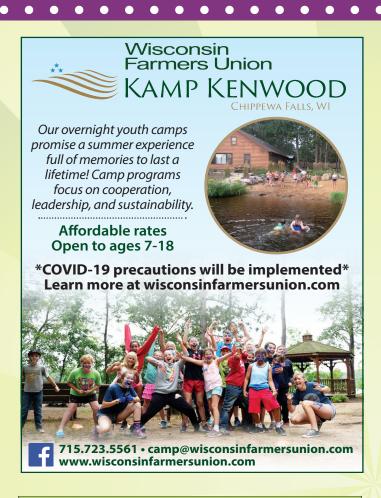
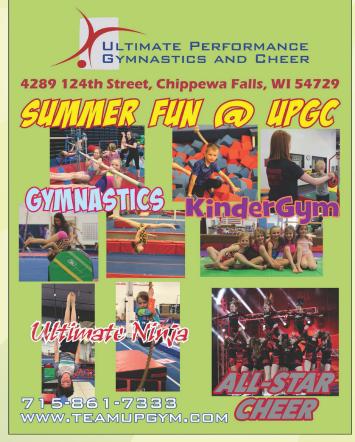
A **Second Opinion** Publication

SCHOOLS OUT

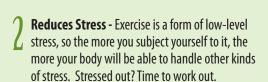






9 WAYS EXERCISE MAKES YOU A HAPPIER PERSON

Boosts Your Energy - Exercise is a great energy booster! You'll notice after a really great workout how much more energized you feel. More energy equals more happiness!



Lowers Depression & Anxiety - People can achieve long-term relief from anxiety and depression by exercising because of its mind-boosting benefits.

Better Sleep - Better sleep equals a happier you. Having sleep issues? Regular exercise improves the sleep quality in people with sleep disorders.

Boosts Self Confidence Seeing your body transform for the better, does wonders for your confidence. A really great workout can lead to an awesome sense of accomplishment.

More Social Interaction - Studies have shown that working out with a partner allows people to do better on aerobic tests. Any type of exercise is great, but working out in a group is even better. And generally being around our friends makes us happier!

More Productive - Being more productive on the job makes us happier people!
Studies show more exercise can lead to a more productive work day.

Better Coping Skills - Sometimes
in life, when faced with difficult
challenges, people turn to alcohol or drugs. To be able to
deal with life's problems, turning to exercise instead helps
us cope in a much healthier and happier way.

Be More Relaxed - Not only can working out help us sleep better, but after a hard day, exercise can help us unwind and become more relaxed.



SUMMER LEARNING CHALLENGE
JUNE 7TH - JULY 31ST

COMING SOON FROM YOUR LIBRARY:

- IRVINE PARK STORYWALK
- PARTY @ THE PARK STORYTIME
- GRAB AND GO ACTIVITY BAGS
- BREAK IN BAG CHALLENGES
- ANIME/MANGA CLUB
- PAGE TURNER ADVENTURES
- MYSTERY ANIMAL EVENT
- EARN PRIZES AS YOU READ, CREATE, AND EXPLORE!

CHIPPEWA FALLS PUBLIC LIBRARY



It's All Yours

105 W Central St. Chippewa Falls 715-723-1146 chippewafallslibrary.org



Wilderness Pursuit Horseback Adventures

We are a Horseback Adventure
Business in Neillsville, WI called
Wilderness Pursuit. This is a family run
business since 1982. Offering guided
trail rides on gentle, well-trained
horses, with the best guides we can
find through the beautiful, scenic
Clark County Forest. This is not

ordinary trail

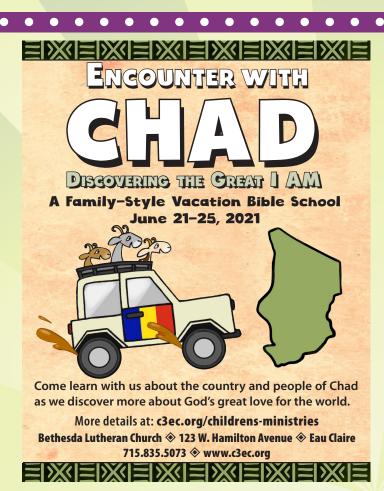




riding, where you ride in a circle, we actually take you out into the woods on natural trails. We provide from two-hour rides to many day overnight adventures. Working with many different kinds of groups from families, friends, youth, Scout Groups to Church Groups. We are a business that enjoys helping your group create a ride that would best work with you. We not only provide the horses, tack, guide, scenery, and fun, but we can also provide meals and camping gear.

