

# August Adult Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<b>07/28</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Aerobic Exercise <b>11am</b> Gentle Yoga <b>12:30pm</b> Cookbook Book Club <b>6pm</b> Meditation	<b>07/29</b> <b>10am</b> Bone Builders <b>10am</b> Hobby Haven <b>1pm</b> Sit & Stitch <b>3pm</b> Chess	<b>07/30</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Aerobic Exercise <b>11am</b> Gentle Yoga <b>1pm</b> Matinee Movie - <i>That Thing You Do</i>	<b>07/31</b> <b>10am</b> Bone Builders <b>11:30am</b> Seminar for Older Adults <b>4pm</b> Just Craftin' Around	<b>08/01</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Meditation <b>10:30am</b> Cribbage <b>10:30am</b> Puzzles
<b>08/04</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Aerobic Exercise <b>11am</b> Gentle Yoga <b>3pm</b> Directors' Book Club <b>6pm</b> Meditation	<b>08/05</b> <b>10am</b> Bone Builders <b>10am</b> Hobby Haven <b>1pm</b> Sit & Stitch <b>3pm</b> Chess	<b>08/06</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Aerobic Exercise <b>11am</b> Gentle Yoga <b>1pm</b> Matinee Movie - <i>The Apartment</i> <b>Library closed at 5pm for Staff Meeting</b>	<b>08/07</b> <b>10am</b> Bone Builders <b>11:30am</b> Adult Craft - Clear Tube Bracelets <b>4pm</b> Just Craftin' Around <b>6pm</b> Thursday Night Book Club	<b>08/08</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Meditation <b>10:30am</b> Cribbage <b>10:30am</b> Puzzles
<b>11</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Aerobic Exercise <b>11am</b> Gentle Yoga <b>6pm</b> Meditation <b>7pm</b> Trustees' Meeting	<b>12</b> <b>10am</b> Bone Builders <b>10am</b> Hobby Haven <b>1pm</b> Sit & Stitch <b>3pm</b> Chess	<b>13</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Aerobic Exercise <b>11am</b> Gentle Yoga <b>1pm</b> Matinee Movie - <i>All the King's Men</i>	<b>14</b> <b>10am</b> Bone Builders <b>4pm</b> Just Craftin' Around <b>6pm</b> Thursday Night Book Club	<b>15</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Meditation <b>10:30am</b> Cribbage <b>10:30am</b> Puzzles
<b>18</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Aerobic Exercise <b>11am</b> Gentle Yoga <b>4pm</b> Friends of the Library meeting <b>6pm</b> Meditation	<b>19</b> <b>10am</b> Bone Builders <b>10am</b> Hobby Haven <b>1pm</b> Sit & Stitch <b>3pm</b> Chess	<b>20</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Aerobic Exercise <b>11am</b> Gentle Yoga <b>1pm</b> Matinee Movie - <i>Anywhere But Here</i>	<b>21</b> <b>10am</b> Bone Builders <b>11:30am</b> Adult Craft - Wine Glass Painting <b>4pm</b> Just Craftin' Around	<b>22</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Meditation <b>10:30am</b> Cribbage <b>10:30am</b> Puzzles
<b>25</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Aerobic Exercise <b>11am</b> Gentle Yoga <b>12:30pm</b> Cookbook Book Club <b>6pm</b> Meditation	<b>26</b> <b>10am</b> Bone Builders <b>10am</b> Hobby Haven <b>1pm</b> Sit & Stitch <b>3pm</b> Chess <b>6pm</b> Mystery Book Club	<b>27</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Aerobic Exercise <b>11am</b> Gentle Yoga <b>1pm</b> Matinee Movie - <i>Arctic</i>	<b>28</b> <b>10am</b> Bone Builders <b>11:30am</b> Seminar for Older Adults <b>4pm</b> Just Craftin' Around <b>6pm</b> Thursday Night Book Club	<b>29</b> <b>8am</b> Walking at Chase Field <b>9:45am</b> Meditation <b>10:30am</b> Cribbage <b>10:30am</b> Puzzles <b>1pm</b> Romance Required

