




# PROGRAMMING AND EVENTS: ADULTS

# APRIL 2023

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**SUN**                      **MON**                      **TUE**                      **WED**                      **THU**                      **FRI**                      **SAT**

<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><b>PrendergastLibrary</b> Focusing on Your Future.</p>	<p>Follow us on Facebook!    facebook.com/ prendergastlibrary</p>	 <p><b>Booksale Event: DVD Sale!</b> 4/17 - 4/29 All DVDs \$2</p>	<p>Saturday Crafting: <sup>1</sup> 1:30-3:30 Spindle Spinning Yarn</p>
<p><sup>2</sup> Recovery through Creativity Support Group: 11-12:00*  BOCES HSE/GED Class: 4:00-7:00*  Online Privacy and Security Computer Class: 5:30-6:30</p>	<p><sup>3</sup> 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><sup>4</sup> CCE Nutrition Table: 11-12:00* Depression and Anxiety Support Group: 11-12:00* SNAP Info Table: 1-3:00 Creative Writing Group: 3-4:30* BOCES HSE/GED Class: 4-7*</p>	<p><sup>5</sup> Crafting &amp; Community: 5:00-7:00 Drop in for knitting and crocheting, or bring your own craft</p>	<p><sup>6</sup> Coloring Creative in front lobby: All day  Genealogy Workshop: 2:00-4:00  Movie Night for adults: 4:30-6:15 O Brother, Where Art Thou?</p>	<p><sup>7</sup>                      <sup>8</sup></p>
<p><sup>9</sup> Recovery through Creativity Support Group: 11-12:00*  BOCES HSE/GED Class 4:00-7:00*</p>	<p><sup>10</sup> 8 Dimensions of Wellness Support Group: 9-10:00*  Addiction and Recovery Support Group: 1:00-2:00*  BOCES HSE/GED 4:00-7:00*</p>	<p><sup>11</sup> CCE Nutrition Table: 11-12:00* Depression and Anxiety Support Group: 11-12:00* Creative Writing Group: 3-4:30* BOCES HSE/GED Class: 4-7* Books and Brews Book Club 5:30-6:30</p>	<p><sup>12</sup> Crafting &amp; Community: 5:00-7:00 Clay Pinch Pots</p>	<p><sup>13</sup> Coloring Creative in front lobby: All day  Genealogy Workshop: 2:00-4:00</p>	<p><sup>14</sup>                      <sup>15</sup></p>
<p><sup>16</sup> Recovery through Creativity Support Group: 11-12:00*  BOCES HSE/GED Class 4:00-7:00*</p>	<p><sup>17</sup> 8 Dimensions of Wellness: 9-10:00*  Addiction and Recovery Support Group: 1:00-2:00*  BOCES HSE/GED Class 4:00-7:00*</p>	<p><sup>18</sup> Depression and Anxiety Support Group: 11-12:00* SNAP Info Table: 1-3:00 Creative Writing Group: 3:00-4:30* BOCES HSE/GED Class: 4-7:00*</p>	<p><sup>19</sup> Crafting &amp; Community: 5:00-7:00 Drop in  CHQ Book Read: Book Discussion 5:00-7:00</p>	<p><sup>20</sup> Coloring Creative in front lobby: All day  Genealogy Workshop: 2:00-4:00</p>	<p><sup>21</sup>                      <sup>22</sup></p>
<p><b>***4/17 - 4/29: Special Booksale Event - All DVDs \$2***</b></p>					
<p><sup>23/30</sup> Recovery through Creativity Support Group: 11-12:00*  BOCES HSE/GED Class 4:00-7:00*</p>	<p><sup>24</sup> 8 Dimensions of Wellness 9-10:00*  Addiction and Recovery Support Group: 1:00-2:00*  BOCES HSE/GED Class 4:00-7:00*</p>	<p><sup>25</sup> 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><sup>26</sup> Crafting &amp; Community: 5:00-7:00 Beaded Ear Cuff</p>	<p><sup>27</sup> Coloring Creative in front lobby: All day  Genealogy Workshop: 2:00-4:00</p>	<p><sup>28</sup>                      <sup>29</sup></p>
<p><b>***4/17 - 4/29: Special Booksale Event - All DVDs \$2***</b></p>					

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

## **Crafting & Community Thursdays 5:00-7:00**

Join us each Thursday evening 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.

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

## **Saturday Crafting Saturday 4/1 1:30-3:30**

On the first Saturday of each month, drop in for casual crafting! This program is for adults, teens, and families - recommended for ages 8 and up.

## **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.

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

This group discusses emotional, physical, occupational, financial, social wellness, and more.

**Tuesdays at 1:00: Addiction and Recovery.**

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

**Wednesdays at 11:00: Depression and Anxiety.**

Discuss challenges and techniques to overcome challenges with depression and anxiety.

## **Books and Brews: Library book club @ Brazil Wednesday 4/12 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. April's book is "There There" (Tommy Orange)

## **Computer Class: Online Privacy and Security Monday 4/3 5:30-6:30**

Learn about common scams online and how to avoid them, and tips to be proactive about managing your security online.

Beginners welcome!  
Optional registration; drop-ins welcome.

## **One on One Tech Help**

Library staff provide 1-on-1 tech help by appointment. Stop by the Information Desk or call (716) 484-7135 ext. 226 to make an appointment.

## **SNAP Info with FeedMore WNY Wednesday 4/5 and 4/19 1:00-3:00**

Stop by the front lobby to learn about SNAP benefits and eligibility in New York. FeedMore WNY can help with signing up for benefits and help you recertify your benefits.

## **CHQ Book Read: "Under the Skin" Thursday 4/20 5:00-7:00**

The library will hold a book discussion in partnership with the YWCA of Jamestown and Chautauqua Institution. This county-wide Chautauqua County Book Read features "Under the Skin: The Hidden Toll of Racism on American Lives and on the Health of Our Nation" by Linda Villarosa. This title is available to check out at the library.

Learn more at  
<https://www.ywcajamestown.com/chqbookread>

## **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 4/7 4:30-6:15**

**"O Brother, Where Art Thou?" (PG-13)**  
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 4/5 and 4/12 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.