

Spring 2026

# Munch & Learns

Wednesdays at noon in the community center  
Please register at [Southparklibrary.org](http://Southparklibrary.org)

## April 22 - 'The Librarians' Movie Screening

*\*In The Library\**

America's war on books is more than a war on words. This is a free film screening produced by PBS.

## April 29 - Design For Your Mind

How a family caregiver and mental health therapist renovated her home to recharge her life.

## May 6 - Drumming Circle

Drum Circles are welcoming, interactive rhythm experiences designed for people of all skill levels—no musical experience needed. All instruments are provided, or you're welcome to bring your own drum if you'd like.

## May 13 - Whole Food Plant-Based Nutrition

This program is designed to increase awareness of the extraordinary impact that food has on the health of our bodies, our communities, and our planet.

## May 20 - Are you LOST in the Senior Living Jungle? Discover the Best Senior Living Option

The folks from Mt. Vernon will help you explore the options of personal care/assisted living, non-medical home health, medical home health, independent living, memory care, skilled nursing, adult day care and hospice.

## May 27 - Tai Chi for Wellness

Gurney Bolster of Tai Chi for Health Pittsburgh will be here to introduce us to the art of Tai Chi.

## June 10 - Alzheimer's and Dementia Awareness

Two-thirds of Americans have at least one major risk factor for dementia. Fortunately, we're at a turning point in our understanding of brain health and science-backed actions we can take to protect it. Join us for a presentation exploring the latest research and how building brain-healthy habits can help you live well now while supporting your memory and thinking for the future.

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