

At the library

A few weeks back our article highlighted the STEAM To Go learning kits displayed in the Calhoun Memorial Library lobby. While these kits are mostly targeted to children (although anyone of any age may check them out) this week the library wants to focus on the caregiver respite kits.

Because seniors with Alzheimer's or dementia can become stressed or anxious due to memory loss, they need activities tailored to their needs. The Calhoun Memorial Library has five caregiver respite kits and they contain fidget blankets, games, sensory boards to boost fine motor skills and memory, and a stuffed animal to provide comfort and soothing.

Each kit also has information including tips, advice, support group listings, information about area resources, as well as easy activities to do at home with your loved one. While these kits target our older generation, little ones may benefit from the games and sensory boards, too.

The caregiver respite kits have a three-week checkout. If these kits interest you, please visit the library where staff are on hand to answer any questions or direct you to a kit that works for you.

Hey, jigsaw puzzle lovers! The Calhoun Memorial Library will have a table at this weekend's Harvest Fest and would like to have puzzles to sell. The library will take puzzles made for all ages and skill set. The puzzles may be dropped off at the library.

Please do a quick check to make sure your donations are complete. If the puzzle does not have all its pieces, do not donate.

Besides jigsaw puzzles, the library will have books for adults and children, as well as audiobooks and movies for sale. The table will be manned by the Chetek Friends of the Library, which is a nonprofit organization comprised of volunteers that, through fundraising events, uses the proceeds for library improvements and adult, teen and children's programming such as Trunk or Treat, River Valley Raptors, author visits and crafting supplies.

Lastly, anyone who likes to line dance, or wants to learn how, is invited to attend the Try It Club's Thursday, Sept. 12 meeting. This is a great opportunity to have fun, get some exercise and show off your dance skills. RSVP by stopping in or calling 715-924-3195.

Also note, this meeting will be held at The Center, 711 First St., and begins at 6 p.m.

For more information about the library or its programs, visit calhounmemoriallibrary.org or check out our Facebook page.