Starting today we can get you on the trail to having an unforgettable adventure.

W7448 Chili Rd. Neillsville | (715) 937-5652 www.wildernesspursuit.com





Book a Private Partu!

Birthday, Bachelorette, Girls Night Out, Team Building, Date Night

Check out our events calendar on our website: **thepaintshack.net**

2524 Suite 2C - Golf Rd Eau Claire

715-379-7377









EN AVANT SCHOOL OF DANCE

- Competitive & Recreational Programs
- Experienced and Educated Staff
- Ages 18 Months and Up
- 5 week Summer Session starting June 5th
- Classes offered: Mommy and Me Pre-Ballet/Creative Movement Ballet and Tap / Pointe Jazz and Hip Hop Modern and Lyrical



Award winning Competition teams







enavantdance.com

SHARING
THE JOY OF
DANCE IN
EAU CLAIRE
FOR 37 YEARS

ALTOONA PUBLIC LIBRARY



2021 SUMMER READING PROGRAM JUNE 7 - JULY 31

Starting June 7th, kids, teens, and adults can sign up for Altoona Public Library's 2021
Summer Reading Program 1 of 3 ways:

- **1. Web version:** http://altoonapubliclibrary.beanstack.org.
- **2. App version:** Download the Beanstack Tracker app from either the iTunes Store or the Google Play Store. The app is built specifically for mobile devices.
- **3. Offline paper based version:** Contact the library at 715-839-5029 to register you and/or your family and to receive your reading log/activity packet.

This year's "Tails & Tales" Summer Reading Program runs from June 7 - July 31 and, although delivered via the Beanstack software, it will still retain some of the same familiar features that families have come to love and enjoy over the years. Guessing jars, mystery picture/puzzle challenges, and methods logging days, hours, & books read will look familiar across the various grade/age level programs. Engaging in weekly activities will allow participants to earn tickets that will increase their odds in winning some fabulous prizes and gift cards that support area businesses. Above all, we want participants to have fun this summer and truly appreciate the joy of reading.

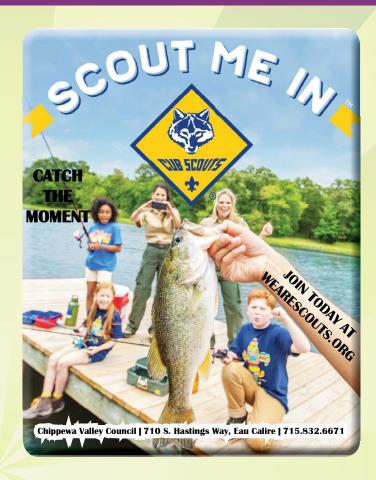
For more information, please visit the library's website at https://altoonapubliclibrary.org/ or our Facebook page at https://www.facebook.com/altoonapl/



1303 Lynn Avenue | Altoona, WI
715-839-5029 altoonapl@altoonapubliclibrary.org
www.altoonapubliclibrary.org

OPEN: Monday - Saturday (call for current hours); CLOSED Sundays





Have you played at Play Space yet?!

Sign-up for a two-hour play session on our website; www.childrensmuseumec.com and come in Tuesday, **Wednesday or Thursday from** 9a-11a, 11:30a-1:30p, or 2p-4p

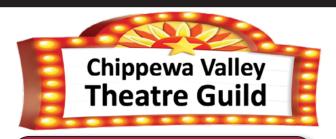
We also offer private rental time on Saturdays for birthdays, company parties, etc.!





