



FOR IMMEDIATE RELEASE

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October programs for adults at the Berkley Public Library

BERKLEY, MI (October 1, 2014) – The following programs for adults will take place at the Berkley Public Library in October.

The SwingTones: Songs from the Great American Songbook

Saturday, October 18 at 2:00 p.m.

Get ready to be transported to a time when Detroit was filled with glittering palaces and bands performed and thousands of faithful fans danced the night away. As time went on the music created in this era forged what is known now as the “Great American Songbook.” Hear music from singers like Ella Fitzgerald, Frank Sinatra, Billie Holiday, Nat King Cole and more! The unique and enduring songs from this American Songbook are performed live by the SwingTones! Please call 248-658-3440 or stop by the Adult reference desk to register for this free program.

The Gluten-Free World Beyond Wheat with Lisa Howard, the Cultured Cook

Monday, October 20 at 6:30 p.m.

Need to pursue a gluten-free lifestyle? Curious about exploring new grains? Want to incorporate more flavor and nutrition into your meals? Just in time for the holidays, we’ll talk about how to use gluten-free grains, from making pilafs to baking muffins to DIY cereal and granola. We’ll also get inspiration from various ethnic traditions. Please call 248-658-3440 or stop by the Adult reference desk to register for this free program.

Community Resources for Seniors

Wednesday, October 29 at 2:30 p.m.

It’s no secret that the senior population is growing by leaps and bounds. What many don’t know is that there are many services and programs to specifically help seniors age successfully, whether they are doing great or facing age-related challenges. We will discuss how to access many of those opportunities and provide time for questions. Presented in collaboration with Berkley Parks & Recreation and Beaumont Health System. Please call 248-658-3440 or stop by the Adult reference desk to register for this free program.

The Berkley Public Library is located at 3155 Coolidge Highway in Berkley. For additional information, call 248-658-3440 or visit www.berkley.lib.mi.us.

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