Regularly Scheduled Programs:

- **Monday Morning Yoga** - Start your week off right with a beginner yoga session! A collaboration with Faulkner County Library and Sotaira Morrigan, MMT, CYT of Sacred Balance: Massage & Yoga Therapies. Designed for beginner or advanced students. Mats and forms are available but you are encouraged to bring your own. Must sign in at each class.
- **ESL w/Literacy Action** - ¿Quieres aprender o practicar inglés? Únase a nosotros todos los lunes a las 7 pm. Para más información, envíenos un mensaje a lauralatch@literacyactionar.org o llamar 501-329-7323.
- **Conway League of Artists** - Conway League of Artists is an art organization that strives to provide opportunities and visibility to artists in Conway and the surrounding areas. For those interested, the Conway League of Artists holds monthly meetings on the 2nd Monday of each month at 6 pm.
- **Friends of the Library** - Join the Friends the first Tuesday of every month at 10 am to help support the library and staff!
- **Yarnaholics** - Knitting, crochet, cross stitch, or even non-thread based crafting are all welcome! Materials are not provided. All skill levels are welcome!
- **Tai Chi** - Taught by a certified instructor. Classes are free and no pre-registration required, must sign in at class. Every Wednesday @ 1 pm. All skill levels welcome.
- **Yoga for Aging Better** - Join yoga instructor and local author and UCA instructor, Ruby, for a yoga session for helping our bodies age better. Must sign in at each class.
- **2nd Thursday Book Club** - This month we're discussing A Gentleman in Moscow by Amor Towles. Books are provided through the Arkansas State Library's program for book clubs. Next month's book to read is *Sing, Unburied, Sing* by Jesmyn Ward.

Art Thursdays with CLA - Conway League of Artists will be offering community art programs on the 1st and 4th Thursdays of each month! (5th Thursdays where applicable) Join one of our local art organizations for some art fun at the library! All supplies are provided at no cost to attendees. Intended for ages 16 and up.

Coffee & Conversations - Join Conway League of Artists on the 3rd Thursday of each month for coffee and conversations about art! All are welcome to join.

Bridge - Like playing Bridge or want to learn? Join a group of Bridge players every Thursday at Noon down near the stage.

Yoga for Adults - Designed for beginner or advanced students to feel welcome. Mats and forms are available but you are encouraged to bring your own. Must sign in at each class.

Adult Writing Group - Join Fellowship of Conway Literati on the third Thursday of each month at 7 pm for a writing workshop with fellow authors! This group is intended for ages 18 and up and takes place after hours in Program Space 2.

Dungeons & Dragons - You can play D&D 5E at the library! Every Friday from 4 pm to 7 pm. All materials provided. Intended for ages 16 and up.

Writer's Room - Join other local authors and work on your pieces! 2nd and 4th Friday of each month at 5 pm in Program Space 1. This group is intended for ages 16 and up.

Special Programs and Summer Reading Programs:

- **Summer Reading Kick-Off** - Adventure begins at your library! Join us for free activities, summer reading bags, a princess, frozen custard from Andy's, the Balloon-Man, and more!
- **Lactation @ the Library** - Join Cassandra Bailey-Tackett, CLC, Breastfeeding Peer Counselor, and other breastfeeding moms for a monthly gathering to help support breastfeeding in our community. Registration is not required. The group will meet in the Children's Room area.
- **Flexibility & Balance: Summer Dance Workshop for Adults** - Meets Monday evenings in June for 4 weeks. Advance registration required. This dance summer workshop is for ages 18 and older. Attendees will work on improving core muscles and balance as well as gaining flexibility. Students should wear dance/athletic attire that is good for movement.
- **Intro to White Belt: Summer Martial Arts Workshop for Adults** - Learn some basic White Belt level Taekwondo here at the library for FREE! Classes are for patrons ages 16 and up. Space is limited to 10 students and registration is required. Visit fcl.libnet.info/events for more information and to register to attend.
- **Kajune2 Movies & Crafts** - Kajune is back! Join us every Friday at 5:00 pm for a different Kajune film. Films will be shown down at the stage and different craft activities will be provided. Attendees under the age of 18 should be accompanied by an adult. Visit fcl.libnet.info/events for the list of films being shown.
- **Credit Basics and Repair** - FREE Financial Literacy class all about the basics of credit and how to repair damaged credit. In partnership with Arkansas Asset Builders. Registration is requested, visit fcl.libnet.info/events for more information and to register. Light refreshments will be provided.
- **Let's Meditate (w/brunch)** - We're thrilled to offer guided meditation sessions at the library with Community Creative, LLC! Join us for an easy Sunday morning at 10:00 am with a light brunch before participating in a meditation session. This event is family friendly. Please feel free to bring your own food.
- **Brunch & Learn w/Alzheimer's Arkansas** - Join Alzheimer's Arkansas for a monthly meeting to learn about different issues facing caregivers and professionals. Held the 2nd Wednesday of each month at 10:30 am in Program Space 1. Visit alzark.org for more information about Alzheimer's Arkansas and this event.
- **Community Cookout** - Join us for a cookout in the library garden! Enjoy outdoor games and activities, a StoryWalk™, and fun with the library community. Our June cookout will feature a drum circle from Community Creative.
- **Let's Meditate** - Participate in self-care after work and join us at 6:00 pm for a guided meditation session with Jaimee from Community Creative, LLC and stay for yoga at 7 pm.

**Author Talk: Jay Ruud, "Treasure of Sherwood"** - Dr. Jay Ruud is back with the third book in his Robin Hood Mysteries, Treasure of Sherwood! Join us for an afternoon of mystery with Robin Hood in the Sherwood Forest. Doors will open at 2:00 pm and readings will start at 2:30 pm. Light refreshments will be provided.

**Good Day Pottery** - Be sure to mark your calendars for Monday, June 24th! From 2:00 pm to 5:00 pm Good Day Pottery will be here with a selection of functional pieces for you to paint! FOR FREE! Functional pieces will include items such as small vases, saucers, ring plates, etc. This event is for ages 16 and up. All supplies will be provided at no cost to attendees. Advanced registration is required. Please visit fcl.libnet.info/events to register.

**Wiser Wednesday** - Arkansas Aging Wiser brings monthly workshops to help Arkansans with education and resources for getting older such as Social Security, Geriatric mental health, Dietician/diabetes management, Medicare, Retirement finances, Dementia awareness, senior caregiver support, etc.