40 S. BARSTOW ST. | WWW. CHILDRENSMUSEUMEC.COM

715-832-KIDS



June 14-18

IF YOU GIVE A MOUSE...

Ages 4-6 9:00am-10:00am
Enjoy fun crafts and creative playtime built
around Laura Numeroff's "If you give..." books!

TREASURE TRUNK THEATRE

Ages 7-10 9:00am-10:00am
Imagination through dress-up. Boys and girls
will have fun creating characters!

"NOT-SO-GRIMM TALES"

Ages 9-18 10:30am-Noon

Here is a fun tongue-in-cheek retelling of some classic Grimm fairytales for boys and girls.

IMPROVISATION!

Ages 11-18 10:30am-Noon
Explore characters and funny situations
through imagination, games and storytelling.

BACKSTAGE BASICS

Ages 9-18 1:00pm-3:00pm
Design and create props, sets, sound and special effects for *Alice in Wonderland*.

ADVENTURES IN COSTUMING

Ages 9-18 1:00pm-3:00pm

Design and create costumes
for Alice in Wonderland.

July 19-23 & 26-30

SHAKESPEARE FOR TEENS

This workshop is for students interested in acting and those interested in theatre tech and open to entering freshmen through graduating seniors. This year, the play is Shakespeare's King Lear, which will be performed outside at the Owen Park Bandshell!

REGISTRATION FOR CLASSES:

Go to cvtg.org for registration materials. Mail to: CVTG, 102 West Grand Ave, Eau Claire, WI 54703 or call 715/832-7529 or email cvtgact@aol.com.

June 21-25

WINNIE THE POOH

Ages 4-6 9:00am-10:00am

Fun creative dramatics and crafts centered around the wonderful Winnie the Pooh.

RISING STARS

Ages 7-10 9:00am-10:00am

Learn the basics of being on stage and enjoy fun theatre games, dress-up, and acting!

"KUNG FU KITTY"

Ages 9-18 10:30am-Noon
Everybody is kung fu fighting like cats and dogs in the hilarious show!

DANCE DISNEY

Ages 9-18 10:30am-Noon
Learn movement and dance techniques -all to popular Disney songs!

LIGHTS! CAMERA! ACTION!

Ages 9-18 1:00pm-3:00pm

Learn techniques for acting in front of a camera and write their own short video!

June 28-July 2

DISNEY FROZEN FUN

Ages 4-6 9:00am-10:00am

Have fun with creative movement, stories and crafts based on Disney's Frozen.

DISNEY SONGBOOK

Ages 7-10 9:00am-10:00am

Get the most out of your voice while singing some of your favorite Disney songs! Learn vocal techniques with fun activities everyday.

MUSICAL THEATRE

Ages 9-18 10:30am-Noon
For both experienced and beginners, this fun class will focus on singing, acting and a little dance in a supportive, fun environment.

COSTUMING WONDERLAND

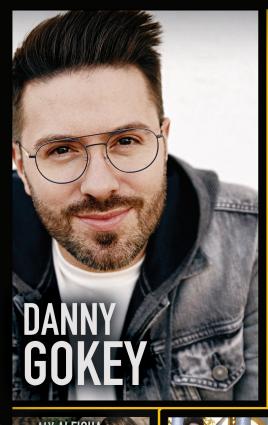
Ages 9-18 10:30am-Noon

Students will experience design techniques, sewing, and create items to take home, while working on costumes for *Alice in Wonderland*.

PUPPETRY & VENTRILOQUISM FOR KIDS

Ages 11-18 1:00pm-3:00pm

Every kid dreams that one of their favorite toys would come to life. In this class, kids will learn to make puppets with moving mouths and learn the basics of ventriloguism.



















JULY 2021 23-25



F E S T

@ NORTHERN WISCONSIN STATE FAIR GROUNDS IN CHIPPEWA FALLS, WISCONSIN **FREE SUNDAY WORSHIP: JASON GRAY AND (ADA) A DAY AWAITS

...AND MUCH MUCH MORE /

FAMILY FRIENDLY

TICKETS

@ ONE-FEST.COM

TICKETS END KINS ACES O 10 ADE EDEE