

## June through August 2019 Adult Events

### Mobile Career Center

- Charlotte Hall Library, Thursdays June 6 and August 1 from 9 a.m. to 1 p.m.
- Leonardtown Library, Tuesdays June 11, July 9, and August 13 from 1 p.m. to 4 p.m.
- Lexington Park Library, Wednesdays June 26, July 24, August 28 from 9 a.m. to 1 p.m.

### Department of Aging & Human Services

- Leonardtown Library, Thursday, June 20, Wednesday, July 17, and Friday, August 9 from 3 pm to 5 pm.
- The Department of Aging and Human Services will be in the foyer to talk about services and upcoming programs for seniors.

### Walden Pop Up Recovery!

- Leonardtown Library, from 11 a.m. to 1 p.m., on Wednesdays, June 19, July 17, and August 21
- A representative from Walden will be in the foyer to talk about behavioral health & wellness.

### Master Gardener Plan Clinics

- April through October
- Lexington Park Library, 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays from 11 a.m. to 1 p.m.
- Leonardtown Library, 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays from 11 a.m. to 1 p.m.
- Charlotte Hall Library, 1<sup>st</sup> and 3<sup>rd</sup> Saturdays from 10 a.m. to 12 noon
- Have questions about growing vegetables, soil conditions, mystery insects, invasive weeds, or heirloom plants? Ask a Master

Gardener at these free plant clinics. Stop by the table in the foyer with your plant samples and questions.

### Drop-in Tech Help

- Leonardtown Library, Wednesdays from 6 – 7 p.m.
- Drop-In Tech Help is open for any and all basic technology questions! We'll do our best to assist you in a relaxed, low-stress environment. Learn how to download eBooks and eAudiobooks to your phone or tablet. Learn how to navigate the internet, email, and social networks. Learn how to connect devices to a network, Bluetooth, or the cloud. Using technology effectively is right at your fingertips!

### First Time Home Buyers Seminar

- Leonardtown Library, Saturday, June 8 from 10 a.m. – 12 noon.
- Are you tired of renting? Samara Dinnius, with The Benya Group at Keller Williams, and Trey Reed, with MVB Mortgage, will discuss everything you need to ask yourself before looking for your dream home including multiple programs and grants available for first time Maryland home buyers and the steps necessary to get your credit ready for the process. Registration required.

### How to Prevent and Protect Yourself from Identity Theft

- Lexington Park Library, Tuesday, July 23 from 6 - 7:30 p.m.
- Headlines saying your favorite store/website has been hacked and experienced a security breach appear more and more frequently these days. Knowing how to protect yourself and your family from ID theft is crucial. You will learn how to guard against identity theft, scams, and frauds, as well as what ID theft is, how it happens, and steps to take if you are a victim. Registration required.

## How to Understand Your Credit Score

- Lexington Park Library, Tuesday, August 20 from 6 - 7:30 p.m.
- Credit scores don't just impact your financial world - they actually affect much more in your life. Your score may be evaluated by potential employers, landlords, utility companies, insurance companies and more. Having a good understanding of credit scores can help you become a good manager of your credit. There are many free resources available online that provide valuable information about credit. You will learn how to request a credit report, read it, report or dispute any errors in your report, and improve your credit score. Registration required.

## What is Mindfulness and How Do I Begin?

- Lexington Park Library, Wednesday, August 14 from 6 - 7:30 p.m.
- Charlotte Hall Library, Thursday, August 15 from 6 - 7:30 p.m.
- Want to try Mindfulness Meditation but not sure where to begin? Cindy Maxted, of Mid Atlantic Mindfulness, will introduce you to the concepts of mindfulness vs. meditation, explain the benefits of both, and define mindful body, mindful breathing, mindful movement and mindful eating. Cindy has her BSN and RN and is a certified Mindful Educator and Yoga Instructor. This is a Choose Civility: Southern Maryland event. Registration required.

## Summertime and the Living is Easy

- Leonardtown Library Tuesday, June 11 from 2 - 3 p.m.
- Summertime should be easy, and gardening should be enjoyable. Master Gardeners will help make it that way. They will discuss dealing with nuisance wildlife, good bugs and bad bugs, getting your gardens through dry spells, and winning the battle over weeds. Registration required.

