

Fremont Area District Library Press Release

FOR IMMEDIATE RELEASE

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Beginning Flower Gardens, Non-Fiction Book Discussion, & More at Fremont Library

The Fremont Area District Library is planning to host several fun and educational programs in September for the whole family. All of the following events are free.

Laurie Platte Breza, MSU's 4-H Coordinator, will be at the library on Tuesday, September 20th at 6:00 p.m. in the Community Room to teach and present on the topic of **Beginning Flower Gardens**. Come to learn, plus you can bring a plant if you'd like to participate in a plant swap!

Fit for Life exercise class will return on Mondays and Wednesdays in September, beginning September 7th, from 12:00-1:00 p.m. Fit for Life is a functional movement class designed to move the whole body through a series of seated and standing exercises that will increase strength, muscular endurance, balance, and flexibility. Class is low impact and great for ALL levels of fitness who are interested in working on their overall health.

Junk Journaling will now be meeting at a new time; between 6:00-8:00 p.m. The next Junk Journaling class will take place in the Community Room on September 8th. This is a scrapbooking and journal hybrid. Use up what you have and supplement with found, recycled, repurposed and thrifted items. For ages 10 and up. Materials provided.

We're bringing back **Storytimes** from August 31st-December 1st. Toddler Storytime, for babies and toddlers up to age 3, will be held on Wednesdays at 10:00 a.m., and Family Storytime for children up to age 5 will be held on Thursdays at 10:00 a.m. **Puzzle Saturday** returns on September 10th from 10:00-1:00 p.m. We'll have some puzzles and games out in the kids' area that you can enjoy and try to complete. We'll also be showing a family-friendly **Afternoon Movie** (title to be determined) on Thursday, September 22nd at 3:30 p.m. Check with the library for movie details. Snacks will be served, and all are welcome. **Saturday Storytime**, for children up to age 5 will be on September 24th at 11:00 a.m. in the Community Room.

Our new **Non-Fiction Book Discussion** group will meet on September 19th at 6:00 p.m. by the north fireplace to discuss *Killers of the Flower Moon* by David Grann. The Wednesday Readers Book Group will meet on Monday, September 12th at 7:00 p.m. to discuss *Educated* by Tara Westover, and the Daytime Book Group will meet on Thursday, September 22nd at 12:30 p.m. to discuss *The Widows of Malabar Hill* by Sujata Massey. Anyone is welcome to join these book groups. Books for these groups are available at the library's front desk ahead of the meeting if you'd like to check out a copy and join the group.

For more information about any of these events, please contact the library at 231-924-3480 or visit www.fremontlibrary.net.