



Fort Saskatchewan Public Library

what's on @ FSPL

WINTER 2025 PROGRAM GUIDE



Use the QR code to visit our **programs page**

Highlights

Early Literacy (pg. 4-5)

- Saturday Storytimes are back!
- Help us celebrate Physical Literacy Month in February with:
 - Parachute Play Time!
 - Bean Bag Bonanza!
- Drop-In: Under 3 Fair is back!

School Age Children (pg. 6-7)

- Teddy Bears' Picnic
- Green Screen Studio
- Ferguson's Spring Break Reading Challenge
- March Art! Jr. & Sr. Groups

Tweens / Teens (pg. 8-9)

- Cram-a-thon is back!
- Cocoa and Crafts
- Come Try Chess!

Adults (pg. 10-15)

- Menopause Cafe Fort Sask is back!
- Metis Floral Beadwork with Alexa Lizotte
- Podcasting 201
- The Evolution of Pokémon: A 29th Anniversary Retrospective
- Digital Literacy classes focusing on rewards plans and why companies are interested in your data

Hours

Mon-Thu: 9am - 8pm
 Fri: 10am - 6pm
 Sat: 10am - 5pm
 Sun: 1pm - 5pm

Closed

Wed, Jan 1 (New Year's Day)
 Mon, Feb 17 (Family Day)

This Winter!

Drop-In: Under 3 Fair

(0-3 years & caregivers)

This unique information fair is especially for families with children 3 years old and younger. Come and learn about health, wellness, literacy, education and much more from a wide range of participating Fort Saskatchewan agencies. There will be prizes, entertainment, refreshments, and fun!

Admission is free. Drop in any time between 3-6pm.



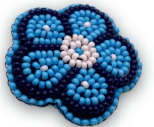
Tue, Mar 18

3:00 pm - 6:00 pm

Drop In

Metis Floral Beadwork with Alexa Lizotte

(teens & adults)



Join Metis artist, Alexa Lizotte, as she explores the connections between Metis people and the most profound artwork that came out of the Canadian fur trade, Metis floral beadwork. Participants will explore stories of Metis beadwork and then create their own beadwork with paint and canvas using a dotted art technique. Enjoy an evening of fun, relaxation, and education.



Thu, Feb 20

6:30 - 7:30 pm

Please Register



@fortsasklibrary

facebook.com/FortSaskLibrary

780-998-4275

fsasklib@fsp.ca

fsp.ca

10011 - 102 Street
Fort Saskatchewan

Our Mission: Empowering Literacy, Community, and Connection

Our Values: We are committed to Community and Partnerships, Innovation, Intellectual Freedom, Literacy and Lifelong Learning, and Safe Space and Inclusion



Welcome

Library Giving Day is April 1, 2025

Why are Public Libraries so important?

- Library cards are **FREE**
- We provide the public with **free Wi-Fi** and access to **public computers**
- We offer **free educational programming** for all ages
- We assist with **resume help** and **tech help**
- We offer **free books, CDs and DVDs**
- **Digital conversion station**
- Affordable **3D printing**
- Free **E-Resources** (digital books, audiobooks, movies, music, magazines and newspapers)
- and so much more



Help FSPL Grow in 2025! Your donations make a difference!

Help us reach our goal of **\$10,000** by April 1, 2025! You can donate by calling us or visiting in person during our business hours or through CanadaHelps. Donations of \$20.00 or more qualify for a tax-deductible receipt, ensuring your kindness extends even further!

**DONATE
HERE** →



Did you know we're a nonprofit organization?

Your generous donations help us to:

- Expand our collection of books and resources to meet the diverse needs and interests of our community.
- Create engaging programs and events for all ages, from storytime sessions for toddlers to technology workshops for adults.
- Enhance our facilities to provide a welcoming and inclusive space for everyone to learn, grow, and connect.
- Innovate and adapt to the evolving needs of our community, ensuring that we remain a vital resource for generations to come.

Can we count on your support?

Other ways to support FSPL

- Sign up for a **FREE** Library card
- Renew your Library card each year
- Take out books, attend programs and visit the Library!
- Buy an FSPL tote bag for \$20 - Profits go towards supporting the Library!

Purchase at the front desk at the Library!



@fortsasklibrary

facebook.com/FortSaskLibrary

780-998-4275

fsasklib@fspl.ca

fspl.ca

10011 - 102 Street
Fort Saskatchewan



Land Acknowledgement

The Fort Saskatchewan Public Library resides on Treaty 6 territory, the ancestral and traditional territory of the Nehiyawak, Dene, Blackfoot, Saulteaux, Nakota Sioux, Métis and many others. We respect and honour the distinct histories, cultures and traditions of the First Nations, Métis and Inuit and commit to providing services that enrich the lives of Indigenous peoples in our community and ensure Indigenous peoples are welcomed and well-represented at the Fort Saskatchewan Public Library.

