

ADULT PROGRAMMING * HCPL * FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 ESL (L) 11:00 Bard's Corner (M) 6:00	6 Adaptive Yoga (M) 9:00 Intuitive Heart Meditation (M) 4:00	7 Tai Chi/Fitness (M) 1:00 Color Me Calm (G) 3:00 Gentle Hugs (M) 4:00	1 Adaptive Yoga (M) 10:00 Bridge Club (M) 1:00 *Small Business Basics (M) 5:00	2 Color Me Calm (G) 3:00 Bingo (M) 4:00	3 Tai Chi/Fitness (M) 10:00
12 ESL (L) 11:00 *Stamping Workshop (M) 1:00 *Focus on Finance: Senior Alliance (M) 6:00	13 Adaptive Yoga (M) 9:00 Mystery Club (M) 3:00	14 Tai Chi/Fitness (M) 1:00 *CREATE: Canvas Totes (M) 3:00	8 Adaptive Yoga (M) 10:00 Bridge Club (G) 1:00	9 Friday Flicks (M) 3:00	10 Tai Chi/Fitness (M) 10:00
19 ESL (L) 11:00 *Essential Oils (M) 11:00 Bard's Corner (M) 6:00	20 Adaptive Yoga (M) 9:00 *Overdrive Clinic (M) 3:00	21 Tai Chi/Fitness (M) 1:00 Color Me Calm (G) 3:00 *Alzheimer's Association (M) 4:00	15 Adaptive Yoga (M) 10:00 Bridge Club (M) 1:00	16 Drop-in Tech Lab (L) 11:00 - 12:00 Color Me Calm (G) 3:00 Bingo (M) 4:00	17 Tai Chi/Fitness (M) 10:00 *CPR/First Aid Training (M) 11:45
26 ESL (L) 11:00 *Cook thru the Calendar (M) 11:00 (must register by Fri., Feb. 23) Monday Matinee (M) 3:00	27 Adaptive Yoga (M) 9:00 Greater Woman Club (M) 6:00	28 Tai Chi/Fitness (M) 1:00	22 Adaptive Yoga (M) 10:00 Bridge Club (M) 1:00 Friends of the Library (FL) 6:00 Evening Book Club (M) 6:30	23 *Keep Calm & Craft On: Cut-Page Tassels (M) 3:00	24 Tai Chi/Fitness (M) 10:00
Meeting Locations: (A) Amphitheatre (FL) Front Lobby (G) Genealogy Room (L) Computer Lab (M) Meeting Room					

Programs requiring registration are indicated by asterisk

Programs on this calendar are reserved for our adult patrons aged 18+

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 February @ 1:00
All skill levels welcome!

BINGO
Fridays, February 2 & 16
Join us for this monthly game time for adults.

Movies @Main

FRIDAY FLICKS
February 9 @ 3:00
My Best Friend's Wedding
1997 (PG-13) 105 min.

MONDAY MATINEE
February 26 @ 3:00
Last Chance Harvey
2008 (PG-13) 93 min.

Business & Finance

***FOCUS ON FINANCE: SENIOR ALLIANCE**
Monday, February 12 @ 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, February 1 @ 5:00
Register @ www.ksbdc.org/Elizabethtown.

Book Discussions

MYSTERY BOOK CLUB
2nd Tuesdays @ 3:00
A is for Alibi
by Sue Grafton

EVENING BOOK CLUB
4th Thursdays @ 6:30
Doc
by Mary Doria Russell

ADAPTIVE YOGA **Health & Fitness**

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

TAI CHI/FITNESS
Wednesdays @ 1:00 & Saturdays @ 10:00
A fitness program inspired by Tai Chi which includes deep breathing & stretching.

INTUITIVE HEART MEDITATION
Tuesday, February 6 @ 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.

***ALZHEIMER'S ASSOCIATION**
Wednesday, February 21 @ 4:00
Anyone is welcome to attend this Alzheimer's Association workshop. Registration required @ 1-800-272-3900.

GENTLE HUGS: FIBROMYALGIA SUPPORT GROUP
Wednesday, February 7 @ 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, February 17 @ 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, February 2 & 16
Wednesdays, February 7 & 21
Coloring isn't just for kids! It can also improve concentration and lower stress levels in adults! Materials are provided.

BARD'S CORNER WRITERS GROUP
Mondays, February 5 & 19 @ 6:00
Come to share, learn, and be encouraged in your writing!

***STAMPING WORKSHOP: NOTECARDS**
Monday, February 12 @ 1:00
\$2 nonrefundable required at registration.

***CREATE! CANVAS TOTES**
Wednesday, February 14 @ 3:00
Decorate a canvas tote with paints and stencils. Registration required!

***KEEP CALM & CRAFT ON: CUT-PAGE TASSELS**
Friday, February 23 @ 3:00
We'll bundle together fringed book pages with lace & ribbon. 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, February 20 @ 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, February 16 (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.

GREATER WOMAN CLUB
FEBRUARY 27 @ 6:00

NEW

HAVE A PASSION FOR UNDERSTANDING MORE ABOUT PERSONAL STRENGTHS? THIS GROUP ENCOURAGES WOMEN TO MOVE FROM GOOD TO GREAT!

Home & Garden

***ESSENTIAL OILS**
Monday, February 19 @ 11:00
Learn benefits of essential oils for general health and household uses! Please call to register.

***COOKING THRU THE CALENDAR**
Monday, February 26 @ 11:00
This month Dayna Parrett will continue her "Cooking through the Calendar" series with Skillet Enchiladas. *Registration required by Friday, February 23 to allow for material preparation; if fewer than 5 pre-register, the program will be cancelled.