

Try to get mini sizes to avoid waste..unless you really like hot sauce or want to use them in another program.

Staff members brought various other hot sauces from home to expand the challenge beyond the three kinds from the show.

We used spoons to put a small dab on nuggets so we wouldn't destroy people's mouths with too much hot sauce (or run out).

Have milk & bread (or donut holes, in our case) to help cut the heat afterward. Our teens wanted donut holes, not bread.

Cost can vary, depending on how much hot sauce, amount of nuggets, etc.

Registration is recommended.

We intended to judge winners based on a bracket style competition. We thought teens would flame out, but everyone was evenly matched & had cast iron mouths.

We switched to who could last longest without going for the milk to cut the burn.

Teens were still evenly matched.

We had to do rock paper scissors to choose the top two winners.

Sources:

The show “Hot Ones” on youtube and at <https://firstwefeast.com/>

<https://www.youtube.com/@FirstWeFeast>

Hotones.com

<https://hotones.com/products/hot-ones-the-last-dab-mini-trio-apollo-triple-x-xperience>

The Last Dab (mini gift set of the 3 hottest)

Outdoor Foam Party

<https://freddyfrogsfoam.com/about/>

“...Our foam solution is completely biodegradable. Beware of any foam company that does not specify biodegradable foam on their website as this could leave you with a big mess to clean up after your party.

Our foam solution is mostly made up of water. It also contains two foam agents. Both of these agents are all-natural and are found in popular organic soaps, like Seventh Generation.

Your children, pets, and fellow amphibians will be completely safe in our foam. It's as gentle on your eyes as common baby shampoo.”....

Party options: Hire a company or rent/purchase your own equipment

We used Performer Cris Johnson <https://freddyfrogsfoam.com/about/>

\$500 for an hour (Cris Johnson pricing)

Two hours: \$700 (?) (Cris Johnson)

That price includes set up, operation of the foam cannon, & music.

Cris also has an extension cord and hose.

His equipment including the foam cannon, fits into the back of his SUV/minivan.

If you buy your own equipment:

Foam Daddy

<https://foamdaddy.com>

\$1,800 for a foam cannon from Foam Daddy

Set up requirements:

A 3 prong, grounded outlet within 50 ft of the party area.

(we didn't have an outdoor outlet, so we ran an outdoor extension cord from a kitchen outlet through the break room window to the party area.)

An outdoor water faucet within 50 feet of the party area.

A designated area 20ft by 20 ft. (grass or pavement).

(Tell your patrons to bring towels, wear old clothes; they will get wet.) I do not recommend that patrons be allowed back into the library when they are soaked. We did this as an afterhours party on a hot summer day.

Clean up: very easy to hose area with water (in our paved parking lot) or you can let it just dissolve into the grass overnight.

Note: Suds rinse off easily from skin, but you may feel a bit of a slippery film residue on your skin after rinsing off.

If you have to go back into the library after the program, bring towels and a change of clothes.

Color Powder War Outdoor Event

Supplies:

Small cups: anything will work.

(dixie cups, or somewhat bigger) Stay with small cups, because the bigger the cup, the faster you will use up the powder.)

Safety glasses (amazon).

Saline rinse for eyes

Containers with airtight lids to store each color.

Serving trays with sections, or take out containers, plastic bins, to put out amounts of powder for teens to dip into during game play.

Set up & Rules

~~Put out containers of powder. Hand out trays or place cups at the side of play area.~~

~~NO throwing powder in each other's faces & eyes (although WBD and accidents happen).~~

Tips

~~Pour powder slowly or use a funnel; it kicks up a fine dust & gets everywhere (right clothing). Use safety glasses, eye drops or saline (In case wind blows powder into someone's eyes).~~

Clean up:

Colored powder easily washes out of clothes & off skin. Powder can be rinsed off of sidewalks/pavement or let the rain wash it away. It is basically colored corn starch and is safe for people, pets, and the environment.

Variations of Play

Capture the flag

Tag (usually against the rooster (who is the "loser" with colored powder))



Investing in Silver

Senior Planet

Tech Training

and

Rockin' Chairs
Fitness in the
Library



- **OATS is one of four nonprofits affiliated with AARP**
- **Senior Planet is the Flagship program of OATS**
- **Senior Planet is a national program that provides free, high-quality tech and fitness help to seniors. It is designed for seniors 60+, but welcomes those 50+ to align with AARP**
- **OATS believes if you don't use technology, you risk being marginalized in our society**
- **The senior planet motto: Aging With Attitude**

Senior Planet has in-person centers across the United States through their licensed partners.

