**2023** 

# **ADULTS**







### Programs for adults at the Missouri River Regional Library



#### **KNITTING & CROCHETING**

Tuesday, August 1

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: 16 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, August 2 6:00-7:30 p.m. | Truman Room

Looking for avid readers and stimulating conversation? You've found us! 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. In February, we will be discussing Wolf Hall by Hilary Mantel and The Rosie Project by Graeme Simsion.



## UKULELE JAM SESSION

#### **UKULELE JAM SESSION**

Thursday, August 3

1:15-2:45 p.m. | Truman Room

Thursday, August 17

6:15-7:45 p.m. | Truman Room

Spend some time having fun and making music. Regardless of your experience, bring a ukulele and join the group!



#### FIRST FRIDAY FILM: ARMAGEDDON TIME

Friday, August 4

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

Set in 1980s Queens, New York, this film is a personal story about the strength of family, the complexity of friendship, and the generational pursuit of the American Dream. The all-star cast includes Anthony Hopkins, Anne Hathaway, and Jeremy Strong.



### MISSOURI WILDFLOWER COLLAGES WORKSHOP

Thursday, August 10 1:30-3:00 p.m. | MRRL Art Gallery

Ann O'Dell creates beautiful artwork from pressed native flowers grown on her land in northern Boone County. Her works are available for sale at the Richard Bookstore in the Center for Missouri Studies in Columbia. She has gifted her creations to the bookstore, where sales benefit The State Historical Society of Missouri. Ann is a retired Columbia special education teacher whose career spanned 40 years. This program is limited to 20 registrants, who will learn to use wildflowers and other materials for individual art pieces. Supplies will be provided for participants.



#### **DUNGEONS AND DRAGONS**

Thursdays, August 10 & 24

Ages 12+

to join us.

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

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 Megan at mehmertm@mrrl.org for more information. Whether you are a long-time adventurer or brand new to the game, you are welcome



#### ADULT ART CLUB

Monday, August 14

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

Everyone needs some time that is just for them. The new Adult Art Club is for anyone who just wants to enjoy some art projects with others. The library will provide some assorted supplies that everyone is welcome to use. You can also bring your own art project: something new, something relaxing, something to show off, or something that you could use some advice on. The opportunities are endless in this new club created to celebrate everyone's need to escape into pure enjoyment sometimes! No need to do anything to prepare!

### Campaign Watch Party

August 8 | 7:00PM

Join the library for a
Proposition Library Watch Party!
Gather on the main floor at 7pm on
August 8th while we wait to hear
the results. Snacks and drinks
will be available.
Reservations appreciated.

Want to register for a program?
Need more information on events?

Check out our online calendar! mrrl.org/events/month



## CRAFTING WITH THE COMMUNITY: SPOTLIGHT ON SHERRY KING

Tuesday, August 15 | 18+ 1:00-3:00 p.m. | MRRL Art Gallery

Community crafter, Sherry King, will be coming to the library to teach her special artistic skills! She will be teaching different methods to decoupage and wrap ceramic tiles. She will also be providing information on how to learn more and go further with this art technique on your own. All materials will be provided. Join us and learn a new artistic skill from a member of your community! Registration required.



#### JOB SEARCH THURSDAY

Thursday, August 17

11:00 a.m.-3:00 p.m. | MRRL Art Gallery

The Capital City Job Center in Jefferson City is excited to announce its partnership with the Missouri River Regional Library 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 cwdregion.com/jst.

# Caring Connections

#### CARING CONNECTIONS

Monday, August 21

12:00-2:00 p.m. | MRRL Main Floor

Caring Connections is a monthly event where local agencies will be at the library to offer a variety of services to families in need, all in one location. Find assistance and information from various state social services agencies overseeing Child Support, SNAP, Temporary Assistance, Child Care, MO HealthNet, Area Agency on Aging.

In addition, representatives from Compass Health Network, Common Ground, CLAIM and Mid Missouri Legal Aid will be available to answer questions and provide assistance as time allows.

Please bring your ID, Social Security card, proof of income, copy of lease/bills, etc.



#### LOOSELY BOUND BOOK CLUB

Monday, August 21 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 "could it be any hotter?" 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.

# Support for Alzheimer's Cargivers

### SUPPORT AND RESOURCES FOR ALZHEIMER'S CAREGIVERS

Tuesday, August 22 1:30-3:30 p.m. | MRRL Art Gallery

Teresa Brown, program manager for the Greater Missouri Chapter of the Alzheimer's Association, will cover a wide array of caregiver resources including safety in the home, food aversion, wandering/safety, and identifying caregiver stress that results in physical and mental toll.

## EXHIBIT RECEPTION

# EXHIBIT RECEPTION: ARTISTS HELPING ARTISTS FEATURING LINDA JANE BAILEY

Saturday, August 26 1:30-3:30 p.m. | MRRL Art Gallery

Meet the featured artist, Linda Jane Bailey, and the other artists affiliated with Artists Helping Artists AHA is an informal and fluid group of artists who enjoy working on their own projects in the company of other artists who are also creating their own art. Group members work in a relaxing and non-judgmental environment where they learn, improve technique and support each other's growth in artistic expression. There is no official leader or teacher. Light refreshments will be served.

# LU-MRRL LECTURE SERIES

### LU-MRRL LECTURE SERIES: LINCOLN: A UNIQUE UNIVERSITY

Tuesday, August 29 6:30-7:00 p.m. | MRRL Art Gallery

Situated on a hilltop in Jefferson City, Lincoln University opened its doors in 1866. For the past 157 years, the school has served the local community, state, and the nation as an innovative force in education. You may think you know a lot about LU's history, but Mark Schleer, university archivist, will provide detail and insight into LU's unique and untold history.

### Becoming Business Loan Ready

### BECOMING BUSINESS LOAN READY

Wednesday, August 30 6:00-7:00 p.m. | Small Business Development Center, 917 Leslie Blvd.

If you've ever wondered how to get a loan to start a business, this class is for you! Amie Wheeler, Loan Officer for Hawthorn Bank, and Lauren Carter, SBDC Director, will discuss what you need to be business loan ready when you enter the lending office of your choice. Registration required.



# CRAFTING WITH THE COMMUNITY: SPOTLIGHT ON JACQUE MEYER

Thursday, August 31 6:00-8:00 p.m. | Truman Room

Community crafter, Jacque Meyer, will be coming to the library to teach her special artistic skills! All materials will be provided. Join us and learn a new artistic skill from a member of your community! Registration required.

# AUGUST

# 2023

Outreach

### SUN MON TUE WED THU FRI SAT



6:00-7:00PM