

Regularly Scheduled Programs:

- **Adult Continuing Education Coalition** - A study and work space for adults to build community while pursuing continued education. Anyone pursuing education of any form is invited to participate! Every Monday from 11:00 am to 1:00 pm in Program Space 1 unless otherwise noted. Visit fcl.libnet.info/events for more information.
- **Yarnaholics** - Knitting, crochet, cross stitch, or even non-thread based crafting, are all welcome! Materials are not provided. All skill levels are welcome! Every Tuesday, 3:30 pm to 6:30 pm.
- **Watercolor Wednesday** - Conway League of Artists will be offering community art programs on the 1st and 3rd Wednesday of each month at 9:00 am! Join one of our local art organizations for some creative fun at the library! Bring your own project to work on or use some of the supplies provided at no cost to attendees.
- **Brunch & Learn** - Join Alzheimer's Arkansas and Arkansas Aging Wiser for a monthly meeting to learn about different issues facing clients, caregivers, and professionals. Held the 2nd Wednesday of each month at 10:30 am in Program Space 1 unless otherwise noted. Light refreshments are provided.
- **Tai Chi** - This is a community group practicing Tai Chi for Health movements. Sessions are free and no pre-registration required; participants must sign in at each class. Every Wednesday at 1:00 pm. These sessions are not led by a teacher and are intended for all skill levels.
- **Yoga for Aging Better** - Join yoga instructor and local author and instructor, Ruby, for a yoga session for helping our bodies age better. Participants must sign in at each class. Every Wednesday at 3:00 pm. Mats, straps, and forms are available but you are encouraged to bring your own.
- **2nd Thursday Book Club** - This month we're discussing *The Underground Railroad* by Colson Whitehead. Books are provided through the Arkansas State Library's program for book clubs. Light refreshments are provided at each book club meeting. Visit fcl.libnet.info/events for more information about the titles for each month.
- **Senior Networking** - Alzheimer's Arkansas is hosting a monthly Senior Networking meeting or professionals working with senior citizens! Held the 3rd Thursday of every month at 11:30 am. Please contact Alzheimer's Arkansas at alzark.org for more information.
- **Bridge** - Interested in playing or learning to play Bridge? Join our Bridge group on Thursdays at Noon down in the AR Room area.
- **Chair Yoga** - We now offer Chair Yoga. Chair yoga is modified to be gentle for bodies of all abilities. Forms and straps are provided, but please feel free to bring your own. Participants must sign in at each class. This is a FREE yoga session and is intended for ages 16 and up.
- **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. This session meets every Thursday at 7:00 pm in Program Space 1 unless otherwise noted. Participants must sign in at each class.
- **Adult Writing Group** - Join Fellowship of Conway Literati on the third Thursday of each month at 7:00 pm for a writing workshop with fellow authors! This group is intended for ages 18 and up and is typically held in Program Space 2. Keep up with workshop options and fellow writers by joining their Facebook group!
- **Let's Learn Together: Español** - Every Friday at 2:30 pm join a community of individuals who want to be better Spanish speakers! Let's help each other learn and improve our language skills! This is a self-paced group intended to hone conversational skills and provide practice opportunities.
- **Dungeons & Dragons** - You can play D&D 5E at the library! Every Friday from 4:00 pm to 7:00 pm. All materials provided. Intended for ages 16 and up.
- **Food Distribution with Arkansas Community Advocates** - If you need food, come to the west side of the library at 7:00 pm on Sunday evenings (starting June 8th). No requirements!

Support Groups:

- **Chronic Pain Support Group** - Tuesdays at 7:00 pm! Join a community support group with the American Chronic Pain Association. Visit acpanow.com for more information
- **NEW! Hope & Healing: a suicide bereavement support group** - This group offers a compassionate space to share your story, connect with others, and begin healing after the loss of a loved one to suicide. Provided by The Mandy Foundation. Contact Joshua Sisco at (501) 226-6187 or joshuasisco@themandyfoundation.org or visit www.themandyfoundation.org for more information.
- **Alzheimer's Support Group** - Alzheimer's Arkansas provides a support group for those living with or caring for someone who lives with Alzheimer's and other dementia types. Group meetings are the last Wednesday of the month at 10:30 am. Visit alzark.org for more information.

Special Programs:

- **Medicare 101** - Join us for an educational seminar on Medicare from Seniors Benefit, part of the Medicare Education Network. Free and open to the public! Registration is not required.
- **FAFSA Workshop** - Graduating seniors and skip-year non-trads, this workshop is for you! Get help filling out your FAFSA paperwork and your college applications but game style with rewards for beating levels! Entry to win a gift card for participating in the workshop. Please bring your own laptop/tablet if possible, limited devices will be available to borrow.
- **Community Cookout & Messy Art** - FREE FOOD AND MESSY ART! We'll have beef hot dogs, the standard fixin's, chips, drinks, and messy art activities. All free and all for the whole family, including the cousins. Community cookouts will be every 2nd Saturday, June through August, 11:00 am to 1:00 pm. No registration is required and everyone is encouraged to attend.
- **Establishing Credit** - Arkansas Asset Builders provides a FREE financial literacy seminar on the 2nd Saturday of each month at 1:00 pm. Make plans to attend our summer credit series covering information on credit from the basics to establishing to repair. Registration is requested, please visit arkansasassetbuilders.org/events for more information and to register.
- **Playwright Workshop w/The Lantern** - Join The Lantern Theatre and local playwrights for a community workshop! The first 30 minutes will be spent reading the selected work(s) for the month followed by feedback and questions. This event is free and open to the public. Please visit fcl.libnet.info/events for more information.
- **Beginner Line Dancing** - Enjoy a pop-up session with Rowdy Roundabout Line Dancing! FOR FREE! Brush off those dusty boots and learn some new moves with us from 7:00 pm to 8:00 ish and then stay for an hour of social dance on Friday, July 18th. No registration is required. This event is intended for ages 16 and up. Music may contain thematic elements and language not suited for children.
- **Core Values Workshop** - Learn how to identify your core values and put them into action in your day-to-day life with Kevin and Hannah from Align Counseling & Wellness. For more information and to register for this FREE workshop, please visit fcl.libnet.info/events.