

Barrett Paradise Friendly Library
Adult Programs
August 2024

For further information, or to register for any of the following adult activities, please call the Library (570-595-7171) or email Lynn at l.vromanbpfl@gmail.com

Summer Reading Bingo:

Dive into summer with our Adult Summer Reading BINGO! Follow the prompts and complete reading goals to earn BINGOs. Each BINGO counts as a raffle entry for prizes. Turn in your BINGO board by 8/24; the drawing will be held on 8/26. [Go to our web page](#) for a digital BINGO board or pick up a print copy at the Library.

Fridays, August 2 & August 16: Healing Yoga 11:00 am

Danielle Lane will guide you through a soothing, mindful yoga experience which may include meditation, sound bowls, music, and other elements. Appropriate for all levels. *Space is limited: please register for each session.*

Tuesday, August 6: Movie Day at the Library 1:00 pm

Come to the Library the first Tuesday of each month to watch a newly released movie with friends. This month we will watch *One Love*, Starring LaShana Lynch and Kingsley Ben-Adir. Rated PG-13.

Adult Take-Home Kit: Gel Air Freshener

Freshen up a room with a DIY gel air freshener! We will supply the materials. *You must register to receive a kit.* Supplies will be available for pickup beginning Monday, August 19.

Tuesday, August 20: Afternoon Book Club 1:00 pm

Our Afternoon Book Club meets at the Library. An option to join with Zoom is available, as well. This month we will discuss *Remarkably Bright Creatures* by Shelby Van Pelt. If you're interested in joining, please contact the Library for more details.

Saturday, August 24: Mushroom Cultivation 1:00 pm

Back by popular demand! If you missed it last time, here's another opportunity. Are you interested in growing your own gourmet mushrooms? Instructor Dan Lane will discuss basic processes, timelines, and techniques, with an emphasis on non-specialty equipment and the use of readily available materials. A starter kit will also be included for you to take with you to help with the initial supply gathering process. Mushroom cultivation can be a fascinating hobby and also a great way to supplement your food supply. Space is limited for this adult program; registration is required: 570-595-7171. **You will need to purchase additional supplies on your own to continue the process at home. Instructions and resource guides will be included.*

Tuesday, August 27: Virtual Evening Book Club 7:00 pm

Join our virtual Evening Book Club on Zoom. This month we will discuss *Lessons in Chemistry* by Bonnie Garmus. If you're interested in joining, please contact the Library for more details.

Wednesday, August 28: Pocono Mountain Regional EMS will teach a basic CPR class at our Library. Choose from a 3pm or a 6pm session. All are welcome. Preregistration is recommended by emailing outreach@pmrems.org. Cost: \$20 per person, check or credit card preferred.