Drop-In: Under 3 Fair

(0-3 years & caregivers)

This unique information fair is especially for families with children 3 years old and younger. Come and learn about health, wellness, literacy, education and much more from a wide range of participating Fort Saskatchewan agencies. There will be prizes, entertainment, refreshments, and fun! **Admission is free. Drop in any time between 3-6 pm.**



**Tue,
Mar 18**
3:00 - 6:00 pm
Drop In

Please note - while we do our best to confirm all our presenters, dates and times before launching this guide, changes can occur due to a variety of factors. **To see the most updated programming schedule, visit our programs calendar on fspl.ca.**

Cram-a-thon

(grades 7-12)

Cram-a-thon is a special night where the library opens its doors just for teens studying for finals and exams! The library will be open after hours on the evening of Friday, Jan 10 for students only. Find a spot in the library for group study, study solo in designated quiet areas, or get subject help from BGC tutors. Take a break with pizza, snacks and some rejuvenating activities generously provided by Fort Saskatchewan Youth Council! **NOTE TO PARENTS:** This is a drop in evening and youth will be free to arrive and leave the library on their own accord.



Fri, Jan 10
6:00 - 10:00pm
Drop In



Ferguson's Spring Break Reading Challenge

(K-12 students)

Join us for Ferguson's annual Spring Break Reading Challenge! Read your way to a free cheezy bread - generously sponsored by Panago Fort Saskatchewan.

All you need to do is: pick up an entry form at the library, read 5 books (or 5 twenty-minute blocks) over the break, and then receive your certificate for a free cheezy bread. Open to all students in grades K to 12!

What are you waiting for?!



March 21 - April 1
Drop In






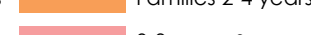
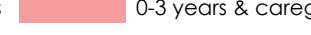
PANAGO



Register for programs:

- **Online** at fspl.ca (or use the QR code)
- **Over the phone** by calling 780-998-4275
- **In person** at the front desk



	0-12 mnths		Families with babies, toddlers and preschool aged children
	12-23 mnths		Families 2-4 years
	18-36 mnths		0-3 years & caregivers
			ages 3-5




Early Literacy Programs

Baby Rhyme Time

(0-12 months)

Encouraging bonds through stories, songs, rhymes, bounces and tickles. This program runs for 30 minutes - families are welcome to stay and visit afterwards. **Choose morning or afternoon session.**

 **Mondays,**
Jan 13 - Mar 10
9:30 - 10:00 am
 Please Register
 NOTE: Registration is for the entire series.


*Not running Feb 17



Baby Rhyme Time

(0-12 months)

Encouraging bonds through stories, songs, rhymes, bounces and tickles. This program runs for 30 minutes - families are welcome to stay and visit afterwards. **Choose morning or afternoon session.**


 **Mondays,**
Jan 13 - Mar 10
1:30 - 2:00 pm
 Please Register
 NOTE: Registration is for the entire series.

*Not running Feb 17

Fun For Ones

(12 - 23 months)

Building early literacy skills through weekly songs, stories, and fun for the whole family. This program is most suitable for one year olds (12-23 months) and their caregivers.


 **Thursdays,**
Jan 16 - Mar 13
9:30 - 10:15 am
 Please Register
 NOTE: Registration is for the entire series.



Toddler Play Time

(18 - 36 months)

Fostering pre-literacy through stories, colouring, play and music! This program is most suitable for children aged 18-36 months old and their caregivers. Siblings of other ages are welcome to attend, but please register all children attending. **Choose Tuesday or Wednesday session.**


 **Tuesdays,**
Jan 14 - Mar 11
11:00 - 11:45 am
 Please Register
 NOTE: Registration is for the entire series.



Toddler Play Time

(18 - 36 months)


Fostering pre-literacy through stories, colouring, play and music! This program is most suitable for children aged 18-36 months old and their caregivers. Siblings of other ages are welcome to attend, but please register all children attending. **Choose Tuesday or Wednesday session.**

 **Wednesdays,**
Jan 15 - Mar 12
9:30 - 10:15 am
 Please Register
 NOTE: Registration is for the entire series.

Alphabet Soup

(ages 3-5)

Developing school readiness skills through stories, crafts and letter recognition for children ages 3 to 5. Caregivers welcome!

 **Tuesdays,**
Jan 14 - Mar 11
9:30 - 10:15 am
 Please Register
 NOTE: Registration is for the entire series.




Early Literacy Programs

Saturday Storytimes

(families with babies, toddlers and preschool aged children)

Join us for these fun weekly Saturday storytimes that feature interactive stories, music, activities and simple crafts. Designed for families with babies, toddlers, and pre-school aged children. Please register everyone attending. Drop-ins are welcome if space and supplies permit.


 **Saturdays,**
Jan 11 - Mar 29
10:30 - 11:15 am
Please Register for each Saturday that you will attend.

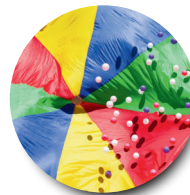


Parachute Play Time! (Celebrating Physical Literacy Month)

(families 2-4 years)

Wiggle, giggle, and bounce! Join us for games, songs, rhymes, stories, and other activities all themed around cooperative parachute play. This session is for children 2-4 years old and their grown-ups. Parachute Play Time celebrates Physical Literacy Month so be sure to wear comfortable clothes and bring a water bottle.


