



# PROGRAMMING AND EVENTS: ADULTS

# OCTOBER 2023

Visit us online @ [prendergastlibrary.org](http://prendergastlibrary.org)

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1 Recovery through Creativity Support Group: 11-12:00*</p> <p>BOCES HSE/GED Class 4:00-7:00*</p> <p>Computer Class: 5:30-6:30</p> <p>Protect Your Privacy Online</p>	<p>2 8 Dimensions of Wellness Support Group: 9-10:00*</p> <p>Addiction and Recovery Support Group: 1:00-2:00*</p> <p>BOCES HSE/GED Class 4:00-7:00*</p>	<p>3 CCE Nutrition Table: 11-12:00*</p> <p>Depression and Anxiety Support Group: 11-12:00*</p> <p>Creative Writing Group: 3:00-4:30*</p> <p>BOCES HSE/GED Class: 4:00-7:00*</p>	<p>4 Crafting &amp; Community: 5:00-7:00</p> <p>Drop in for knitting, crocheting, or bring your own craft.</p>	<p>5 Coloring Creative: All day</p> <p>Genealogy Workshop: 2:00-4:00</p> <p>Movie Night: 4:30-6:45 "The Woman King"</p>	<p>6 Saturday Crafting: 1:30-3:30</p> <p>Paint a Wooden Bookmark</p>	<p>7</p>
<p>8 <b>LIBRARY CLOSED</b></p>	<p>9 8 Dimensions of Wellness Support Group: 9-10:00*</p> <p>Addiction and Recovery Support Group: 1:00-2:00*</p> <p>BOCES HSE/GED Class 4:00-7:00*</p>	<p>10 Depression and Anxiety Support Group: 11-12:00*</p> <p>Creative Writing Group: 3:00-4:30*</p> <p>BOCES HSE/GED Class: 4:00-7:00*</p> <p>Books and Brews Book Club 5:30-6:30</p>	<p>11 Crafting &amp; Community: 5:00-7:00</p> <p>Paint a Pumpkin Jar</p>	<p>12 Coloring Creative in front lobby: All day</p> <p>Genealogy Workshop: 2:00-4:00</p>	<p>13</p>	<p>14</p>
<p>15 Recovery through Creativity Support Group: 11-12:00*</p> <p>BOCES HSE/GED Class 4:00-7:00*</p> <p>Shopping Local with the Public Market 5:00-7:00</p>	<p>16 8 Dimensions of Wellness Support Group: 9-10:00*</p> <p>Addiction and Recovery Support Group: 1:00-2:00*</p> <p>BOCES HSE/GED Class 4:00-7:00*</p>	<p>17 CCE Nutrition Table: 11-12:00*</p> <p>Depression and Anxiety Support Group: 11-12:00*</p> <p>Creative Writing Group: 3:00-4:30*</p> <p>BOCES HSE/GED Class: 4:00-7:00*</p>	<p>18 Crafting &amp; Community: 5:00-7:00</p> <p>Drop in for knitting, crocheting, or bring your own craft.</p>	<p>19 Coloring Creative in front lobby: All day</p> <p>Genealogy Workshop: 2:00-4:00</p>	<p>20 <b>LIBRARY CLOSED for Haunted Library setup</b></p> <p><b>Haunted Library 4:00-10:00</b></p>	<p>21</p>
<p>22 Recovery through Creativity Support Group: 11-12:00*</p> <p>BOCES HSE/GED Class 4:00-7:00*</p>	<p>23 8 Dimensions of Wellness Support Group: 9-10:00*</p> <p>Addiction and Recovery Support Group: 1:00-2:00*</p> <p>BOCES HSE/GED Class 4:00-7:00*</p>	<p>24 Depression and Anxiety Support Group: 11-12:00*</p> <p>Creative Writing Group: 3:00-4:30*</p> <p>BOCES HSE/GED Class: 4:00-7:00*</p>	<p>25 Crafting &amp; Community: 5:00-7:00</p> <p>Needle Felted Pumpkin</p>	<p>26 Coloring Creative in front lobby: All day</p> <p>Genealogy Workshop: 2:00-4:00</p>	<p>27</p>	<p>28</p>
<p>29 Recovery through Creativity Support Group: 11-12:00*</p> <p>BOCES HSE/GED Class 4:00-7:00*</p>	<p>30 8 Dimensions of Wellness Support Group: 9-10:00*</p> <p>Addiction and Recovery Support Group: 1:00-2:00*</p> <p>BOCES HSE/GED Class 4:00-7:00*</p>	<p>31 509 Cherry St Jamestown NY  (716) 484-7135  <a href="http://prendergastlibrary.org">prendergastlibrary.org</a></p>	<p>HOURS Monday - Friday 9:00 a.m. - 7:00 p.m. Saturday: 10:00 a.m. - 4:00 p.m. Sunday: Closed</p>	 <p><b>PrendergastLibrary</b> Focusing on Your Future.</p>	<p>Follow us on Facebook!</p>  <p><a href="https://facebook.com/prendergastlibrary">facebook.com/prendergastlibrary</a></p>	<p>30</p>

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

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## 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 Thursdays 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.

## Saturday Crafting 1st Saturday each month 1:30-3:30

On the first Saturday of each month, join us for Saturday crafting.

This program is for all ages - families are welcome. Young children must be supervised at this program.

## 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.

## Books and Brews: Library book club @ Brazil Wednesday 10/11 5:30-6:30

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

Each month we'll read a novel and gather to talk about the book in a fun, casual setting, with discussion led by library staff.

This month's book is  
"Small Mercies" by Dennis Lehane.

## Computer Class: Protecting Your Privacy and Security Online Monday 10/2 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. We can help with navigating your smartphone or tablet, working on a resume, Microsoft programs, genealogy help, and more.

Stop by the Information Desk or call (716) 484-7135 ext. 226 to make an appointment.

## Haunted Library Tour Saturday, October 21 Tours every hour 4:00-9:00PM

Meet the characters that lurk in the library at this haunting tour for all ages!

Tickets are \$3 each and go on sale September 18th until sold out. Purchase tickets for a time slot at the front desk.

## Shopping Local with the Jamestown Public Market Monday 10/16 5:00-7:00

In this class we will learn how to best preserve some of the fall harvest, while also discussing ways to support local farmers during the 'winter' season, from purchasing meat in bulk to how to find local products all year long!

SNAP-Ed and Cornell Cooperative Extension will be present to offer free cooking demos and samples related to what we will be discussing.

This program is part of the Murray L. Bob Education Initiative in partnership with the Jamestown Public Market

## Genealogy Workshop: Fridays 2:00-4:00

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 10/6 at 4:30 "The Woman King" (R)

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.