

Equal Heart provides a free meal for anyone 18 and under.

Monday-Friday


























4:00-4:30 p.m.

# JANUARY 2020

**Super Sunday**  
**Free Family Funday**

January 12

1:00-3:00 p.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>Dee Brown Tool Library</b> Mondays 4-8 p.m. Tuesdays 6-8 p.m. Saturdays 10 a.m.-2 p.m. Or call for an appointment</p>			<p>1</p> <p><b>CLOSED FOR HOLIDAY</b></p>	<p>2</p>	<p>3</p>	<p>4</p> <p><b>Bootcamp</b>  10:00 a.m.</p> <p> <b>Movie Time</b> 2:00 p.m.</p>
5	6	7	8	<p>9</p> <p> Quilting 3:00p.m.</p> <p><b>People's Kitchen</b> 6:30 p.m. </p>	10	<p>11</p> <p><b>Bootcamp</b>  10:00 a.m.</p>
12	<p>13</p> <p><b>Spice It Up!</b>  6:00 p.m.</p> <p> <b>English/Span.</b> Conv 6 p.m.</p>	14	<p>15</p> <p> Quilting 3:00p.m.</p>	<p>16</p> <p><b>Eat Smart, Be Active</b> 4:30 p.m. </p>	17	<p>18</p> <p><b>Bootcamp</b>  10:00 a.m.</p> <p> <b>Bubble Painting</b> 3:00 p.m.</p>
19	<p>20</p> <p><b>CLOSED FOR HOLIDAY</b></p>	<p>21</p> <p><b>National Day of Racial Healing</b>  6:00 p.m.</p>	<p>22</p> <p> Quilting 3:00p.m.</p>	<p>23</p> <p><b>Rock Region Metro</b>  11:00 a.m.</p> <p> <b>Eat Smart, Be Active</b> 4:30 p.m.</p>	24	<p>25</p> <p><b>ACT Practice Test</b> 9:00 a.m. </p> <p> <b>Bootcamp</b> 10:00 a.m.</p> <p><b>Bicycle Workshop</b> 10:00 a.m. </p> <p><b>Wealth &amp; Wellness Empowerment</b> 1pm</p>
26	<p>27</p> <p><b>Let's Bake</b>  5:00 p.m.</p> <p> <b>English/Span.</b> Conv 6 p.m.</p>	<p>28</p> <p><b>Kon Mari Tidy Nest</b>  6:00 p.m.</p>	<p>29</p> <p> Quilting 3:00p.m.</p>	<p>30</p> <p> <b>Eat Smart, Be Active</b> 4:30 p.m.</p> <p><b>Understanding Credit</b> 6:00 p.m. </p>	31	



**Hours of Operation:**  
M, T, Thu : 10 a.m. to 8 p.m.  
W, F, Sat : 10 a.m. to 6 p.m.  
Sun: 1 p.m. to 5 p.m.

**DEE BROWN**  
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PHONE FAX WEB  
501.568.7494 501.562.5889 CALS.org



**PEOPLE'S KITCHEN** for all ages. Thursday, January 9 at 6:30 p.m. Join us for the first meeting of this new interactive program. Participants are encouraged to find recipes for techniques for us to explore in the next meeting. Want to learn how to make pie crust? Found a recipe that stimulates your taste buds? Come to our monthly meeting and nominate your recipe! We will have all nominations on display for anyone to vote on. The suggestion that has the most votes by the deadline (7 days before our monthly meeting) will be declared the winner. We'll make that recipe together and sample!



**SPICE IT UP!** Monday, January 13 at 6:00 p.m. For all ages. In this monthly series, we're peering into your spice cabinet to see what all the fuss is about. Spice it up is designed to fire up all 5 senses, with samples for participants to taste, touch, and smell. This month, we will investigate vanilla. This richly flavorful bean pod is essential in sweets from ice cream to chocolate. We will talk a little about its history and impact.



**EAT SMART, BE ACTIVE** for all ages. Thursdays, January 16, 23, and 30 at 4:30 p.m. This is an Eat Smart, Be Active class taught by Esmerelda Peña of UAEX. Learn how to prepare nutritious and affordable foods as part of a healthy lifestyle. Registration required. You can sign up by calling (501) 568-7494 or e-mail [epena@uaex.edu](mailto:epena@uaex.edu). There are 7 sessions to attend in all.



**BUBBLE PAINTING** for ages 7-12. Saturday, January 18 at 3:00 p.m. Join us in creating your very own artwork using bubbles and dish soap.



**ROCK REGION METRO COMMUNITY FORUM.** Thursday, January 23 11:00 a.m.– 1:00 p.m. Rock Region Metro and their consultants are revising public transportation in Central Arkansas. To learn more and participate in the process, we are hosting community session. They want to gather information as to what the riding and potential riding public desires.



**BICYCLE WORKSHOP** for all ages. Saturday, January 25 at 10:00 a.m. Bring your bike, we'll help you fix it up! This monthly workshop will take place in the Tool Library where we will have a bicycle mechanic on hand to answer your questions and teach you how to do basic repairs on your own bicycle.



**LET'S BAKE!** for all ages. Monday, January 27 at 5:00 p.m. Let's bake cinnamon rolls!



**DEE BROWN TOOL LIBRARY** ages 18 and over. Mondays 4-8 p.m., Tuesdays 6-8 p.m., Saturdays 10:00 a.m.-2:00 p.m. The Dee Brown Tool Library is a collection of tools that CALS patrons can checkout. There are currently over 300 hand and power tools available for 7-day checkout. Any patron in good standing with the library and over 18 can check out tools! Just sign a waiver and checkout your first tool today.



**QUILTING AND SEWING** all ages. Wednesday, January 15, 22, and 29. We have machines, bring your own materials.



**CONVERSATIONAL ENGLISH AND SPANISH** for all ages. Mondays, January 13 and 27 at 6:00 p.m. Learn conversational English and/or Spanish in a friendly environment. Second and last Monday of the month.



**ACT PRACTICE TEST** for ages 13-19. Saturday, January 25 at 9:00 a.m. Get some practice taking the ACT Test. All materials are provided. No cost to you. **Must sign up to take test. (501) 568-7494.**



**WEALTH AND WELLNESS EMPOWERMENT** for adults. Saturday, January 25 at 1:00 p.m. Hear Titus Torrence and other speakers address Motivation, Wealth, Wellness and Marketing/Branding, perfect for entrepreneurs.



**KON MARI WORKSHOPS WITH SUE FEHLBERG OF TIDY NEST** for adults. Tuesday, January 28 at 6:00 p.m. Things have a way of piling up. Sue Fehlberg will share her professional skills to help you transform your space into a place of peace and joy.



**NATIONAL DAY OF RACIAL HEALING** all ages. Tuesday, January 21 at 6:00 p.m. In 2019, the Truth, Racial Healing and Transformation partners arranged bus tours, concerts, art workshops and racial healing circles, while filmmaker Ava DuVernay curated a special livestream. We'll watch some of that film and develop future events to promote racial healing.



**UNDERSTANDING CREDIT** for adults. Hope Credit Union will present information to help improve our credit knowledge.