



LACONIA

PUBLIC LIBRARY

August Adult Browsing Newsletter

August 1, 2019

Greetings!

Preview what's coming up this month at the Laconia Public Library! If you would like to know more about an event give us a call at 524-4775, text us at 556-4666, or email info@laconialibrary.org.

We love hearing from you!

Director, Randy Brough

Helpful Links

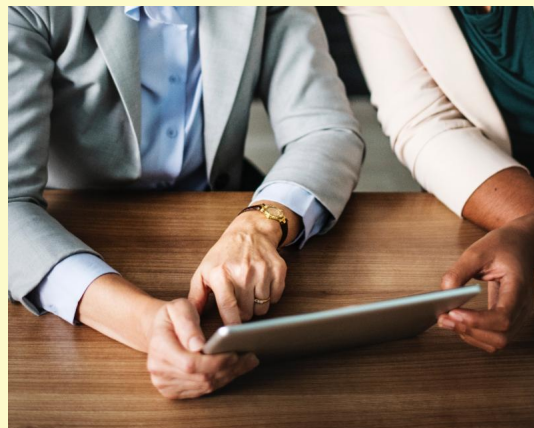
laconialibrary.org
Full Library Calendar

Drop-In Tech Help

Mondays
6:45-7:45pm
Periodical Room

Wednesdays
2-3:30pm
Volpe Room

Now with a new day and time! Stop by the library where we will have a staff member or a volunteer available to answer basic computer and device questions every week on Monday evenings and Wednesday afternoons.



NEW! Monthly Yoga with Kim Corsack

**Thursday, August 1
5-6pm
Laconia Rotary Hall**



**First Thursday of the month
(with exceptions!)**

Hatha yoga with a focus on connecting breath with movement, lengthening and strengthening the muscles while incorporating slow flow and holding some postures for strength, balance and inward focus. Class begins with grounding (meditation) and ends with savasana (complete relaxation) with the overall goal being to elevate the awareness between the physical and energetic body connection.

All levels welcome. Class limited to 10 people. Sign-up required. Ask at the front desk.

About Kim: In sharing my love of yoga, my vision as an instructor is to affect those I guide by elevating the awareness between the physical and energetic body connection.

Soothing Stitches

**Tuesday, August 6
4-6pm
Volpe Room**

Need an escape? Join us for social needle crafting, classical music, and tea! Knitters, crocheters, cross-stitchers, all are welcome. Create a moment of Zen with your yarn, a hot cup of chamomile tea, and some Bach.

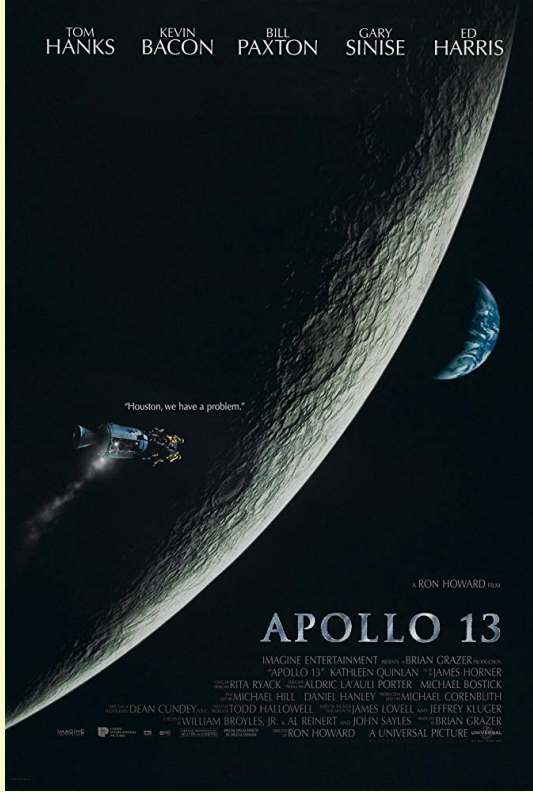


Movie Night: Apollo 13

**Tuesday, August 13
6:30pm
Laconia Rotary Hall**

NASA must devise a strategy to return Apollo 13 to Earth safely after the spacecraft undergoes massive internal damage putting the lives of the three astronauts on board in jeopardy.

PG | 2h 20min



Adult Coloring

Friday, August 16
1:30-3pm
Volpe Room

Take some time out of your busy day to relax and enjoy colored pencils, gel pens, markers, or watercolor pastels.



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children's, and the monthly adult craft.

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