

# January



## Adult Programs at Hughes Library

### **Hughes United Book Club**

Tuesday, January 2nd, 6:30pm - 8:00pm

Join the Zoom hybrid meeting; non-members, contact Jason or Cheryl at 570-421-0800 x. 311 or [jvigorito@monroepl.org](mailto:jvigorito@monroepl.org). New members welcome!"

### **Free Sunday Matinee: 10,000 Black Men Named George**

Sunday, January 7th, 2pm

Words & Film proudly presents a FREE presentation of director Robert Townsend's 10,000 Black Men Named George\*. The movie is a biopic following the story of Asa Philip Randolph, a political activist in the 1920s, as he endeavors to unionize the porters of the Pullman Rail Company. Free admission.

### **Chair Zumba with Danny Grae**

Tuesday, January 9th, 5:30pm

Zumba is a dance fitness program that involves dance and aerobic movements performed to energetic types of music. Chair Zumba is a modified version designed for those who are more comfortable working out in a seated position. Free!

### **Board Game Day for Adults**

Thursday, January 18th, 4:00 pm - 8:00 pm

Join us for fun and games, meet new people, and bring your favorite tabletop games!

Open to all, ages 14 and up.

No experience required, all skill levels welcome.



**See next page  
for more programs!**

**SCAN  
ME!**



For a  
digital copy

### **Contact us!**

Hughes Library  
1002 N. Ninth St.  
Stroudsburg, PA 18360

570-421-0800 ext. 317

[reference@monroepl.org](mailto:reference@monroepl.org)

## **Red Cross Blood Drive**

Wednesday, January 20th, 9:30 am-2:30 pm

Give the gift of life at the Hughes Library Blood Drive in the Edinger Community Room.  
Schedule at 1-800-RED-CROSS or RedCrossBlood.org, code 'EMPL'.  
Save time with RedCrossBlood.org/RapidPass.

## **“Better Health in the New Year!” Health Booth**

Friday, January 26th, 1pm-4pm

Stop by Hughes Library Lobby to visit our Health Booth! A great opportunity to speak with a PA Department of Health nurse and to ask your questions. A collaborative effort with the PA Department of Health to raise and promote public awareness about healthy habits. No appointment necessary - drop in between 1pm and 4pm.

## **Chair Yoga**

Every Monday, 2pm (unless otherwise specified)

Chair yoga has been helpful for people who have injuries, low mobility, or physical disabilities. Please dress comfortably and bring water to stay hydrated. There is no cost to attend! For ages 14 and up.

## **ESL Classes**

Every Tuesday, 6pm (unless otherwise specified)

Elevate your language journey with ESL Classes at the Hughes Library!  
Meet in the Pullen room.

## **Color Yourself Calm – Adult Coloring Program**

Every Wednesday, 12:30-3pm (unless otherwise specified)

Join us every Wednesday in the upstairs Pullen Room of the Hughes Branch for our Color Yourself Calm Adult Coloring Program. Choose a page from a variety of coloring books and sit down and color! All materials provided by the library. Drop-in.

## **Chair Cardio/ Movement Exercise Class**

Every Friday, 2pm (unless otherwise specified)

+ A mix of yoga, cardio, and Zumba for ages 14 & up. Please dress comfortably and bring + water to stay hydrated. No cost to attend!

## **January’s Holiday Hours**

Monday, January 15th - CLOSED  
in observance of Martin Luther King, Jr. Day

