

OCTOBER
2022

ADULTS

STEPS TO HEALTHY LIVING

6 WEEK COURSE

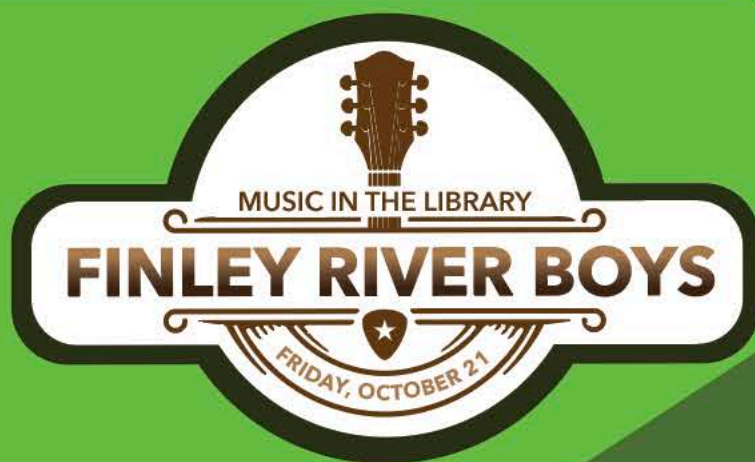
Tuesday, October 11 | 10:00AM-12:30PM



JOB SEARCH

THURSDAYS

HIRING EVENT
10.20.22 | 10A-1P



OCTOBER 21 | LIBRARY ART GALLERY | 6:30-8:00 PM



FOUNDATION FALL TRIVIA FUNDRAISER

SATURDAY, OCTOBER 22 | 5:30-10:00 PM | MRRL MAIN FLOOR

Programs for adults at the Missouri River Regional Library



KNITTING & CROCHETING

Tuesday, October 4

6:00-7:45 p.m. | Truman Room

Come knit or crochet! We provide basic lessons and yarn, but you need to bring your own knitting needles or crochet hook. Ages: 12 and up (teens & adults).



YOGA

Wednesdays

5:30-6:30 p.m. | MRRL Art Gallery

Thursdays

9:30-10:30 a.m. | MRRL Art Gallery

Rejuvenate your mind and body. All shapes, sizes, and abilities are welcome. Bring a mat (or towel) to class if you have one, but these are not required. Drop-ins welcome.



SHELF INDULGENCE

Wednesday, October 5

6:00-7:30 p.m. | Truman Room

Shelf Indulgence is our newest book club! A new book will be selected each month to discuss. Librarians at the Information Desk are available to help find a copy for each attendee! Indulge yourself and dig into some great literature with other book lovers. The books we will be discussing in October are *The Couple Next Door* by Shari Lapena and *Furiously Happy* by Jenny Lawson.



FIRST FRIDAY FILM: THE DUKE

Friday, October 7

7:00-9:00 p.m. | MRRL Art Gallery

In 1961, Kempton Bunton, a 60-year-old taxi driver stole Goya's portrait of the Duke of Wellington from the National Gallery in London. It was the first (and remains the only) theft in the Gallery's history. Kempton sent ransom notes saying that he would return the painting on condition that the government agreed to provide television for free to the elderly. What happened next became the stuff of legend. Only 50 years later did the full story emerge--a startling revelation of how a good man set out to change the world and in doing so saved his son and his marriage. British acting legends Jim Broadbent and Helen Mirren star in this inspiring film.

virtual DIY HOMESTEADING

VIRTUAL DIY HOMESTEADING

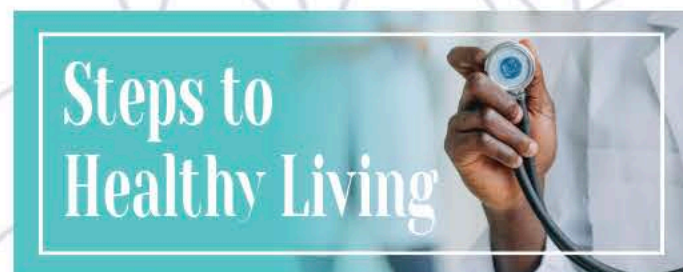
Monday, October 10

6:00-7:00 p.m. | Virtual Program

Have you ever been interested in homesteading? Do you want to reduce the amount of chemicals in your home and food? Are you trying to go plastic free? Join us each month for a virtual demonstration where we'll learn how to DIY various items for your home. These prerecorded videos will be available to watch at your leisure at <https://www.facebook.com/groups/mrrladults>. In October, join us as we begin to make holiday gifts well in advance! This month we will be demonstrating how to make etched glass and mirrors.

Please email Angie at baynea@mrrl.org for more information.

“ I have always
imagined that paradise
will be a kind of library
—Jane Austen ”



STEPS TO HEALTHY LIVING

Tuesdays, October 11-November 15

10:00 a.m.-12:30 p.m. | Mark Twain Room

The Library and Aging Best are hosting an in-person healthy living workshop.

