

# JUNE

## Programs at **Library of the Smithfields**

### **Chair Yoga and Movement**

Select Days @ 2:30pm -- MST Community and Cultural Center Community Room

Mondays: June 3rd & 10th @ 2:30pm

Tuesdays: June 4th, 11th, 18th, 25th @ 2:30pm

Fridays: June 21st & 28th @ 2:30pm

Join Luz for an eclectic mix of chair yoga and movement to help you stay healthy and well! No cost to join! Please bring water and a small towel. Dress to move.

### **PTSD Health Booth**

Monday, June 10th, 1:00pm - 4:00pm

Stop by the library between 9am and 1pm to pick up information on PTSD(Post Traumatic Stress Disorder), information on how to get support along with ways you can support members of your family who are affected. A PA Department of Health nurse will be available to answer any questions or concerns you may have. No appointment necessary.

### **Monthly Omnivorous Readers Book Club**

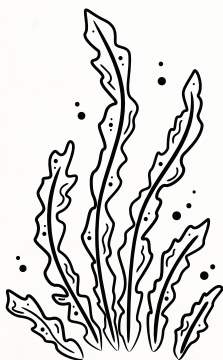
Thursday, May 9th, 8:00pm-9:00pm via ZOOM

The book theme for this month is books by Jewish Authors. An email invitation with the Zoom link will be sent out before the meeting. If you are not currently a member of the club but would like to join us, call 570-223-1881 or send an email to [smf@monroepl.org](mailto:smf@monroepl.org).

### **Herbs for the Home Garden**

Thursday, June 27th, 2:00 pm - 4:00 pm

Join herbalist Heather Houskeeper, to learn about medicinal herbs for the home garden. Herbs, by nature, are easy to cultivate, hardy, and a delight to the senses. Explore the medicinal and culinary attributes of these plants and how to properly harvest and prepare them as fragrant teas, infused oils, and delicious additions to meals and snacks! An herbal tea tasting highlighting a featured herb will accompany the program. This program is geared towards adults but anyone age 12 or over is invited to join. Registration is required. Please call the Library of the Smithfields at 570-223-1881 to join!



#### **Contact us!**

Library of the Smithfields  
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E. Stroudsburg, PA 18302

570-223-1881

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