“LASTING IMPRESSION” ART EXHIBIT
Daily During Regular Hours | Pine Hills
See works by regional printmakers. Curated by Opalka Gallery. No registration. All ages.

SUMMER MATINEE
Fridays | 2-5 pm | Howe
Beat the heat and watch a movie of the week. No registration. All ages.

POLAROID POPUP
July 6 (Wed) | 1 pm | Pine Hills
Polaroid cameras are classic photography tools that result in cool prints. We’ll talk about the history of these iconic cameras and practice simple techniques. Registration required. All ages.

ALBANY MADE CREATIVE LAB
Grand Reopening | July 13 (Wed) | 5-7 pm
Open Lab | Tuesdays starting July 19 | 3-5 pm
Washington Ave.
Use 3D printers, 3D scanner, video and music editing tools, sewing machines, fiber arts materials, hand tools, graphics software, color printer, digital cameras, and bike repair kit. Adult supervisor required for children. No registration. All ages.

HEALTHY FISHING
July 14 (Thu) | 6:30 pm | Washington Ave.
Learn about the healthy consumption of local fish and safe places to catch them in our area from the Cornell Cooperative Extension of Albany County. Registration required. All ages.

STACEY ROBINSON:
ILLUSTRATOR TALK & DRAWING WORKSHOP
July 18 (Mon) | 6-8 pm | Pine Hills
Robinson, who grew up in Albany, is an artist, graphic novel illustrator, and assistant professor of graphic design. His work often focuses on the triumphs and tribulations of being Black in America. Robinson will discuss his art and teach us about drawing. All drawing materials provided. Registration required. All ages.

FAMILY ART HOUR WITH INDIAN MUSIC CARAVAN
July 20 & Aug. 24 (Wed) | 6:30 pm | Howe
July 22 & Aug. 26 (Fri) | 3 pm | Delaware
Create your own art while enjoying a performance of Indian classical music by Veena and Devesh Chandra. Art supplies provided. Attend any or all sessions. Registration required. All ages.

COMMUNITY DANCE
July 28 (Thu) | 3 pm | Delaware
Enjoy live music and dancing with an instructor from DanceFlurry. Registration required. All ages.

SUMMER READING CHALLENGE
Fun for all ages | Register at a branch or online
Collect prize when you complete the challenge
albanypubliclibrary.org/summer-reading
ACTIVITIES FOR KIDS & TEENS

WEDNESDAY WONDERS
Wednesdays | 3 pm | Howe
Beat the heat this summer and do an arts and crafts project. Registration required. Ages 5-12.

THE GAMING ZONE
Thursdays | 3-5 pm | Howe
Play Wii, Xbox 360, One, or Nintendo Switch with your friends. Drop-in program. Ages 9-17.

AFTERNOON SOCIETY
Fridays | 3-5 pm | Pine Hills

SUPER SMASH FRIDAYS
Fridays | 4 pm | Arbor Hill/West Hill

WATERCOLOR COLLAGE
July 5 (Tue) | 4 pm | Bach
Create your own vision of a natural or supernatural landscape using a salt watercolor technique and collage elements. Registration required. Ages 8-12.

BANNED BOOK CLUB
July 5 & Aug. 1 (Tue) | 4:30 pm | Washington Ave.
Book challenges and censorship are on the rise across the country. We believe that open, honest conversations about difficult material is a better alternative to banning books. Miss Leah will lead discussions about books that have been challenged and banned in the last 100 years. We’ll read a mix of classics, contemporary fiction, and graphic novels. Registration required. Ages 13-17.

REPTILE ADVENTURE
July 6 (Wed) | 3 pm | Arbor Hill/West Hill
Meet snakes, lizards, and tortoises from Jessica Shea’s Reptile Adventure. Learn more about these animals’ habitats and what they like to eat. Registration required. Ages 5-12.

RAINBOW SHADOW BUTTERFLY WINGS
July 7 (Thu) | 2 pm | Washington Ave.
Learn about butterflies and make your own wings using cardboard and cellophane sheets. Registration required. Ages 5-12.

“THE PIRATE OF BOOK ISLAND”
July 12 (Tue) | 10:30 am | Howe
The Puppet People perform this tale of an exciting quest involving buried treasure. Registration required. Ages 6-8.

