



A YEAR OF PROGRAMS FOR

MILLENNIALS

AND MORE

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FIT FAIR

Offer patrons a chance to sign up for interactive demonstrations or just drop in and get information about fitness trends and opportunities at this fun event.

PREPARATION TIME	LENGTH OF PROGRAM	NUMBER OF PATRONS	SUGGESTED AGE RANGE
2 hours	4 hours	25 for demonstrations, unlimited for stations	30s-40s

SHOPPING LIST

- » Yogurt
- » Fruit
- » Raisins
- » Bowls
- » Spoons
- » Raffle items (such as refillable water bottles, pedometers)

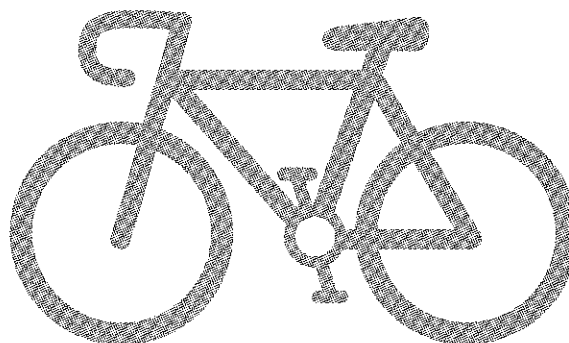
SETUP

3 to 6 Months Before

- » Contact staff at local grocery stores, park districts, fitness centers, and martial arts studios about doing brief demonstrations on healthy eating and exercising at the fair.
- » Consider having two interactive demonstrations with patron registration specified by age range in between other scheduled events for the fair. Patrons in their 30s and 40s may not want to exercise among older teen patrons and may have different strength-training exercises targeted to their needs.
- » Agencies may want to send a representative and put out materials about classes rather than offer a class, and patrons will enjoy that, too.

1 Week Before

- » Pull video games, DVDs, and books on healthy eating and exercising to be used at the fair. Test video games ahead of time to be sure all components are working.
- » Call outside speakers for demonstrations to confirm setup needs.





1 Hour Before

- » Set up equipment for video gaming or DVD stations. Set out fruit and other healthy snacks.
- » Set up a table for each agency involved in the fair, including a table for library materials. The tables may be separate from the room in which the demonstrations or classes are held so that patrons may continue to browse materials throughout the program, even if they are not attending a demonstration or class.

MAKE IT HAPPEN

- » For the healthy snacks, consider offering patrons plain or low-sugar yogurt to mix with toppings such as fruit and raisins.
- » Invite adult patrons to try some of the exercise video games or sport games, such as Zumba Fitness for Wii or Your Shape for Xbox. If the games require patrons to register or get a body assessment, be sure the stations are not attached to an easily viewed screen for privacy.
- » Run exercise DVDs throughout the event.
- » Invite patrons to guess how many steps it takes to get from the farthest spot in the library's parking lot to the program. Offer a prize for the correct answer.

VARIATIONS

- » Online: To build interest in the fair, feature fitness gadgets such as Fitbit on library social media sites. Ask patrons what gadgets they have and what tips they can offer for using them. Feature each agency offering a demonstration on the sites as well.
- » Fit for Fines: Inspire patrons throughout January to clear fines by dropping off a healthy snack recipe or exercise tip throughout the month. Forms should be available online or on bookmarks placed in reserved items. Recipes can then be featured on social media sites.
- » Older Teens: Exercise video games will appeal to older teens. Consider a smoothie or yogurt parfait-making program with video game stations for teens to drop in and enjoy.

POWER PROMOTION

All agencies involved in the event will want to promote it at their facilities. Be sure to offer signs, flyers, or brochures for all interested agencies.

5K CLUB



Many people have running a 5K or a marathon as a bucket list item and use races as a way to inspire themselves to get into shape. There are also plenty of people who run races often and are looking for information about new events and ways to keep the process exciting. A 5K club brings new and seasoned racers together to share information and tips. More important, it offers camaraderie and motivates members to keep going.

