

Weekly Programs:

- **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-6:30 pm.
- **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
- **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 to follow along with a Tai Chi for Health DVD.**
- **Yoga for Aging Better** - Join Ruby for a session to help our bodies age better. Participants must sign in at each class. Mats, straps, and forms are available to borrow if needed.
- **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.
- **Yoga for Adults** - Designed for beginner or advanced students to feel welcome. Mats and forms are available to borrow if needed. Participants must sign in at each class.
- **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! There is no instructor; this is a self-paced group intended to hone conversational skills and provide practice opportunities.
- **Dungeons & Dragons (D&D)** - You can play D&D 5E at the library! Every Friday at Noon or 4:00 pm, please only attend one of the sessions. All materials provided. Intended for ages 16 and up.

Monthly Programs:

- **Community Chess Club** - Are you a chess enthusiast? Want to learn? This group is for you! Join fellow community chess enthusiasts on scheduled Saturday afternoons down at the stage area.
- **Caregiver 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. Light refreshments are provided. For more information or to get involved, please contact AR Aging Wiser on Facebook.
- **Neurodivergent Community Support Group** - A community support group and gathering to help autistic, adhd, or otherwise neurodiverse adults connect with peers. Julianne Smith, LPC with Weird and Well Counseling will begin offering a general support group/community gathering on the 2nd & 4th Wednesday of the month at 5:30 pm right here at the library.
- **2nd Thursday Book Club** - This month we're discussing *All the Beauty in the World* by Patrick Bringle. Books are provided through the Arkansas State Library's program for book clubs. Light refreshments are provided. Next month's book is *The Handmaid's Tale* by Margaret Atwood. Visit fcl.libnet.info/events for more information about the titles for each month.
- **Coffeehouse Concert Series** - Join us for the next Coffeehouse Concert at 7:00 pm down at the stage! May's concert will feature local duo Howard & Skye, with Conway native Jeff Clanton opening the evening. Light refreshments will be provided. Suggested donations of \$10 will go to Conway Animal Welfare Support. For more information, please visit fcl.libnet.info/event/16063507
- **Coffee & Conversation with CLA** - Join Conway League of Artists on the 3rd Thursday for coffee and conversations about art! All are welcome to join. (Please bring your own coffee!)
- **Senior Networking** - Alzheimer's Arkansas is hosting a monthly Senior Networking meeting for 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.
- **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.
- **NEW! Open Mic Night** - You're invited to hang out after-hours on the fourth Thursday and enjoy local talent and aspiring artists. Open Mic Night is run by local duo, Howard & Skye, and all genres are welcome. Live music only, no recorded tracks. Performers, please keep content appropriate for a public venue. Light refreshments will be provided at no cost to attendees. Intended for ages 16 and up.
- **Playwright Group with The Lantern Theatre** - 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 check the Lantern's Facebook page for information about this month's selected work.

Special & Seasonal Programs:

- **Pop-Up Art Studio for Adults with Brush & Blossom** - Come paint an adorable mushroom house with a ladybug led by Mary Jones of Brush & Blossom, LLC! Join us for a step-by-step painting class with all supplies provided at no cost to attendees. Canvases are 11x14 and have a traced on design. Space is limited to 20 spots, ages 16 and up, and seats will be filled first come, first served!
- **Beginner Line Dancing w/Rowdy Roundabout** - Whether you're a complete newbie or a seasoned dancer, you're invited to join us for free line dance lessons at the library! This event is free and open to the public. Line Dancing at the Library is intended for ages 16 and up. Songs used may contain lyrics or subjects not suitable for children. Upcoming dates: July 24th, and August 7th.
- **NEW! Guided Meditation** - Join The Twins, Allison and Emily, as they kick off bringing meditation sessions back to the library! Guided Meditation will be at 11:00 am on the first Saturday of each month out in the library garden. *July's session will be held the second Saturday due to Independence Day.
- **America 250: Military Nursing History** - Learn about the historical importance of military healthcare professionals with retired military nurse, Dr. Linda Smith. Join us for an exciting, colorfully graphic portrayal of the role military medicine and professional nurses have played during times of war and conflict. This event is free and intended for ages 12 and up.
- **America 250: TED Democracy Live** - We're proud to host a livestream of TED Democracy Philadelphia: Founding Futures! Join us for big ideas, thoughtful conversation and a shared civic moment. This symposium features 15+ brand-new TED Talks focused on the evolution and future of democracy, streaming live from Philadelphia during America's 250th anniversary.
- **Vida Sana Arkansas** - Aprender juntos. Conectarse con recursos locales. Apoyar el bienestar y crecimiento familiar. Ser parte de una comunidad más fuerte con herramientas necesarias para fortalecer nuestras familias! Estamos muy emocionados de ayudar y seguir creciendo nuestra comunidad juntos! Se requiere registro para participar - form.jotform.com/260678616722060
- **NEW! Rock of Pages: an after hours jam session** - Want to connect with fellow local musicians? Head on down the stage area for a gathering of musical souls and enjoy rocking out the library after hours. All genres and instruments are welcome! This jam session is intended for ages 16 and up.
- **Puzzle Swap** - Bring a puzzle to hand-off and take a new-to-you puzzle home! No puzzles to swap? No worries, come anyway! Please limit your puzzle haul to 2-3 puzzles per individual and 4-5 puzzles per family so that everyone can go home with new-to-them puzzles. No guarantee that all pieces are present!
- **Blood Drive** - We have 31 appointments to fill and each of these appointments represents up to 3 lives that will be saved! Walk-ins are always welcome, but appointments are honored first. Scan the QR code on the front or visit www.yourbloodinstitute.org/donor/schedules/drive_schedule/684558/ to make an appointment.
- **Community Cookout** - Celebrate summer at the library with food & fun! We'll have freshly cooked hotdogs and a variety of outdoor activities and games for all to enjoy. Everyone is invited to this party!
- **Writing Workshop** - Retired UCA professor Scott Lewis and internationally published author Glen Popiel will be leading another community writing workshop! Sessions will be at 10:00 am on scheduled Tuesdays from June 23rd through July 28th. All genres and skill levels are welcome! Intended for ages 16 and up. Patrons are encouraged to attend as many of the sessions as they can.