 **Fri,**
Feb 21
10:30 - 11:15 am
Please Register



Bean Bag Bonanza! (Celebrating Physical Literacy Month)

(families 2-4 years)

There's so much you can do with a bean bag from group games to action songs. In this session, we'll try out a bunch of fun bean bag activities and songs and even fit in a story or two. This session is for children 2-4 years old and their grown-ups. Bean Bag Bonanza celebrates Physical Literacy Month so be sure to wear comfortable clothes and bring a water bottle.


 **Fri,**
Feb 28
10:30 - 11:15 am
Please Register



Drop-In: Under 3 Fair

(0-3 years & caregivers)


This unique information fair is especially for families with children 3 years old and younger. Come and learn about health, wellness, literacy, education and much more from a wide range of participating Fort Saskatchewan agencies. There will be prizes, entertainment, refreshments, and fun! Admission is free. Drop in any time between 3-6pm.

 **Tue,**
Mar 18
3:00 - 6:00 pm
Drop In

Sharing Stories and Songs Creatively Using Toys and Household Items

(0-3 years & caregivers)

As parents, we know that the magic of reading aloud can captivate a child's imagination and create cherished memories. What if we could take that magic a step further? Imagine the delight on your child's face as they become active participants in their favorite stories and songs using toys and other items you already have around the house! This interactive session is designed to guide caregivers with practical, fun examples that they can use with their children to create enriching experiences at home. Be sure to check out the Under 3 Fair happening in the library following this program.

 **Tue,**
Mar 18
2:30 - 3:15 pm
Drop In



ages 5-8
ages 6-8
ages 6-9

ages 9-12
ages 10-14
grades K-6

grades K-12
families
families; kids grade K-6



School Age Programs

Early Out Wednesdays

(grades K-6)

Join us for fun projects and enriching activities that are sure to spark creativity and imagination with a wide range of STEAM activities from art to robotics. Please register to guarantee your child a spot. Drop-in attendance is dependent on space and supplies.



Wednesdays,

-Jan 8

-Feb 5

-Mar 5

2:30 - 3:30 pm

Please Register for each Early Out Wednesday that you will attend.

Homeschool Club, Jr. Group

(ages 6-9)

Discover, learn, and create! Join other homeschool learners for afternoons where fun, knowledge and creativity go hand-in-hand. Each month will feature a different topic from art and creating to science and technology.



Second Friday of the Month,

-Jan 10

-Feb 14

-Mar 14

1:30 - 2:30 pm

Please Register for each month that you will attend.

Homeschool Club, Sr. Group

(ages 10-14)

Discover, learn, and create! Join other homeschool learners for afternoons where fun, knowledge and creativity go hand-in-hand. Each month will feature a different topic from art and creating to science and technology.



Second Friday of the Month

-Jan 10

-Feb 14

-Mar 14

3:00 - 4:00 pm

Please Register for each month that you will attend.

LEGO Wall

(families)

Let your imagination run wild during these self-guided afternoons where you can build and create using the library's LEGO and LEGO wall. Meet other families, have fun, and make new friends while building!



Sundays,

Jan 5 - Mar 23

1:30 - 4:30 pm

Drop In

**Not running Jan 26 & Feb 23*



STEM Sundays

(families; kids grade K-6)

Join us for these family times focused on STEM (science, tech, engineering and math)! Kids will have a chance to learn and experiment through creative activities. Try new things and meet new friends! This program is suited for K-6 kids who can read, listen, follow instructions, and be respectful in a group setting.



Last Sunday of the Month,

-Jan 26

-Feb 23

-Mar 30

2:00 - 3:00 pm

Please Register for each Sunday that you will attend.



Try Cyber Robotics with the Cyber Eagles Team

(ages 9-12)

Come experience the creative potential of LEGO SPIKE robotics with the guidance and support of the Cyber Eagles Youth Robotics team. Kids will have the opportunity to use a range of LEGO Spike elements, alongside drag-and-drop Scratch block programming, that all emphasize STEM learning and just plain fun! The Cyber Eagles Silver 10544 team compete in the prestigious FIRST Tech Challenge - the LEGO robots coming to the library are the same ones used in the competition!



Sun, Jan 12

2:00 - 4:00 pm

Please Register



School Age Programs

Doodlebots

(ages 6-8)

In this special STEM session for 6-8 year olds, we'll make adorable mini-robots capable of drawing - doodlebots - using little motors, paper cups, and wheels. All supplies provided – just bring your creativity and imagination.



Wed, Jan 29
10:00 - 11:00 am
OR

Fri, Mar 7
10:15 - 11:15 am
Please Register for one date
(Jan 29 OR Mar 7 session).

Green Screen Studio

(ages 9-12)

In this special STEM session for 9-12 year olds, you'll get to try out the Library's green screen and cool technology that make all kinds of photo and video tricks possible. Thank you DOW for generously sponsoring the library's green screen Collaboratory space.



Wed, Jan 29
2:30 - 3:30 pm
OR

Fri, Mar 7
2:30 - 3:30 pm
Please Register for one date
(Jan 29 OR Mar 7 session).



Teddy Bears' Picnic

(ages 5-8)

It's picnic time for teddy bears! Sweet stories, snacks, songs and more await teddy bears (and their friends!). All that's needed is your special stuffy for this adorably fun time.



Thu, Feb 6
2:00 - 3:00 pm
OR

Fri, Feb 7
10:30 - 11:30 am
Please Register for one date
(Feb 6 OR Feb 7).



