

**FOR IMMEDIATE RELEASE**

Contact: Library Staff 336.883.3660

## **UPCOMING PROGRAMS AT THE HIGH POINT PUBLIC LIBRARY**

**HIGH POINT, N.C. (September 24, 2018)** – The High Point Public Library will host several events in the weeks ahead. Programs and activities include:

- *Arts at the Library: Saturday, September 29, Noon - 4 p.m.*  
Event will consist of dance performances, crafts, vendors and a variety of paintings and drawings by local artists, as well as performances by guitar player/instructor West Norman, dancer and storyteller April Smith, Just Dance Studio, Penn-Griffin Celtic Harp Ensemble, Heart & Soul Choir and pianists under the direction of Stan Grady. Refreshments will be served. Sponsored by Friends of the Library.
- *Halloween Trivia: Thursday, October 4, 6 p.m.*  
For adults 16+, with tables set up for teams of four to eight. Teams will try to answer Halloween-themed trivia to the best of their ability. Food, candy and prizes will be provided. Teams are encouraged to register in advance by emailing [lauren.mitchell@highpointnc.gov](mailto:lauren.mitchell@highpointnc.gov). Teams that register or come dressed in a Halloween costume will receive a ticket for one free answer.
- *Piedmont-Triad Paranormal Investigations Q&A: Thursday, October 11, 6 p.m.*  
Rick Aiken, cofounder of Piedmont-Triad Paranormal Investigations will discuss the organization, its investigations, the equipment used and general information about paranormal activity. After the presentation, Rick will take questions from the audience. PTPI is a nonprofit organization that aims to document and scientifically prove the existence of ghosts and other supernatural/paranormal activity.
- *Go4Life Workshop: Thursday, October 11, 10 a.m.*  
Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help fit exercise and physical activity into daily life by older adults through promotion of endurance, strength, balance and flexibility.
- *Composting and Vermicomposting: Wednesday, October 24, 6 p.m.*  
Learn about composting – a great way to recycle as well as improving the texture and fertility of your soil. This program will discuss easy ways to starting composting in your own backyard.

All events are free and open to the public. For more information, please contact Library Staff at 336.883.3660.

*The High Point Public Library is a department of the City of High Point and is located at 901 North Main Street. High Point Public Library is committed to nurturing the joy of reading, sharing the power of knowledge, strengthening the sense of community and enhancing economic and cultural vitality.*

*The City of High Point aims to serve as the catalyst for bringing together the community's human, economic and civic resources for the purpose of creating the single most livable, safe and prosperous community in America. For more information on the City, visit [www.highpointnc.gov](http://www.highpointnc.gov).*

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