



May Adult Programs at Hughes Library

1002 N. Ninth Street, Stroudsburg, PA • 570-421-0800

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

More information? Contact us!

(R!) = Registration required

(R) = Registration requested

But all programs are free!

• 570-421-0800 ext. 317 • reference@monroepl.org •
www.monroepl.org

1



Tech
Thursday:
How to Use
Google Maps
2pm **(R!)**

2



Chair Cardio
2pm

3

4

Sunday
Sit & Stitch
1pm - 3:30pm

Free
Sunday Film:
Yellow Rose
2pm

5

Sit & Stitch
3:30pm - 5pm

Texas Hold'Em
Poker Learning
Sessions
1pm - 3pm **(R)**

Chair Yoga
2pm

6



Guided
Meditation
with Luz
3pm **(R)**

HUB
Book Club
6pm **(R)**

7

Color
Yourself Calm
12:30pm - 3pm
(drop-in)

Retirement
Workshop
5:30pm
(R)

8



Tech
Thursday:
Powerpoint
for Beginners
2pm **(R!)**

9

Health Booth:
Lyme &
Tickborne
Illnesses
1pm - 4pm
(drop-in)

Chair Cardio
2pm

10



Intro to
Birding
2pm **(R)**

11

12

13



Chair Zumba
with Danny
Grae
5:30pm **(R)**

14



Color
Yourself Calm
12:30pm - 3pm
(drop-in)

15



Tech
Thursday:
Intro. to the
Library
Catalog &
Library
Services
2pm **(R!)**

16



Free Concert:
Homegrown
String Band
7pm

17

18



19

Chair Yoga
2pm

Monday
Sit & Stitch
3:30pm - 5pm

20

Library is open!



21

Matinee Film:
Philomena
2pm

Color
Yourself Calm
12:30pm - 3pm

22



Google Docs
for Beginners
2pm **(R!)**

Worm
Composting
Workshop
6pm **(R!)**

23



Chair Cardio
2pm

24

Red Cross
Blood Drive
9:30am-2:30pm

Tick Info. Booth
w/ PA Tick
Research Lab
10am-4pm
(drop-in)

25



Library Closed
--
All Branches

26



Library Closed
--
All Branches

27



Wordplay Social:
Scrabble,
Banagrams, &
More!
1:30pm - 4pm

28

Color
Yourself Calm
12:30pm - 3pm
(drop-in)

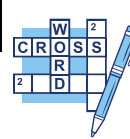
Library Board
Game Night
4pm - 8pm

29



Tech
Thursday:
Intro to
Computers &
the Internet
2pm **(R!)**

30



Crossword
Connections:
Social Puzzle
Hour
11am -1pm **(R)**

31

**Program
descriptions
on back!**



May's Highlighted Adult Programs@ Hughes Library

All programs are free! However, some require or request registration.

To register or for more information, call our information desk at 570-421-0800 ext. 317.

Event descriptions also online at www.monroepl.org.

Library Closed – Sunday, May 25th & Monday, May 26th – All branches of Eastern Monroe Public Library will be closed.

Free Sunday Film: "Yellow Rose" – Sunday, May 4th, 2pm [Community Room] – Join us to watch *Yellow Rose* in honor of Asian American/Pacific Islander Heritage Month. A Filipina teen in Texas chases her dream of country music while facing a major decision. Starring Eva Noblezada and Lea Salonga, directed by Diane Paragas. Rated PG-13 for swearing/strong language and teen drinking.

Sit & Stitch – Monday, May 5th AND May 19th, 3:30pm-5pm, drop-in [Community Room] – Meet fellow crafters, chat, share tips, and enjoy a relaxed, creative vibe. This is a social hangout, not a class. All crafts are welcome, but be sure to bring your own supplies. No registration required, drop-in anytime. (We meet one Sunday a month, date varies, plus 1st & third Monday afternoons!)

Guided Meditation w/ Luz – Tuesday, May 6th, 2pm [Community Room] – Luz will guide you through mindfulness practices. Whether you bring a mat or prefer a chair, this session is designed to help you feel centered and grounded. Registration is helpful for staff but not required – call 570-421-0800 ext. 317.

