



# AUGUST



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

### **Chair Yoga and Movement**

Select Days -- MST Community and Cultural Center Community Room

Thursdays: 8/1 and 8/15

Saturdays: 8/3, 8/17, and 8/24

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. Yoga mat is optional. Dress to move.

### **Maker Matinee**

Saturday, August 3rd, 2:30pm - 4:30pm

Lights up! Hobbies out! The Library of the Smithfields is hosting a special Maker Matinee where you can enjoy your hobbies while watching the classic fantasy adventure movie, The Princess Bride. Bring your own activity, whether it's knitting, drawing, or even paperwork, and work comfortably with the lights on. We ask participants to keep noise to a minimum, but some minor interruptions from activity in the room are to be expected. This event is open to teens and adults due to some intense scenes and depictions of violence, and registration is highly recommended, though walk-ins are allowed as space permits. Call 570-223-1881 for more information or to register.

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

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

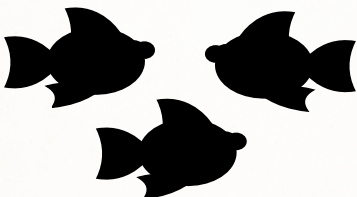
The Smithfields Library Branch's Omnivorous Readers Bookclub (ORB) is alive and well! The book theme for this month is **Short Stories**. An email invitation with the Zoom link will be sent out before the meeting. If you are not currently a member of the club but would like to join us, call 570-223-1881 or send an email to [smf@monroepl.org](mailto:smf@monroepl.org) and you will be sent some information. New members are always welcome!

### **Hair Loss & Causes Health Booth**

Thursday, August 15th, 1:30-4:30pm (drop-in)

Whether you're concerned about seasonal shedding, medical conditions, or lifestyle factors impacting hair health, our PA Department of Health nurse will be here to provide insights and answer your questions. Drop by our booth to learn more.

No appointments necessary – just stop by!



For a  
digital copy

#### **Contact us!**

Library of the Smithfields  
5200 Milford Rd,  
E. Stroudsburg, PA 18302

570-223-1881

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