Bet You Can't! Silly Challenges for Silly Kids

(ages 9-12)

Join us for a wide range of exciting "minute to win it" type activities that will challenge both body and mind! We'll even learn why some challenges that seem really simple are actually really hard - or maybe even impossible – for most kids to do. Wear comfy clothes and don't forget to bring along a water bottle and your sense of humour for this silly Physical Literacy Month celebration full of tricks and surprises.



Fri, Feb 7
10:30 - 11:30 am
Please Register

March Art! Jr. Group (K-3)

(ages 5-8)

Try out 3 different daily art projects in this mini-camp style program. Kids will create stunning and unique original artwork that draws on their individual creativity. **NOTE: Registration is for the entire three day series.**



Mar 25 - 27
11:00 am - 12:00 pm
Please Register
Registration is for the entire series.



March Art! Sr. Group (Gr. 4-6)

(ages 9-12)

Try out 3 different daily art projects in this mini-camp style program. Kids will create stunning and unique original artwork that draws on their individual creativity. **NOTE: Registration is for the entire three day series.**



Mar 25 - 27
1:00 - 2:00 pm
Please Register
Registration is for the entire series.



Ferguson's Spring Break Reading Challenge

(K-12 students)

Join us for Ferguson's annual Spring Break Reading Challenge! Read your way to a free cheezy bread - generously sponsored by Panago Fort Saskatchewan.

All you need to do is: pick up an entry form at the library, read 5 books (or 5 twenty-minute blocks) over the break, and then receive your certificate for a free cheezy bread. Open to all students in grades K to 12!



March 21 - April 1
Drop In



PANAGO



ages 10 and up

Grade 6-9

ages 10-14

Grade 7-12

ages 13-17

ages teens and adults




Youths

Tween & Teen Programs

Code You Build a Robot? Try Out LEGO Robotics

(grades 6-9)

Let's go, LEGO! This LEGO robotics mini-camp is designed for youth in grades 6 -9 who are keen to learn more about how to engineer and code LEGO robotics. This three day adventure will boost your STEM skills through fun, collaboration, and hands-on learning.

 **Tue, Mar 25 - Thu, Mar 27**
1:00 - 3:00 pm


Please Register

NOTE: Registration is for the entire three days.

January After School Gaming Club

(ages 10 and up)

Level up your problem-solving skills at Gaming Club! Dive into the world of video, board and table-top games. Uncover the art of strategy, game design, and coding. Hone your skills, boost your hand-eye coordination, and unlock the magic of creative thinking.

 **Tuesdays,**
Jan 7 - 28

3:45 - 5:00 pm

Please Register


NOTE: Registration is for the entire series.

PLAY

February After School Gaming Club

(ages 10 and up)

Level up your problem-solving skills at Gaming Club! Dive into the world of video, board and table-top games. Uncover the art of strategy, game design, and coding. Hone your skills, boost your hand-eye coordination, and unlock the magic of creative thinking.

 **Tuesdays,**
Feb 4 - 25

3:45 - 5:00 pm

Please Register


NOTE: Registration is for the entire series.

PLAY

Teen TGIF - Friday Arts and Crafts

(ages 13-17)

March break Fridays are the perfect time to get creative and try out some unique arts and crafts projects at the library. We'll provide the supplies – all you need to bring is your creativity and ideas.

 **Fridays,**

-Mar 21

-Mar 28

2:00 - 3:00 pm

NOTE: Registration is for the entire series.


Drop-Ins are welcome if space permits.



Come Try Chess

(ages 10-14)

This program for youth is designed to introduce the basics of chess and how to play it. Skilled at chess? We also welcome young people who already know how to play and want to help teach and share their love of the game with beginners. This program is ideal for youth new to chess who can read, listen, follow instructions, and be respectful in a group setting.

 **Tuesdays,**

-Mar 4

-Mar 11

-Mar 18

4:00 - 5:30 pm

Please Register

NOTE: Registration is for the entire series.



"Be Mine" Magnets

(ages 13-17)

Roses are red, violets are blue, boy do we have a sweet craft for you! This Valentine's Day, let your creativity stick around! Our heart-shaped magnet craft is the perfect way to spread love and add a personal touch to any fridge, locker, or magnetic surface. These simple DIY magnets are a fun way to celebrate the season of love.

 **Wed, Jan 29**

3:00 - 4:30 pm

Please Register

NOTE: Drop-Ins

are welcome if space permits.



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 fspl.ca


 10011 - 102 Street
Fort Saskatchewan

Tween & Teen Programs

Cocoa and Crafts

(ages 13-17)

What time is it? Time for a cup of hot cocoa while you make your own cool upcycled crafts! All participants will have an opportunity to create unique and personalized crafts using books from the library's discarded and damaged books and graphic novel collection. Just bring your creativity - all other supplies provided!

