

Fort Saskatchewan Public Library

what'son@FSPL SPRING 2025 PROGRAM GUIDE



Use the QR code to visit our programs page

Highlights

Early Literacy (pg. 4-5)

- Saturday Storytimes are back!
- Move & Groove!
- Saturday Storytimes

School Age Children (pg. 6-7)

- Earth Explorers! Celebrating Earth Day
- Discover Sphero Robotics
- Info Session for Homeschooling Parents: Library E-Resources for K-12 Students

Tweens / Teens (pg. 8-9)

- Cram-a-thon is back!
- Egg-citing Easter Jars
- Make Your Own Pride Line

Adults (pg. 10-15)

- Menopause Cafe Fort Sask is back!
- Mother's Day Handmade Card Making
- What is Cryptocurrency?
- What is Blockchain?

Spring at the Library!

Hours

Closed

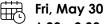
Fri, Apr 18 (Good Friday) Sun, Apr 20 (Easter Sunday) Mon, Apr 21 (Easter Monday) Mon, May 19 (Victoria Day)

Fri, Jun 6 (Staff development day)

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

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, May 30 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.



6:00 - 9:30 pm Drop In











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



Library Giving Day We're fundraising April 1 - 8, 2025

We accept donations all year round!

How can you support your Library?

There are various convenient ways to support the Fort Saskatchewan Public Library's mission and make a positive impact in our community. As a registered charity, we issue tax-deductible receipts for donations over \$20.00, allowing you to receive tax benefits for your generosity.

- You can either visit the Library during operating hours or give us a call to speak with our friendly staff about making a contribution.
- You can donate online through CanadaHelps, a secure platform that allows you to give easily and safely from the comfort of your home. https://bit.ly/DonateFSPL
- **Consider legacy giving** as a way to support our library for generations to come. By including us in your estate plans, you can ensure that your love of literacy and learning lives on as a lasting legacy.
- We invite you to set up a meeting with the Director to discuss funding opportunities that align with your interests. Whether it's supporting children's literacy programs, seniors' services, upgrading technology, or expanding collections, we can pair your donation with a project that resonates with you.

Your support truly makes a difference in our ability to serve the community!











Ping Pong Bound



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.

Library cards are FREE

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!

Did you know Library cards need to be renewed each year? This is also free!

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. You can explore these titles and more in our Library catalogue at fspl.ca or ask our team for reading suggestions!





This Place: 150 Years Retold

Akiwenzie-Damm

by Kateri







Sometimes I Feel Like A Fox by Danielle Daniel





A Two-spirit Journey by Ma-Nee Chacaby

Scan to find each book!

June is National Indigenous History Month and National Indigenous Peoples Day is on June 21.



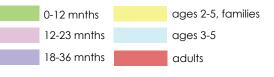
Register for programs:

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

🚺 @fortsasklibrary









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.



Mondays, Apr 7 - May 12 9:30 - 10:00 am Please Register for one session only (Morning OR Afternoon). NOTE: Registration is for the entire

Toddler Play Time (18 - 36 months)

*Not running April 21

series.

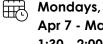
Fostering pre-literacy through stories, colouring, play and music! This program is most suitable for children aged 18-36 months old and their caregivers. Siblings under the age of 4 years old are welcome to attend, but please register all children attending.



Tuesdays, Apr 8 - May 13 11:00 - 11:45 am Please Register for one session only (Tuesdays OR Wednesdays). NOTE: Registration is for the entire series.

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.



Apr 7 - May 12 1:30 - 2:00 pm Please Register for one session only (Morning OR Afternoon). NOTE: Registration is for the entire series. *Not running April 21

Toddler Play Time (18 - 36 months)

Fostering pre-literacy through stories, creativity, play and music! This program is most suitable for children aged 18-36 months old and their caregivers. Siblings under the age of 4 years old are welcome to attend, but please register all children attending.

Wednesdays, HR Apr 9 - May 14

9:30 - 10:15 am Please Register for one session only (Tuesdays OR Wednesdays). NOTE: Registration is

for the entire series.

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.





Apr 10 - May 15 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,

Apr 8 - May 13 9:30 - 10:15 am Please Register NOTE: Registration is for the entire series.

