

Main Library Adult Programs FEBRUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All programs will take place on the 5th floor, unless otherwise indicated. A two-hour parking validation discount is available for program attendees.</p>						<p>1 AARP Presents: Fraud Fighting Basics & Cyber Security 1-2 PM</p>
2	<p>3 Job Seeker's Workshop 10:30-11:30 2nd floor</p>	<p>4 Memoir Writing for Seniors 12:30-2 PM Tabletop Tuesday 5-7:30 PM</p>	<p>5 Origami! 6-8 PM</p>	<p>6 Now Showing... 2-4 PM Seditious Stitchery 5-7:30 PM</p>	<p>7 Yoga 12-1 PM Darragh Center</p>	8
9	<p>10 Meditation at Main 12-12:45 PM East Room Job Seeker's Workshop 10:30-11:30 2nd floor</p>	<p>11 Memoir Writing for Seniors 12:30-2 PM Tabletop Tuesday 5-7:30 PM</p>	<p>12 Origami! 6-8 PM</p>	<p>13 Now Showing... 2-4 PM Seditious Stitchery 5-7:30 PM</p>	<p>14 Yoga 12-1 PM Darragh Center Winter Book Club 2-4 PM</p>	15
16	<p>17 Job Seeker's Workshop 10:30-11:30 2nd floor</p>	<p>18 Memoir Writing for Seniors 12:30-2 PM Tabletop Tuesday 5-7:30 PM</p>	<p>19 Origami! 6-8 PM</p>	<p>20 Seditious Stitchery 5-7:30 PM</p>	<p>21 Yoga 12-1 PM Darragh Center</p>	<p>22 CALS Writing Circle 3-4:30 PM</p>
23	<p>24 Meditation at Main 12-12:45 PM East Room Job Seeker's Workshop 10:30-11:30 2nd floor</p>	<p>25 Memoir Writing for Seniors 12:30-2 PM Tabletop Tuesday 5-7:30 PM</p>	<p>26 Origami! 6-8 PM</p>	<p>27 Seditious Stitchery 5-7:30 PM</p>	<p>28 Yoga 12-1 PM Darragh Center Winter Book Club 2-4 PM</p>	<p>29 Mocktails 2-4PM Bookstore @ Library Square</p>

NEW Seditious Stitchery
Radical Therapy for Delinquent
Crafters

Thursdays 5-7:30 PM
Latecomers welcome

Learn a new skill. Meet people. Let go of your fear of making mistakes. Use craft to aid in your personal expression.

We are currently working on beginner cross stitch projects! Perhaps a bookmark with some pithy words. We have supplies and snacks.

Job Seeker's Workshop

Every Monday through March 9
10:30-11:30 AM
Sturgis Lab, 2nd floor

Drop in for assistance with your job search, filling out job applications and writing resumes and cover letters. Arkansas Workforce Center will be here for the February 10 and March 9 sessions.

AARP Fighting Fraud Series
Saturdays 1-2 PM

Learn how to best protect yourself against identity theft with these presentations from AARP:

February 1: Fraud Fighting Basics and Cyber Security
March 7: Identity Theft
April 4: Investment Fraud
May 2: Medical Identity Theft

Meditation at Main
led by
Compassion Works For All

12-12:45 PM in the East Room
Monday February 10
Monday February 24
(2nd and 4th Monday every month)

This introduction to meditation invites stillness and compassion into the mind. Light refreshments will be served.

Tabletop Tuesdays
Every Tuesday
5-7:30 PM

GAMES!
GAMES!
GAMES!
GAMES!
GAMES!
GAMES!

0% ALCOHOL
100% DELICIOUS
A Mocktails Workshop

Saturday February 29, 2-4 PM
Bookstore @ Library Square, 3rd floor

Learn how to mix flavorful drink without the alcohol! We'll learn basic drinks proportions on classic recipes, and use them to create our own unique concoctions to share with the class. Participants will get a recipe booklet to take home.

Registration is requested.
Email cedwards@cals.org.

Main Library Adult Programs

MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 📁 Job Seeker's Workshop 10:30-11:30 2nd floor	3 ✍️ Memoir Writing for Seniors 12:30-2 PM 🎮 Tabletop Tuesday 5-7:30 PM	4 Origami! 6-8 PM	5 Seditious Stitchery 5-7 PM	6 YOGA CANCELLED	7 AARP Identity Theft 1-2 PM Roberts Library Room 110
8	9 📁 Job Seeker's Workshop 10:30-11:30 2nd floor 🧘 Meditation at Main 12-12:45 PM East Room	10 ✍️ Memoir Writing for Seniors 12:30-2 PM 🎮 Tabletop Tuesday 5-7:30 PM	11 Origami! 6-8 PM	12 Seditious Stitchery 5-7 PM	13 Yoga 12-1 PM Darragh Center 📖 Voyager's Book Club 2-4 PM	14 Word Virus Book Club 12 PM Vino's Brewpub
15	16	17 ✍️ Memoir Writing for Seniors 12:30-2 PM 🎮 Tabletop Tuesday 5-7:30 PM	18 Origami! 6-8 PM	19 Seditious Stitchery 5-7 PM	20 Yoga 12-1 PM Darragh Center	21
22	23 🧘 Meditation at Main 12-12:45 PM East Room	24 ✍️ Memoir Writing for Seniors 12:30-2 PM 🎮 Tabletop Tuesday 5-7:30 PM	25 Origami! 6-8 PM	26 Seditious Stitchery 5-7 PM	27 Yoga 12-1 PM Darragh Center 📖 Voyager's Book Club 2-4 PM	28 ✍️ CALS Writing Circle 3-4:30 PM Location TBA
29	30	31 ✍️ Memoir Writing for Seniors 12:30-2 PM 🎮 Tabletop Tuesday 5-7:30 PM	All programs will take place on the 5th floor, unless otherwise indicated. A two-hour parking validation discount is available for program attendees.			

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Free Yoga on Fridays!

Come to our **FREE** yoga class every Friday from 12-1 PM in the Darragh Center.

Whether you want to loosen up, tighten up, or just recharge, yoga is here to help. No prior experience is required, and all skill levels and abilities are welcome. Mats and water are provided.

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Compassion Works For All

12-12:45 PM in the East Room
Monday March 9
Monday March 23rd
(2nd and 4th Monday every month)

This introduction to meditation invites stillness and compassion into the mind. Light refreshments will be served.

Tabletop Tuesdays
Every Tuesday
5-7:30 PM

GAMES!
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GAMES!

Memoir Writing for Seniors
Every Tuesday from 12:30-2
Location TBA

This four-week class meets once a week and takes attendees age 55+ through the steps of writing their own life stories. Participants should plan on attending all four sessions. No writing experience necessary. Registration is preferred, but not required. Email dmoore@cals.org or call 501-918-3000.