 **Thu, Feb 27**
4:00 - 5:00 pm
Please Register




Cram-a-thon

(grades 7-12)



Cram-a-thon is a special night where the library opens its doors just for teens studying for finals and exams! The library will be open after hours on the evening of Friday, Jan 10 for students only. Find a spot in the library for group study, study solo in designated quiet areas, or get subject help from BGC tutors. Take a break with pizza, snacks and some rejuvenating activities generously provided by Fort Saskatchewan Youth Council! **NOTE TO PARENTS: This is a drop in evening and youth will be free to arrive and leave the library on their own accord.**

 **Fri, Jan 10**
6:00 - 10:00pm
Drop In



Take Home Items

You can borrow a lot more than just books at FSPL! You can also take out:

- An acoustic guitar
- A green/blue screen
- A telescope
- And more!



Visit our Create and Make page!

FSPL Beanstack Challenges

Are you ready to play online?




Did you know we run regular Beanstack challenges? Beanstack is an app where you can log all the books you read. When you register for Beanstack, you can connect to our challenges! It's FREE and a super fun way to connect your community from the comfort of your home!

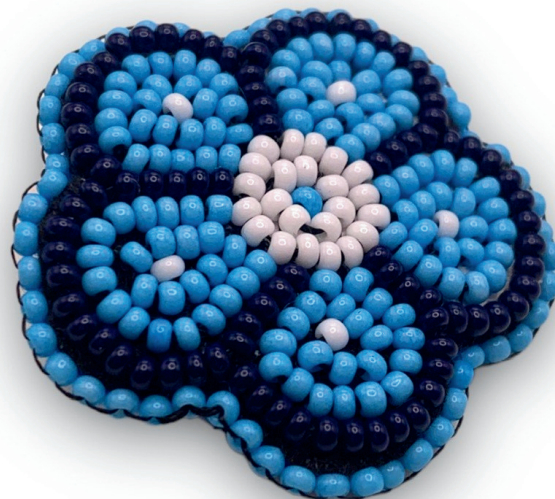
fspl.ca/services/beanstack/

Metis Floral Beadwork with Alexa Lizotte

(teens & adults)

Join Metis artist, Alexa Lizotte, as she explores the connections between Metis people and the most profound artwork that came out of the Canadian fur trade, Metis floral beadwork. Participants will explore stories of Metis beadwork and then create their own beadwork with paint and canvas using a dotted art technique. Enjoy an evening of fun, relaxation, and education.

 **Thu, Feb 20**
6:30 - 7:30 pm
Please Register



Adult Programs

Bottle Cap Blizzard

(adults)

Pop into the season with a splash of fun! This Winter-inspired DIY oversize bottle cap wall hanging is not only easy to make, but adds a little bit of vintage charm to any home. Makes a great gift for a friend or loved one!



Tue, Jan 14

6:30 - 7:30 pm

Please Register



Eating the Mediterranean Way

(adults)

Learn about the health benefits of the Mediterranean diet, a well-studied and joyful way of eating, and how to apply it to your lifestyle. We'll explore the key components of eating the Mediterranean way, why it's so healthy, and how you can add some Mediterranean-inspired foods and flavour to your meals. Presented by PCN Registered Dietician Meghan Brooks-Goodburn.



Thu, Jan 16

6:00 - 7:00 pm

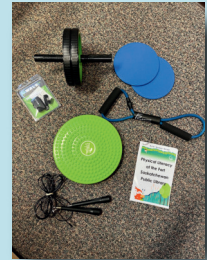
Please Register



Physical Literacy Lending Kits for Adults!

Each Kit contains :

- 1 Pedometer
- 2 Slider Discs
- 1 Ab Wheel
- 1 Resistance Band
- 1 Jump Rope
- 1 Twist Board



Borrow for three weeks for FREE with your Library card

What's Happening at the Dow Centennial Centre? (Celebrating Physical Literacy Month)

(adults)

Ever wondered what's available at the DCC for fitness and other wellness programs? Not sure where to start and how to decide if registered programs or drop-in options are right for you? Join Fitness and Wellness Program Coordinator, Bailey McIntyre, for this informative session on the DCC's range of fitness programs and other options offered by the facility for people of all fitness levels.



Sat, Feb 1

2:00 - 2:45 pm

Please Register



Intro to the Nia® Technique with Mona Lisa Beatty (Celebrating Physical Literacy Month)

(adults)

Join certified Nia® instructor, Mona Lisa Beatty, for an intro to the movement, music, and magic of the Nia Technique. A powerful fusion of dance, martial arts, and mindfulness practices, Nia® is a holistic movement & wellness practice with movement options for everybody and every body - making Nia® suitable for all ages and fitness levels. NOTE: Please bring your own yoga mat, water bottle, and wear comfortable clothing. Nia® is usually practiced barefoot, but feel free to wear thin-soled indoor footwear.



Sun, Feb 16

2:00 - 3:30 pm

Please Register

Try Tai Chi! (Celebrating Physical Literacy Month)

(adults)

The ancient art of Tai Chi is a form of physical and mental exercise that has been described as a "moving meditation." It is something that anyone can enjoy and benefit from. The slow, gentle movements improve balance, flexibility and relaxation of the whole body. This introductory session is aimed at those who are curious and wish to give it a try. Local instructor Colin Blackmore will provide information on what tai chi is, its health and wellness benefits, and lead the group in the first few movements of the tai chi "set".