## Paying for College and Reducing Student Loan Debt

- Lexington Park Library, Tuesday, August 6 from 6 - 7:30 p.m.
- If you want to get a college education in the U.S. these days, getting a student loan seems to be part of the deal. Explore options for graduating college with less debt and various ways to repay the student loans you already have. Registration required.

## Art on Your Own Terms

- Lexington Park Library, 1<sup>st</sup> Mondays June 3, July 1, and August 5 from 6 p.m. to 7:30 p.m.
- Come brighten your day with a little “art therapy,” and use creativity as your outlet for stress! Experiment with a variety of art supplies, and make a project to take home. Materials provided. Ages 18+. No registration.

## Common Thread

- Lexington Park Library, 2nd & 4th Tuesdays from 6 p.m. to 7:30 p.m.
- Whether you have been stitching for years, or you just want to learn, join fellow crafters who love all things fabric and fiber. Open to knitters, crocheters, quilters, embroiderers, cross-stitchers, and any other kind of needleworkers. Bring your current project, mingle with like-minded makers, and swap patterns, ideas, and tips. Basic supplies available, if needed. All skill levels welcome. No registration.

## Yoga at the Library

- Lexington Park Library, Saturdays, August 3, 17, 24 and 31 from 9:30 - 10:30 a.m.
- A yoga basics class that is appropriate for all levels of experience. Learn how to align the mind, body, and breath as you move your joints through the appropriate range of motion. This yoga basics

class is offered in a relaxed learning environment. Open to all levels of interest and ability. Taught by Evolve Yoga + Wellness. Please bring a yoga mat or a towel. Registration required.

### Book Discussion Group at Charlotte Hall Library

- 1<sup>st</sup> Mondays from 6:45 p.m. to 7:45 p.m.
- June 3: *The 7 1/2 Deaths of Evelyn Hardcastle* by Stuart Turton
- July 1: *Circe* by Madeline Miller
- August 5: *The Martian* by Andy Weir

### Book Bites at Taphouse 1637

- Monday, July 8 from 6 p.m. to 7:30 p.m.
- Grab a bite and gab about books! Join us at Taphouse 1637 in California for a relaxed conversation about what you've been reading. Share what you loved (or loathed) about the last book you read, gather new recommendations from the rest of the group, and enjoy the company of fellow bibliophiles. Visit [taphouse1637.com](http://taphouse1637.com) for directions and menu options available for purchase. Adults only. No registration.

### TV Trivia Night

- Lexington Park Library, Thursdays, June 13, July 11 and August 15 from 6 - 7 p.m.
- June 13: Sci-fi/Fantasy TV Shows
- July 11: Sitcoms
- August 15: TV Dramas
- Apply your knowledge of popular TV shows to win bragging rights and small prizes at team trivia night. Ages 18 and up. No registration required.

## Space Fest

- Lexington Park Library, Thursday, August 8 from 5 - 7 p.m.
- NASA Solar System Ambassador Chuck Quintero will take us on a virtual sky tour, lead a meteor talk, and answer questions. Pick up a planetary passport and visit each station to learn about a different planet or object in our solar system. For the whole community, all ages welcome!

## Galactic Games

- Lexington Park Library, Wednesday, June 19 from 6 - 7:30 p.m.
- Let loose in low gravity with some grownup game time! Explore outer space with the Oculus Rift virtual reality kit, engage in a little interstellar target practice with Nerf crossbows, and more! This cosmically fun event is for adults only. No registration required.

## The Longest Table

- Friday, June 21 at St. Mary's County Government Center (on the front lawn near Miedzinski Park) 23145 Leonard Hall Drive, Leonardtown, Md.
- Tickets on sale May 6
- \$10 sold on [www.stmalib.org](http://www.stmalib.org)
- The longest table is a community conversation over a family-style meal where participants discuss how to Choose Civility in their everyday interactions.
- In partnership with the Human Relations Commission of St. Mary's County, Bailey's Party Rentals, Southern Maryland Regional Library Association, Mission BBQ, and more community partners.

## A Universe of Stories

- 2019 Summer Reading June 17 - August 17
- Sign up online! <https://stmalib.beanstack.org>
- All ages (0 - 150) are invited to complete challenges to earn a free glow-in-the-dark t-shirt and books, and be entered to win gift cards!