



Welcome!

# Adults & Seniors

May & June, 2026

Programming Info

# AGE RANGES

## Adults:

19+

## Seniors:

55+

## Families:

Adults attend with a child (0–18).

## All Ages:

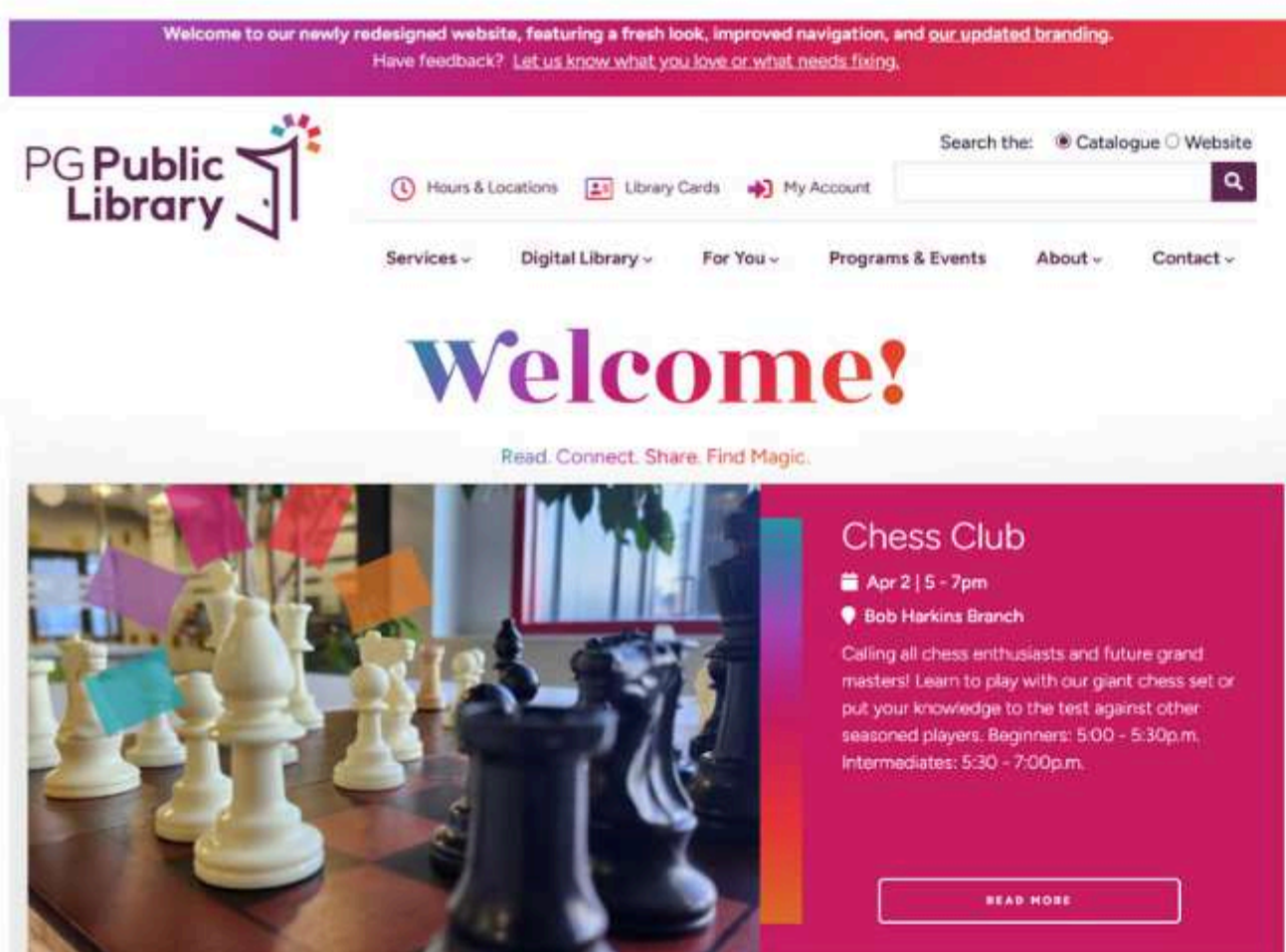
Adults may attend alone; children (0-18) must attend with an adult.

