

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>ESL (L) 10:00</p> <p>Board Games for Grownups (M) 12:00</p>	<p><b>4</b></p> <p>Adaptive Yoga (M) 9:00</p> <p>*Beginning Crochet (C) 9:00</p> <p>*Elder Law: Topic TBA (M) 4:00</p>	<p><b>5</b></p> <p>Love is an Action Word (C) 11:00</p> <div style="border: 1px dashed black; padding: 5px; margin: 10px auto; width: fit-content;"> <p><u>Program Locations</u></p> <p>(FL) Front Lobby (G) Genealogy Rm (L) Computer Lab (M) Meeting Rm (ST) Storytime Rm</p> </div>	<p><b>6</b></p> <p>Adaptive Yoga (M) 10:00</p> <p>Bridge Club (M) 12:00</p> <p>*Small Business Basics (L) 5:00</p> <p>Bard's Corner (M) 6:00</p>	<p><b>7</b></p> <p>Color Me Calm (C) 2:00</p> <p>Bingo (M) 3:00</p>
<p><b>10</b></p> <p>ESL (L) 10:00</p> <p>*Stamping Workshop (M) 1:00</p>	<p><b>11</b></p> <p>Adaptive Yoga (M) 9:00</p> <p>La Leche League (ST) 10:00</p> <p>Mystery Club (M) 3:00</p> <p>Breastfeeding Training (C) 6:00</p>	<p><b>12</b></p> <p>Color Me Calm (C) 2:00</p> <p>*Create: Valentine Wall Art (M) 3:00</p>	<p><b>13</b></p> <p>Adaptive Yoga (M) 10:00</p> <p>Bridge Club (M) 12:00</p> <p>FOL (lobby) 6:00</p>	<p><b>14</b></p> <p>Drop-in Tech Lab (L) 10:00 - 11:00</p> <p>Intuitive Heart Meditation (L) 2:00</p>
<p><b>17</b></p> <p>ESL (L) 10:00</p> <p>Essential Oils (M) 11:00</p> <p>Monday Matinee (M) 3:00</p>	<p><b>18</b></p> <p>Adaptive Yoga (M) 9:00</p> <p>*Beginning Crochet (C) 9:00</p> <p>*Focus on Finance (M) 6:00</p> <p>La Leche League (ST) 6:30</p>	<p><b>19</b></p> <p>Bariatric Support Group (M) 9:00</p> <p>Support Group: Families of Children with Special Needs (L) 3:00</p> <p>Book Swap (M) 4:30 - 5:00</p>	<p><b>20</b></p> <p>Adaptive Yoga (M) 10:00</p> <p>Bridge Club (M) 12:00</p> <p>*Elder Law: Topic TBA (M) 4:00</p> <p>Bard's Corner (M) 6:00</p>	<p><b>21</b></p> <p>Books &amp; Brew (C) 10:30</p> <p>Imagine Fit (M) 11:00</p> <p>Color Me Calm (C) 2:00</p>
<p><b>24</b></p> <p>ESL (L) 10:00</p> <p>*Cooking through the Calendar (M) 11:00 <i>(register by Fri., Feb. 21)</i></p>	<p><b>25</b></p> <p>Adaptive Yoga (M) 9:00</p> <p>*Advanced Crochet: Project TBA (C) 9:00</p>	<p><b>26</b></p> <p>*Canvas Painting (M) 1:00 <i>In person registration required; \$5 registration fee (refunded upon class attendance; otherwise nonrefundable). Bring a canvas, any size.</i></p> <p>Color Me Calm (C) 2:00</p>	<p><b>27</b></p> <p>Adaptive Yoga (M) 10:00</p> <p>Bridge Club (M) 12:00</p> <p>Evening Book Club (M) 6:30</p>	<p><b>28</b></p> <p>Friday Flicks (M) 11:00</p> <p>*Keep Calm &amp; Craft On: Rolled Book Flower (M) 3:00</p>

☆ **MONDAY MATINEE** ☆  
**Monday, Feb. 17 @ 3:00**  
**Mr. Popper's Penguins**  
 2011 (PG) 94 min.

☆☆ **FRIDAY FLICKS** ☆☆  
**Friday, Feb. 28 @ 11:00**  
**Welcome to Happy Valley**  
 2013 (G) 110 min.

<b>MYSTERY BOOK CLUB</b>	Tues., Feb. 11 @ 3:00 Everything I Never Told You by Celeste Ng
	Thurs., Feb. 27 @ 6:30 The Cat Who Went Bananas by Lillian Jackson Braun
<b>EVENING BOOK CLUB</b>	

➤ **Home & Garden** ◀

**ESSENTIAL OILS**  
**Monday, Feb. 17 @ 11:00**  
 Learn about health & household benefits.

**\*COOKING THRU THE CALENDAR**  
**Monday, Feb 24 @ 11:00**  
 Recipe TBA  
 \*Register by Friday, February 21.

➤ **Adult Education** ◀

**ENGLISH AS A 2ND LANGUAGE (ESL)**  
**Mondays @ 10:00**  
 Free tutoring for learners of English.

**LA LECHE LEAGUE**  
**Tuesday, February 11 @ 10:00**  
**Tuesday, February 18 @ 6:30**  
 Free Breastfeeding Support! Trained leaders can help with any breastfeeding issues you may have. Breastfeeding mothers, babies, toddlers, & mothers-to-be are welcome!

