

Here at the Kirkland Town Library, we are looking forward to summer and outdoor fun! Here's just some of the many activities we will have for adults to enjoy at the KTL!

Tech Workshops!

Our free tech classes to boost your tech knowledge will continue in July. Pre-registration is required. The next two classes are *34 Fun and Helpful Websites* and *Be Spreadsheet Savvy!* For more information on these classes and when they are held visit our website www.kirklandtownlibrary.org or stop in.

Summer Reading Challenge!

Help us see if we can read more than our friends in Clinton, New Jersey in the "Clinton VS. Clinton Reading Challenge." Track how much time you read each week from June 28 to August 20. Report your time back to the KTL and we'll see how we stack up against our friends at the North County Branch Library in Clinton, New Jersey.

Yoga with Kristy Caruso!

For five weeks this summer, Kristy Caruso will be at the library with Yoga classes for adults! We have two types of yoga classes to choose from.

Monday Morning Chair Yoga

"Start the week off with a gentle practice in which poses are performed while seated or with the aid of a chair. Participants will explore simple spinal movements, gentle hip stretches and peaceful standing poses while the nervous system is downregulated with deep, purposeful breathing and meditative, quiet presence." -Kristy

Monday Evening Curated Calm Yoga

"Wind down with gentle yoga poses, enhanced breathing and simple movements that stretch, strengthen and awaken every corner of the body/mind." -Kristy

* Bring a mat and a folded blanket/small pillow.

No yoga experience is necessary and all levels of practice can benefit from the restorative nature of Kristy's teaching.

Space is limited; pre-registration is required.

Registration for the first session is open now; for subsequent classes, call or email the library one week in advance. For more information and to register, call 315-853-2038, e-mail clinton@midyork.org or stop in.

Outdoor Movies!

This summer we will be playing movies outside again! Outdoor movies will run on Wednesday evenings through the month of August. More information and a list of movie titles will be announced soon!

Read Around the Clock!

It's time again for our annual outdoor Read Around the Clock event. Last year we adapted the 24 hour read challenge to an online "read around the calendar" but this year we are going back to a continuous, nonstop, in person, Read Around the Clock event! So get ready to stop by the library to listen as we read aloud for 26 hours straight this year! More information and date to be announced soon! We can't wait!