

ADULT PROGRAMMING * HCPL * AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px dashed black; padding: 5px; margin-bottom: 10px;"> Meeting Locations (FL) Front Lobby (G) Genealogy Room (L) Computer Lab (M) Meeting Room </div>	1 Tai Chi/Fitness (M) 1:00	2 Tai Chi/Fitness (M) 1:00	3 Adaptive Yoga (M) 10:00 Bridge Club (M) 1:00 *Small Business Basics (M) 5:00	4 Color Me Calm (G) 3:00 Bingo (M) 4:00	5 Tai Chi/Fitness (M) 10:00 Quilting (G) 12:00
7 ESL (L) 11:00 Bard's Corner (M) 6:00	8 Healthy Living (M) 12:30 Tai Chi/Fitness (M) 1:00 Color Me Calm (G) 3:00 Mystery Club (M) 3:00	9 Healthy Living (M) 12:30 Tai Chi/Fitness (M) 1:00 Color Me Calm (G) 3:00	10 Adaptive Yoga (M) 10:00	11 Friday Flicks (M) 3:00	12 Tai Chi/Fitness (M) 10:00 Quilting (G) 12:00
14 ESL (L) 11:00 *Stamping Workshop (M) 1:00	15 *Focus on Finance (M) 6:00	16 Tai Chi/Fitness (M) 1:00 *CREATE: Bottle Vases (M) 3:00	17 Adaptive Yoga (M) 10:00 Bridge Club (M) 1:00	18 Color Me Calm (G) 3:00 Bingo (M) 4:00	19 Tai Chi/Fitness (M) 10:00 Quilting (G) 12:00
21 ESL (L) 11:00 *Essential Oils (M) 11:00 Bard's Corner (M) 6:00	22 *Overdrive Clinic (M) 6:00	23 Healthy Living (M) 12:30 Tai Chi/Fitness (M) 1:00 Color Me Calm (G) 3:00	24 *Fix It! (M) 4:00 Evening Book Club (M) 6:30	25 *Keep Calm & Craft On: DIY Clipboard (M) 3:00	26 Tai Chi/Fitness (M) 10:00 Quilting (G) 12:00
28 ESL (L) 11:00 *Cook thru the Calendar (M) 11:00 Blood Pressure Screening (FL) 4:30 Monday Movie (M) 5:00	29 Intuitive Heart Meditation (M) 4:00	30 Tai Chi/Fitness (M) 1:00 Drop-in Tech Lab (L) 3:00 - 4:00	31 Adaptive Yoga (M) 10:00 Bridge Club (M) 1:00	*Programs requiring registration are indicated by asterisk* Programs on this calendar are reserved for our adult patrons aged 18+ ----- 100 Jim Owen Drive Elizabethtown, KY 42701 270-769-6337 * www.hcpl.info	

Adults

PLEASE NOTE: Attendance for adult programs is reserved for ages 18 and over. Programs requiring registration are indicated with an asterisk. You August register by phone: 270-769-6337 or email: hcplrebekaha@gmail.com

COLOR ME CALM @ 3:00

Friday, August 4 & 18

Wednesday, August 9 & 23

Coloring isn't just for kids! It can also improve concentration and lower stress levels in adults! Materials are provided.

QUILTING

Saturdays in August @ 12:00

Techniques and strategies for beginning quilters! No registration necessary, but for more information, please call Rebecca Macklin @ 502-310-2011.

*KEEP CALM & CRAFT ON: DIY CLIPBOARD

Friday, August 25 @ 3:00

Use an old book cover for the backing, add decorated tape, clip, and scrapbook paper, and you have a cute clipboard to display photos or notes. Registration required!



BARD'S CORNER WRITERS GROUP

Mondays, August 7 & 21 @ 6:00

Come to share, learn, and be encouraged in your writing!

*STAMPING WORKSHOP: NOTECARDS

Monday, August 14 @ 1:00

\$2 materials fee due at registration.