PAWS FOR READING
July 12, 26 & Aug. 9, 23 (Tue) | 3:30 pm | Delaware
Read to Rocket, a certified therapy dog. He’s soft, cuddly, and a great listener. Bring a book of your own or ask the librarian to suggest one. Drop-in program. Ages 5-17.

RAINBOW JELLYFISH WINDSOCKS
July 13 (Wed) | 2:30 pm | Delaware
Make a windsock that looks like a colorful jellyfish. Registration required. Ages 6-12.

CHALK THE WALK
July 13 (Wed) | 3-5 pm | Arbor Hill/West Hill
Stop by and decorate the library’s sidewalk. Drop-in program. Ages 5-12.

PAINT & SIP
July 13 (Wed) | 4 pm | Bach
Make an abstract painting in our garden studio with guidance from Ms. Virginia. Refreshments provided. Registration required. Ages 12-17.

MASTER BUILDER’S LEGO CLUB
July 14 & Aug. 11 (Thu) | 4 pm | Arbor Hill/West Hill
Make a classic LEGO creation to take home. Registration required. Ages 5-12.

FAMILY GAME NIGHT
July 19 (Tue) | 6 pm | Arbor Hill/West Hill
Bard & Baker brings a selection of board games for families to try. A game curator will help guide your play and answer questions. Registration required. Ages 5-12.

WRITE & RECORD A SONG
July 20 (Wed) | 1 pm | Pine Hills
River Jack Z will work with us to create a musical composition. We’ll record the song and share the file with you. Registration required. Ages 6-11.

KEEPING MEMORIES WITH A TIME CAPSULE
July 21 (Thu) | 2 pm | Washington Ave.
Learn how to make a personal time capsule to save favorite items and memories. Registration required. Ages 6-12.
MORE ACTIVITIES FOR KIDS & TEENS

PETTING ZOO
July 21 (Thu) | 2:30-4 pm | Delaware
Meet an alpaca, goats, lambs, chickens, ducks, rabbits, and a goose from Winding Black Creek Rescue Farm. Drop-in program. Ages 0-17.

SO YOU THINK YOU KNOW ABOUT THE UNDERGROUND RAILROAD?
July 21 & Aug. 18 (Thu) | 4 pm | Zoom
Paul and Mary Liz Stewart of the Underground Railroad Education Center talk to us about Albany’s role in this important movement that changed American history. Registration required. Ages 8-14.

SNACK ATTACK
July 26 (Tue) | 4 pm | Bach
Learn how to prepare healthy snacks with the cooks from Honest Weight Food Co-op. Get recipes to bring home, too. Registration required. Ages 8-15.

STORY WRITING
July 26 & Aug. 2, 9, 16 (Tue) | 6:30 pm | Zoom
Create an original story through idea exploration, plot planning, and character and setting development. Tammy Ellis-Robinson from Skribblers Magazine leads this virtual workshop over four weeks. Registration required. Ages 8-14.

THE GREAT OREO TASTE-OFF
July 27 (Wed) | 3 pm | Arbor Hill/West Hill
Challenge your taste buds to identify all of the fun (and freaky) flavors of Oreos currently on the market. We’ll blind test each of the flavors and vote on our favorites. Registration required. Ages 5-12.

REPTILES OF HUDSON VALLEY
Aug. 2 (Tue) | 3 pm | Howe
Meet lizards, snakes, and other scaly creatures from our friends at Reptiles of Hudson Valley Reptile Rescue. Registration required. Ages 3-12.

HELLO, PUDDLE
Aug. 3 (Wed) | 2:30 pm | Pine Hills
Author and educator Anita Sanchez introduces us to puddle-loving creatures like water insects and snails. We’ll have a close-up experience with mud, too! Registration required. Ages 4-8.

DIY TIE DYE SOCKS
Aug. 3 (Wed) | 3 pm | Arbor Hill/West Hill
Make your footwear more fun by tie dying a pair of socks in all sorts of crazy colors. Materials and guidance provided. Registration required. Ages 5-12.

TRAVELING FARM
Aug. 4 (Thu) | 2 pm | Washington Ave.
We’ll meet—and pet—a menagerie of farm animals from Lynn Sprague’s Traveling Farm and learn how organic management techniques and heritage breeds contribute to sustainable agriculture. Registration required. Ages 0-17.