Age ranges are a helpful guide but we know every individual has various interests. Sometimes, a program designed for one age range may be of interest to another. If you're not sure whether an exception can be made, simply let us know and we will work with you to make the program experience feel right.

Please contact the Adult Engagement Librarian at 250-563-9251 ext. 206 prior to the program to coordinate accommodations.

**Welcome to the Prince George Public Library!**

## CHECK OUT OUR NEW WEBSITE!



Our website has been fully redesigned!

We invite you to explore the new website and experience the improved accessibility and streamlined navigation.

For more information, visit the brand new [www.pgpl.ca](http://www.pgpl.ca)



## CHAIR YOGA

Join Vernaye for a gentle, accessible yoga class focused on strength, mobility, balance, and relaxation. Classes include mindful breathing, forward folds, side stretches, backbends, and twists.

Participants may choose to use a chair, remain standing, or bring their own mat.

Ages 19+ | Free drop in  
 Fridays | **May 1, 15, 29 & Jun 12, 26**  
 12:30 - 1:30 pm  
 Bob Harkins Branch, downtown



## GENTLE SEATED TAI CHI

Join instructor Tom Hynd for an hour of easy-to-follow movement. Suitable for all abilities.

Ages 19+ | Free drop in  
 Fridays | 12:30 - 1:30 pm  
 Alternating locations:  
 Nechako Branch, in the Hart -  
**May 1, 15, 29 & Jun 12, 26**  
 Bob Harkins Branch, downtown -  
**May 8, 22 & Jun 5, 19**



## CRAFT & CHAT

Work on your knitting, crochet, or other fibre arts project while enjoying snacks and socialization with other enthusiasts! In partnership with Great Northwest Fibre Fest.

Ages 19+ | Free drop in  
 Saturdays | **May 2 to Jun 27\***  
 1:00 - 3:00 pm  
 Bob Harkins Branch, downtown  
 \*Please join us in the Knowledge Garden for  
 Knit in Public Day on June 13



## STITCH & SOCIAL

Work on your knitting, crochet, or other crafting project while socializing with other enthusiasts in the Hart!

