



LACONIA

PUBLIC LIBRARY

July Adult Browsing Newsletter

July 1, 2019

Greetings!

Preview what's coming up this month at the Laconia Public Library! If you would like to know more about an event give us a call at 524-4775, or email info@laconialibrary.org.

We love hearing from you!

Director, Randy Brough

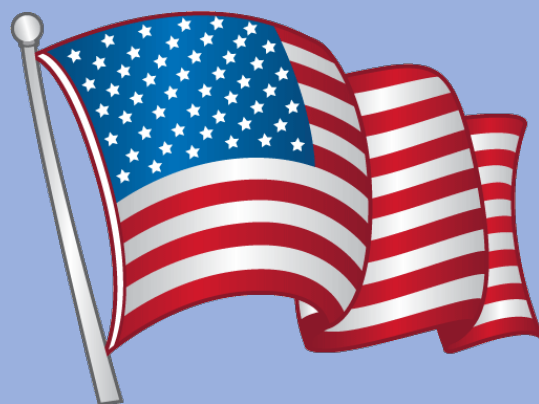
Helpful Links

laconialibrary.org
Full Library Calendar
New Item Lists

Holiday Hours

Thursday, July 4

The Library will be closed for Independence Day.



Drop-In Tech Help

Mondays
6:45-7:45pm
Periodical Room

Wednesdays
2-3:30pm

Volpe Room



Now with a new day and time! Stop by the library where we will have a staff member or a volunteer available to answer basic computer and device questions every week on Monday evenings and Wednesday afternoons.

Soothing Stitches

Tuesday, July 9 & 23
4-6pm
Volpe Room

Need an escape? Join us for social needle crafting, classical music, and tea! Knitters, crocheters, cross-stitchers, all are welcome. Create a moment of Zen with your yarn, a hot cup of chamomile tea, and some Bach.



NEW! Monthly Yoga with Kim Corsack

Thursday, July 11
5-6pm
Laconia Rotary Hall



First Thursday of the month
(with exceptions!)

Hatha yoga with a focus on connecting breath with movement, lengthening and strengthening the muscles while incorporating slow flow and holding some postures for strength, balance and inward focus. Class begins with grounding (meditation) and ends with savasana (complete relaxation) with the overall goal being to elevate the awareness between the physical and energetic body connection.

All levels welcome. Class limited to 10 people. Sign-up required. Ask at the front desk.

About Kim: In sharing my love of yoga, my vision as an instructor is to affect those I guide by elevating the awareness between the physical and energetic body connection. I teach Hatha yoga with a focus on connecting breath with movement, lengthening and strengthening the muscles while incorporating slow flow and holding some postures for strength, balance and

Adult Craft: Herbal Foot Spa Treatments with Melissa Morrison

Tuesday, July 16
6-7:45pm
Laconia Rotary Hall

Join Master Herbalist, Melissa Morrison, of Dragonfly Botanicals in Belmont, NH to learn how to make and use homemade spa treatments to pamper your tired feet. Scrubs, masques, moisturizing treatments and more! All participants will have samples to take home to play with, too.



Participants will need to bring a large towel with them for the class.

Melissa has been teaching herb & natural medicine around the Northeast for over 20 years.

**Sign up required, limit 24.
Call 524-4775x12 or email: info@laconialibrary.org.**

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children's, and the monthly adult craft.