DISCOVER HONEYBEES
Aug. 4 (Thu) | 3 pm | Delaware
Learn all about bees and what it’s like to be a beekeeper from Alyson and Bob Montione. We’ll view bees on a honeycomb and sample honey sticks made by the Montione’s bees. Registration required. Ages 0-17.

CRIME LAB SCIENCE
Aug. 4 (Thu) | 4 pm | Bach
MiSci Museum teaches us to be “detectives in training.” Do a mock investigation and identify fingerprints, explore chromatography, and learn about DNA evidence. Registration required. Ages 8-12.

UNDER THE SEA MOVEMENT PROGRAM
Aug. 9 (Tue) | 3 pm | Bach
Choreographer Beth Jacobs leads this movement program where we’ll learn about how animals swim, float, and splash in the sea. Registration required. Ages 5-10.

AQUARIUM AT THE LIBRARY
Aug. 10 (Wed) | 1 pm | Pine Hills
Via Aquarium visits us to talk about oceans and ocean ecology. We’ll meet and touch aquatic invertebrates like horseshoe crabs and sea urchins. Registration required. Ages 6-12.

EGG DROP CHALLENGE
Aug. 10 (Wed) | 3 pm | Arbor Hill/West Hill
Work in teams to build a device that will protect an egg when it’s dropped to the floor. Educator George Steele leads this fun challenge. Registration required. Ages 5-12.
BOOK & AUTHOR PARTY: BEYOND THE BRIGHT SEA
Aug. 10 (Wed) | 5:30 pm | Howe
Pick up a free giveaway copy of Beyond the Bright Sea by Lauren Wolk at Howe or Delaware any time after June 24. Read the book and then join us on Aug. 10 for a pizza party, brief book discussion, and virtual event with the author. You’ll be able to ask Wolk about all of her books. Registration required. Ages 9-17.

SEASHELL COLLAGE
Aug. 11 (Thu) | 2 pm | Washington Ave.
Create a shell collage as a way to preserve your beach memories, or aspirations. Registration required. Ages 5-12.

MINI GOLF
Aug. 12 (Fri) | 2 pm | Delaware
Try your hand at mini golfing. We have 15-minute sessions for ages 6-8. There are later times for older kids. Call to register. Ages 6-17

LEGO FUN DAY
Aug. 13 (Sat) | 10 am-5 pm | Washington Ave.
We’ll have several LEGO stations set up... Stop by and create a LEGO mosaic, boat, character, and self-portrait. Ages 4-12.

UNDER THE SEA MATINEE: THE LITTLE MERMAID
Aug. 16 (Tue) | 2 pm | Bach
Watch this Disney classic animated flick and enjoy some popcorn, too. No registration. Ages 5-12.

MAKE A WIND GENERATOR
Aug. 17 (Wed) | 1 pm | Pine Hills
Educator Kathy Ceceri will talk to us about the history of renewable energy projects and teach us how to make a light-up wind turbine. Registration required. Ages 7-12.

TASTE BUDS
Aug. 17 (Wed) | 3 pm | Arbor Hill/West Hill
Learn about the biology behind your taste buds with Mad Science. Take home your own taste test kit. Reservations required. Ages 5-12.

THINK YOU’RE SMARTER THAN A LIBRARIAN?
Aug. 17 (Wed) | 3 pm | Delaware
Put your knowledge to the test and see if you can beat some librarians in a trivia challenge. Registration required. Ages 13-17.

LEARN THE ART OF BALLOON TWISTING
Aug. 18 (Thu) | 2 pm | Washington Ave.
Balloon Gal Jenny show us how to make fun creations by twisting balloons. Registration required. Ages 9-17.

BACKYARD RACES
Aug. 18 (Thu) | 3 pm | Delaware
It’s wacky race time! Dress to get wet and participate in our sponge race, balloon toss race, and tool noodle/beach ball relay race in the backyard. Registration required. Ages 4-12.

BIRDS OF PREY
Aug. 19 (Fri) | 4 pm | Bach
Meet some rescued birds of prey and learn about them and their habitats from Whispering Willows Wildlife. We’ll be outside, so bring a blanket to sit on. Registration required. Ages 5-17.

READY, SET, GET WET
Aug. 23 (Tue) | 2 pm | Bach
Come dressed to get wet and make a sponge octopus. We’ll soak those octopi and throw them at targets and then run through giant bubble blowers. Registration required. Ages 6-11.