Ages 19+ | Free drop in  
Saturdays | **May 2, 16, 30 & Jun 13, 27**

1:00 - 3:00 pm

Nechako Branch, in the Hart

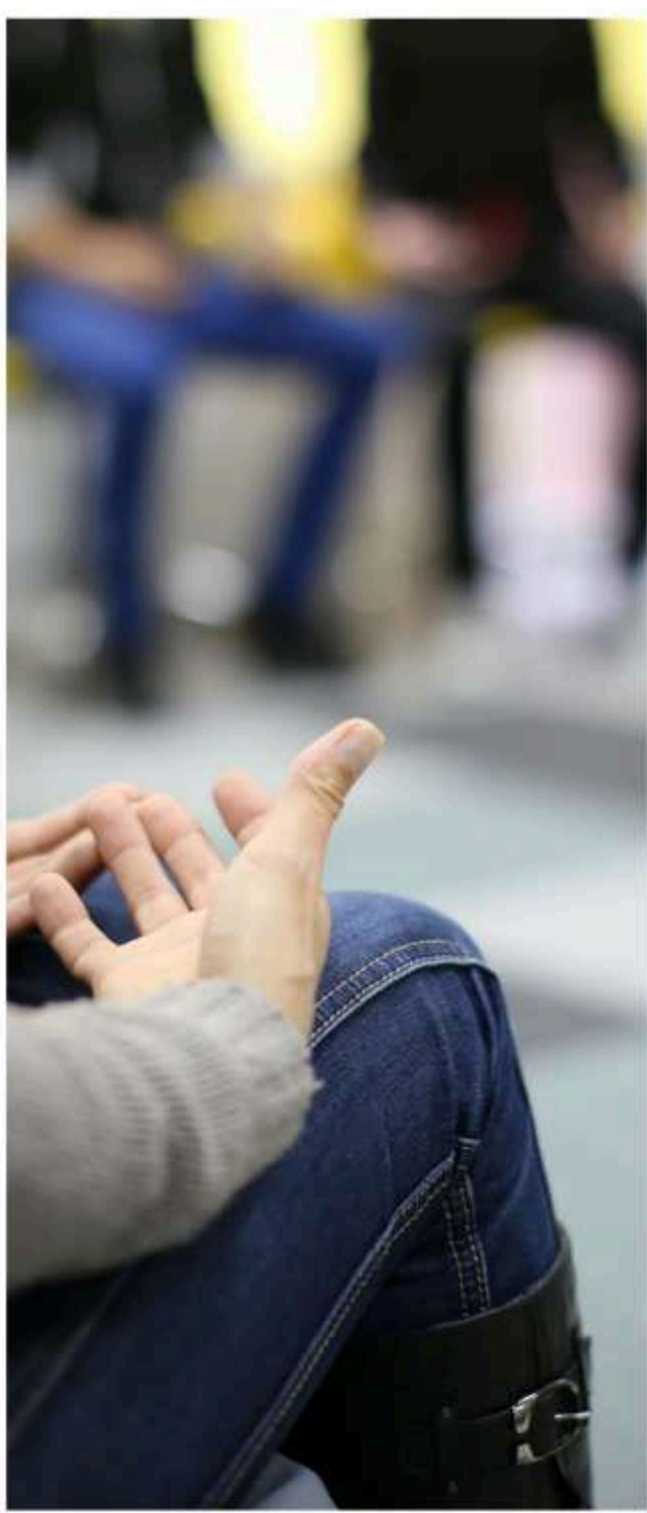


## COMMUNITY SERVICES TABLE

Connect with a variety of organizations for help with getting your Government ID, applying for financial supports, accessing legal information, and more. No appointments, no lines!

Ages 19+ | Free drop in  
Tuesdays | **May 5, 19 & Jun 2, 16**  
2:00 - 4:00 pm

Bob Harkins Branch, downtown



## CHRONIC CONDITIONS SUPPORT GROUP

Do you feel alone in your journey with chronic pain and would like to share experiences with others who are facing the same challenges? Our Chronic Conditions Support Group is a community social group where people with any chronic condition can come together to socialize, connect, and learn from each other.

Ages 19+ | Free drop in  
Tuesdays | **May 5 & Jun 2**

1:00 - 2:00 pm

Nechako Branch, in the Hart



## UKULELE MEET UP

Get together with other ukulele players to jam and play. Participant-directed; materials provided.

Ages 19+ | Free drop in  
Tuesdays | **May 5, 19 & Jun 2, 16**  
4:30 - 5:30 pm  
Bob Harkins Branch, downtown



## UKULELE JAM

Beginner-friendly ukulele jam session. PGPL staff-led; materials provided.

Ages 19+ | Free drop in  
Tuesdays | **May 12, 26 & Jun 9, 23**  
4:30 - 5:30 pm  
Bob Harkins Branch, downtown



## MUSICAL JAM SESSION

Jam with Tim for some musical fun at the library! Bring your instrument of choice and learn some songs to play together. Some instruments are available for use during this session.

Skill level: Campfire and up!

Ages 19+ | Free drop in  
Wednesdays | **May 6 & Jun 3**  
6:00 - 7:30 pm  
Bob Harkins Branch, downtown



## SPANISH AND ENGLISH CONVERSATION EXCHANGE

Join us for a relaxed and welcoming Spanish-English Conversation Program! Whether you're just beginning or looking to sharpen your skills, we'll explore both languages through simple prompts, fun activities, and friendly conversation. Come connect, learn from one another, and enjoy good company - everyone is welcome. Volunteer led.