@fortsasklibrary

facebook.com/FortSaskLibrary

780-998-4275

fsasklib@fspl.ca

fspl.ca

10011 - 102 Street Fort Saskatchewan Grow a love for reading together! Join us for storytime, activities, and resources that spark your child's imagination and boost early literacy skills. Let's make reading an adventure!



Saturday Storytimes (ages 2 - 5, families)

Join us for these fun weekly Saturday storytimes that feature interactive stories, music, activities and simple crafts. These storytimes are suited for children 2-5 years old and their caregivers with siblings of other ages welcome to attend. Please register everyone attending. Drop-ins are welcome if space and supplies permit.



Saturdays,

Apr 5 - May 31 10:30 - 11:15 am Please Register for each Saturday that you will attend.

Move & Groove (18 - 36 months)

Songs, stories, activities and play that are perfect for the under 3 set! A great way to meet other families while your little one has an opportunity to develop skills and try new things. This program is suitable for children aged 18-36 months old and their caregivers.

Wednesdays, June 4 - 25 9:30 - 10:15 am Please Register

Early Literacy Programs

Childcare Options for Parents and Caregivers (adults)

Learn about the differences between childcare options like dayhomes and daycares and how to best navigate and decide which type of childcare is best for you and your family. This session is best suited for expectant and new parents who are thinking ahead to childcare choices. Presented by staff with early learning sector expertise from the Alberta Resource Centre for Quality Enhancement.

Mon, May 26 1:30 - 2:30 pm Please Register



Please remember

Reminder that children 12 and under are not the be left alone in the Library. **Please wait in the Library while your child is attending a program.**



Fort Saskatchewan Public Library totes!

Need help carrying all those books?

Buy a Fort Saskatchewan Public Library (FSPL) tote bag!

Bags are 12 oz and made from cotton, so they are durable and big enough for all your Library books! See the front desk to purchase your tote!

100% of proceeds go towards supporting FSPL



🔰 @fortsasklibrary









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.

Ē

-Apr 2 -May 7 -June 4 2:30 - 3:30 pm Please Register for each Early Out Wednesday that you will attend.

Wednesdays,

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, Apr 6 - June 29 1:30 - 4:30 pm Drop In

*Not running April 20, April 27, May 25 and June 22

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.

families; kids grades K-6

adults

Second Friday of the Month, -Apr 11 -May 9 -June 13 1:30 - 2:30 pm Please Register for each month that you will attend.

STEM Sundays (families; kids grades 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.

-Apr 27 -May 25 -June 22 2:00 - 3:00 pm Please Register for each Sunday that you will attend.



School Age Programs

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, -Apr 11 -May 9 -June 13 3:00 - 4:00 pm Please Register for each month that you will attend.

YRCA 2025

Remember to submit your votes anytime before April 15, 2025.

The Young Reader's Choice Awards (YRCA) is a year-long reading program for children in Grades 4 to 12 living in Alaska, Alberta, British Columbia, Idaho, Montana and Washington. Sponsored by the Pacific Northwest Library Association (PNLA), it is the only award where children choose the nominated books and the winners.

To vote, go to our website: fspl.ca/yrca/

@fortsasklibrary

Hiz



Unlock a world of learning at FSPL! With exciting programs, resources for school, and a vast collection of books, we empower school-age children to explore, discover, and thrive!



School Age Programs

Earth Explorers! Celebrating Earth Day (ages 6- 8)

Calling young nature lovers! Celebrate Earth Day with fun activities and stories about our natural world. Get crafty with eco-friendly projects, plant seeds to grow at home, and listen to stories that bring Earth's beauty to life. Perfect for kids eager to learn more about taking care of our planet!



Tue, Apr 22 4:00 - 5:00 pm

OR Fri, May 2 10:30 - 11:30 am Please Register for one session only (Apr 22 OR May 2).

Info Session for Homeschooling Parents: Library E-Resources for K-12 Students (adults)

Did you know the library subscribes to e-resources that support K-12 students in their learning of the Alberta curriculum? Find out about all the great free e-resources that are available to your family with your library card. The e-resources we'll highlight support grade specific learning, curriculum topics, research projects, testing, and creativity. This session is conveniently offered during the May 9th Jr. Homeschool Club. Please register all adults attending the info session.