MAKE A CASITA AND WATCH “ENCHANTO”
Aug. 24 (Wed) | 3 pm | Arbor Hill/West Hill
We’ll watch Disney’s “Encanto” and make a casita using the library’s craft supplies. Registration required. Ages 5-12.

OCEANS OF POSSIBILITIES
Aug. 29-Sept. 2 (Mon-Fri) | 3 pm | Zoom
The Cornell Cooperative Extension of Albany County leads this five-part program all about the ocean. We’ll learn how fish breathe under the water, how to make a boat, and build a water filter. Registration required. Ages 8-12.

THANKS TO OUR SUMMER READING CHALLENGE PRIZE SPONSOR!

Stewart's Shops
We are closer to you
<table>
<thead>
<tr>
<th>PROGRAM NAME</th>
<th>DESCRIPTION</th>
<th>AGES</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Saturday for Families</td>
<td>Special storytimes with themes and activities.</td>
<td>0-8</td>
<td>Saturdays: July 9 Aug. 6</td>
<td>10:30 am</td>
<td>Delaware</td>
</tr>
<tr>
<td>Baby Bounce Storytime</td>
<td>Fun songs and short books to introduce your baby to storytime with Ms. Melissa.</td>
<td>0-2</td>
<td>Wednesdays: July 20 Aug. 17</td>
<td>10:30 am</td>
<td>Bach</td>
</tr>
<tr>
<td>Bach Family Storytime in the Garden</td>
<td>Stories, songs, and silliness outside with Ms. Elnora.</td>
<td>3-7</td>
<td>Mondays: July 11, 25 Aug. 8, 22</td>
<td>10:30 am</td>
<td>Bach</td>
</tr>
<tr>
<td>Daycare Storytime</td>
<td>Daycare groups are welcome to this special storytime just for them.</td>
<td>0-5</td>
<td>Tuesdays: July 12-Aug. 30</td>
<td>10:30 am</td>
<td>Washington Ave.</td>
</tr>
<tr>
<td>Family Storytime and Playgroup</td>
<td>Stories, songs, and rhymes followed by unstructured playgroup with sensory blocks, cars, and more.</td>
<td>0-5</td>
<td>Thursdays: July 7-Aug. 25</td>
<td>10:30 am</td>
<td>Washington Ave.</td>
</tr>
<tr>
<td>A “Hiccup”ling Monster Storytime</td>
<td>Puppetry, dance, and music featuring “Hiccup the Howeling Monster” and his librarian sidekick.</td>
<td>2-6</td>
<td>Tuesdays: Aug. 2, 9, 16, 23, 30</td>
<td>10:30 am</td>
<td>Howe</td>
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<tr>
<td>Live Zoom Storytime</td>
<td>Stories, songs, and more. Get a storytime kit, including giveaway book, for even more fun at home.</td>
<td>0-5</td>
<td>Wednesdays: July 6, 13, 20, 27 Aug. 3, 10, 17, 24, 31</td>
<td>10:30 am</td>
<td>Zoom</td>
</tr>
<tr>
<td>Music Fun with Matt</td>
<td>Songs, dances, and stories with performer Matt Yaeger.</td>
<td>0-6</td>
<td>Thursday: July 7</td>
<td>10:30 am</td>
<td>Washington Ave.</td>
</tr>
<tr>
<td>Pajama Storytime</td>
<td>Listen to books, sing songs, and have cozy fun outside in the garden with Ms. Melissa. Bring a blanket to sit on.</td>
<td>0-5</td>
<td>Tuesdays: July 12 Aug. 9</td>
<td>7 pm</td>
<td>Bach</td>
</tr>
<tr>
<td>Preschool Storytime</td>
<td>Stories, songs, nursery rhymes folktales, movement activities.</td>
<td>3-5</td>
<td>Thursdays: July 14, 28 Aug. 11, 25</td>
<td>10:30 am</td>
<td>Pine Hills</td>
</tr>
<tr>
<td>Stories in the Sun</td>
<td>Miss Sarah and Mr. Anthony entertain in Washington Park with stories and songs. Bring a blanket to sit on.</td>
<td>0-8</td>
<td>Fridays: July 1, 8, 15, 22, 29 Aug. 5, 12, 19, 26</td>
<td>10:30 am</td>
<td>Washington Park (near playground)</td>
</tr>
<tr>
<td>Storytime in Delaware Backyard</td>
<td>Stories and fun in the backyard. Bring a blanket to sit on.</td>
<td>0-5</td>
<td>Wednesdays: July 27 Aug. 24</td>
<td>10:30 am</td>
<td>Delaware</td>
</tr>
</tbody>
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ONE-ON-ONE COMPUTER SKILLS HELP
Mondays starting July 11 | 3 pm | Pine Hills
Get help with computer basics, getting an email address, using Microsoft Word, and more. Call to register. Ages 18+.

