Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Adaptive Yoga (M) 9:00	5 Program Locations	6 Adaptive Yoga (M) 10:00 Bridge Club (M) 12:00	7 Loose Ends Crafts (M) 10:00
Board Games for Grownups (M) 12:00	Author William Matson: Crazy Horse: the Lakota Warrior's Life & Legacy (M) 5:00	(FL) Front Lobby	*Wills: Do I Really Need One? (M) 4:00  *Small Business Basics (L) 5:00	Color Me Calm (G) 2:00
	*Sugar Busters (L) 5:30		Bard's Corner (M) 6:00	Bingo (M) 3:00
10	11	12	13	14
*Harp Tasting (M)  ◆ Workshop @ 1:00  ◆ Performance @ 3:00	Adaptive Yoga (M) 9:00	Color Me Calm (G) 2:00	Adaptive Yoga (M) 10:00	La Leche League (M) 10:00
	Mystery Club (M) 3:00	*Create: Seasonal Pennant Banner (м) 3:00	Bridge Club (M) 12:00	Intuitive Heart Meditation (L) 2:00  *Succulent Diffuser (M) 4:00
17	18	19	20	21
			Adaptive Yoga (M) 10:00	
Essential Oils (M) 11:00	Adaptive Yoga (M) 9:00	Support Group: Families of Children with Special Needs	Bridge Club (M) 12:00	Books & Brew (G) 10:30
Monday Matinee (M) 3:00	*Focus on Finance (M) 6:00	(M) 3:00	*Saving the Family Farm (M) 4:00	Color Me Calm (G) 2:00
			Bard's Corner (M) 6:00	
24	25	26	27 Adaptive Yoga (M) 10:00	28
*Cooking through the Calendar (M) 11:00 (register by Fri., June 21)	Adaptive Yoga (M) 9:00 In per	*Canvas Painting (M) 1:00 In person registration required; \$5 registration fee (refunded upon class	Bridge Club (M) 12:00	Friday Flicks (M) 11:00
	Greater Woman Club (M) 6:00	attendance; otherwise nonrefundable). Bring a canvas, any size.	*Your Body Knows Best (L) 5:30	*Acrylic Peacock (M) 2:00
		Color Me Calm (G) 2:00	Evening Book Club (M) 6:30	Bring a 16x20 canvas.



**COMING IN JULY!** 

ADULT SUMMER READING PROGRAM

Pickup

an activity sheet in July. Weekly drawings—books, tshirts, gift certificates!

Monday MATINEE ☆

Monday, June 17 @ 3:00

The Good Stars

2017 (G) 88 min.

### FUN AND GAMES

BOARD GAMES FOR GROWNUPS MONDAY, JUNE 3 @ 12:00

A SELECTION OF GAMES WILL BE AVAILABLE, OR SHARE A GAME OF YOUR OWN. YOU'RE WELCOME TO BRING FOOD + DRINKS.

### BRIDGE CLUB: THURSDAYS @ 12:00

FOR PROFICIENT PLAYERS.
DEPENDING ON # PLAYERS, SOME
MAY NOT PLAY ALL MANDS.

BİNGO: FRIDAY, JUNE 7 @ 3:00

COME FOR A CASUAL GAME TIME. WIN BOOKS!

### Adult Education

### LA LECHE LEAGUE

Friday, May 14 @ 10:00

Free Breastfeeding Support! Meet other breastfeeding mothers and babies at our informal monthly meetings. Trained leaders can help with any breastfeeding issues you may have. Breastfeeding mothers, babies, toddlers, and mothers-to-be are welcome!

# SUPPORT GROUP FOR FAMILIES OF CHILDREN WITH SPECIAL NEEDS Wednesday, June 19 @ 3:00

Tia Hill will facilitate this new support group. Families and caregivers of people with special needs - any age, any disability - are encouraged to attend!

### AUTHOR VISIT: WILLIAM MATSON Tuesday, June 4 @ 5:00

The Lakota Warrior's Life & Legacy THERMAD CONSTANTION WILLIAM IN MATSON

Please join us as William Matson shares his book, Crazy Horse: The Lakota Warrior's Life & Legacy, which is based on the Crazy Horse family's oral history.

#### **ADAPTIVE YOGA**

Tues: 9:00; Thurs: 10:00

Come in comfortable clothing; bring a yoga mat if possible. This class FITNESS Is suitable for students at any level of ability or physicality.

### \*SUGAR BUSTERS

Tuesday, June 4 @ 5:30

How to rid yourself of the "sugar monster" - it's all about education! Registration required: limit 12.

# INTUITIVE HEART MEDITATION Friday, June 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.

### \*SUCCULENT DIFFUSERS Friday, June 14 @ 4:00

Join us to make your own succulent diffuser using live, drought tolerant plants combined with all natural plant essential oils to bring beauty and fragrance to any space!
Registration required.

### GREATER WOMAN CLUB

Tuesday, June 25 @ 6:00

Have a passion for understanding more about personal strengths? This group encourages women to move from good to great!

### **\*YOUR BODY KNOWS BEST**

Thursday, June 27 @ 5:30

The "Steps Toward Intuitive Eating" series continues. Learn to listen to and manage your body's hunger and cravings. Reg. required: limit 12.



## \*SMALL BUSINESS BASICS

Business & Finance

Thurs., Apr. 6 @ 5:00

Register @ www.ksbdc.org/Elizabethtown.

### **\*WILLS: DO I REALLY NEED ONE?**

Thursday, June 6 @ 4:00

Dying without a will allows the state to decide who inherits! Your will allows you to control how your estate is handled when you no longer have a voice. Register @ 270-769-4618.

### \*FOCUS ON FINANCE

Tuesday, June 18 @ 6:00

Registration is required @ 270-723-2225. Notifications of class cancellation will come through a representative of the class's instructor.

### **\*SAVING THE FAMILY FARM**

Thursday, June 20 @ 4:00

Join us to learn pre-planning tips to protect a lifetime of work and savings from probate, will contests, long-term care costs, as well as some of the more common unintended consequences. Register @ 270-769-4618.

➤ Home & Garden <

ESSENTIAL OILS: Monday, June 17 @ 11:00

\*COOKING THRU THE CALENDAR Monday, June 24 @ 11:00

Hawaiian Pizza. \*Register by Fri., June 21.

June 21 @ 10:30

Looking for some BOOKS & reading ideas?
Relax with a hot beverage,
connect & share a love of reading.



### BARD'S CORNER WRITERS GROUP Thursdays, June 6 & 20 @ 6:00

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

#### **LOOSE ENDS CRAFTS**

Friday, June 7, 10:00 - 1:00

Come enjoy supportive comradery and a quiet environment in which to finish any incomplete projects! Open to all.

#### **COLOR ME CALM**

June 7, 12, 21, 26 @ 2:00

Coloring is shown to improve concentration & lower stress levels in adults!

# \*CREATE: SEASONAL PENNANT BANNER Wednesday, June 12 @ 3:00

We'll string together and embellish pennants to create a seasonal decoration.

Registration required.

### \*CANVAS PAINTING

Wednesday, June 26 @ 1:00

\$5 registration fee required (refunded upon class attendance). Bring your own canvas.

### \*ACRYLIC PEACOCK Friday, June 28 @ 2:00

Paint your very own beautiful peacock w/acrylics. Beginners welcome! Registration required; bring your own canvas – 16x20.

MYSTERY BOOK CLUB Tuesday, June 11 @ 3:00

Sweetness at the Bottom of the Pie

by Alan Bradley

EVENING BOOK CLUB

Thursday, June 27 @ 6:30

A Tree Grows in Brooklyn

by Betty Smith