Fri, May 9 1:35 - 2:20 pm *Please Register*





Discover Sphero Robotics (ages 9-12)

Explore, code, and create with our new Sphero robotics! Dive into the basics of how Spheros work, learning how to control and program them through fun, interactive challenges. This introduction to Spheros is perfect for young minds curious about what these unique spherical robots are all about!

Fri, May 2 10:30 - 11:30 am

OR 2:00 - 3:00 pm Please Register for one session only (Morning OR Afternoon).

NEW E-Resource: Learn-to-code software



Fiero Code is a comprehensive online platform designed to teach coding from the ground up. With a curriculum that spans HTML, CSS, JavaScript, Python, SQL, and block-based coding with Scratch, it's geared toward turning beginners into proficient coders.

Suitable for ages 8 and up (including adults!), Fiero Code is a fun and engaging resource available for **free with your FSPL** Library card!

fspl.ca/digital-services/fiero-code/



@fortsasklibrary

fsasklib@fspl.ca





7





Tween & Teen Programs

Chess at the Library (ages 10 and up)

Calling all chess players and those interested in learning chess! The library is providing a staffed space for adults and youth (ages 10+) who want to play chess. This is an opportunity for anyone interested to play so attendees should be prepared for a relaxed environment with a wide range of ages and skill levels. Please register everyone attending and please register for each week you will attend to guarantee a spot at one of our chessboards. We encourage attendees to bring along a chessboard if they have one they are willing to share.



Tuesdays,

Apr 8 - May 27 4:00 - 5:00 pm

Please register for each week you will attend to guarantee a spot at one of our chessboards.

Pinecone Petals Bouquet (ages 12-17)

Celebrate Mother's Day with a creative twist! In this fun and crafty session, we'll make beautiful pinecone flowers. These unique, nature-inspired flowers are the perfect way to show love and appreciation for the special moms in your life. Whether you're aifting them as a handmade bouquet or using them to create a personalized keepsake, these pinecone flowers are a thoughtful and creative way to celebrate the occasion. No experience needed—just bring your creativity and we'll provide everything you need to make something truly special!



Thurs, May 1 3:45 - 5:00 pm Please Register



Egg-citing Easter Jars (ages 12 - 17)

Get creative this Easter with a unique jar craft that's perfect for teens! Transform a simple glass jar into a vibrant Easter treat container. Using colorful paints, stickers, and alitter, you can design an egg-inspired masterpiece that doubles as both a fun decoration and a personalized storage jar. Whether you're filling it with candy, small trinkets, or using it as a mini vase, this craft adds a festive touch to any room. It's a great way to express your artistic flair while celebrating the season!



Thu, Apr 10 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, May 30 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, May 30 HIR 6:00 - 9:30 pm Drop In





@fortsasklibrary

780-998-4275

fspl.ca

8

Explore, create, and connect at FSPL! With study spaces, engaging programs and resources for tweens and teens, we're here to support your journey. Your next great story starts here!



Tween & Teen Programs

Make Your Own Pride Line (ages 12 - 17)

Celebrate Pride creatively at this teen craft program where we'll make fun, colorful clothesline-style picture hangers that are perfect for showcasing your pride and your most cherished memories. You'll get to create and decorate your very own picture holder using vibrant rainbow colors, clips, inspirational messages, and personal touches to make it unique. Whether you want to display photos, artwork, or any meaningful moments, this project is a great way to show your pride and style. This project will take about 20 minutes to complete and drop-ins are welcome as space and supplies permit.



Mon, June 16 4:00 - 5:00 pm Please Register

Tabletop Books at the Library

Did you know June 1, 2025 is International Tabletop Day? Check out some of the great books we have for you to borrow for **free** with your Library card!





Scan to find each book!