TUESDAY BOOK TALKS
Tuesdays | 12:15 pm | Washington Ave.
Weekly book and author talks are hosted by the Friends and Foundation of APL. Details on the online calendar. No registration. Ages 18+.

DELWARE COMMUNITY FARMERS MARKET
Tuesdays | 4-7 pm | Delaware
Stop by and purchase fresh produce, home-baked goodies, and other items from local farmers. The Friends and Foundation of APL also host a used book sale during the market.

STITCH ANGELS
Fridays | 12:30-2:30 pm | Delaware
Share your passion for yarn art. Bring your own knitting or crocheting project to work on alongside fellow fiber artists. Drop-in program. Ages 18+.

HAPPIER IN 2022
> July 5 (Tue) | Family
> Aug. 2 (Tue) | Money
6:30 pm | Zoom
We’re in the middle of our year-long journey to have a happier 2022. We use materials from Gretchen Rubin’s Happiness Project course. Registration required. Ages 18+.

FREE RAPID HIV TESTING
> July 6 & Aug. 3 (Wed) | 2:30-6 pm | Arbor/West
> July 26 (Tue) | 3:30-7:30 pm | Washington Ave.
Testing by Albany Medical Center. Takes only 20 minutes. No insurance necessary. Call to make appointment (518) 264-8378 or walk in. Ages 18+.

MYSTERY BOOK CLUB
> July 7 (Thu) | A Curious Beginning
> Aug. 4 (Thu) | Arsenic and Adobo
6:30 pm | Zoom
Read the book on your own and then join us for a lively discussion. Registration required. Ages 18+.

TAKE & MAKE: MACRAME RAINBOW CAR CHARM
July 11-16 (Mon-Sat) | Pine Hills
Brighten up your car with a fun rainbow car charm that you macramé yourself. We’ll provide instructions and materials for you to make this at home. Registration required. Ages 18+.

APL BOARD OF TRUSTEES MEETING
> July 12 (Tue) | 6 pm | Washington Ave.
> Aug. 9 (Tue) | 6 pm | Washington Ave.
Submit comments to (518) 290-6905 or publiccomment@albanypubliclibrary.org. Watch livestream or recording on YouTube. Ages 18+.

SUMMER STENCIL TOTE BAG
July 12 (Tue) | 6:30 pm | Arbor Hill/West Hill
Celebrate summer fun and decorate a tote bag using stencils. Supplies and guidance provided. Registration required. Ages 18+.

RESUME & JOB SEARCH COACHING SESSIONS
July 13 & Aug. 10 (Wed) | 5-7 pm | Zoom
Career coach Marsha Lazarus helps you with workplace challenges, writing a resume, and searching for a new job. Registration required. Ages 18+.

SUNFISH COLLAGE PAINTING
July 13 (Wed) | 6 pm | Pine Hills
Local artist and instructor Beth Brown shows us how to create an abstract fish collage with paper and paint on a canvas. Registration required. Ages 17+.

LOCAL AUTHOR TALK: MICHAEL SINCLAIR
July 13 (Wed) | 6 pm | Washington Ave.
Author Michael Sinclair discusses An Unfortunate Coincidence, which is a classic mystery set in the stately home of an affluent family in the 1920s. Registration required. Ages 18+.

SUMMER READING BOOK CLUB
> July 13 (Tue) | This Time Tomorrow
> Aug. 10 (Tue) | The Dictionary of Lost Words
7 pm | Emack & Bolio’s | 366 Delaware Ave.
Our first annual Summer Reading Book Club for adults meets at Emack & Bolio’s outdoor patio. Discuss each month’s book and purchase ice cream, dessert, and beverages to complete the evening. Participants receive a copy of each book to keep and a reusable bag with goodies. Space is limited and registration is required. Ages 18+.

