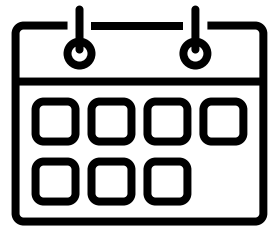


Weekly



Adult Programs at Hughes Library

Chair Yoga

Every Monday, 2:00pm (unless otherwise specified)

Hughes Community Room

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.



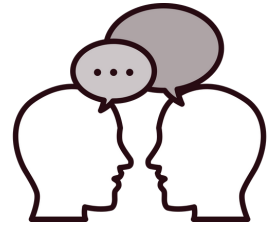
ESL Classes

Every Tuesday in the Pullen Room (unless otherwise specified)

6pm - 7pm Beginner Class

7pm - 8pm Intermediate Class

Come and join our free English as a Second Language (ESL) classes! These sessions are for adults who are learning English. Practice and improve your English skills.



Color Yourself Calm – Adult Coloring Program

Every Wednesday, 12:30-3:00pm (unless otherwise specified)

Pullen Room

Join us every Wednesday 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.



Tech Thursday Classes

Every Thursday, 2:00pm - 3:00pm (unless otherwise specified)

Pullen Room *registrations required*

Perfect for beginners, these sessions cover diverse topics such as computer basics, Microsoft Word, iPads, iPhones, Facebook, and more. Secure your spot by registering in advance—call the reference desk or visit www.monroep.org for the schedule. Limited space available.



Chair Cardio/ Movement Exercise Class

Every Friday, 2:00pm (unless otherwise specified)

Hughes Community Room

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