Dungeons & Dragons: Players Handbook (2024) by Wizards of the Coast





Pathfinder RPG: Pathfinder Player Core (2023 - second edition) by Paizo





So You Want to be a Game Master by Justin Alexander





Make Your Own Board Game by Jesse Terrance Daniels



Coyote & Crow (2021) by Connor Alexander, Coyote & Crow LLC





Fantasy Mapmaker by Jared Blando



Springtime Carrot Door Hanaer (adults)

Get crafty with this fun and festive Carrot Door Hanger DIY craft that is perfect for adults looking to add a personal touch to their spring or Easter décor. Using wood and vibrant paints, you will make your own cheerful carrot-themed door hanger to welcome the season. This easy-to-follow craft allows you to express your unique style while embracing the spirit of the spring season.



Mon, Apr 7 6:30 - 7:30 pm Please Register

"Do I Need a Lawyer for This?" Legal Basics with Diane Ridley (adults)

If you have ever wondered which situations call for a lawyer or when it's ok to go it alone then this is the session for you! Legal matters can be confusing, intimidating, and something we rarely encounter making it hard to know where to even start. This session will explain some legal basics and identify when one should consider using a lawyer for life events like divorce, separation, and wills and estates. Presented by Diane Ridley of Ridley Law.



Thu, Apr 24 6:00 - 7:30 pm Please Register



Try Mat Pilates with Melissa Mason (adults)

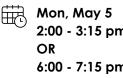
Curious about Mat Pilates? In this session, we will move through lowimpact exercises that focus on core stability, body alignment, and breath to develop strength, endurance, and flexibility. This class is provided by certified Mat Pilates Instructor Melissa Mason and is suitable for all fitness levels with no prior experience necessary. Melissa's instruction focuses on creating a warm, welcoming space for everyone to move their body and elevate how they feel. NOTE: participants are asked to bring their own exercise mat (eg. yoga or pilates mat) and a water bottle.

Sat, Apr 12 비전 2:00 - 3:00 pm Please Register



Mother's Day Handmade Card Making (adults)

This Mother's Day, create a aoraeous, handmade card with a stunning hydrangea theme using die-cut craft supplies! In this fun and interactive session, you'll make a personalized card with vibrant paper flowers, using precision die cuts to add intricate details and a professional touch. Whether you're an experienced crafter or new to the hobby, you'll leave with a beautiful, one-of-akind card to show your love and appreciation.



2:00 - 3:15 pm 6:00 - 7:15 pm

Please Register for one time (afternoon or evening)

Breathwork and Meditation Session (adults)

This breathwork and meditation session is designed to guide you into a state of deep relaxation and mindfulness. Through a series of gentle breathing exercises, body scans, and calming visualizations, you'll release tension and center your mind. Perfect for reducing stress, enhancing focus, and cultivating inner peace, meditation helps you reconnect with the present moment, leaving vou refreshed and balanced.



@fortsasklibrary

780-998-4275

fsasklib@fspl.ca

10

Reconnect with your passions at FSPL! Whether you're looking for a good book, attending programs, or exploring new ideas, we have a welcoming space for adults to learn, grow, and connect with the community. Discover what inspires you!



Adult Programs

Interior Decorating Basics and Make Your Own Mood Board with Black Cat Design (adults)

This session provides an introduction to the basics of interior design such as color theory, spatial arrangement, lighting, mood, and fabrics. You will have the opportunity to create a mood board which is an essential first step in reflecting your own unique style, needs, and vision for your space and capturing your colour, texture and other design preferences. Presented by professional interior designer, Anke Schroeder, of Black Cat Design.



6:00 - 7:30 pm Please Register

Thu, May 8



Childcare Options for Parents and Caregivers (adults)

Learn about the differences between childcare options like dayhomes and daycares and how to best navigate and decide which type of childcare is best for you and your family. This session is best suited for expectant and new parents who are thinking ahead to childcare choices. Presented by staff with early learning sector expertise from the Alberta Resource Centre for Quality Enhancement.



Mon, May 26 1:30 - 2:30 pm Please Register

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, oneon-one appointment. Availability varies; registration is required.