SELF CARE SUMMER
> Stretching & Sound Therapy | July 14 (Thu)
> Calming Meditation | Aug. 11 (Thu)
5:30 pm | Bach
Practitioners from Root3d teach us about stretch-
ing, sound therapy, and meditation to enhance wellness. Registration required. Ages 18+.

**ONE-ON-ONE COMPUTER SKILLS**
*July 14 & Aug. 11 (Thu) | 12 pm | Bach*
NNORC seniors are available to help folks who need some extra help with their computer or device skills. Please bring your charged tablet, phone, or laptop with you. Registration required. Ages 18+.

**CHAIR YOGA**
*July 19 & Aug. 9 (Tue) | 10:30 am | Pine Hills*
Instructor Nikki Rogers shows us how to do relaxing yoga poses and gentle stretches while seated. Registration required. Ages 18+.

**WIND CHIMES & SUNCATCHERS**
*July 19 (Tue) | 6 pm | Washington Ave.*
Join us to make a set of wind chimes or a sun-catcher. Nicole Miele of Rock and Soul Wellness provides instruction. Supplies provided by the library. Registration required. Ages 18+.

**DISPEL THE MYTHS: STOP THE VIOLENCE BOOK CLUB**
*July 19 (Tue) | 6:30 pm | Zoom*
We’ll discuss *Periods Gone Public: Taking a Stand for Menstrual Equity* with Jolynn Backes from the Albany County Crime Victim and Sexual Violence Center. Registration required. Ages 18+.

**ALZHEIMER’S & DEMENTIA WORKSHOPS**
- Dementia Conversations | July 20
- Effective Communication Strategies | Aug. 17 Wednesdays | 6 pm | Pine Hills*
The Alzheimer’s Association shares helpful tips to assist people whose family members have dementia and Alzheimer’s. Learn how to have difficult conversations with your loved ones and how to decode their verbal and behavioral communication. Registration required. Ages 18+.

**BACH LIVE: THE HAWTHORNES**
*July 21 (Thu) | 6 pm | Bach*
Enjoy live music by The Hawthornes outside in our lovely garden. No registration. Ages 18+.

**CREATIVE CARD MAKING**
*July 27 (Wed) | 6:30 pm | Washington Ave.*
We’ll learn easy techniques for creating greeting cards using markers, scrap materials, and other ephemera. No experience necessary and all materials provided. Registration required. Ages 18+.

**CRAFTY LOVERS BOOK CLUB**
- Aug. 25 (Thu) | “Proper” Ladies: The Wisteria Society of Lady Scoundrels and To Have and to Hoax
*6:30 pm | Zoom*
We’ll discuss these fun books and make crafts related to the monthly themes. Registration required. Ages 18+.

**WRITING WORKSHOP WITH D. COLIN**
*Aug. 1, 15 (Mon) | 6:30 pm | Pine Hills*
Local poet and visual artist D. Colin leads this two-part creative writing workshop. Explore themes of healing, recovery, and history. Notebooks and writing implements will be provided. Registration required. Ages 18+.

**TAKE & MAKE: FAUX CALLIGRAPHY**
*Aug. 8-13 (Mon-Sat) | Pine Hills*
Learn the art of faux calligraphy at home using a Creativebug online tutorial and decorate a notebook using supplies from the library. Registration required. Ages 18+.

**FLOWER COLLAGE PAINTING**
*Aug. 10 (Wed) | 6 pm | Pine Hills*
Local artist and instructor Beth Brown shows us how to create a flower image with collaged paper petals on a painted background. Registration required. Ages 18+.

**BOARD GAME BONANZA**
*Aug. 18 (Thu) | 6 pm | Arbor Hill/West Hill*
Tired of the same old board games? Try one of the 25 fun games that Bard & Baker has selected for us. A game curator will be on hand to assist in learning how to play. Bring your friends for game night at the library. Registration required. Ages 18+.

**SOUND BATH MEDITATION**
*Aug. 25 (Thu) | 6 pm | Delaware*
Music helps induce a meditative peaceful state, and sound vibrations help engage our relaxation reflex and inhibit our stress response. Learn how to use sound bath meditation from Nicole Miele of Rock and Soul Wellness. Registration required. Ages 18+.
REMINDERS ABOUT APL PROGRAMS

- Many programs require registration and have attendance limits.
- Programs are subject to change. The online calendar has the most up-to-date information.
- Register by phone (518) 427-4300 or online albanypubliclibrary.libcal.com