Regularly Scheduled Programs:

- **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 at 10:30 am. This event is family friendly. Please feel free to bring your own food.

- **Monday Morning Yoga** - Start your week off right with a beginner yoga session! A collaboration with Faulkner County Library and Sotaire 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.

- **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.

- **ESL w/Literacy Action** - ¿Quieres aprender o practicar inglés? Únase a nosotros todos los lunes a las 7:00 pm. Para más información, envíenos un mensaje a lauralatch@literacyactionar.org o llamar 501-329-7323.

- **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.

- **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.

- **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.

- **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.

- **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.

- **2nd Thursday Book Club** - This month we’re discussing *All The Light We Cannot See* by Anthony Doerr. Books are provided through the AR State Library’s program for book clubs.

- **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.

- **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.

- **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.

- **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.

- **Conway Art Walk** - Catch the Library in Downtown Conway the first Friday of each month for Conway ArtWalk! Join us for family friendly activities in the Creative Cove.

- **Financial Literacy Workshop: Navigating Debt** - Arkansas Asset Builders offers a FREE Financial Literacy course on the second Saturday of each month at 3:00 pm. Learn the best practices for navigating different kinds of debt. Registration is requested, visit fcl.libnet.info/events for more information and to register. Light refreshments will be provided.

Special Programs:

- **Community Cookout** - Join us for a cookout in the library garden! Enjoy outdoor games and activities, a StoryWalk™, and fun with the library community.