Wed, Feb 19

6:30 - 7:30 pm

Please Register

Adult Programs

Book Club

(adults)

Join other avid readers keen to discuss shared reads and all things books and reading! Our monthly book club is a great way to expand your reading tastes and get some unique recommended reading. Books are provided ahead of each meeting as copies permit. Email Emily Springer, espringer@fspl.ca, with any questions or to join book club.



Second Wednesday of the Month,

-Jan 8

-Feb 12

-Mar 12

6:30 - 7:30 pm

Drop in



Fort Saskatchewan

Writers' Group

(adults)

The Writer's Group provides positive, constructive feedback and shares knowledge and thoughts on the craft of writing. All levels and genres are welcome.

If you have an interest in writing, are already working on a writing project or interested in encouraging feedback, join us.



First Tuesday of the Month,

-Jan 7

-Feb 4

-Mar 4

6:30 - 7:45 pm

Drop in



Managing Menopause

(adults)

Discover ways to help manage menopause symptoms through lifestyle changes and non-prescription and prescription therapy options. Presented by RN and NAMS Menopause Practitioner Kim Small of the Sherwood Park Primary Care Network, this session also includes a discussion on hormone therapy. If you are going through menopausal changes and would like some support and ideas on how to manage them then this session is perfect for you.



Tue, Jan 21

6:00 - 7:30 pm

Please Register



Menopause Cafe

Fort Saskatchewan

(adults)



Come join us for tea, snacks and great conversations about menopause. Menopause Cafes are discussion groups focused on breaking down the stigma around menopause and increasing awareness of the impact of menopause on those experiencing it. There are no preset agendas and discussion topics emerge and are shaped by folks attending. Menopause cafes are open to everyone regardless of age or gender in an accessible, respectful and confidential space. More information about the international Menopause Café movement can be found at www.menopausecafe.net/



First Wednesday of the Month,

-Feb 5

-Mar 5

6:00 - 7:00 pm

Please Register for each session you plan to attend.

NOTE: Drop-ins are welcome if space permits.

Metis Floral Beadwork with

Alexa Lizotte

(teens & adults)

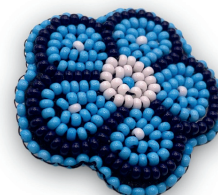
Join Metis artist, Alexa Lizotte, as she explores the connections between Metis people and the most profound artwork that came out of the Canadian fur trade, Metis floral beadwork. Participants will explore stories of Metis beadwork and then create their own beadwork with paint and canvas using a dotted art technique. Enjoy an evening of fun, relaxation, and education.



Thu, Feb 20

6:30 - 7:30 pm

Please Register



Adult Programs

3D Printing at the Library!

Did you know the Fort Saskatchewan Public Library has a 3D printer?

3D printing is the process of taking a digital file and making three dimensional solid objects. It is made by laying down many successive thin layers of material.

Simply follow our guidelines and **submit your project online at fspl.ca/services/createandmake/**

- **COST:** We charge 10 cents per gram of the finished product for standard PLA; 30 cents per gram of dissolvable support material (PVA).
- **SIZE:** Max size is 30.5cm by 28cm with a height limit of 60.5cm, which is extended to 30.5cm by 30.5cm by 60.5cm for single extruder prints.
- Expect turnaround in a few weeks.
- Users may have a maximum of 3 items in the printing queue at any given time.



The Evolution of Pokémon: A 29th Anniversary Retrospective

(adults)

Do you remember playing Pokémon on the Game Boy or did you experience the modern Pokémania with Pokémon GO as an adult? Whether you're new or old to the series, there is much more to these cute and friendly characters and games beyond catching 'em all! Join Dr. Gregory Blomquist, Pokémon researcher and lecturer at the University of Alberta, on a nostalgia-fuelled retrospective of Pokémon as the series turns 29 and learn about its rich and complicated history, its underlying philosophies and ethics, and how it shaped Nintendo's handheld development.



Thu, Feb 27

6:00 - 7:00 pm

Please Register



Podcasting 201

(teens & adults)

Ready to elevate your podcasting skills? At Podcasting 201 you'll refine your skills in writing interview questions, recording with clarity and intention, and editing audio to create a professional-sounding final product. Come prepared to experiment with advanced editing tools, refine your podcasting workflow, and troubleshoot challenges. Practice real-world skills as you work on a mock interview and edit your own audio clips for a polished final product. Whether you're planning to launch a series, refine an existing show, or learn new tips and tricks, this class will give you the hands-on experience you need to make your podcast shine. Important: Please bring your own laptop with Audacity installed (free at <https://www.audacityteam.org/>). Tablets or smartphones are not suitable for this session.



Mon, Mar 3

6:00 - 7:30 pm

Please Register



Digital Literacy Adult Programs

Digital Literacy

The Understand IT and Discuss IT digital literacy classes are a great way to learn about new and emerging technologies and then take the discussion further on areas like best practices, ethics, and current events. **This winter we're focusing on rewards plans and why companies are interested in your data.**

Understand IT: Using Rewards and Loyalty Programs

(adults)

Unlock the potential of popular reward and loyalty plan apps offered by stores and vendors like grocery chains, airlines, restaurants and more. Learn how to easily download, set up, and maximize these programs to earn points, save money, and enjoy perks. Bring your own device (eg. phone), and leave with confidence in managing your loyalty programs for both savings and safety!