HUB Book Club – Tuesday, May 6th, 6pm [Pullen Room/Zoom] – A monthly book club open to all! Book copies available in print & via Hoopla. Registration recommended. May's selection: *Banyan Moon* by Thao Thai. Contact Jason to register: 570-421-0800 ext. 317.

Retirement Workshop – Wednesday, May 7th, 5:30pm [Eisemann Room] – Join us for an informative workshop led by a banking professional where you'll learn how to estimate retirement expenses, explore saving and planning strategies to boost your savings at any age, compare different types of retirement plans, and set personalized retirement goals. Please register: call 570-421-0800 ext. 317.

Intro to Birding – Saturday, May 10th, 2pm [Community Room] – With PEEC as our guide, discover the essentials of birding just in time for Spring. Learn how to identify species, understand bird behavior, and more. Ages 14+ welcome. Please register: call 570-421-0800 ext. 317.

Evening Chair Zumba w/ Danny Grae – Tuesday, May 13th, 5:30pm [Community Room] – Discover the joy of Chair Zumba with Danny, a seated adaptation of the popular Zumba dance fitness program. Enjoy an upper body workout perfect for all fitness levels. And it's low impact! Adaptable for wheelchair users. Registration helpful for staff but walk-ins welcome. Call 570-421-0800 ext. 317.

Free Concert: HomeGrown String Band – Friday, May 16th, 7pm, doors open 6:30pm [Community Room] – Enjoy an upbeat concert with the HomeGrown String Band, featuring Rick, Georgianne, and Annalee Jackofsky. This talented family brings traditional tunes to life with guitar, banjo, mandolin, dulcimer, and more—plus a bit of flatfoot dancing! All ages are welcome to join the fun.

Free Weekday Matinee Film: "Philomena" – Wednesday, May 21st, 2pm-3:45pm [Community Room] – Starring Judi Dench and Steve Coogan! This emotional and comedic journey is just right for the days after Mother's Day. A world-weary journalist helps a woman search for the son she was forced to give up decades ago after living in a convent. Rated PG-13 for language, themes, and sexual references.

Worms at Work: Hands-on Vermicompost Workshop – Thursday, May 22nd, 6pm [Community Room] – Turn kitchen scraps into garden gold – with worms! In this hands-on workshop, you'll learn the basics of composting with worms (vermicomposting) and build your own micro worm bin—about the size of a salad container—perfect for your countertop, windowsill, or basement. It's a small start with a big impact! Adults only (18+). Registration required. Call 570-421-0800 to sign up.

Wordplay Social – Tuesday, May 27th, 1:30pm-4pm [Pullen Room] – Every fourth Tuesday! Try your hand at scrabble, bananagrams, upwords, and more! Games provided but you're welcome to bring your own! Self-guided, drop-in anytime.

Library Board Game Night – Wednesday, May 27th, 4pm-8pm [Eisemann Room] – Perfect for experienced tabletop gamers and new players! Bring your own game or try one of ours. Ages 14+. Drop in anytime during the session.

Crossword Connections: Social Puzzle Hour – Friday, May 30th – 11:00 AM-1:00 PM [Eisemann Room] – Join us for a relaxed, social crossword-solving session! We'll warm up with an easy puzzle, collaborate on a fun, themed group crossword, and wrap up with a creative clue-writing challenge. Registration helpful for staff but not required. Call 570-421-0800 ext. 317.

Weekly Programs

Mondays @ 2pm – **Chair Yoga** – Enjoy yoga and movement from a seated position—or explore standing mat poses. First come, first served!

Wednesdays from 12:30pm-3pm – **Color Me Calm: Adult Coloring** – Self-guided, all supplies provided. Drop-in anytime.

Thursdays @ 2pm – **Tech Classes** – Topic varies weekly. Contact us for schedule and for more information. **Registration required.**

5/1 @ 2pm – **Google Maps**

5/15 @ 2pm – **Intro. to the Catalog & Services**

5/29 @ 2pm – **Intro to Computers**

5/8 @ 2pm – **Powerpoint for Beginners**

5/22 @ 2pm – **Google Docs for Beginners**

Fridays @ 2pm – **Chair Cardio/Movement** – Enjoy cardio & movement from a seated position or try it standing. First come, first served!