Ages 19+ | Free drop in  
 Wednesdays | **May 6 to Jun 24**  
 6:30 - 7:30 pm  
 Bob Harkins Branch, downtown



## CHESS CLUB

Calling all chess enthusiasts and future grand masters! Learn to play with our giant chess set or put your knowledge to the test against other seasoned players. Self led, no instructor will be present.

All ages | Free drop in  
 Thursdays | **May 7 to Jun 25**  
 5:00 - 7:00 pm  
 Bob Harkins Branch, downtown



## IT'S EASY BEING GREEN

In partnership with REAPS, this series of programs is designed to teach you new ways you can waste less and save money!

**May 7** – Invasive Plants of BC

**June 4** – Local Food Systems: Get to know what is available locally

Ages 19+ | Free drop in  
 Thursdays | **May 7 & Jun 4**  
 6:30 - 7:30 pm  
 Bob Harkins Branch, downtown



## ESL SUPPORT

Enhance your English conversation skills with personalized support. Call 250-563-9251 ext. 100 to book a 45 minute session for yourself or a small group (up to 5).

Ages 19+ | Free limited registration  
 Thursdays | **May 7, 21 & Jun 4, 18**  
 6:00 - 7:45 pm  
 Bob Harkins Branch, downtown



## MEDITATION CIRCLE

Join us for a community meditation circle facilitated by PGPL staff.

Please note that while staff leading the program practice meditation, they are not certified instructors.

Ages 19+ | Free drop in  
 Fridays | **May 8, 22 & Jun 5, 19**  
 12:30 - 1:30 pm  
 Nechako Branch, in the Hart



## NATIVE PLANTS OF NORTHERN BC

Join the PG Naturalists Club for an introduction to the native plants that shape our northern landscapes - and the invasive species putting them at risk. Led by Dani, Naturalists Club Board Member, Environmental Consultant, and plant enthusiast, this talk highlights the beauty and ecological importance of our region's flora.

Ages 19+ | Free drop in  
 Saturday | **May 9**  
 3:00 - 4:30 pm  
 Bob Harkins Branch, downtown



## TECHNOLOGY HELP DESK

Bring your device and get assistance with how to use it securely, potential repairs, clearing confidential data, and extending the life of the technology you already have. In partnership with Northern IT Solutions.

Ages 19+ | Free drop in  
Saturdays | **May 9, 23 & Jun 13**  
1:00 - 2:00 pm  
Bob Harkins Branch, downtown



## NALOXONE TRAINING

Join harm reduction staff from Northern Health and learn how to use Naloxone correctly. Free kits will be available to take after the training. In partnership with Moms Stop The Harm and Northern Health.

Ages 19+ | Free drop in  
6:00 - 7:30pm  
Bob Harkins Branch, downtown -  
Tuesday, **May 12**  
Nechako Branch, in the Hart -  
Thursday, **Jun 11**



## DICE & DESTINY

Join us for our monthly Dungeons & Dragons Night! This event is exclusively for adults, perfect for seasoned adventurers and complete beginners alike. Campaigns and character creations are drop in friendly.

Ages 19+ | Free limited drop in  
Wednesdays | **May 13 & Jun 10**  
5:00 - 7:30 pm  
Bob Harkins Branch, downtown



## FIRST TIME HOMEBUYERS INFO SESSION

Get prepped to buy your first home! Learn about first time buyer incentives, basic credit tips, how a pre-approval can help you, and much more. We will also cover the basic costs you need to be prepared for during the process and at closing.

Questions are welcome throughout the presentation and we will reserve some time at the end as well. Presented in partnership with BeOne Financial Group.

**Drop-ins are welcome, registration is rewarded (with a yummy baked treat).**

Register in-person or call 250-563-9251 ext 100

Ages 19+ | Free drop in | 6:00 - 7:30 pm

Wednesday, **May 20**

Bob Harkins Branch, downtown

Thursday, **June 18**

Nechako Branch, in the Hart



## AN INTRODUCTION TO PERFORMANCE POETRY

By the end of this workshop, you will be familiar with several different types of written and spoken poetry as well as delivery techniques. You will have some of the tools you need to explore this art form on your own!