Fri, Feb 21
4:00 - 5:00 pm
Please Register



Discuss IT: The Hidden Costs of 'Free' – Your Data in the Digital World

(adults)

Ever wonder how companies handle your data when you sign up for "free" apps and services? Why do they even want your data? Join us for a revealing discussion on the true cost of free digital programs, how companies collect and sell your data, and the steps you can take to protect your information. We'll also cover practical actions to take if your data is exposed in a leak. Equip yourself with essential knowledge to make informed decisions and safeguard your digital privacy.

Fri, Feb 28
4:00 - 5:00 pm
Please Register



Tech Help

(In partnership with CALLS)

(adults)

Need help learning how to use your device, the internet or social media? Book a one-on-one training session with one of our digital literacy experts! Call 780-998-4275 or register in-person at the front desk. *Availability varies; registration is required.*

Mondays,
Jan 6 - Mar 31
1:00 - 3:00 pm

Thursdays,
Jan 9 - Mar 27
4:00 - 6:00 pm

Call to register



Community Adult
Learning & Literacy Society
Fort Saskatchewan & Strathcona County

*Not running Feb 17

Access Digital Newspapers

FREE with your Library card at fspl.ca/e-library/



Brings CBC's audio, video and news content together in one place for a more streamlined experience. Find news, TV shows, movies, podcasts & more!



A database that contains newspaper and magazine articles, encyclopedias, consumer reports, health information, and more!



Digital newsstand with thousands of the world's most popular newspapers and magazines.



Access 125 years of history through the Calgary Herald archive (1883-2010), Alberta's largest and oldest daily newspaper.

Adult Programs

Resume Tutor

(In partnership with CALLS)
(adults)

Unlock the potential of your career with our Resume Tutor, empowering individuals with the skills and knowledge to create impactful resumes and cover letters. Please bring your current resume and any job listings you want to apply for. Call 780-998-4275 to book your free, one-on-one appointment. Availability varies; registration is required.



Tuesdays,
Jan 7 - Mar 25
11:00 am - 2:00 pm

Wednesdays
Jan 8 - Mar 26
4:00 - 7:00 pm
Call to register



Community Adult Learning & Literacy Society
Fort Saskatchewan & Strathcona County

Knitting and Crochet Circle

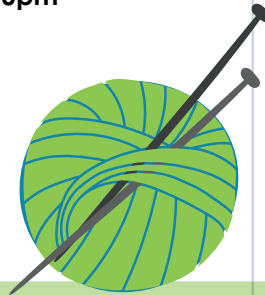
(adults)

Join other local crafters for conversation and work on your individual project. Crochet and knitting lessons are not provided. Please bring your own supplies.

Thank you to our volunteers who run the knitting and crochet circle!



Wednesdays & Fridays,
Jan 8 - Mar 28
2:00 - 4:00pm
Drop In



French Conversation Circle

(adults)

Looking to improve your French fluency and conversational skills? Then join us for this casual and fun conversation circle, en français! Our French Conversation Circle is perfect for those who want to practice and keep up their French language skills. Please note: These Circles do not provide formal language instruction, but do provide a social and supportive setting that allows conversation participants to practice their skills with other speakers.

Thank you to our volunteers who run the knitting and crochet circle!



Thursdays,
Jan 16 - Mar 27
6:30 - 7:30pm

Please Register for each session you will attend. NOTE: Drop-ins are welcome if space permits.

English Conversation Circle

(In partnership with CALLS)
(adults)

CALLS English Conversation Circles offer a comfortable place to practice English conversation skills in an informal group setting with other language learners as well as native English speakers. Phone/text 780-667-8441 for more info.



Mondays
Jan 13 - Mar 31
6:30 - 7:30pm
Drop In

*Not running Feb 17

Drop-In English Classes

(In partnership with CALLS)
(adults)

Join instructors from CALLS to learn English on Thursdays from 6-8pm.

Phone/text 780-667-8441 for more information.



Thursdays,
Jan 9 - Mar 27
6:00 - 8:00pm
Drop In



Community Adult Learning & Literacy Society
Fort Saskatchewan & Strathcona County

Settlement Services for Newcomers to Canada

(In partnership with Edmonton Immigration Services Association)
(adults)

Our Settlement Services Practitioners connect newcomers to available services and resources in the community.

To register, contact Riza Tuiza, Settlement Practitioner at: RTuiza@eisa-edmonton.org or 780-991-8223 or contact the Edmonton Immigrant Services Association directly at 780-474-8445.

Availability varies. Please contact a Settlement Services Practitioner to book an appointment.




