

### 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](https://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.
- **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 Hate U Give* by Angie Thomas. *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](https://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](http://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** - 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 6:30 pm. All materials provided. Intended for ages 16 and up.
- **Free Food Distribution** - If you need food, come to the west side of the library at 7:00 pm on Sunday evenings. No judgements and no requirements! \*\*The last Sunday Food Distribution will be held at different locations in low-income areas to help ease the burden of transportation. Check AR Community Advocates FB page for locations! Thank you to AR Community Advocates and Soup Stone Collective and their other community partners for providing this service to our neighbors.

### 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](http://acpanow.com) 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](http://alzark.org) for more information.

### Special Programs:

- **AR Single Parent Scholarship Fund** - ASPSF will be onsite in the library lobby from 10:00 am to 4:00 pm on Friday, August 1st! Learn about the different scholarships, support services, and volunteer opportunities available to single parents pursuing higher education across Arkansas. For more information about ASPSF, please visit <https://www.aspsf.org/>
- **Watercolor Wednesday** - Conway League of Artists will be offering community art programs on the 1st and 3rd Wednesday of August 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.
- **Blood Drive & CAFTA Fundraiser** - For every blood donation made through the Conway Alliance for the Arts link, Donable® Cares will donate up to \$100 to their mission! If you're a first-time donor, it's \$100, and all other donations raise \$15 each. Make a difference with us and schedule your blood donation now: <https://bit.ly/caftacares>, <https://fcl.libnet.info/event/14223034>, or scan the QR code.
- **Dungeons & Dragons Wednesday Adventures** - Can't make it on Fridays? We've added a second group so you can play D&D 5E at the library! Intended for ages 16 and up.
- **ESS Hiring Event** - Looking for work? ESS supports the local school districts by providing substitute teachers, paraprofessionals, and aids. Find ESS in our lobby and start the application process for working the educational field! For more information about ESS and employment opportunities: <https://ess.com/>
- **Messtival & Community Cookout** - FREE FOOD AND MESSY ART! We'll have beef hot dogs from The HotDog Joint, LLC, the standard fixin's, chips, drinks, and messy art activities. We'll also have a visiting mermaid, a Big Poppa Bubble foam party, frozen treats and more! All free and all for the whole family, including the cousins. Join us to celebrate the end of summer on August 9, 11:00 am to 1:00 pm.
- **Credit Building & Repair** - 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](http://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](https://fcl.libnet.info/events) for more information.
- **Drawing Class** - Learn different drawing techniques from members of Conway League of Artists! Drawing classes will be Fridays at 10:30 am on 8/22, 8/29, 9/5, and 9/12 in Program Space 1. Limited supplies will be available but you are encouraged to bring your own if you have them.
- **Digital Deception** - Protect yourself from the latest phishing and smishing scams by learning how you're being targeted in this FREE workshop with Acxiom and Arkansas Asset Builders.
- **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 8:30 ish and then stay for an hour of social dance. No registration is required. This event is intended for ages 16 and up. Music may contain thematic elements and language not suited for children.
- **Grounding in the Garden** - Enjoy a slow morning exploring intentional moments in the library garden with Faulkner County Urban Farm Project! Grounding is more than a physical act, it's a return, an exchange with Mother Earth. Come experience what all this means and more in a guided session!