

# adults Library Events

 bedford public library

Winter 2024



**Tuesday, Jan. 7 and Feb. 4  
5 to 6 p.m. | Offsite**

Enjoy delicious coffee and tea while chatting about each month's book. This club meets at *Coffee, Tea, & Books* on first Tuesdays. February's book pick is "Fairy Tale" by Stephen King. The next book will be chosen at the end of each meeting.



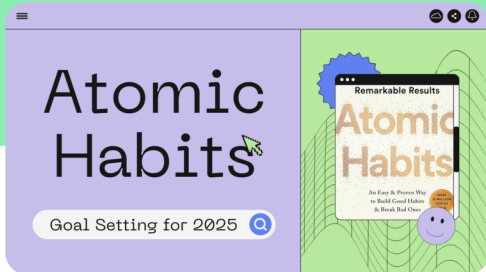
**Wednesday, Dec. 11 and Feb. 5  
5 to 6 p.m.**

In this short demonstration, learn how to recognize spam, and safely remove it from your inbox so you won't receive more or accidentally give out personal information. First come, first served. Computers will not be provided for this demo.



**Thursdays, Feb. 6 & Mar. 6  
6:15 to 7:30 p.m. | Adults only**

Learn community and partner dance styles for beginners! Dancers will just need to bring comfortable shoes and a willing attitude (no partner needed).



**Saturday, January 4  
10 to 11 a.m.**

We will discuss "Atomic Habits" by James Clear, a guide on building good habits and breaking bad ones. Explore strategies for habit formation, share personal experiences, and delve into the science behind small changes that lead to remarkable results.



**Monday, January 13  
6 to 7 p.m. | Adults only**

Unleash your inner artist by crafting a personalized vision board. We've got you covered with all the goodies you need, but don't forget to pack some extra magazines if you have a special vision in mind. First come, first served.



**Thursday, January 16  
6 to 7:30 p.m.**

Explore new ideas on how to simplify and tidy up your spaces. We'll discuss ways to think differently about our possessions and decide what matters most. Space is limited.



**Wednesday, January 22  
6:30 to 7:30 p.m.**

With spring migration season coming soon, learn about the Lights Out! DFW project, their research in avian health and ecology, and the ways in which you can help create safer travels for nocturnally migrating birds.



**Saturday, January 25  
10 to 11 a.m. | Adults only**

Learn how to gently mobilize your body to improve your health, as well as the impact of meditation. Bring your own mat, or use one provided while supplies last. Guests are encouraged to wear yoga attire or comfortable clothes.

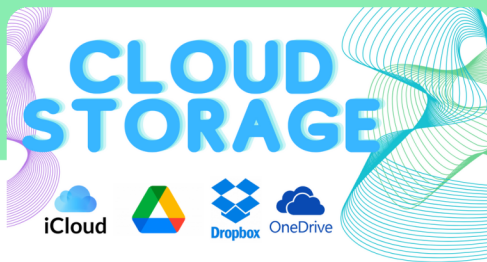


**Monday, January 27  
6 to 7 p.m. | Adults only**

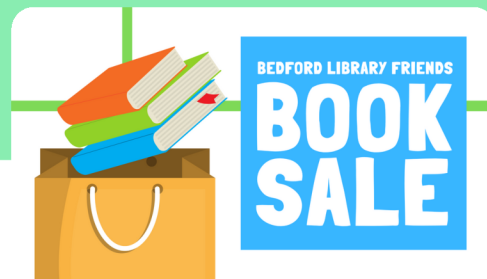
Design your personalized planner and set goals for 2025! Exchange ideas and get motivated to organize your upcoming year. Craft supplies will be provided. First come, first served.



**Thursday, January 30**  
**5 p.m. or 6:30 p.m. | Adults only**  
**Registration required**  
 Follow clues and solve puzzles to escape Scheherazade's Scroll in this Arabian Nights-themed escape room! Participants will sign a waiver (linked in the online event description) before entering the room.



**Wednesday, January 29**  
**5 to 6 p.m.**  
 Explore the uses of cloud storage and learn about some of the cloud storage brands. This class is designed for beginners. Since this is a demonstration and Q&A, computers will not be provided but attendees are welcome to bring their own.



**Wednesday, Jan. 29 (\$10 Preview, ages 13+)** - 5:30 to 7:30 p.m.  
**Thursday, Jan. 30** - 10 a.m. to 6 p.m.  
**Friday, Jan. 31** - 10 a.m. to 4 p.m.  
**Saturday, Feb. 1** - 10 a.m. to 4 p.m.  
 Shop our bargains on books, DVDs, CDs, audiobooks, games, puzzles, and more!



**Monday, February 10**  
**6 to 7:30 p.m. | Adults only**  
 Blend your favorite scents and colors to create a personalized lip gloss that you will take home. First come, first served. Space and supplies are limited.



**Wednesday, February 19**  
**5:30 to 6:45 p.m. | At Turning Point**  
 Round up some friends to compete against other teams in increasingly difficult spelling challenges while enjoying a drink from Turning Point's taproom. \*Online registration is required. Register only ONE person for your team. Adults only.



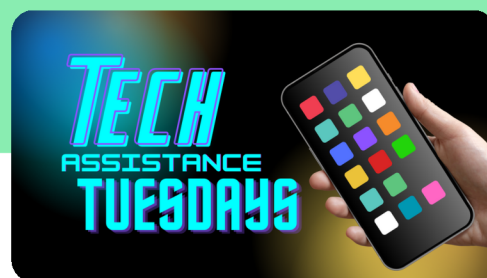
**Thursday, February 20**  
**6 to 7:30 p.m. | Adults & Ages 9+**  
 Learn life-saving skills. The training will cover CPR techniques, the Heimlich maneuver, wound care, heat exhaustion and stroke treatment, poisoning management, and vital sign interpretation. The class will include presentations and training using adult and infant manikins.



**Monday, February 24**  
**6 to 7:30 p.m. | Adults only**  
 Celebrate Love Your Library Month by blinging out your Bedford Library keychain cards! Use resin and glitter to create durable, fashionable keychains that actually work at our checkout stations! Don't forget to bring your BPL card.



**1st & 3rd Saturdays (Jan. & Feb)**  
**11 a.m. to 3 p.m. | Adults only**  
 Your Dungeon Master will blend the thrill of fantasy with valuable real-life skills as you navigate the magical realms of D&D. First come, first served. Space is limited to six players. Observers are welcome.



**Tuesday, Dec. 10, Jan 14, Feb. 11**  
**11 a.m. to 12 p.m.**  
 Get assistance with your computer or phone. Guests must bring their own devices and should have a specific task they wish to learn that would take less than 15 minutes.

## HOLIDAY HOURS

**Christmas**  
**December 23**  
 Closed early at  
 12 p.m.

**Christmas**  
**Dec. 24-25**  
 Closed

**New Year**  
**January 1**  
 Closed

**Library**  
**Construction**  
**Jan. 20 & 21**  
 Closed

## MORE EVENTS

- \*Card-Making Club (Adults only): Jan. 7 at 9:30 to 11 a.m.
- \*Books & Brews: Free Read Book Club at Turning Point Beer: Jan. 29 and Feb. 26 at 5:30 p.m.
- \*Bookworms Book Club: January 16 at 12 p.m.
- \*Late Night Book Club: 1st Thursdays at 7 p.m.



[www.bedfordlibrary.org](http://www.bedfordlibrary.org)

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