Ages 19+ | Free drop in

Tuesday | **May 26**

6:00 - 7:30 pm

Bob Harkins Branch, downtown



# EXPLORING THE KNOWLEDGE GARDEN!

Did you know that the Knowledge Garden is full of berries, flowers, and vegetables? Learn all about the Knowledge Garden, and even help plant in this all ages community activity!

All ages | Free drop in  
Friday | **May 29**  
11:00 am - 12:00 pm  
Bob Harkins Branch, downtown



# KNIT IN PUBLIC DAY

Join Great Northwest Fibre Fest in the Knowledge Garden for this special edition of Craft & Chat to celebrate Knit in Public Day!

\*Will be relocated indoors in the case of inclement weather

Ages 19+ | Free drop in  
Saturday | **Jun 13**  
1:00 - 3:00 pm  
Bob Harkins Branch, downtown



# PUZZLE SWAP

Bring your gently used puzzles to trade with fellow puzzle enthusiasts and test your skills in a friendly speed puzzling contest.

All ages | Free drop in  
Saturday | **Jun 27**  
1:00 - 4:00 pm  
Bob Harkins Branch, downtown



# 1-ON-1 TECH HELP

Bring in your computer, tablet, or other digital device and get personalized help from our friendly staff! Call 250-563-9251 ext. 100 to book your free 30 minute appointment.

Ages 19+ | Free registration  
 Wednesdays, Nechako Branch  
 Fridays, Bob Harkins Branch



# BICYCLE REPAIR CAFE

Bring your bikes in need of repair and maintenance! Eco-Living Community's knowledgeable volunteer will be available with support and assistance to get them tuned up. Held in the Knowledge Garden rain or shine.


Participants are encouraged to pre-register and will be prioritized over drop-ins. You can register for the Repair Cafe here:



Ages 19+ | Free registration  
 Saturday | **Jun 20**  
 2:00 - 4:00 pm  
 Bob Harkins Branch, downtown

## PARTNERSHIPS





The Prince George Public Library respectfully acknowledges the unceded ancestral lands of the Lheidli T'enneh, on whose land we live, work, and play.

**Bob Harkins Branch,  
downtown**

888 Canada Games Way,  
Prince George, BC V2L 5T6

**Nechako Branch,  
in the Hart**

6547 Hart Highway,  
Prince George, BC V2K 3A4

## HOURS

**Bob Harkins Branch, downtown:**

**Mon:** 10:00am - 6:00pm

**Tues - Thurs:** 10:00am - 8:00pm

**Fri:** 10:00am - 6:00pm

**Sat:** 10:00am - 5:00pm

**Sun:** 12:00pm - 4:00pm\*

**Nechako Branch, in the Hart:**

**Mon - Weds:** 10:00am - 6:00pm

**Thurs:** 10:00am - 8:00pm

**Fri:** 10:00am - 6:00pm

**Sat:** 10:00am - 5:00pm

**Sun:** CLOSED

\*The Bob Harkins Branch will be **closed** on Sundays from **May 17** to **Sep 6**.

**Both branches are also closed on:**  
Monday, **May 18** & Monday, **June 1**

## CONNECT

email: [ask@pgpl.ca](mailto:ask@pgpl.ca)

phone: 250-563-9251, ext 100

website: [www.pgpl.ca](http://www.pgpl.ca)

## Accessibility

Our branches are fully accessible. Bob Harkins Branch has an elevator; Nechako Branch is on one level. If you have any questions about accessibility or need accommodations, please contact us.

**ALL PROGRAMS AND EVENTS ARE SUBJECT TO CHANGE**

Visit [www.pgpl.ca/events](http://www.pgpl.ca/events) for most current details