Learn to reduce stress, increase exercise, have better communication with yourself AND others. Join us to better manage symptoms such as fatigue, pain, depression and much more! This program will assist participants with building confidence in managing their health and keeping them active and engaged in their lives.

Each participant will receive a book, *Living a Healthy Life with Chronic Conditions*, along with some other handouts. In addition, they will receive a CD, *Relaxation For Mind and Body, Pathways to Healing*.

By registering you are signing up for the entire six week course.

ANIME & ART

ANIME & ART

Wednesday, October 12

7:00-9:00 p.m. | MRRL Art Gallery

Join us for an evening of anime, snacks, and activities! Watch anime, try some snacks, and make a craft. In October, we will be working on your own Nightmare Before Christmas gourd to bring home! Registration is required.



DUNGEONS AND DRAGONS

Thursdays, October 13 & 27

Ages 12+

6:00-9:00 p.m. | MRRL Art Gallery

Are you an adventurer at heart? Play Dungeons & Dragons with us! The excitement is real and the escapades are never-ending! You might stomp your way through an army of orcs, or go on a noble quest to rescue a whole town. You decide! Please contact Mariah at luebberingm@mrrl.org for more information. Whether you are a long-time adventurer or brand new to the game, you are welcome to join us.

**LOOSELY BOUND BOOK CLUB****Monday, October 17****Ages 18+**

6:00-7:30 p.m. | Truman Room

Looking for your next great read? Instead of reading the same book each month, members read a book of their own choice related to the theme of the month. This month's theme is mysteries. Feel free to interpret that however you like! We can't wait to hear what you read! Discussions and recommendations abound! Ages 18 and up.

Author Talk: Stephen Paul Sayers

AUTHOR TALK: STEPHEN PAUL SAYERS**Monday, October 17**

6:30-8:00 p.m. | MRRL Art Gallery

In *100 Things to Do in Columbia, Missouri, Before You Die*, Stephen Paul Sayers takes readers on a discovery tour of the city's cultural riches and hidden treasures. With seasonal and themed itineraries for music, art and history lovers, and shoppers and outdoor enthusiasts, Sayers explains what brings so many visitors to this mid-Missouri city. The author of several best-selling novels, Sayers is a professor at the University of Missouri and a longtime Columbia resident. The Columbia book will be available for sale and signing after the program.

JOB SEARCH**THURSDAYS****JOB SEARCH THURSDAYS****Thursday, October 20**

10:00 a.m.-1:00 p.m. | Mark Twain Room

The Capital City Job Center in Jefferson City is excited to announce its partnership with the Missouri River Regional Library (MRRL) to host Job Search Thursdays, a monthly hiring event offering both employers and job seekers the opportunity to connect and do on-the-spot interviews.

Employers can register today at (573) 526-8115 or learn more at cwrregion.com/jst.

Music AT THE LIBRARY

MUSIC AT THE LIBRARY: THE FINLEY RIVER BOYS**Friday, October 21**

6:30-8:00 p.m. | MRRL Art Gallery

The Finley River Boys are a high-energy acoustic band from Southwest Missouri that performs a wide variety of traditional bluegrass, country, folk, and gospel songs. The band's unique blend of tight, four-part harmonies and intricate instrumental breaks captivate audiences everywhere. The "Boys" perform more than 100 shows yearly at venues such as Starvy Creek Bluegrass Festival, Back 40 Bluegrass Festival, Tri-State Bluegrass Festival (Indiana), SEMBA Bluegrass Festival (Minnesota), Silver Dollar City Bluegrass & BBQ, the Missouri State Fair, and many more events throughout the U.S. The band was the 2020 nominee of the International Singer/Songwriter Association for Entertainer of the Year and Album of the Year.

FOUNDATION FALL TRIVIA FUNDRAISER

FOUNDATION FALL TRIVIA FUNDRAISER**Saturday, October 22**

5:30-10:00 p.m. | MRRL Art Gallery

Join the MRRL Foundation at a Fall-themed Trivia Night! Test your knowledge on all things fall, including Hocus Pocus, Harry Potter, spooky treats, monster mash, and more while supporting the Library! Drinks and desserts provided. Bring your own snacks to enjoy!

Doors open at 5:30pm, Trivia will start at 6:00pm.

\$25/ticket or \$300 for a team table of 8!

BLOOD DRIVE

Friday, October 24

10:30 a.m.-4:00 p.m. | MRRL Art Gallery

Make a blood donation appointment at the library and give to those in need.

Murder Mystery

MURDER MYSTERY**Tuesday, October 25**

12:00-2:00 p.m. | Truman Room

3:00-5:00 p.m. | Truman Room

6:00-9:00 p.m. | Truman Room

There's been a murder! And you are invited to be a part of it! This murder mystery will be a small, tea party style affair with limited guests and limited time to solve the murder! Upon registering, you will receive the theme and some information regarding the mystery. When you arrive, you will be given a character to look over. Everyone will trade clues to solve the mystery. There's no such thing as an event too formal for murder! Registration is required for this event.

