

LEARN ENGLISH

with the library



ADDISON
PUBLIC LIBRARY

BIMONTHLY NEWSLETTER

NOVEMBER/DECEMBER 2025



More for You!

Welcome to our new literacy kit and newsletter!

We will share updates about our classes and services. Every couple of months we will highlight resources that are available to help you continue to improve your language skills.



ELL Saturdays

Join us once a month for a Saturday morning English Language Learners (ELL) group. Each month features a different topic or activity to help build your skills and confidence in English. Registration is required due to limited space.

November: Conversation Group
December: Literacy Kits Together
Study Room 2H 11:00 a.m.

College of DuPage English Classes

In-Person

Temporarily, there will be no English classes at the library due to the library's renovation project.

Please contact College of DuPage at 630.942.3697 for other Addison locations and testing dates.



Other opportunities to help you practice English!



Conversation Groups

Practice your English speaking and listening skills while making friends at the library.

Virtual:

Mondays 2:00-3:00 PM
Register to receive the Zoom link.

In-person:

Wednesdays 7:00-8:00 PM
Addison Trail Jr High. Room R103

Reading Circle

Join us to read and chat in a relaxed environment.

Tuesdays 11:00-12:00
Study Room 2H (Formerly S20)



Visit our Learning English webpage!
addisonlibrary.org/learning-english



Questions? Suggestions? Call **630.458.3320** or email **AdultServices@addisonlibrary.org** for more information.

APRENDER INGLÉS

con la biblioteca



ADDISON
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BOLETÍN BIMENSUAL

NOVEMBER/DECEMBER 2025



¡Más para usted!

¡Bienvenidos a nuestro nuevo boletín y kit de inglés!

Compartiremos información sobre nuestras clases y servicios. También le dejaremos saber de recursos que tenemos disponibles para ayudarle a mejorar su inglés.



Sabados de inglés

Únase a nosotros una vez al mes para un grupo de Estudiantes de Inglés (ELL) los sábados por la mañana. Cada mes se presentara un tema o actividad diferente para ayudarle con sus habilidades y confianza en Inglés. Se requiere inscripción debido al espacio limitado.

Noviembre: Grupo de conversación
Diciembre: Kits de alfabetización
Study Room 2H 11:00 a.m.

Colegio de DuPage Clases de inglés

En Persona

Temporalmente, no habrá clases de inglés en la biblioteca debido al proyecto de renovación de la biblioteca.

Por favor, póngase en contacto con COD llamado al 630.942.3697 para recibir información.



Otras oportunidades para practicar su inglés!



Grupos de conversación

Un espacio para conversar en inglés.

Virtual:

Los lunes 2:00-3:00

Regístrese para obtener el enlace de Zoom.

En person:

Los miércoles 7:00-8:00

Indian Trail Jr High, R103

Círculo de lectura

Acompáñenos en la biblioteca para un poco de lectura y charla en un ambiente relajado.

Los martes 11:00-12:00 2H/S20



¡Visite nuestra página web Aprender inglés!
addisonlibrary.org/learning-english



Do you know the names of the items below?



Earmuffs



Slippers



Beanie



Soup



Hot tea



Candy cane



Snowplow



Jumper cables



Wrapping paper

VOCABULARY

Matching Game

Draw a line from the picture to the word of what the picture is.



Slippers



Candy cane



Wrapping paper



Jumper cables



Soup



Beanie



Earmuffs



Snow Plow



Hot tea

Describe what you see!

Look at the pictures below. Write what you see. Try to use the suggested vocabulary words in the box next to the picture.



- computer
- floor
- hot tea
- typing
- person
- books
- working



- person
- wrapping
- gift
- red
- stripper
- wrapping paper



- two
- cars
- man
- cold
- jumper cables
- jump start
- beanie



- black glove
- ladle
- cup
- soup
- warm
- meal
- serving

Read the Article

Read the article below from News For You Online and answer the questions at the end.

Chew on This: You Might Be Eating Too Quickly | Food | October 8, 2025 Issue



How quickly do you eat a meal? Maybe you take time to enjoy each bite. Or maybe you devour dinner without thinking. Experts say only one of those is a healthy habit. They say if you have eaten everything on your plate in less than 20 or 30 minutes, you're eating too fast.

What Are the Risks?

Eating too fast can upset the person who took the time to cook for you. It also can annoy your slower-eating family members and friends.

But there are health risks too.

