

# May 2018 @ Arden-Dimick Library

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 a.m.—6 p.m.	10 a.m.—8 p.m.	10 a.m.—8 p.m.	1 p.m.—6 p.m.	10 a.m.—5 p.m.
<p>1</p> <p>Knitting, Nattering (&amp; Crocheting!) 1:30 p.m.</p> <p>Coloring Club Plus for Adults 3 p.m.</p>	<p>2</p> <p>All Day Games 10 a.m.-6 p.m.</p> <p>Code.Kids 6:30 p.m.*</p>	<p>3</p> <p>HomeFit Workshop with AARP 10 a.m.*</p>	<p>4</p> <p>Friends of the Library Book Sale 1 p.m.</p> <p>Superhero Party 6:30 p.m.</p>	<p>5</p> <p>English Conversation Group 9 a.m.</p> <p>Friends of the Library Book Sale 10 a.m.</p>
<p>8</p> <p>Knitting, Nattering (&amp; Crocheting!) 1:30 p.m.</p> <p>Coloring Club Plus for Adults 3 p.m.</p>	<p>9</p> <p>All Day Games 10 a.m.-6 p.m.</p>	<p>10</p> <p>Reducing Fall Risk and Injury 10 a.m.</p> <p>Arden-Dimick Branch Friends Board Meeting 7 p.m.</p>	<p>11</p> <p>The Finals Meltdown for Teens 4 p.m.</p>	<p>12</p> <p>English Conversation Group 9 a.m.</p> <p>Yoga 1 p.m.</p>
<p>15</p> <p>Knitting, Nattering (&amp; Crocheting!) 1:30 p.m.</p> <p>Coloring Club Plus for Adults 3 p.m.</p>	<p>16</p> <p>All Day Games 10 a.m.-6 p.m.</p>	<p>17</p> <p>Self-Defense for Seniors 10 a.m.</p>	<p>18</p> <p>Anime Club for Teens 4 p.m.</p>	<p>19</p> <p>English Conversation Group 9 a.m.</p> <p>Between the Lines Book Club—<i>Far From the Madding Crowd</i> by Thomas Hardy 10:30 a.m.</p>
<p>22</p> <p>Knitting, Nattering (&amp; Crocheting!) 1:30 p.m.</p> <p>Coloring Club Plus for Adults 3 p.m.</p>	<p>23</p> <p>All Day Games 10 a.m.-6 p.m.</p>	<p>24</p> <p>Senior Drivers: Driving Safer, Longer 10 a.m.</p>	<p>25</p> <p>Teen Advisory Board 4 p.m.</p>	<p>26</p> <p>English Conversation Group 9 a.m.</p> <p>Autism-Friendly Family Movie: <i>Coco</i> (2017, PG) 10 a.m.</p> <p>Yoga 1 p.m.</p>
<p>29</p> <p>Knitting, Nattering (&amp; Crocheting!) 1:30 p.m.</p> <p>Coloring Club Plus for Adults 3 p.m.</p>	<p>30</p> <p>All Day Games 10 a.m.-6 p.m.</p>	<p>31</p>		

Arden-Dimick Library, 891 Watt Avenue, Sacramento, CA

\*Registration Required. Library programs are subject to change, visit [www.saclibrary.org/events](http://www.saclibrary.org/events) for additional information.

# May 2018 @ Arden-Dimick Library

## All Ages

### All Day Games!

**Wednesdays, 10 a.m.-6 p.m.**

Play with cards, board games, and toys in the Community Room. Small children must have a caregiver in the room at all times.

### Superhero Party

**Friday May 4, 6:30 p.m.**

Join us for an after-hours hero party for kids and their adults! Dress up is encouraged.

## Kids

### Code.Kids

**Wednesday, May 2, 6:30 p.m.**

Come learn and create free programming websites. For "tweens" ages 8-12. Feel free to bring your own laptop. *Please register if you need to borrow one so we know how many to provide.*

## Teens

### The Finals Meltdown

**Friday, May 11, 4 p.m.**

Unwind from a week of testing with therapy dogs and de-stress activities. Play with play dough and Legos. Make your own stress ball. Open to teens in 6th through 12th grades.

### Anime Club

**Friday, May 18, 4 p.m.**

Anime, manga, gaming, crafts and pocky for teens 6th-12th grades.

### Teen Advisory Board, Friday, May 25, 4 p.m.

Want to have a say in what the Arden-Dimick Library does for teens? Then hang out with us, eat some snacks, and help us plan programs and events!

## Adults

### English Conversation Group, Saturdays, 9 a.m.

Practice speaking English in a friendly, small group led by a trained facilitator. Discussion topics include everyday life, news, local things to do and more. All levels are welcome and no registration is needed. Please enter through the Community Room door off the Northrop Ave. parking lot.

### HomeFit Workshop with AARP

**Thursday, May 3, 10 a.m.**

Learn how simple do-it-yourself repairs — or even larger design projects — can make your home work for you as you age. Many of the simple home modifications are free, while others may cost less than \$35 — and still others less than \$75. Each workshop attendee will receive the AARP HomeFit Workshop Handbook, The AARP HomeFit Guide, along with a list of resources for reference.

*This Workshop is free, but registration is required.*

### Reducing Fall Risk and Injury

**Thursday, May 10, 10 a.m.**

Learn some simple tips you can do to prevent falls in your environment. Presented by Catherine Morris, UC Davis Community Health Program Supervisor.

### Yoga Class, Saturdays, May 12 & 26, 1 p.m.

All skill levels are welcome at this free yoga lesson led by instructor Joan Howell. Please wear loose clothing and bring a yoga mat.

### Self-Defense for Seniors

**Thursday, May 17, 10 a.m.**

Clint Robinson, Taekwondo instructor at Robinson's Taekwondo and American River College, will teach simple safety tips to protect yourself.

### Between the Lines Book Club

**Saturday, May 19, 10:30 a.m.**

Come enjoy a lively discussion! This month's book is *Far From the Madding Crowd*, by Thomas Hardy. The book will be available for check-out at Arden-Dimick Library's service desk for four weeks before the meeting.

### Senior Drivers: Driving Safer, Longer

**Thursday, May 24, 10 a.m.**

Hear ideas for safe, prolonged driving independence from the NorCal Region DMV Senior Driver Ombudsman. Topics will include: driver license renewal strategies, DMV criteria for evaluation of Alzheimer's disease and other cognitive or physical impairments, and how your health is closely connected to your driving.

## AccessABILITY

*AccessABILITY programs are designed for people with cognitive disabilities and their facilitators.*

### Autism-Friendly Family Movie: Coco (2017, PG), Saturday, May 26, 10 a.m.

We'll have healthy snacks and fidget toys, the lights will be slightly up, the sound will be slightly down, and kids don't need to remain seated while enjoying the movie. "Typical" toddlers and preschoolers are welcome too!