LU-MRRL LECTURE SERIES

LU-MRRL LECTURE SERIES: THE PROFESSIONAL DEVELOPMENT OF BINGE WATCHING: A BUSINESS PROFESSOR'S PERSPECTIVE**Tuesday, October 25**

6:30-8:00 p.m. | MRRL Art Gallery

Binge watching has become an American "hobby" since the advent of video streaming of movies, television shows, and other video content. With the rise of companies and services like Netflix, Hulu, Tubi, Apple and traditional cable channels now offering "plus" services, we may view content commercial free, as well as movies that are currently in theatrical release. During the Covid pandemic, Dr. Troy Frank, associate professor of business, discovered the unique lifestyle benefits of binge watching. He will explore the television content to which he became addicted and how it affected his attitudes, dress, and most importantly, his classroom pedagogy and content.



Check out the library's version of a subscription box! Book boxes are for all ages! Forms can be picked up at the library or filled out online. **Visit** www.mrrl.org/mrrl-book-box

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(573) 634-2464



www.mrrl.org



Follow the Missouri River Regional Library on Facebook and Instagram!



KEY

- Adults
- Computer
- Kids
- Teens
- New Adults
- Wardsville

Sign up for weekly
UPDATES
at www.mrrl.org



1

2

Lego Block Party
6:00-7:00PM
Pizza and Pages
6:45-7:45PM

3

Business Solutions 101
8:00-9:00AM
Preschool Storytime
10:30-11:00AM
Tail Waggin' Tutors
5:30-6:30PM
Family Book Bingo
6:00-7:00PM
Knitting & Crocheting @ MRRL
6:00-7:45PM

4

Family Story Time
10:30-11:30AM
Tail Waggin' Tutors
11:30AM-12:30PM
Yoga
5:30-6:30PM
3D Printing: The Basics
6:00-7:30PM
Shelf Indulgence
6:00-7:30PM

5

Yoga
9:30-10:30AM
An Evening with Author Mindy McGinnis
6:00-7:30PM

6

Rhyme Time
10:00-10:30AM &
10:45-11:15AM
First Friday Film
7:00-9:00PM

7

Teen After Hours
6:00-8:30PM

8

9

10
CLOSED
Staff Day

Virtual DIY Homesteading
6:30-7:00PM

10

11

Steps to Healthy Living
10:00AM-12:30PM
Preschool Storytime
10:30-11:00AM
Genealogy
5:45-7:45PM
Novel Ideas
6:45-7:45PM

12

Family Story Time
10:30-11:30AM
Facebook for Beginners
4:00-5:00PM
Yoga
5:30-6:30PM
Anime and Art
7:00-9:00PM

13

Yoga
9:30-10:30AM
Dungeons & Dragons
6:00-9:00PM

14

Sensory Play Day
10:15-11:00AM

15

16

Kids After-School: Fuse Beads
4:00-5:00PM
Loosely Bound Book Club
6:00-7:30PM
Author Talk: Stephen Paul Sayers
6:30-8:00PM

17

Steps to Healthy Living
10:00AM-12:30PM
Preschool Storytime
10:30-11:00AM
Make It @ MRRL
6:00-7:30PM

18

Family Story Time
10:30-11:30AM
Tail Waggin' Tutors
11:30AM-12:30PM
Yoga
5:30-6:30PM

19

Kids Craft Night
6:30-7:30PM

20

Yoga
9:30-10:30AM
Job Search Thursdays
10:00AM-1:00PM
Teen Anime Club
4:30-6:00PM
Bookworms
5:30-6:30PM

21

Rhyme Time
10:00-10:30AM &
10:45-11:15AM
Music @ the Library: The Finley River Boys
6:30-8:00PM

22

Family Event: Mad Science Day
10:00AM-1:00PM
Foundation Fall Fundraiser
5:30-10:00PM



23

MRRL/American Red Cross Blood Drive
10:30AM-4:00PM

30

Computer Skills 101
12:00-1:15PM
Teen Art Club
5:30-7:00PM

24

Happy Halloween!

31

Steps to Healthy Living
10:00AM-12:30PM
Preschool Storytime
10:30-11:00AM
Genealogy
5:45-7:45PM
LU/MRRL Lecture Series
6:30-8:00PM
Among Us
7:00-8:00PM

25

Family Halloween Story Time
10:30-11:30AM
Yoga
5:30-6:30PM
Murder Mystery
12:00-2:00PM &
3:00-5:00PM &
6:00-9:00PM

26



27

Yoga
9:30-10:30AM
Minecraft @ MRRL
4:00-5:30PM
Dungeons & Dragons
6:00-9:00PM

28

Family Movie Night
6:00-8:00PM

29