

Librarian's Shelf by Karen Connell

What's Next at Columbus Public Library

This month adults have two events to attend at the Columbus Public Library. The first is a salsa canning workshop taking place on Saturday, September 19 at 2pm in the library auditorium. The instructor, Jackie, will show participants how to preserve garden produce with a delicious salsa recipe in this interactive workshop. Spanish translation will be provided for this program. No registration is required for this free event and all participants will leave with their own jar of homemade salsa!

The second program takes place Tuesday, September 22 from 5:30pm to 7:30pm. The Life Reimagined Checkup, presented by AARP Nebraska, will also be in the library's auditorium with refreshments provided.

Life Reimagined is a free, two hour experience to help you discover what is next in your life. AARP pulled together top thinkers in personal development, aging, transitions, and reimagining life to create Life Reimagined, an innovative program to help people identify and achieve their goals. The step by step approach to this program provides real help to get inspired about & pursue possibilities, prepare for a change, and connect with a community to make those possibilities reality.

The Life Reimagined vision, methodology, and community are designed to help people discover what truly matters to them and focus to achieve their goals. AARP calls it a "first of its kind series of online and offline experiences to help people reflect, evaluate priorities, and take action to live their best life". The workshop hosted at Columbus Public Library is just the beginning to the Life Reimagined program. Participants will be encouraged to continue the program in the future. Those unable to attend the workshop at the library can still participate in the Life Reimagined program by visiting the website <http://lifereimagined.aarp.org>.

Six practices (reflect, connect, explore, choose, repack, act) have been designed by the Life Reimagined Institute to guide a person through change. The program encourages participants to start where they are in their life and see where the possibilities lead them. Part of the online program involves choosing a specific program designed by experts depending on the area of your life you would like to change. Once a program is chosen, there are steps to follow such as watching a video or taking a quiz. When the program is complete, participants are encouraged to keep going for lifelong learning.

During the workshop at the Columbus Public Library on September 22, participants will be guided by two facilitators through filling out a journal asking where they've been, what they've accomplished, and what they would like to do next. Interaction among participants and small break out discussion groups will also be part of the process.

Space is limited so attendees must register by September 15 by contacting Emily at 402-323-5426 or ecoffey@aarp.org.

For more information, contact the Columbus Public Library at 402-564-7116.