A licensure grant to libraries in our library system (NCLS) allowed us access to their curriculum and helped our system to purchase laptop and iPad sets with charging carts to share among the libraries. They also supplied big screen Smart TVs for inhouse instruction and smaller Smart TVs for traveling instruction.



Train the Trainer: Senior Planet required us to do a 5-week training course (approximately 10 hours) so we could learn their teaching methodology.



Upon completion, we were given full access to their SeniorplanetU webpage for access to the curriculum.

Part of the training is how to personalize the curriculum for our patrons and our community.

Senior Planet also has an amazing website which runs online classes,

fitness programs,

DISCUSSION GROUPS, guest speakers, special events, multiple

language options for the

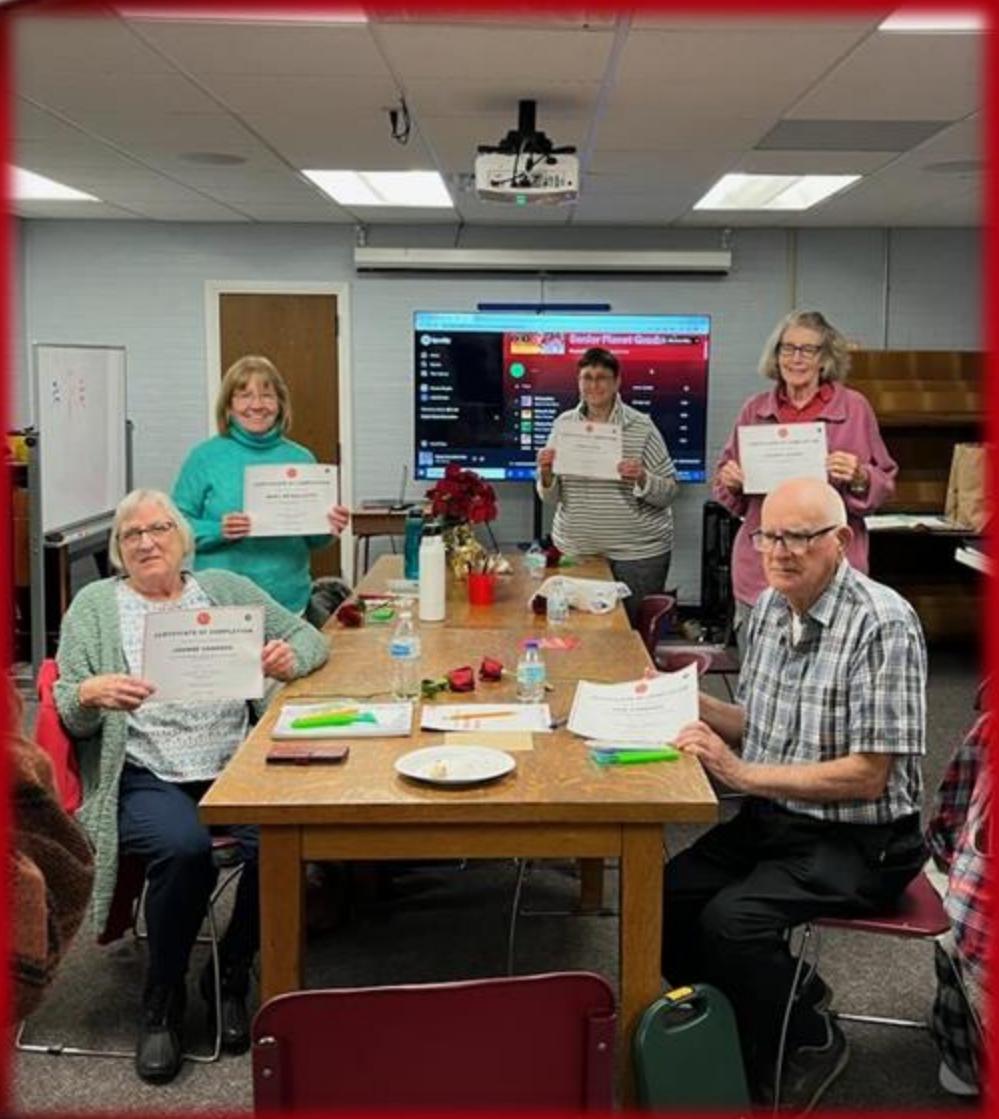
learner, **TECH SUPPORT**

HOTLINE, newsletters,

and now, even senior

podcasting. **ALL FREE!**





Licensure allows us access to download a wide variety of courses, program series, lectures and workshops.