Leslie Heinberg works at the Cleveland Clinic in Ohio. She is an expert on eating problems. Heinberg says eating quickly can cause you to eat too much.

She says it takes about 20 minutes for your stomach to tell your brain that it is full. Eating quickly can cause you to miss that signal. Then it is easy to eat more than you should. That can lead to obesity.

Fast eaters also swallow more air, says Heinberg. That can cause painful gas in the stomach. They also do not chew their food as well. That means they don't get all of their nutrients.

Food that is not chewed well can also cause choking.

How You Can Slow Down

Heinberg has some tips for slowing down while eating.

First, turn off the TV and put down your phone. Heinberg says we don't think about what we are eating when we do other things. That can cause us to eat more.

Then chew each mouthful of food a bit longer. Proteins and greens take longer to chew. They are mostly healthy foods.

You can also use tools such as chopsticks that slow down your eating.

Answer the questions below.

1. **Do you enjoy your meals or are you a quick eater?**

2. **How many minutes does it take for your stomach to tell your brain that it is full?**

3. **How can you slow down your eating?**



WRITING AND SPEAKING

Q&A (Questions & Answers)

Answer the questions below. Write your answer on the black lines. Find someone you can share your answers with and then ask them the questions too! Write their answers on the blue lines.

Does your home country celebrate a day like Thanksgiving?

Do you celebrate anything in December?

What is one of your favorite memories of this year?

How will you celebrate the end of the year?

**What is your hot beverage of choice?
What do you like to drink in the winter?**

What are some goals you have for next year?

LISTENING



ADDISON
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"Where You Lead I Will Follow" by Carole King

Scan the QR code or follow the link to listen to "Where You Lead I Will Follow" and fill in the missing lyrics.

<https://www.youtube.com/watch?v=fyuc1jGW5E>



[Verse 1]

Loving _____ the way I do
I know we're gonna make it _____
And I will go
To the ends of the _____
'Cause darling, to me that's what you're worth

[Chorus]

_____ you lead
I will follow
Anywhere that you tell me to
If you need, if you need me to be with you
I will _____
Where you lead

[Verse 2]

If you're out on the _____
Feelin' lonely and so _____
All you have to do is call my name
And _____ be there
On the _____ train

[Chorus]

_____ you lead
I will follow
Anywhere that you tell me to
If you need, if you need me to be with you
I will _____
Where you lead

[Bridge]

I _____ wanted a real _____
With flowers on the windowsill
But if you wanna live in New York City
Honey you know I _____
You never know how it's all gonna turn out
But that's _____
Just as long
As we're _____
_____ can find a way

[Chorus]

_____ you lead
I will follow
Anywhere that you tell me to
If you need, if you need me to be with you
I will _____
Where you lead

[Chorus]

Where _____ lead
_____ will follow, anywhere
That you tell me to
If you need, you _____ me to be with you
I will follow -
Oh, oh, oh! _____ you lead
I will follow, anywhere
That you tell me to
If you need, you need me to be with you
I will _____
Where you lead

[Outro]

Oh _____, yeah
_____ gonna follow where you lead x5

Do you like this song?



Yes, I like this song.



No, I did not enjoy this song.

Word Search

Search for the words that are listed below.



J	V	W	R	M	P	E	A	R	M	U	F	F	S
W	U	U	F	K	I	M	R	D	Q	Y	R	D	Z
O	W	M	D	P	N	X	D	X	V	G	N	O	Z
L	R	E	P	A	P	G	N	I	P	P	A	R	W
P	C	E	B	E	S	M	X	K	W	E	L	N	T
W	E	N	J	O	R	P	B	W	T	N	E	Q	H
O	S	N	G	O	D	C	Q	G	C	T	E	A	C
N	L	Q	A	Q	A	F	A	W	C	T	W	E	S
S	I	R	P	C	O	S	C	B	A	L	U	I	O
X	P	H	U	F	Y	D	P	E	L	U	W	N	U
H	P	N	M	W	B	D	T	U	A	E	N	A	P
E	E	N	V	K	T	T	N	L	H	Z	S	E	C
T	R	V	V	X	O	C	Y	A	C	J	V	B	X
V	S	R	N	H	J	W	G	A	C	U	G	E	W



SNOWPLOW
JUMPER CABLES
EARMUFFS
HOT TEA
SOUP



WRAPPING PAPER
CANDY CANE
SLIPPERS
BEANIE