*CREATE: BOTTLE VASES

Wednesday, August 16 @ 3:00

We're using paint, twine & lace to repurpose glass bottles. Registration required.

Business & Finance

*SMALL BUSINESS BASICS

Thursday, August 3 @ 5:00

Register @

www.ksbdc.org/Elizabethtown.

*FOCUS ON FINANCE

Tuesday, August 15 @ 6:00

Registration is required @ 270-723-2225 (not through the library). Notifications of class cancellation will come through a representative of the class's instructor.

Health & Fitness

ADAPTIVE YOGA

August 3, 10, 17, 31 @ 10:00

Come in comfortable clothing and bring a yoga mat if you have one. This class is suitable for students at any level of ability or physicality, no previous experience necessary. *August 24 is self-directed.

HEALTHY LIVING

Wednesdays, August 9 & 23 @ 12:30

Mallory den Harder will provide information, tips, and strategies for those interested in a more natural, healthy lifestyle.

TAI CHI/FITNESS

Wednesdays @ 1:00 &

Saturdays @ 10:00

A fitness program inspired by Tai Chi which includes deep breathing & stretching.

BLOOD PRESSURE SCREENING

Monday, August 28 @ 4:30

A home health nurse will do a blood pressure check & answer any of your questions.

INTUITIVE HEART MEDITATION

Tuesday, August 29 @ 4:00

Learn how easy it is to meditate focusing on your breathing and how to trust your own intuition. Get the recorded meditation as a gift for attending.

Home & Garden

*ESSENTIAL OILS

Monday, August 21 @ 11:00

Learn benefits of essential oils for general health and household uses! Please call to register.

*COOKING THRU THE CALENDAR

Monday, August 28 @ 11:00

This month we'll continue the "Cooking through the Calendar" series with Italian Shrimp Pasta. Registration required; if fewer than 5 pre-register, the program will be cancelled.

*FIX IT!

Thursday, August 24 @ 4:00

This class, facilitated by Servpro, addresses home repair & maintenance concerns & common emergency prevention. Materials are provided by Home Depot; registration required.

Adult Education

ENGLISH AS A SECOND LANGUAGE (ESL)

Mondays in August @ 11:00

Join instructor Isabella Paar for these free tutoring sessions geared toward learners of English.

*OVERDRIVE CLINIC

Tuesday, August 22 @ 6:00

Attend this session to learn what's available on Kentucky's free downloading site! The presenter will also answer questions regarding your specific devices as time allows. Please call to register.

DROP-IN TECH LAB

Wednesday, August 30

(3:00 - 4:00)

Drop by during this time for assistance working on a document, applying for a job, setting up an email account, etc. No appointment necessary!

TECH APPOINTMENT

Do you need help with something related to computers or other devices? Come in to schedule a 30 minute session with a librarian.



Fun & Games

BINGO

Fridays, August 4 & 18 @ 4:00

Join us for this monthly game time for adults.

BRIDGE CLUB

Thurs. @ 1:00 August 3, 17, 31

All skill levels welcome!



FRIDAY FLICKS

August 11 @ 3:00

Leap Year
2010 (PG) 100 min.

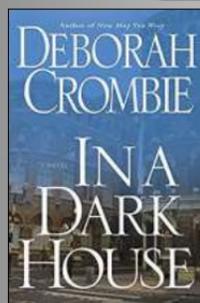
MONDAY MOVIE

August 28 @ 5:00

Austenland
2013 (PG13) 97 min.

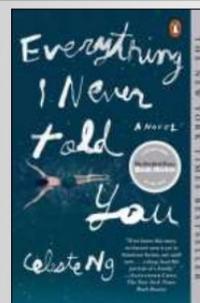
Book Discussions

All are welcome! Pick up a copy at the Circulation Desk.



MYSTERY
BOOK CLUB
2nd Tuesdays
3:00 - 4:00

In a Dark
House
by Deborah
Crombie



EVENING
BOOK CLUB
4th Thursdays
6:30 - 7:30

Everything I
Never Told
You
by Celeste Ng