Apr 1 - June 24 11:00 am - 2:00 pm

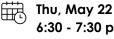
Wednesdays, Apr 2 - June 25 4:00 - 7:00 pm Call to register



Community Adult Learning & Literacy Society Fort Saskatchewan & Strathcona County



Thinking about a biking and hiking vacation along the Danube Valley in Europe? Join seasoned traveler Bill Reynolds for highlights from his six-week Austrian trip. Enjoy photos, tips, and suggestions from Bill's trip that included both rural adventures and visiting the cultural and historic attractions of cities like Vienna.



6:30 - 7:30 pm Please Register



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, Apr 2 - June 25 2:00 - 4:00 pm

> Fridays, Apr 4 - June 27 2:00 - 4:00 pm Drop In

*Not running April 18 and June 6

@fortsasklibrary

ARCOE



10011 - 102 Street Fort Saskatchewan



Safe Zone Training (adults)

Safe Zone training is a powerful and effective way to learn about LGBTQ+ identities, gender and sexuality, and examine prejudice, assumptions, and privilege. Participants will explore for themselves the concepts of sexuality and gender in a safe space to ask questions, be vulnerable, and learn more about language, terminology, and LGBTQ+ identity and issues. This session is open to everyone - people who are LGBTQ and people who are not.



Thu, May 15 2:00 - 4:00 pm

Please Register



Drive with Pride: Rearview Mirror Hangers (adults)

Celebrate Pride at this adult crafting session where we'll make macrame rainbow car hangers! This hands-on workshop is a fun and relaxing way to learn the art of macrame while creating a vibrant, personalized piece to hang on your rearview mirror to show your pride. Whether you're new to macrame or a seasoned crafter, this is an opportunity to express yourself, connect with others, and craft something special. All materials will be provided just bring your creativity and good vibes!

Wed, Jun 18 6:30 - 7:30 pm Please Register



Human Rights 101: Understanding the Architecture of Human Rights and Accessing Human Rights Mechanisms (adults)

In honour of Pride Month, the John Humphrey Centre for Peace and Human Rights is offering an in-person information session. This session will provide a strong foundation in human rights, navigating complaint mechanisms, and discussing and implementing advocacy strategies using human rights frameworks to create meaningful change when rights are violated. Participants will gain a broad understanding of human rights principles including how human rights function as a tool for advocacy and accountability. The training will include remediation and reporting mechanisms available for filing human rights complaints in Alberta and participants will gain insight into what constitutes a valid human rights complaint. The session will also explore advocacy skills and strategic planning tools for taking action on human rights issues.



Tue, Jun 17 6:00 - 8:00 pm Please Register

Art at the Library



What makes our gallery unique is our commitment to supporting artists and our Library's mission. When a piece is sold, the Library receives a 20% donation from the sale. This not only helps sustain our library's operations but enables us to continue providing valuable resources and programming to the community.

For local artists, this partnership offers a platform to showcase their work to a wider audience and potentially generate income from their art. It fosters a supportive environment where artists can thrive and connect with art lovers in the community.

If you are interested in having your art showcased, please email twall@fspl.ca.

@fortsasklibrary





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, -Apr 9 -May 14 -June 11 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, -Apr 1 -May 6 -June 3 6:30 - 7:45 pm Drop in

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, -Apr 2 -May 7

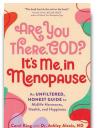
-June 4

ᄪᄸ

6:00 - 7:00 pm

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





Dr Louise

Newson 🖲

Perimenopause & Menopause

The

Definitive Guide to the



TTT

INVISIBLE

WOMEN

Recommended by Menopause

Café Fort Saskatchewan



THE

MENOPAUSE

MANIFESTO

DR. JEN GUNTER

Are You There, God? It's Me, in Menopause by Carol King

Dare I Say It by Naomi Watts

The Complete Guide to the Menopause by Annice Mukherjee

The Definitive Guide to the Perimenopause & Menopause by Louise Newson

Invisible Women by Caroline Criado-Perez

The Menopause Manifesto by Jen Gunter



Scan to find the full list!

@fortsasklibrary

780-998-4275



Digital Literacy & Financial Literacy Adult Programs

O

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.