Also, included are all the surveys, handouts, advertising, and full course books that are free for the student to keep.

Bonus: there is homework, so students keep trying on their own!



Senior Planet is always updating their curriculum and adding new classes!

- P. 111 these discussion questions are a nice way to start talking about music & entertainment
- P. 112 Introduce Spotify
 - Ask participants if they're familiar with Spotify. Many may be familiar with Pandora, so you can use that as a point of reference.
 - Encourage people to sign up by talking about the ease of use and the wide availability of genres and artists
 - Note that you must sign up for a Spotify account to listen to music
 - Explain that we will use Spotify to curate the playlist for the graduation party!
 - Help them by walking through the steps and modeling how to make a playlist
- Pp. 113-115 If people are resistant to signing up for Spotify they don't have to do it
- P. 119 Once participants feel comfortable making a playlist, ask them to get started on making a playlist for the graduation party
 - They will essentially copy the playlist and share it with you.
 - If there's a better way to make a free shared playlist... please do that and let us know, and we can update the book!
- Session 2: pp. 121-132
 - P. 121-23 Ask participants if they listen to podcasts? If so, which ones? Do they have favorites?
 - Encourage members who don't have a clear understanding of what podcasts are to speak up. If other members are knowledgeable allow space for knowledge exchange among participants.
 - This page lists a lot of popular podcasts — maybe participants can share them? They might have others to share as well.
 - Pp. 123-125 Give participants some time to share what they like / find.
 - p. 125 SP1

All Senior Planet asks of us is that we get "Butts in Seats!".....well, actually, we are just to help as many seniors as we can to be as independent as they can!



It has been an amazing journey for our staff, and we aren't ready to end it any time soon!

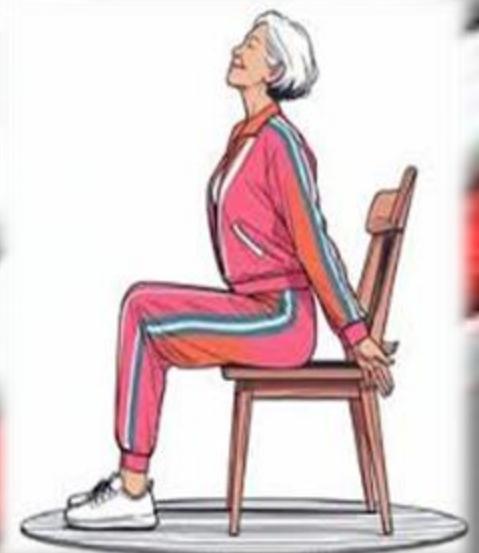
**If you want the real skinny on how
we got hooked up with Senior
Planet, and continue to work with
them, Katie St. Laurent our NCLS
Youth Services & Outreach
Consultant
gave me permission to send
everyone her way!**

Rockin' Chairs Fitness



Rockin' Chairs was born out of a group of patrons who wanted to keep exercising together in the library after a year-long Tai Chi class had ended. For safety reasons we took on Chair Exercise and used our Senior Planet giant Smart TV to exercise along with YouTube senior exercise offerings or videos we have found and ordered.

The ladies also NOW know how to navigate their own Smart TVs at home and are extremely savvy with YouTube.





The Rockin' Chair Fitness ladies have tried a variety of seated exercise genres: yoga, Tai Chi, Zumba, core/leg/arm strengthening, aerobic, stretching/balance, and Drum Fit.



When the TV chooses to run an update in the middle of class, we just take turns leading each other.

Sometimes I have lots of ladies, sometimes I have no ladies (snow birding, cold, snow, ice, and the Holidays).

We've had only had a few teen males join us for Drum Fit because we were doing Heavy Metal...not sure where the men are hiding.



*Thank you for letting us
share with you today!*



Investing in Silver: Senior Planet Tech Training and Rockin' Chairs Fitness in the library

Senior Planet is the flagship program of OATS (Older Adults Technology Services). The mission of OATS is to harness technology to change the way we age. OATS has been around since 2004 and in 2021 became a charitable affiliate of AARP, one of only four nonprofits to hold that distinction. OATS is still an independent 501c3 and this affiliation has allowed OATS to pursue its mission at scale.

