Adult Programs: August 2026

Adult Events — Performances, Presentations, & Workshops

Social Security Seminar /
Seminario de Seguridad Social
Monday, August 3, 11:30 a.m. – 12:30 p.m.
Learn about important Social Security rules and strategies before filing for your benefits. Infórmese sobre las reglas y estrategias importantes del Seguro Social antes de solicitar sus beneficios. **Adults. Registration required. Adultos. Es necesario registrarse.**

Know Your Rights / Conoce Tus Derechos
Thursday, August 6, 4:30 – 5:30 p.m.
Join us for a bilingual presentation and Q&A with First Shift Justice Project, which empowers workers in low-wage jobs to exercise their rights related to caregiving and parenting. Únase a nosotros para una presentación bilingüe y sesión de preguntas y respuestas con First Shift Justice Project, que empodera a los trabajadores en empleos de bajos salarios para ejercer sus derechos relacionados con el cuidado y la crianza de los hijos. **Adults. Registration recommended. Adultos. Se recomienda registrarse.**

Watercolor 101: The Color Wheel and How it Works
Friday, August 7, 2:00 – 4:00 p.m.
When you add color to your painting, how do you know what colors will work best together? Learn how the color wheel works with artist Anne Heising. All materials provided. **Adults. Registration required.**

Dabke Dance Performance
Saturday, August 15, 2:00 – 3:00 p.m.
Join us for an engaging Dabke dance performance. Dabke, a vibrant folk dance, has its origins in the Levant, which includes Lebanon, Jordan, Syria, and Palestine. Presented by the American Palestinian Women Association (APWA) and Faris Al Leil Dabke group. **All ages. Registration optional.**

Sherwood's Summer Read-Out
Sunday, August 16, 11:00 a.m. – 12:15 p.m.
Reach your Summer Reading goal on Sherwood's front lawn! Bring a seat or towel and let Sherwood staff provide the books, games, and reading prizes! This event is scheduled to be outdoors but will move indoors to Sherwood's Meeting Room if inclement weather. **All ages. Registration optional.**

Educación Financiera 101 / Financial Literacy 101
Friday, August 21, 11:30 a.m. – 12:30 p.m.
Learn ways to improve your finances and reduce stress in this bilingual financial 101 class. Aprende formas de mejorar tus finanzas y reducir el estrés en esta clase bilingüe de finanzas 101. **Adults. Registration required. Adultos. Es necesario registrarse.**

Red Cross Blood Drive
Friday, August 28, 11:00 a.m. – 4:00 p.m.
Adults. Scan QR code to register:

Local Author Book Talk with James Tyson Currie
Saturday, August 29, 2:00 – 3:00 p.m.
Join local author James Tyson Currie for a spirited presentation on his newest book, *Missouri Mule: How Harry Truman's Stubbornness and Determination Helped Win World War II and Led Him to the Presidency*. **Adults. Registration optional.**

Friends of Sherwood Regional Library Book Sale

First Saturday Sale
Saturday, August 1, 10:00 a.m. – 4:00 p.m.
A wide variety of books available for all ages. Book sale purchases support the library's programming.

Sherwood Regional Library

2501 Sherwood Hall Lane
Alexandria, VA 22306
703-765-3645

Library Hours:
Monday-Wednesday: 10am-9pm
Thursday-Sunday: 10am-6pm

Summer Reading Adventure ends on August 19th!

Adult Events— Discussion Groups

Sherwood Novel Book Group
Tuesday, August 25, 1:30 – 2:30 p.m.
Join Sherwood Library's book group focusing on novels.
August selection: *Bel Canto* by Ann Patchett.
Adults. No registration.

Adult Events— Arts, Crafts, & Maker

Book Journaling for Beginners
Wednesday, August 19, 6:00 – 7:00 p.m.
Discover how to track your reading by creating a customized journal. All materials provided while supplies last, but attendees are welcome to bring their own journal, notebook, or favorite pens. **Teens and Adults. Registration required.**

Book Journaling Meetup
Sunday, August 23, 3:00 – 5:00 p.m.
Come to the book journaling meetup and try new page layouts, set reading goals, and share what you have been reading with others. All materials provided until supplies last. **Teens and Adults. Registration required.**

Craft & Chat
Wednesday, August 26, 12:30 – 1:30 p.m.
Join us to discover a new craft project every month!
August Craft: cyanotype art prints
All materials provided while supplies last.
Adults. Registration required.

Adult Events— Language Learning

English Conversation Class
Monday, August 17, 24, 31, 7:00 – 8:00 p.m.
Tuesday, August 4, 11, 18, 25, 7:00 – 8:00 p.m.
Thursday, August, 6, 13, 20, 27, 1:00 – 2:00 p.m.
Practice speaking English with a library volunteer and other students in a relaxed atmosphere.
Adults. No registration.

Adult Events— Technology

1-on-1 Tech Tutoring
Check online calendar for availability
Meet one-on-one with a volunteer to learn new technology skills. **Adults. Registration required.**

Walk-in Tech Help
Wednesday, August 5, 12, 19, 26, 12:00 – 1:00 p.m.
Drop in and meet one-on-one with a volunteer to learn new technology skills. **Adults. No registration.**

Memory Depot Orientation
Monday, August 3, 4:00 – 5:00 p.m.
Learn how to convert photos, negatives, slides, and VHS/audiocassettes to digital formats using the library's Memory Depot equipment. **Adults. Registration optional.**

3D Design for Adults: Jewelry
Tuesday, August 25, 7:00 – 8:00 p.m.
Learn how to make custom jewelry using the free online website TinkerCAD. **Ages 16 and up. Registration required.**

Adult Events— Health & Wellness

Tai Chi
Sunday, August 2, 9, 16, 23, 30, 1:00 – 2:00 p.m.
Beginner's tai chi class focusing on Chen Short Form tai chi emphasizing posture, relaxation and smooth continuous motion**. Adults. No registration.**

Chair Yoga
Tuesday, August 4, 11, 25, 1:30 – 2:30 p.m.
Sitting in chairs, students learn how to find stability, alignment, integrity for stretches, and safe movement of the body. **Adults. No registration. Cosponsored by Friends of Sherwood Regional Library.**

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Suite 324
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A Fairfax County, Va. publication
July 2026