**Library Hours:**  
**Mon & Fri 9:30am - 6pm**  
**Tues, Wed, Thurs 9:30am - 7:30pm**  
**Sat 9am - 1pm**

**\*Check website for  
 Holiday Hours\***

**Website:**  
[kingston-library.org](http://kingston-library.org)  
**Email:**  
[info@kingston-library.org](mailto:info@kingston-library.org)

**Kingston Community Library**  
**2 Library Lane**  
**Kingston, NH 03848**  
**603-642-3521**

### Weekly Programs

**Monday, Wednesday, Friday, 8am, Walking at Chase Field:** Join Michelle and walk around the track at Chase Field. This is a casual group where anyone can join at any time! All are welcome!

**Mondays & Wednesdays, 9:45am, Aerobic Exercise:** Join others for fun light aerobic exercise while following an instructional DVD.

**Mondays & Wednesdays, 11am, Gentle Yoga Series:** Bring a mat, a strap, and a tennis ball if you have one. Class size is limited to 9 students, first come first served. \$5 a class.

**Mondays 6pm & Fridays 9:45am, Meditation:** Experience needed. Join a group to meditate and eliminate thoughts that may be causing stress.

**Tuesdays & Thursdays, 10am, Bone Builders:** Gentle weight bearing exercise. \*Sign up required\*

**Tuesdays, 11am, Hobby Haven:** What's your hobby? Crochet, coloring, diamond painting, or whatever. Join a great group of people and have fun!

**Tuesdays, 1pm, Sit & Stitch:** Bring your project and enjoy an afternoon of social knitting!

**Tuesdays, 3pm, Chess:** Come and play with friends. Fun for all ages!

**Thursdays, 4pm, Just Craftin' Around:** Join a group of fun folks and work on your craft project. Looking for help knitting, then this is the group for you.

**Fridays, 10:30am, Puzzle Group:** Have some fun putting together jigsaw puzzles with friends.

**Fridays, 10:30am, Cribbage:** Come in to play cribbage with others.

### Special Events

**Older Adult Seminar: Thursday, August 28th, 11:30am: Intro to AI**

KCL librarians Melissa and Michelle continue their work demystifying AI. We will thoroughly review topics discussed at our Spring AI lecture. We will then learn prompting and try different AI tools (ChatGPT, Gemini, Canva, Grammarly.) This workshop is for everyone!

### Book Clubs

**Monday Book Club: Monday, Aug. 4th, 3pm: *True Biz* by Sara Novic**

This is a story of sign language and lip-reading, disability and civil rights, isolation and injustice, first love and loss, and, above all, great persistence, daring, and joy.

**Nonfiction Book Club: There will be no Nonfiction Book Club this month.**

**Cookbook Club: Monday, Aug. 25th, 12:30pm: *The Skinnytaste Cookbook: Light on Calories, Big on Flavor*, by Gina Homolka**

*The Skinnytaste Cookbook* features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites.

**Mystery Book Club: Tuesday, Aug. 26th, 6pm: *Knife Skills for Beginners*, by Orlando Murrin**

*The Maid* meets *Knives Out* with a dash of *Top Chef* in the debut locked room culinary mystery set in a London cooking school by *Masterchef* semi-finalist and cookbook writer Orlando Murrin.

**Romance Required Book Club: Friday, Aug. 29th, 1pm: *Well Met*, by Jen DeLuca**

All's faire in love and war for two sworn enemies who indulge in a harmless flirtation in a laugh-out-loud rom-com from debut author Jen DeLuca.

**Thursday Night Book Club: Thursdays, 6pm:** This group meets the 2<sup>nd</sup> and 4<sup>th</sup> Thursday. Contact the library to find out the current book.

