

LIFE HACK SERIES

For Teens

Summer 2016

June

Intro to CPR & First Aid

Tuesday, June 21, 6:30 – 7:30 p.m.

For grades 6-12. Be introduced to some lifesaving skills from a member of the Newington Volunteer Ambulance.

Teen Cooking 101

Wednesday, June 29, 6:30 – 8:30 p.m.

For grades 6-12. Many college students will live off-campus some time during their college years, which means they will need to cook their own meals. Are you prepared to cook dinner? Actually cook in class with Colleen Bell as you learn the basics and a few tips.

Sponsored by Friends of the Library.

July

Cooking Demo – Outback Steakhouse

Thursday, July 7, 6:30 – 7:30 p.m.

For grades 6-12. Chefs from Newington's Outback Steakhouse will be coming to teach teens how to make the restaurant's famed Quesada's!

Teen Monthly Maintenance 101

Thursday, July 14, 6:30 – 8:30 p.m.

For grades 6-12. Come play the *Game of Life – College Style*, and see who graduates college first with a bank statement in the black. You will be surprised at the expenses that deplete your bank account. Then join Colleen Bell as you go outside to learn how to keep a vehicle in tip-top condition with simple maintenance.

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Teen Cleaning 101

Monday, July 18, 6:30 – 8:30 p.m.

For grades 6-12. Come get the dirt on how the world really looks. You will be astounded to see firsthand how dirty the world is around you. Join Colleen Bell as you test tabletops, clothes, and even your teeth. This presentation will shed a new light on your world.

Sponsored by Friends of the Library.

Each of these programs is part of the Life Hack series for teens.

Life Hacks are any skills or shortcuts that increase efficiency in daily life. Teens will earn a prize ticket for every Life Hack program they attend. Prize tickets can be entered into the grand drawing for a \$25 gift card to a place of their choice.

This program series is separate from the Teen Summer Reading Program.

Remember to check out the Teen Section of the Footnotes newsletter for our regular Teen summer programs!

July cont'd

Healthy Relationships 101

Tuesday, July 26, 1:00 – 3:00 p.m.

Establishing and maintaining a positive & healthy relationship with our own self and with others takes much thought and consideration. Learn how making good decisions when it comes to family, peers, co-workers, and romantic relationships can be a huge factor as we become young adults. Pat Meskill, from Newington's Human Services, will engage teens in a conversation about the skills needed to foster healthy relationships.

Teen Mending 101

Thursday, July 28, 6:30 – 8:30 p.m.

For grades 6-12. Mom is not going to be around to save the day if your button comes off or you rip a hole in your favorite piece of clothing while you are at college. Learn a few basic mending tricks to conquer a wardrobe malfunction with Colleen Bell. *Sponsored by Friends of the Library.*

August

Behind the Scenes: Sloppy Waffle

Wednesday, August 3, 2:30 p.m. – 3:45 p.m.

Come see where the waffles live! Teens will have an opportunity to tour the Sloppy Waffle restaurant, watch a demo & taste samples, and hear about how the business came to be. Teens need to arrange their own transportation to and from the Sloppy Waffle location – 2551 Berlin Turnpike.

Career Conversations Panel

Thursday, August 4, 6:30 p.m. – 8:30 p.m.

For grades 6-12. Professionals will talk about their career paths along with the ups and downs of getting to where they are, followed by a Q&A session. We will be hearing from a mortician, political consultant, tattoo artist, furniture maker, author, physical therapist, the CT Humane Society, and more!

Credit 101

Tuesday, August 9, 6:30-8:00 p.m.

For grades 6-12. Dutch Point Credit Union will be hosting a presentation on credit for teens and parents. The discussion will include how credit affects your life, a take-home program that can be interactive with parents and students, and the importance of life-long learning and credit and debt.

Contact Us

Email or call if you have any questions!

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You can now text us
@ 860-327-4270 to register for
teen programs!

Visit us on the web at
<http://www.newingtonct.gov/library>

**Registration is
required for all
programs.**

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