# NEWSLETTER

LEARNING RESOURCE CENTER

SUMMER READING

Be sure to stop by the LRC in May and check out our display of fun "beach" reads. Whether you travel or not, summer is a great time to catch up on your reading list! The LRC staff is always happy to suggest a book and we have recently added a lo t of new titles to our collection.

LRC MISSION: CREATING A SPACE FOR FREE AND EQUAL ACCESS TO SERVICES AND RESOURCES THAT PROMOTE AND ENCOURAGE SELF-GROWTH AND EMPOWERMENT, COMMUNITY ENGAGEMENT AND DEVELOPMENT WHILE FOSTERING LIFELONG LEARNING.

LRC BOOK CLUB

Our May book is Shelter Mountain by Robyn Carr. Contact the LRC to sign up and reserve your free copy. Book Club meets on the last Friday of the month, May 26, both in person and via Zoom.

#1 *NEW YORK TIMES* BESTSELLING AUTHOR
ROBYN CARR
Shelter Mountain
A VIRGIN RIVER NOVEL
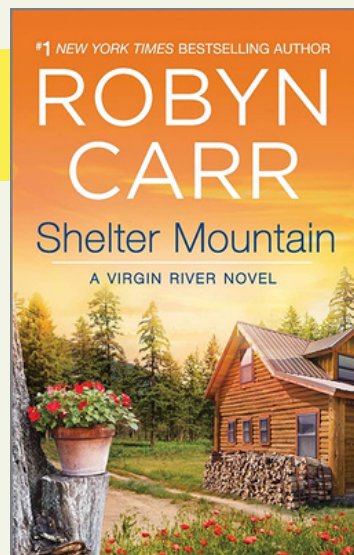
APRIL RECAP

- All month-Take the Earth Day Challenge
- April 5-Spanish Bilingual Storytime
- April 12-Carrollton Bank Lunch and Learn "Credit and How Your Score Can Cost You"
- April 12-Spanish Bilingual Storytime
- April 19-Spanish Bilingual Storytime
- April 20-Let's Create
- April 24-28-National Library Week
- April 25-Coffee Break
- April 27-Coffee Break
- April 28-LRC Book Club: All You Can Ever Know by Nicole Chung

EAT.MOVE.SAVE.

In partnership with the University of Illinois Expanded Food and Nutrition Education Program, the LRC is hosting a five-part program providing easy solutions to improve healthy eating:

- May 2-Food and kitchen safety
- May 9-Size your portions and right size you
- May 16-Healthy and budget friendly shopping; meal planning
- May 23-Toxic stress and family health
- May 30-Family resilience and nourishment

All sessions are from 12-1pm and include a food demonstration that you'll be able to sample. Attend all 5 sessions for a chance to win an electric skillet!

Find us on Social Media

@siue.esl.lrc.1

Like us on: facebook.
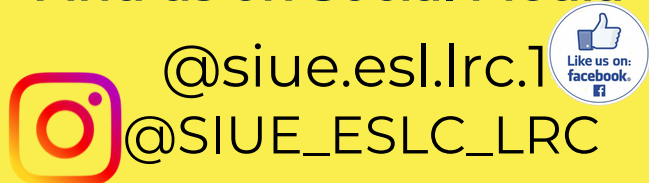
@SIUE_ESLC_LRC

Hours of Operation

Monday-Friday 8:30am-4:30pm
siue.esl.library@siue.edu
618-874-8719

LET'S CREATE

Join us on May 18 from 1-2pm for Let's Create: Reusable Tote Bags! Use stencils and paint to decorate a tote bag that you can use at the grocery store or anywhere.

May 2023

SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE
EAST ST. LOUIS CENTER

All services and activities are FREE!

Need to reserve a space? Call: (618) 874-8719 or e-mail: siue.esl.library@siue.edu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Attend all five nutrition classes every Tuesday in May for a chance to win an electric skillet! Classes start tomorrow!	**2** University of Illinois Extension — Expanded Food & Nutrition Education Program. **EAT.MOVE.SAVE.** 12-1 p.m. Food and Kitchen Safety **Recipe**: Chicken Vegetable Creole	**3**	**4** MAY THE 4TH BE WITH YOU	**5** Welcome TO EAST ST. LOUIS THE CITY OF CHAMPIONS. Check out our Facebook page every Friday for a new #EastStLouisHistoricalFact @siue_esl.lrc.1
8	**9** University of Illinois Extension — Expanded Food & Nutrition Education Program. **EAT.MOVE.SAVE.** 12-1 p.m. Smart Size Your Portions & Right Size You **Recipe**: Black Bean & Veggie Quesadillas	**10** SPANISH BILINGUAL Storytime Visit the LRC's Facebook page today to watch! @siue.esl.lrc.1	**11** Send an email to jaabbot@siue.edu, call (618) 874-8719, or stop in and we will get you set up to use this service! **FREE eBooks and eAudiobooks**	**12** Don't forget! Mother's Day is this Sunday, May 14. HAPPY MOTHER'S DAY
15 The LRC is now a Metro East Diaper Bank distribution center! We will give away up to 200 diapers of various sizes each month at no cost and on a first-come, first-served basis! Metro East DIAPER BANK	**16** University of Illinois Extension — Expanded Food & Nutrition Education Program. **EAT.MOVE.SAVE.** 12-1 p.m. Healthy & Budget-Friendly Shopping; Meal Planning, **Recipe**: Apple Turkey Gyros	**17**	**18** In-person only 1-2 p.m. LET'S CREATE Canvas tote bags! Registration required. Call 618-874-8719 or email siue.esl.library@siue.edu.	**19**
22	**23** University of Illinois Extension — Expanded Food & Nutrition Education Program. **EAT.MOVE.SAVE.** 12-1 p.m. Toxic Stress & Family Health **Recipe**: Beef & Broccoli	**24** SPANISH BILINGUAL Storytime Visit the LRC's Facebook page today to watch! @siue.esl.lrc.1	**25** Contact the LRC to schedule a 30-minute basic computer skills (618) 874-8719 or siue.esl.library@siue.edu	**26** VIRGIN RIVER SHELTER MOUNTAIN ROBYN CARR LRC Book Club 12:30-1:30 p.m. Pick up your copy of *Shelter Mountain* by Robyn Carr in the LRC. Limited copies available in the LRC on a first-come, first-served basis.
29 CLOSED MEMORIAL DAY REMEMBER & HONOR The LRC will be closed today.	**30** University of Illinois Extension — Expanded Food & Nutrition Education Program. **EAT.MOVE.SAVE.** 12-1 p.m. Family Resilience & Nourishment **Recipe**: Zesty Asian Chicken Salad	**31** Follow the LRC on Instagram @siue_eslc_lrc Like us on Facebook @siue.esl.lrc.1		