Senior Planet is a national program for people 60 and older that provides older adults free, high-quality technology and fitness classes to help: improve their health, save money, make new friends, and thrive in today's digital world. Though programs are designed for those 60 and older, as an affiliate of AARP OATS welcomes those 50 and over to participate in all Senior Planet programs. OATS recognizes that if you don't use technology, you risk becoming marginalized in today's society. Therefore, the Senior Planet motto is "Aging with Attitude"

There are both online and in-person Senior Planet centers across the country. OATS has a physical presence in 6 locations throughout the US, however, OATS has been operating virtually through a network of licensed partners which gives them access to hundreds of thousands of seniors since 2021. Their licensing program allows us to offer our community Senior Planet classes free of charge.

There are hundreds of locations across the country where people 50+ are taking Senior Planet classes. You can use this search tool to enter your zip code and find sites that may already be working with Senior Planet near you. <https://oats.org/licensing-map/>

Our team went through a 5-week training series with the Senior Planet team where we learned: OATS methodology, how to best use their curriculum materials, best practices for teaching technology classes, and the use of surveys to report on the impact of the programs. Also, the curriculum is the same across the country, but we learned how to personalize it so it can be more relevant to our community.

Senior Planet offers virtual programs at their website <https://seniorplanet.org/welcome> : Here, Senior Planet runs online classes Monday – Saturday that include: fitness programs, discussion groups, guest speakers, special events, language options (Spanish and Chinese), free tech support hotline, and newsletters. Many of these programs extend onto their YouTube platform. Some of the most popular groups are: Decluttering, Fun with Photography, and Ask a Techspert

Our license gives us access to hundreds of Senior Planet lectures (1 session), workshops (1 session), courses (5 to 10 weeks/10 to 20 sessions), and program series (2 to 10 sessions) for in-house instruction. Once we have completed Train the Trainer with Senior Planet, we are given access to Senior Planet U.

Senior planet U is where we can download the free training materials. If we are doing **courses**, we order one to two months out from the scheduled class start date and we receive free spiral bound student books for the seniors to keep. The curriculum we download comes with a

handout for the class, the lesson plan with hyperlinks for the trainer and notes to help personalize the class, and a slideshow. The courses and program series includes homework for the student, which is awesome! We love Senior Planet because it produces what we could if we had a bazillion man hours to apply to the task.

Here is a link for a 2023 quarterly program selection list so you can see the variety of classes we have access to and in different languages, too: "<C:\Users\Staff\Documents\Licensing-Curriculum-List-2.pdf>" The newest lists are much longer, have many AI and up to date classes, and they have added Vietnamese as a class language, as well.

Our library system (North Country Library System), is integral in getting many of our libraries hooked up with Senior Planet through a special grant award. If you want to know way more than I can tell you about getting hooked up with Senior Planet, **Katie St. Laurent**, Youth Services & Outreach Consultant, 315-782-5540 x232 or kstlaurent@ncls.org, has given me permission target her as a point of contact.

Rockin' Chairs was born out of a Tai Chi class we had in the library for seniors to help with balance in 2023 and 2024. When the class ended, some seniors still wanted to meet and do something similar. Even though we have a YMCA in town, some patrons liked the group they had and wanted to keep meeting with them. We started with Drum Fit (drumming on exercise balls to cool music with the option for seated or standing exercise. Sometimes we start out standing and finish seated. Here is a link for a sample of what Drum Fit is:

<https://youtu.be/zVwvJCx7AF4?si=avainN-khhiAdWE9>



We have added other types of exercise, such as seated Tai Chi, Seated Yoga, Seated Zumba, Seated Core/Upper Body/Lower Body. One of their favorites is Silver Sneakers/Metro Physical Therapy: <https://youtu.be/N4qdXmAfa9M?si=gNX3Cyb9OPkBVG5k>

We tried country line dancing for seniors, but they found that it involved too much coordination and kiboshed it. We pull up videos on the smart TV (that Senior Planet brought to us) and rock out for about 45 minutes. Patrons know they could do this at home, but they would rather do it at the library with friends. Sometimes my seniors show up in groups, sometimes I only have one...we go for it anyway. <https://youtu.be/zVwvJCx7AF4?si=avainN-khhiAdWE9>

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