ADULT PROGRAMS- JANUARY 2026

Featured Events

Managing Neurodiversity to Prevent and Address Burnout
Wednesday, January 7th, 6:30 pm
Join local neurodiversity coach Renee Keane teaches us how to address burnout before and as it happens. Life can be productive and happy without living in a cycle of stress, burnout, and recovery. Learn more this evening so you can use your neurodivergent superpowers to their best abilities in 2026!

The Art of Living: Breathwork and Meditation Workshop
Monday, January 12, 6:30 pm
Join us for a powerful breathwork and meditation workshop, guided by certified instructor Revi, and experience how mindful breathing can reduce stress, improve focus, and bring balance to your life. Participants are encouraged to bring a small blanket to stay warm during meditation. Yoga mats are not needed. **Space is limited. Registration is required.**

Virtual Author Talk

The Creative and Compassionate Art of Seeing Others Deeply with David Brooks
Tuesday, January 13th, 2:00 pm

Nature, Art, and Service as Medicine with Journalist Julia Hotz
Tuesday, January 20th, 2:00 pm

Secrets and Second Chances with Liz Moore
Wednesday, January 28, 7:00 pm

Watch our Virtual Author Talks for free at any time on https://libraryc.org/cumberlandlibrary

Crafts, Hobbies, and Animal Programs

Crafternoon & Craftereevening: Gingerbread Men 3D Art
Saturday, January 10th, 1:30 pm
Tuesday, January 13th, 6:30 pm
This month we are painting gingerbread men and using items like ribbon, candy, and other items to make them into a 3-D masterpiece! ***Registration is required. You may register for either program, but not both.***

Northern Rhode Island Art Group
Wednesday, January 21st, 10:00 am
This month's theme: WINTRY/WHITE

Community Craft Night
Wednesday, January 28th, 6:30 pm
Join Katie as we unwind, create, and connect at our casual drop-in Community Art Night! Bring along any art or craft project you're currently working on, or use our supplies to start something new. We'll have materials on hand for collage-making and coloring, along with coffee to keep the creativity flowing. No registration required, just stop by!

Sound Bath Meditation
Monday, January 26th, 6:30 pm
Join us for an hour of restorative sound immersion! Feel free to bring your own yoga mat or blanket, and be sure to dress warm and comfy! **Registration required. Doors will close at 6:35.**

Book Discussion Groups

Evening Book Discussion Group
Monday, January 12th, 6:30 pm
My Brilliant Friend, by Elena Ferrante

Morning Book Discussion Group
Wednesday, January 14th, 10:00 am
The River, by Peter Heller

Stephen King Book and Movie Club
Tuesday, January 20th, 6:30 pm
Full Dark, No Stars

Other Worlds Book Club
Tuesday, January 27th, 6:30 pm
The Last Murder at the End of the World, by Stuart Turton