

McHenry Library to offer number of programs

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McHENRY – The McHenry Public Library will offer a number of upcoming programs for those ages 18 and up.

- Meaningful Activities for People with Memory Loss: 7 to 8 p.m. Thursday. This interactive program is designed for those caring for someone with memory loss. Participants will learn how meaningful, appropriate and purposeful activities can calm, enhance and defuse unwanted behaviors. Participants will learn the triggers for unwanted behaviors and how to adjust activities to suit different functioning abilities as well as tips for successful activities. This program is free and is presented by the Alzheimer's Association of Illinois.
- Celebrate Mardi Gras with Dennis Stroughmatt: 2 to 4 p.m. Sunday. Listen to Stroughmatt play the fiddle. He is not only a wonderful musician, but also an expert on French Creole history in "Upper Louisiana." This exciting presentation will discuss the western European and Celtic nature of Mardi Gras, how it relates to other celebrations throughout the year, the Illinois French Creole songs performed, and the festivals still held in the Midwest. Stroughmatt, a featured speaker on the Missouri Humanities Council "Program Bureau," and a touring master artist on the Mid-America Arts Alliance Artist Tour and Illinois Artist Tour, is an Illinois native who was introduced to American French culture as a teenager near Old Mines, Mo.
- Moon Over McHenry: 7 to 9 p.m. Monday. Back by popular demand, and weather permitting, the Lake County Astronomical Society will bring telescopes for anyone interested in viewing the moon and the planets. Event will be in the library's north parking lot. No registration required. In the event of poor viewing conditions, the "cloud" date is the next day, Tuesday at 7 p.m.
- Expand Your Professional Network Using LinkedIn: 7 to 8:30 p.m. Feb. 29. This presentation focuses on LinkedIn as a networking tool to identify key contacts, build relationships, demonstrate credibility and learn insider information to grow a career. Presented by **April Williams**, a nationally recognized speaker, author and coach who has helped hundreds of people in career transition. Williams is president and founder of CyberLife Tutors.

The library is at 809 N. Front St. (Route 31) in McHenry. Register for these programs online at www.mchenrylibrary.org or by calling 815-385-0036.

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