Apr 7 - June 30 1:00 - 3:00 pm

Thursdays, Apr 3 - June 26 4:00 - 6:00 pm Call to register *Not running April 21 or May 19



VIRTUAL: Financial Planning Through Separation and Divorce (adults)

Financial planning through a separation or divorce has unique challenges and considerations, including division of assets, support payments, child expenses, your financial rights, and managing the transition of cash flow to a single income household. This session does not replace personalized professional advice; however, you will leave with a better understanding of what needs to be considered and some tools to navigate your situation. This session is delivered virtually via Zoom by Crystal Kelley, Certified Financial Planner.

₩	T
шС	7

Thu, May 15 7:00 - 8:30 pm Please Register

VIRTUAL: Starting Your Investment Journey (adults)

Investing can be part of a healthy financial future, with the potential for creating additional income. Join us as we explore the benefits of starting your investment journey and learn how to avoid common investing mistakes and fraud. This session is presented virtually via Zoom by the Alberta Securities Commission, the regulatory agency responsible for administering the province's securities laws.



Tue, June 24 7:00 - 8:00 pm *Please Register*

O @fortsasklibrary







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 spring we are focusing on cryptocurrency and blockchain**.

Understand IT: What is Cryptocurrency? (adults)

Learn the basics of cryptocurrency, how people profit from it and the risks involved. Understand how digital currencies work, from buying and trading to mining and investing. Be informed to make decisions in this growing digital economy.

Fri, May 23 4:00 - 5:00 pm Please Register

Discuss IT: What is Blockchain? (adults)

Learn how blockchain works, why it's more secure than traditional systems, and how it's transforming entire industries like finance, and healthcare. We'll explore real-world examples of how it's being used for secure transactions, digital identity management, and improving supply chain efficiency.

Fri, May 30 4:00 - 5:00 pm Please Register

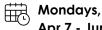


English Conversation

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.



Apr 7 - Jun 30 6:30 - 7:30pm Drop In

.



*Not running April 21 and May 19

Community Adult Learning & Literacy Society Fort Saskatchewan & Strathcona County

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, Apr 3 - Jun 26 6:00 - 8:00pm Drop In



Community Adult Learning & Literacy Society Fort Saskatchewan & Strathcona County

Did you know there's now Chess at the Library? See page 8 for more info!

French Conversation Circle

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 French Conversation Circle!

Thursdays, Apr 3 - Jun

Apr 3 - Jun 26 6:30 - 7:30pm

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



*Not running April 17

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.

Register with a practitioner directly -

Mondays: Nacereddine Lakhdari at NLakhdari@eisa-edmonton.org or 780-916-1533

Thursdays: Riza Tuiza at RTuiza@eisa-edmonton.org or 780-991-8223

For more information on this service, please contact Edmonton Immigrant Services Association at 780-474-8445.

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

*Not running Apr 21 or May 19



🔰 @fortsasklibrary

780-998-4275

fsasklib@fspl.ca

10011 - 102 Street Fort Saskatchewan



Say Hello to Ferguson the FSPL Fox!

We're excited to take a moment to (re)-introduce you to our beloved mascot, Ferguson the Fox!

While he may have been a part of our library family for years, we felt it was time to put him back in the spotlight he truly deserves!

Keep an eye out for him in our displays, posters, social media, and, of course, on our Library cards.

Don't have your Library card yet? Get your free Library card today!



fspl.ca/get-your-card/



FSPL and CBC/Radio-Canada have partnered to offer you this one-of-a-kind portal to discover unique Canadian and local content including news, TV and radio shows, podcasts, kids content, a language learning app and much more!

FREE with your Library card!

fspl.ca/digital-services/cbc-corner/



Kanopy is a popular ondemand film streaming service now available for FREE with your Fort Saskatchewan Public Library card! Films can be streamed from any computer, television, mobile device or platform by downloading the Kanopy app for iOS, Android, AppleTV, Chromecast or Roku.

FREE with your Library card!

fspl.ca/digital-services/kanopy/



More than just a language course, Transparent Language Online contains full courses and dozens of resources, while also providing extensive reference information, vocabulary building, relevant culture learning, and guidance for learning over 110 languages (including English and 38 Indigenous or endangered languages).

FREE with your Library card!

fspl.ca/digital-services/3382/



