Programs for adults at the Missouri River Library

**March 2020**

**QIGONG MOVEMENT EXERCISES WITH MEDITATION**

**QIGONG: MOVEMENT EXERCISES WITH MEDITATION**
Saturday, March 7 & 21
9:00-11:00 a.m. | Art Gallery
Qigong is a mind-body cultivation practice consisting of coordinated body-posture, movement, and meditation. The meditation component follows the earlier movement component. This form of Qigong is from the Falun Gong practice.

**GROW WITH GOOGLE: SPRING INTO ACTION**
Wednesday, March 11
11:00 a.m. - 12:00 p.m. | JC Chamber
Start the year off on the right foot by learning how to use Google Analytics to gain insights into how consumers engage with businesses online. Learn best practices for analyzing customer trends and turning these insights into actionable decisions. Registration required at www.mrfl.org.

**DIY HOMESTEADING**

**DIY HOMESTEADING**
Monday, March 9
6:30-7:30 p.m. | Truman Room
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 hands-on class where we’ll learn how to DIY various items for your home. You can even take home your creation! This month we’ll be learning how to make granola! Registration required at www.mrfl.org.

**DUNGEONS & DRAGONS**

**DUNGEONS & DRAGONS**
Thursday, March 12 & 26
6:00-8:30 p.m. | Art Gallery
Are you an adventurer at heart? Come play Dungeons & Dragons with us! You might stump your way through an army of orcs, or go on a noble quest to rescue a whole town. You decide! This program is for both beginners and experienced players. If you’ve ever wanted to learn to play, this is the event for you!

**POETRY NIGHT: THE VOICE WITHIN**

**POETRY NIGHT: THE VOICE WITHIN**
Wednesday, March 18
7:00-8:00 p.m. | Truman Room
Bring a poem/poems to read aloud or bring poetry you have written to read aloud and to participate in general discussion on a variety of topics concerning the art of poetry.

**DON’T FORGET MISSOURI WOMEN**

**DON’T FORGET MISSOURI WOMEN**
Monday, March 16
7:00-8:30 p.m. | Art Gallery
You know that 2020 is the 100th anniversary of female voting rights in the United States...but so much of the excitement is focused on women in the big cities that it’s easy to forget how much of that history took place right here at home. Learn a little more about the amazing work of Missouri women with Margot McMillan, author of The Golden Lane and other books about notable Missouri women.

**FICTION AT NOON**

**FICTION AT NOON**
Tuesday, March 17
12:00-1:00 p.m. | Truman Room
Fiction at Noon is an adult book discussion group, where critically acclaimed works of fiction are chosen and discussed every other month. The book for this month is A Test of Will by Charles Todd.

**CYBERSECURITY BASICS**

**CYBERSECURITY BASICS**
Tuesday, March 24
7:00-8:30 p.m. | Art Gallery
With all the online scams, who can you trust? In this session, Cole Holloway, vice president/information technology director for Midwest Independent Bank, will cover all the current threats, ransomware, phishing, and even phone spoofing. He will provide an overview of these scams and how you can protect yourself from becoming the next victim of fraud.

**AN ORPHAN TRAIN STORY**

**AN ORPHAN TRAIN STORY**
March 2020 | Art Gallery
Jane has had many solo shows throughout mid-Missouri and has won countless awards in juried exhibits and competitions. She has judged numerous exhibits, plein air events, and festivals throughout Missouri. Jane has also completed several public works projects; her latest, Lohman’s Land 1850, can be seen in the Lohman Building located in Jefferson City. The paintings and drawings in this exhibit are from the last several decades. They are a glimpse into some of the various subjects and themes revolving around nature and the human spirit.

**LU-MRRL LECTURE SERIES: FAKE NEWS AND YOU**

**LU-MRRL LECTURE SERIES: FAKE NEWS AND YOU**
Monday, March 9
7:00-8:30 p.m. | Art Gallery
Join Lincoln University librarians Bradley Kuykendall and Jessica Robey as they teach you how to identify fake versus real information available all around us in our ever-connected, digital world and how not to fall into the fake news trap.

**LOSLEY BOUND BOOK CLUB**

**LOSLEY BOUND BOOK CLUB**
Monday, March 16
6:00-7:30 p.m. | Art Gallery
Book nerds! Have you been wanting to join a book club, but haven’t found the right one? Look no further! Losley Bound Book Club is a book club at the library where a theme or genre is chosen each month, and you get to choose your own book related to that topic! Coffee and snacks provided, followed by discussion. The theme this month will be unsolved mysteries.

**MOVIE NIGHT: KNIVES OUT**

**MOVIE NIGHT: KNIVES OUT**
Monday, March 23
6:00-8:15 p.m. | Art Gallery
It’s another movie night at the library! Join us as we watch the movie Knives Out, a murder mystery starring Daniel Craig, Chris Evans, Jamie Lee Curtis, and many other big names! Popcorn and soda provided. Ages 18 and up.

**FIRST FRIDAY FILM: MOTHERLESS BROOKLYN**

**FIRST FRIDAY FILM: MOTHERLESS BROOKLYN**
Friday, March 6
7:00-8:30 p.m. | Art Gallery
Set against the backdrop of 1950s New York, and starring Bruce Willis and Edward Norton, this film follows a lonely private detective afflicted with Tourette’s Syndrome, as he ventures to solve the murder of his mentor and only friend. Armed with only a few clues and the engine of his obsessive mind, he unravels closely-guarded secrets that hold the fate of the city in the balance.

**LYNDA.com**

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If you have a library card, you have FREE access to Lynda.com and lots of other great resources!