**BARIATRIC SUPPORT GROUP**  
**Wednesday, February 19 @ 9:00**  
 Facilitated by Flaget Memorial Hospital.

**Feb. 21 @ 10:30**  
**Books & Brew**  
 Looking for ideas? Relax with a hot beverage, talk about what you've recently enjoyed or not enjoyed! Connect & share a love of reading.

**Business & Finance**

**\*ELDER LAW CLASS: TOPIC TBA**  
**Tuesday, February 4 @ 4:00**  
 Check back for the topic. Registration required.

**\*SMART START BUSINESS BASICS**  
**Thursday, February 6 @ 5:00**  
 Register @ [www.ksbdc.org/Elizabethtown](http://www.ksbdc.org/Elizabethtown).

**\*FOCUS ON FINANCE**  
**Tues, February 18 @ 6:00**  
 Registration is required. If fewer than 5 register, the program will be cancelled. Please call the day of the program to confirm.

**\*ELDER LAW CLASS: TOPIC TBA**  
**Thursday, February 20 @ 4:00**  
 Check back for the topic. Registration required.

**BREASTFEEDING TRAINING**  
**Tuesday, February 11 @ 6:00**  
 Free breastfeeding training for members of the community, sponsored by the Lincoln Trail Health Dept.

**DROP-IN TECH LAB**  
**Friday, February 14, 10:00 - 11:00**  
 Drop by during this time for assistance with a document, email account, job application, etc.

**SUPPORT GROUP FOR FAMILIES OF CHILDREN WITH DISABILITIES**  
**Wednesday, February 19 @ 3:00**  
 Families and caregivers of people with special needs - any age, any disability - are encouraged to attend!

➤ **FUN AND GAMES** ◀

**BOARD GAMES FOR GROWNUPS**  
**MONDAY, FEBRUARY 3 @ 12:00**  
 A SELECTION OF GAMES WILL BE AVAILABLE, OR SHARE A GAME OF YOUR OWN. COME ALONE OR WITH A FRIEND! YOU'RE WELCOME TO BRING FOOD/DRINKS.

**BRIDGE CLUB**  
**THURSDAYS @ 12:00**  
 FOR PROFICIENT PLAYERS. SOME MAY NOT PLAY ALL HANDS.

**BINGO**  
**FRIDAY, FEBRUARY 7 @ 3:00**  
**COME FOR A CASUAL GAME TIME. WIN BOOKS!**

**ADAPTIVE YOGA**  
**Tuesdays @ 9:00**  
**Thursdays @ 10:00**  
 Come in comfortable clothing; bring a yoga mat if possible. This class is suitable for students at any level of ability or physicality.

**HEALTH & FITNESS**

**LOVE IS AN ACTION WORD**  
**Wednesday, February 5 @ 11:00**  
 Learn to love yourself so you can fully love another. This workshop will help you find the tools to produce confidence, purpose, and passion for life.

**INTUITIVE HEART MEDITATION**  
**Friday, February 14 @ 2:00**  
 Learn to meditate by focusing on your breathing. Develop trust in your own intuition to assist with decision making in your daily life.

**IMAGINE FIT**  
**Friday, February 21 @ 11:00**  
 Join Cheryl Love, Integrative Nutritional Life Coach, to discover motivating ways to change your life for the better.

**BOOK SWAP** **Wed., February 19**  
**4:30 - 5:00**  
 Exchange your unwanted books! Books should be only gently used (no mold, stains, tearing). Pick up an info sheet for specifics!

**Creative Corner**

**\*BEGINNING CROCHET**  
**Tuesdays, February 4 & 18 @ 9:00**  
 Register now - you will start a basic project with a loop & chain & a single crochet. Bring a size I 5.5 or J 6.0 hook & 4-ply yarn.

**BARD'S CORNER WRITERS GROUP**  
**Thursdays, February 6 & 20 @ 6:00**  
 Come to share, learn, and be encouraged in your writing!

**COLOR ME CALM**  
**February 7, 12, 21, 26 @ 2:00**  
 Coloring is shown to improve concentration & lower stress levels in adults!

**\*STAMPING WORKSHOP: NOTECARDS**  
**Monday, February 10 @ 1:00**  
 \$2 required at registration.

**\*CREATE: VALENTINE WALL ART**  
**Wednesday, February 12 @ 3:00**  
 It will feature a book page tree silhouette with dangling hearts. Registration required.

**\*ADVANCED CROCHET PROJECT**  
**Tuesday, February 25 @ 9:00**  
 Must have basic crochet skills. This project is basic to moderate difficulty level. Project & materials list TBA. Registration required.

**\*CANVAS PAINTING**  
**Wednesday, February 26 @ 1:00**  
 \$5 registration fee required (refunded upon class attendance). Bring your own canvas.

**\*KEEP CALM & CRAFT ON: ROLLED BOOK FLOWER**  
**Friday, February 28 @ 3:00**  
 You'll create a flower by rolling sections of a book and gluing to fashion petals. Registration required.