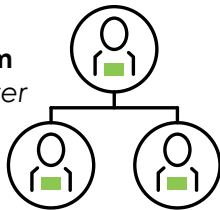
Adult Virtual Programs

VIRTUAL: Family Tree Trackers: Seafaring Ancestors

(adults)

Do you have captains, crew, ship-owners, insurers, bread-makers or pirates in your family tree? You might have an ancestor involved in the shipping industry and not even realize it. This talk by Andrea Lister, historian, provides a basic overview of where to look for seafaring ancestors tailored for English and Canadian research. *This program is delivered virtually via Zoom.*


 **Thu, Jan 9**
7:00 - 8:30 pm
Please Register



VIRTUAL: Nidra Yoga: Relax and Refresh

(adults)

Join us for a refreshing ritual of rejuvenation and deep relaxation with yoga instructor Carri Fjell. This 60-minute Yoga Nidra class includes gentle movement followed by an extended guided meditation to help you unwind after the holiday season. You can participate lying down—feel free to turn off your camera and join from bed! Suitable for all body shapes and abilities, just bring an open mind and a journal for the optional 15-minute reflection afterward. *This program is delivered virtually via Zoom.*


 **Wed, Jan 15**
7:00 - 8:15 pm
Please Register



VIRTUAL: What to Look for in a Financial Advisor

(adults)


Finding a financial advisor with the right expertise for your needs is essential. Ken Doll, from the Financial Advisors Association of Canada, will explain how financial advising works, the different types of advisors, and how they are regulated. He will also cover their professional affiliations, what their designations mean, the products they offer, and how they are compensated. *This program is delivered virtually via Zoom.*

 **Thu, Jan 23**
7:00 - 8:45 pm
Please Register

VIRTUAL: Get Started with ALIS Job Hunting

(adults)

ALIS (the Alberta Careers, Learning and Employment Information website) is a powerful resource for job hunters. Library staff will guide you through the site, with tips to help you make the most of ALIS's work search tools. *This program is delivered virtually via Zoom.*


 **Wed, Jan 29**
6:00 - 7:00 pm
Please Register

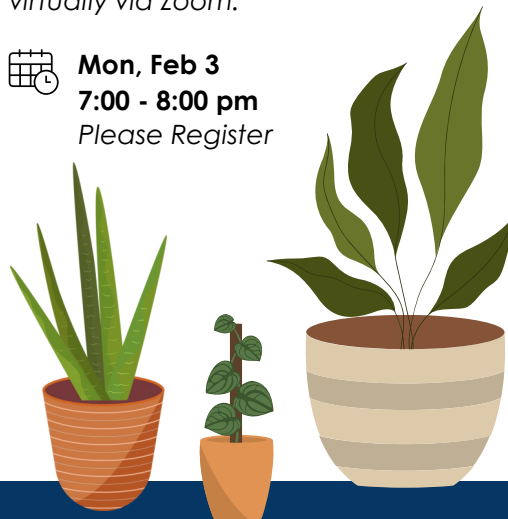


VIRTUAL: Healthy Indoor Tropical Plants

(adults)

Grow, nurture and propagate indoor tropical plants. Plant enthusiast Teryn Riddell will share her experience and tips on how to best care for of your plants. *This program is delivered virtually via Zoom.*


 **Mon, Feb 3**
7:00 - 8:00 pm
Please Register



VIRTUAL: Family Tree Trackers: Never Seen Again

(adults)

"Poor man's divorce," "whereabouts unknown," and other euphemisms cloak the realities of missing persons cases. Historian Brenda L. Smith examines the reasons for unexplained disappearances and some of the places where the family genealogist might search to solve these puzzles. *This program is delivered virtually via Zoom.*

 **Thu, Feb 13**
7:00 - 8:30 pm
Please Register

E-Resources perfect for students!

Solaro is a student self-directed learning resource that features Alberta curriculum-aligned, age-appropriate lessons, activities, exercises, and quizzes with detailed solutions for grades 3-12.



fspl.ca/e-library/

World Book Online is the place to go for your homework and information needs! Choose from 5 different sites, each designed for a specific audience. Content is curated and written to be easily understood.



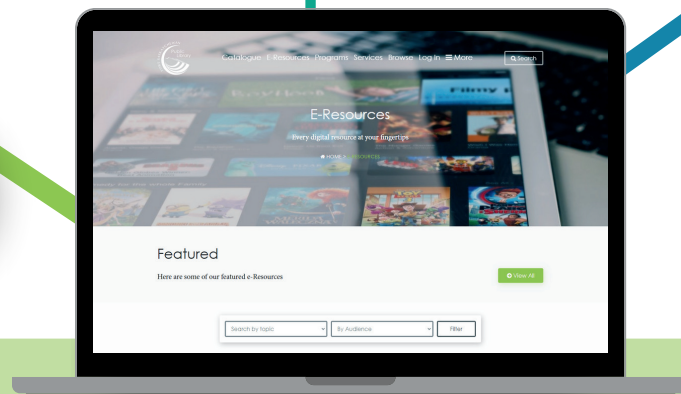

fspl.ca/e-library/

Brainfuse HelpNow offers academic tutoring and self study tools! Access live, on-demand academic help from expert tutors and skills-building lessons, videos and practice tests.



fspl.ca/e-library/

Try these E-Resources (and many more) for **FREE** with your Fort Saskatchewan Public Library card!



Library cards are FREE

(all ages)

To ensure everyone has access to the resources they need, **Library cards are FREE** and there are no late fees except on Bestseller Express.

To learn more about what we offer, visit fspl.ca or call us at 780-998-4275



Choose from our fun selection of **FREE** Library cards!

Library cards expire!

Did you know Library cards need to be renewed every year? Renewing your Library card is easy! Simply come in to visit us at the front desk, call us at 780-998-4275, or visit the website at fspl.ca/get-your-card/

Getting and using your free Library card is one of the easiest ways to show that you support libraries!

