

QIGONG MOVEMENT EXERCISES WITH MEDITATION

QIGONG: MOVEMENT EXERCISES WITH MEDITATION

Saturdays, August 1 & 15
9:00-11:00 a.m. | Library Park

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.

TAKE & MAKE KEYCHAIN

TAKE & MAKE: BEADED MORSE CODE KEYCHAIN

Tuesday, August 4
9:00 a.m. - 7:00 p.m.

Make your own Morse Code keychain! We will provide you will a packet containing Perler beads in three colors, embroidery floss, a key-ring, and a Morse Code chart with a link to instructional videos. Our own Teen Librarian Courtney Waters has created an in-depth video tutorial, and there is a shorter video tutorial by Do Space if you need less instruction. Register at www.mrrl.org so that we can gather supplies for you to pick up from the information desk at the library.



VIRTUAL KNITTING & CROCHETING

Tuesday, August 4
6:00-8:00 p.m. | Meeting via Zoom

Hop online and craft with us on Zoom! Knitters, crocheters, and fiber artists of all types are welcome.



YOGA

Wednesdays
5:30-6:30 p.m.
Art Gallery (East)

Thursdays
9:00-10:00 a.m.
Library Park

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. Registration is required at www.mrrl.org for the Wednesday sessions. Masks will be required on Wednesdays but can be taken off when class begins.



FIRST FRIDAY FILM: DARK WATERS

Friday, August 7
7:00-8:30 p.m. | Art Gallery

Unexplained deaths and poisonous water in rural West Virginia persuade a young lawyer to spend years investigating a huge chemical company and its dumping of hazardous waste in a local river. Based on a true story of a crusader and whistleblower who dedicates his life to a cause that affects his marriage, family and life. Mark Ruffalo, Ann Hathaway and Tim Robbins star in this timely thriller.

LYNDA.COM

AVAILABLE 24/7

FREE ONLINE TRAINING

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

lynda.com

virtual DIY HOMESTEADING

VIRTUAL DIY HOMESTEADING

Monday, August 10
6:30-7:30 p.m. | Event on Facebook

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 (virtual!) class where we'll learn how to DIY various items for your home. Please email Angie at baynea@mrrl.org for more information.

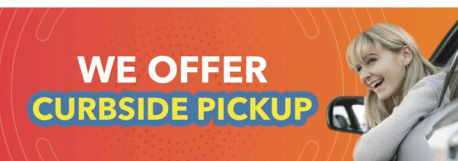
This month we are going to make pickles! We will be experimenting with two different kinds of pickles. We will be doing a microwave bread and butter pickle and a refrigerator dill pickle.

AUTHOR TALK: RICHARD MCGONEGAL

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Tuesday, August 11
7:00-8:30 p.m. | Art Gallery (East)

Richard McGonegal will discuss his first novel, a mystery titled *Sense of Grace*. A former editor at the *Jefferson City News-Tribune*, McGonegal is a longtime mystery reader who has studied this popular area of fiction in depth and met many well-known mystery authors before deciding to make his own contribution to the genre. The program will be in an interview format with adult programmer Madeline Matson and plenty of time for audience questions. The book will be available for sale and signing after the program.



REEL LIFE CINEMA: BEFORE I KICK THE BUCKET

Wednesday, August 12
7:00-8:30 p.m. | Art Gallery (East)

What would you do if you only had months to live? In this heartwarming and ultimately life-enhancing documentary, the extraordinary Rowena Kincaid, a terminally ill young woman with a wicked sense of humor, goes in search of a bucket list.



VIRTUAL DUNGEONS & DRAGONS

Thursdays, August 13 & 27
6:00-8:30 p.m. | Virtual Program

Are you an adventurer at heart? Play Dungeons & Dragons with us online! You might stomp your way through an army of orcs, or go on a noble quest to rescue a whole town. You decide! (This program will be virtual for the foreseeable future. Please contact Megan at mehmertm@mrrl.org for more information or to sign up.)



OSAGE BRANCH GRAND OPENING

Saturday, August 15
10:00 a.m. - 12:00 p.m.

Join us as we commemorate the Osage County Branch's new location as a part of library history and celebrate it's future! Opening remarks will take place at 10:30 followed by celebratory treats and library tours. Enjoy outdoor games for the whole family and shop for books in our new Friends of the Osage County Library sale area. In the event of inclement weather, the Grand Opening will be rescheduled to August 22nd.



VIRTUAL LOOSELY BOUND BOOK CLUB

Monday, August 17
6:00-7:30 p.m. | Meeting via Zoom

Looking for your next great read? Join us at our newest book club! Instead of reading the same book each month, members read a book related to the theme of the month. Discussion and recommendations abound! The theme for August is "books to film." Ages 18 and up. Note: this event requires a password to attend. Password is: 9VUump

LU-MRRL LECTURE SERIES

LU-MRRL LECTURE SERIES: THE BODY AS EVIDENCE: EXPLORING FORENSIC ANTHROPOLOGY AND BIOARCHAEOLOGY

Monday, August 17
7:00-8:30 p.m. | Art Gallery (East)

Were you a fan of the television series "Bones" or Kathy Reichs' book series that inspired it? Then you are familiar with what our speaker, Dr. Christine E. Boston, assistant professor of anthropology and sociology at LU, is going to cover. Boston previously worked on a number of bioarchaeological projects throughout North and South America, and she has also assisted law enforcement in forensic anthropological investigations in London, Ontario, Canada. She will bring her experience and knowledge to this presentation as she describes how the human skeleton can be analyzed to assess various identity markers and used to track health and cultural practices.

**DID YOU MISS A
VIRTUAL PROGRAM?**

No worries, you can see our virtual video archives at www.mrrl.org/virtual-programs



BLOOD DRIVE

Friday, August 21
10:30 a.m. - 4:00 p.m. | Art Gallery

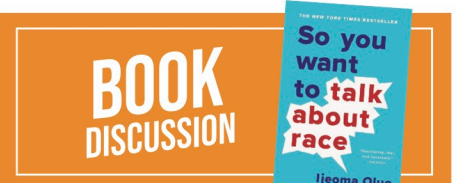
Please call 1-800-RED-CROSS (1-800-733-2767) or visit redcrossblood.org and enter: JeffersonCitycommunity to schedule an appointment.

MUSIC IN THE LIBRARY PARK OSAGE ANGELS

MUSIC IN THE LIBRARY PARK

Tuesday, August 25
7:00-8:30 p.m. | Library Park

Zoe Rehagen, Abby Rehagen and Allie Hale formed the Osage Angels in February 2017. They began playing at local nursing homes and open mic nights and eventually progressed to other venues. They have played throughout mid-Missouri and as far away as Baton Rouge, Louisiana. These talented young girls, who now attend Fatima High School in Westphalia, not only sing but also play a multitude of instruments: violin, mandolin, bass, and guitar. Their music is a combination of folk, bluegrass and country.



BOOK DISCUSSION: "So You Want to Talk About Race"

Monday, August 31
7:00-8:30 p.m. | Library Park

Come discuss your thought and reactions to the book *So You Want to Talk about Race* by Ijeoma Oluo. The book is available on Hoopla (for Cole & Osage county residents), and unlimited copies will be available in August on Libby/Overdrive. Librarians Qhyrrae Michaelieu and Madeline Matson will lead this discussion.

We will be outside in the park - please bring your own water bottle and whatever else you need to keep yourself cool.