

ADULT PROGRAMMING ★ HCPL ★ JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Library Closed	2 Adaptive Yoga (M) 9:00 Intuitive Heart Meditation (M) 4:00	3 Tai Chi/Fitness (M) 1:00 Gentle Hugs (M) 4:00	4 Adaptive Yoga (M) 10:00 Bridge Club (M) 1:00 *Small Business Basics (M) 5:00	5 Color Me Calm (G) 3:00 Bingo (M) 4:00	6 Tai Chi/Fitness (M) 10:00	
8 ESL (L) 11:00 *Stamping Workshop (M) 1:00	9 Adaptive Yoga (M) 9:00 Mystery Club (M) 3:00	10 Tai Chi/Fitness (M) 1:00 Color Me Calm (G) 3:00	11 Adaptive Yoga (M) 10:00 Bridge Club (G) 1:00	12 Friday Flicks (M) 3:00	13 Tai Chi/Fitness (M) 10:00	
15 Library Closed	16 Adaptive Yoga (M) 9:00 *Focus on Finance (M) 6:00	17 Tai Chi/Fitness (M) 1:00	18 Adaptive Yoga (M) 10:00 Bridge Club (M) 1:00	19 Drop-in Tech Lab (L) 11:00 - 12:00 Color Me Calm (G) 3:00 Bingo (M) 4:00	20 Tai Chi/Fitness (M) 10:00 *CPR/First Aid Training (M) 11:45	
22 ESL (L) 11:00 *Essential Oils (M) 11:00	23 Adaptive Yoga (M) 9:00 *Overdrive Clinic (M) 3:00	24 Tai Chi/Fitness (M) 1:00 Color Me Calm (G) 3:00	25 Adaptive Yoga (M) 10:00 Bridge Club (G) 1:00 Evening Book Club (G) 6:30	26 *Keep Calm & Craft On: Folded Book Heart (M) 3:00	27 Tai Chi/Fitness (M) 10:00	
29 ESL (L) 11:00 *Cook thru the Calendar (M) 11:00 Monday Matinee (M) 3:00	30 Adaptive Yoga (M) 9:00	31 Tai Chi/Fitness (M) 1:00	*Programs requiring registration are indicated by asterisk* Programs on this calendar are reserved for our adult patrons aged 18+			<div style="border: 1px dashed black; padding: 5px;"> <u>Program Locations</u> (FL) Front Lobby (G) Genealogy Room (L) Computer Lab (M) Meeting Room </div>

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 may register by phone: 270-769-6337 or email: hcplrebekaha@gmail.com


Fun & Games

BRIDGE CLUB

Thursdays in January
@ 1:00
All skill levels welcome!

BINGO

Fridays, January 5 & 19
@ 4:00
Join us for this monthly game time for adults.



FRIDAY FLICKS
January 12 @ 3:00
Winter's Tale
2014 (PG-13) 118 min.

MONDAY MATINEE
January 29 @ 3:00
Me Before You
2016 (PG) 106 min.

Business & Finance

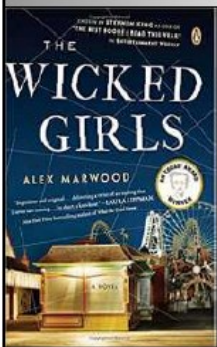
*FOCUS ON FINANCE

Tuesday, January 16 @ 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.

*SMALL BUSINESS BASICS

Thursday, January 4 @ 5:00
Register @ www.ksbdc.org/Elizabethtown.

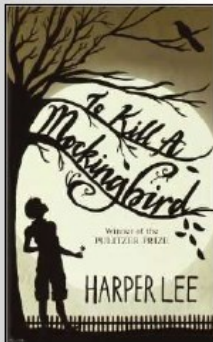
Book Discussions



MYSTERY BOOK CLUB

2nd Tuesdays
@ 3:00

The Wicked Girls
by Alex Marwood



EVENING BOOK CLUB

4th Thursdays
@ 6:30

To Kill a Mockingbird
by Harper Lee

Health & Fitness

ADAPTIVE YOGA

Tuesdays in January @ 9:00
Thursdays in January @ 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.

INTUITIVE HEART MEDITATION

Tuesday, January 2 @ 4:00

Learn to meditate by focusing on your breathing, using a guided meditation. Develop trust in your own intuition to assist in decision making in your daily life. This basic introduction will show you how easy meditation can be.

TAI CHI/FITNESS

Wednesdays @ 1:00 & Saturdays @ 10:00

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

GENTLE HUGS:

FIBROMYALGIA SUPPORT GROUP

Wednesday, January 3 @ 4:00

If you are a sufferer of Fibromyalgia, you are encouraged to join this chronic pain support group. For more information, contact Angela Miller via the Gentle Hugs Facebook page, angela.miller0523@gmail.com, or 270-506-7568.

*CPR/FIRST AID TRAINING

Saturday, January 20 @ 11:45

Free training through an AHA credentialed instructor. There is only a fee if you require certification. Registration required through Vicki Basham @ vickirb295@gmail.com or 270-763-2915.

THE CREATIVE corner

COLOR ME CALM @ 3:00

Fridays, January 5 & 19
Wednesdays, January 10 & 24

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

*STAMPING WORKSHOP: NOTECARDS

Monday, January 8 @ 1:00
\$2 nonrefundable required at registration.

*KEEP CALM & CRAFT ON: FOLDED BOOK HEART

Friday, January 26 @ 3:00

We'll repurpose books into hearts for a fun Valentine's display. *Involves detailed measuring and folding. Registration required!

Adult Education

ENGLISH AS A SECOND LANGUAGE (ESL)

Mondays @ 11:00

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

*OVERDRIVE CLINIC

Tuesday, January 23 @ 3:00

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

Friday, January 19 (11:00 - 12:00)

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.



Home & Garden

*ESSENTIAL OILS

Monday, January 22 @ 11:00

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

*COOKING THRU THE CALENDAR

Monday, January 29 @ 11:00

This month Dayna Parrett will begin a whole new "Cooking through the Calendar" series. Come to get your calendar for the year and get a sample of January's tasty recipe! Registration required; if fewer than 5 pre-register, the program will be cancelled.