SUGGESTED AGE RANGE

30s–40s

CLUB CONNECTIONS

Each meeting can start with members mentioning any races they have completed and evaluating the course, crowd, prizes, and overall experience. Members in attendance can also discuss any upcoming events for which they are registered.

At the first meeting patrons attend, offer water bottles and pedometers as welcome gifts and inspiration to keep going with their fitness journey.

Members who have run or walked their first 5K can receive an inexpensive medal, and celebrating other milestones, such as completing five races or a longer race, can help motivate club members to keep returning.

IDEAS FOR SESSIONS

- 1 | **Area 5K Overview:** The first meeting of the year may feature an overview of all area races. Courses, fees, and rules change, and going over the local events, including pictures and details, will help racers plan their training and goals. The leaders can give this presentation formally, or each member can take a race and discuss it. Invite hosts of local races to talk to the club about their event.
- 2 | **Intro to Weight Training:** Those new to gyms are often daunted by weight equipment. The meeting can convene off-site for this session at a local park district or gym, or a trainer can bring photos of equipment and discuss which machines help with what types of strength training. The speaker can discuss which exercises are good for which age groups, as well.
- 3 | **Great Gyms:** Representatives from local gyms and fitness centers can discuss the features of each place or offer a 10-minute demo from some of the classes. Or the group can meet for prearranged tours at a few different sites throughout the month.



- 4 | **Fitbits and Other Technology Training:** Bring a Fitbit, Map My Run, and other apps for club members to look at and discuss. Pull information on new fitness gadgets to discuss in a presentation if it is not possible to look at them in hand. Invite members to discuss their favorite exercise apps.
- 5 | **From 0 to 5K:** Ask members who have run for a while to advise newer members about how to get started exercising. Emphasize that all people should check with their own doctors before starting a program. This is simply a positive discussion showing that it is possible even for those who have not exercised in a while to get started with a program. Library resources on simple exercises or on getting started with a walking plan can also be featured.
- 6 | **Virtual 5K and Charitable Exercising or Stair Climbing:** Area charity races or stair-climbing events are the theme of this club meeting. If the club has been operating for a while, members may want to host an event with a local park district or sponsor one that may benefit the library. But at this meeting, members will discuss virtual apps, including www.charitymiles.org or www.willrunforbling.com, by which exercise and steps help charities.
- 7 | **Map My Library Visits:** Using pedometers, members will enjoy a library scavenger hunt that includes the number of steps from the parking lot to the checkout desk or to the exercise DVD section. At the end of the hunt, offer healthy snacks or provide a yogurt parfait bar with yogurt and cereals or fruits.
- 8 | **From 5K to Marathon or Triathlon:** Assemble a panel of medical or training professionals to answer questions about the process of training for longer events. Club members who have gone through the process can also discuss what worked for them.
- 9 | **New Gear and Trends:** Engage a fitness trainer or encourage club members to discuss home exercise equipment, such as simple weights and bands. Members can each bring in a piece they enjoy using and discuss it with the group. Members can try the different pieces of equipment by doing, for example, simple stretches on the Swiss ball or kicks with the rubber bands.
- 10 | **Awards and Annual Wrap-Up:** At the end of the year, celebrate the achievements of members. From learning new exercises to walking in their first 5k, members should be recognized in some way with inexpensive medals or trophies. Each person can set some New Year's fitness goals, and members can brainstorm topics they would like to cover in next year's meetings.



CROSSOVER PROGRAMS

The January Fit Fair would appeal to many people training for a 5K, or members of this club may volunteer to help run that event.

VARIATIONS

- » **Virtual 5K Club:** Running and walking are often solitary activities. Busy people like positive communities to keep their momentum going. Dedicate a section of library social media to 5Ks in the area. Invite patrons to join the social networking group and discuss upcoming events or post pictures from events. Offer Virtual 5K Club members a T-shirt with the library logo or a water bottle to use at events.

POWER PROMOTION

- » Estimate the number of steps from the parking lot's farthest point to the check-out desk at the library and post a sign indicating how much exercise patrons are getting with that walk. Provide 5K Club information nearby.
- » Feature upcoming races on library social media along with 5K Club meetings and be sure to emphasize that the club is for people at all stages of fitness.

