

# PROGRAMMING AND EVENTS: ADULTS

# MARCH 2023

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<p><b>HOURS</b> Monday - Friday 9:00 a.m. - 7:00 p.m. Saturday: 10:00 a.m. - 4:00 p.m. Sunday: Closed</p>	<p>509 Cherry St Jamestown NY  (716) 484-7135  prendergastlibrary.org</p>	<p>Depression and Anxiety Support Group: 11-12:00* CCE Nutrition Table: 11-12:00* Creative Writing Group: 3:00-4:30* BOCES HSE/GED Class: 4:00-7:00*</p>	<p>Crafting &amp; Community: 2 5:00-7:00 Drop in for knitting and crocheting, or bring your own craft</p>	<p>Coloring Creative: All day 3 Genealogy Workshop: 2:00-4:00 Movie Night for adults: 4:30-6:00 His Girl Friday</p>	<p>Saturday Crafting: 4 1:30-3:30 Make an Art Journal</p>
<p><b>Half-off Booksale! Thurs - Sat</b> </p>					
<p>5 Recovery through Creativity Support Group: 11-12:00*  BOCES HSE/GED Class: 4:00-7:00* Intro to Excel Computer Class: 5:30-6:30</p>	<p>6 8 Dimensions of Wellness Support Group: 9-10:00* Addiction and Recovery Support Group: 1:00-2:00* BOCES HSE/GED Class 4:00-7:00*</p>	<p>7 Depression and Anxiety Support Group: 11-12:00* Creative Writing Group: 3:00-4:30* BOCES HSE/GED Class: 4-7:00* Books and Brews Book Club 5:30-6:30 </p>	<p>8 Crafting &amp; Community: 5:00-7:00 Make an Art Journal</p>	<p>9 Coloring Creative in front lobby: All day Genealogy Workshop: 2:00-4:00</p>	<p>10 11</p>
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<p>26 Recovery through Creativity Support Group: 11-12:00*  BOCES HSE/GED Class 4:00-7:00*</p>	<p>27 8 Dimensions of Wellness Support Group: 9-10:00* Addiction and Recovery Support Group: 1:00-2:00* BOCES HSE/GED Class 4:00-7:00*</p>	<p>28 Depression and Anxiety Support Group: 11-12:00* Creative Writing Group: 3:00-4:30* BOCES HSE/GED Class: 4:00-7:00*</p>	<p>29 Jamestown Public Market: 5:00-7:00 Transforming Food Waste  Crafting &amp; Community: 5:00-7:00 Drop in for knitting and crocheting, or bring your own craft</p>	<p>30 Coloring Creative in front lobby: All day Genealogy Workshop: 2:00-4:00</p>	<p>31 Follow us on Facebook!  facebook.com/prendergastlibrary</p>

\*Signifies programs that are developed and run by external community organizations or individuals

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# MARCH 2023

## Crafting & Community

Thursdays 5:00-7:00

**NEW! First Saturday 1:30-3:30**

Join us each Thursday evening, and on the first Saturday of the month, for crafting in a fun social environment for adults of all skill levels! Please note: due to limited supplies, this program is for adult participants only.

On the 2nd and 4th Thursday, and the 1st Saturday each month, our staff will lead a guided craft, with all supplies provided. See our calendar for details on each month's projects.

On the 1st and 3rd Thursdays each month, drop in for knitting, crocheting, or bring your own project to work on.

## Support Groups with Recovery Options Made Easy

Meet for discussion in a supportive group setting in these programs run by Recovery Options Made Easy:

### Mondays at 11:00: Recovery Through Creativity

This group explores recovery with creative activities including meditation and a drum circle. Meets in the Fireplace Room.

### Tuesdays at 9:00: 8 Dimensions of Wellness

This group discusses emotional, physical, occupational, financial, social wellness, and more. Meets in the Conference Room.

### Tuesdays at 1:00: Addiction and Recovery

Participants can share their experiences, progress, challenges, and goals related to addiction and the path of recovery. Meets in the Conference Room.

### Wednesdays at 11:00: Depression and Anxiety

Discuss challenges and techniques to overcome challenges with depression and anxiety. Meets in the Conference Room.

## Transforming Food Waste

with Jamestown Public Market

Thursday 3/30 5:00-7:00

In this class we will explore how we can utilize parts of fruits and vegetables we usually think to throw away, from carrot tops to potato skins. We will also discuss ways to reduce food waste, be it in the kitchen or compost.

There is no registration for this free event.

This program is part of the 2023 Murray L. Bob Community Education Initiative.

## NEW! Books and Brews: Library Book Club @ Brazil Wednesday 3/8 5:30-6:30

The library is excited to offer a monthly book club for adults. This library program will meet at Brazil (10 E. 4th St, Jamestown).

Each month we'll read a novel and then gather to talk about the book in a fun, casual atmosphere, with discussion led by library staff. March's book is "My Sister, the Serial Killer"

## Computer Class: Intro to Excel

Monday 3/6 5:30-6:30

Learn the basics of this essential Microsoft program, including navigating the menu bar, entering data, and formatting a document. Beginners welcome! Optional registration; drop-ins welcome.

1-on-1 Tech Help is also available by appointment. Stop by the Information Desk or call (716) 484-7135 ext. 226 to make an appointment.

## Visible Mending

with Pearl City Clayhouse

Tuesday 3/14 5:00-7:00

Learn Boro-inspired patching to prolong the life of your clothes. Some fabric scraps will be provided, and attendees are welcome to bring their favorites from home.

Registration is required for this free program, as spots are limited. To register, call (716) 484-7135 Ext. 226.

This program is part of the 2023 Murray L. Bob Community Education Initiative.

## Genealogy Workshop: Fridays 2:00-4:00 **\*\*New day and time\*\***

This monthly workshop is for genealogy newbies all the way to experts! Learn how to navigate databases like Ancestry.com and Heritage Quest.

## First Fridays Movie Night Friday 3/3 4:30-6:00 "His Girl Friday" (PG)

On the first Friday of each month, we'll screen a movie for adults in the Fireplace Room. Selected films will feature a variety of genres.

## CCE Nutrition Program

Wednesday 3/1 and 3/15 11:00-12:00

Stop by the front lobby to explore tasty, healthy recipes at this drop-in program with Cornell Cooperative Extension. Learn about budget-savvy cooking tips and ideas for healthy cooking at home.